

Women's Day Conference

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Where Ground Meets Air

....page 10



TOTEM TIMES



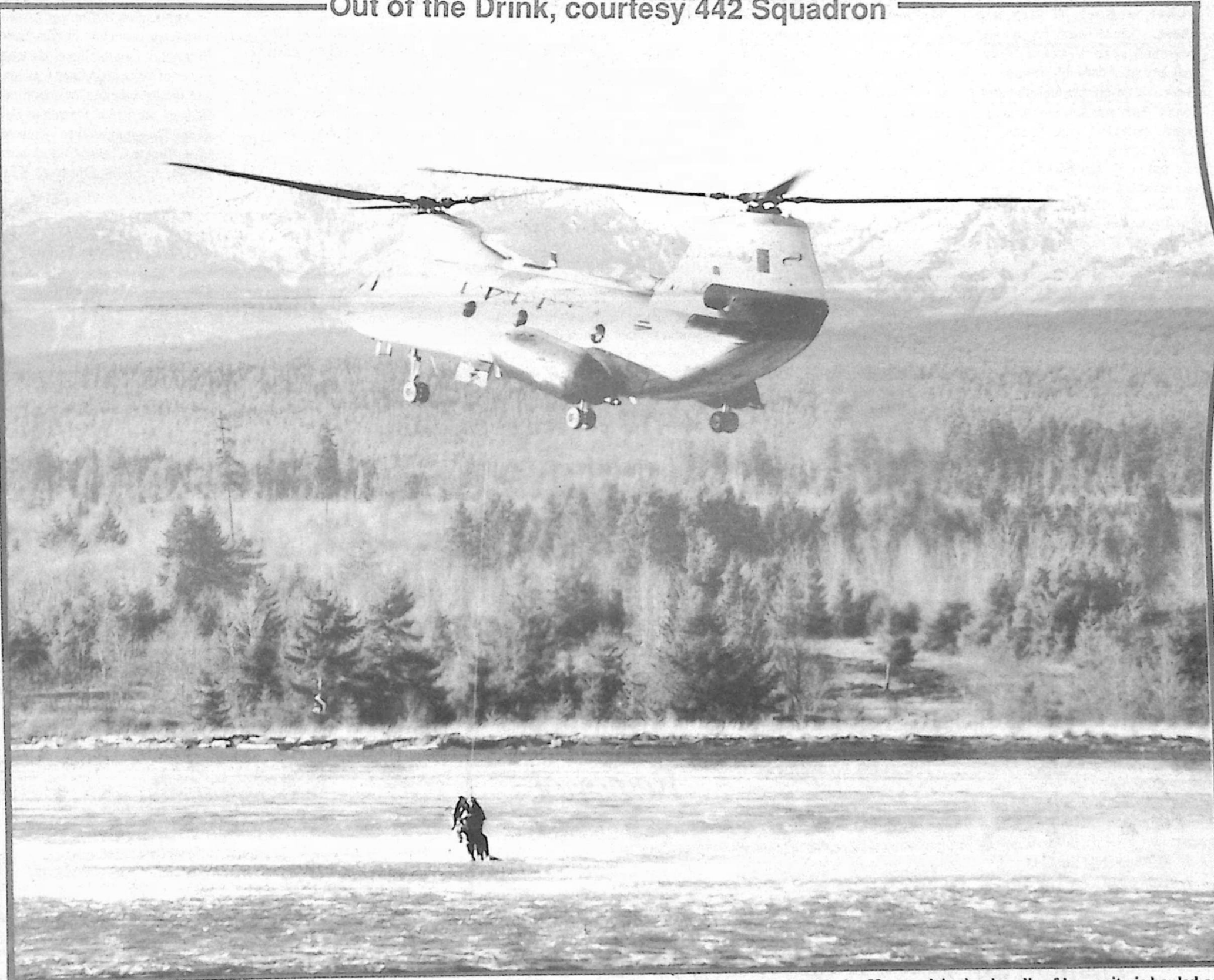
19 Wing CFB Comox B.C.

VOL 37 NO 4

THURSDAY 23 FEBRUARY 1995

COST: PRICELESS

— Out of the Drink, courtesy 442 Squadron —



When they are not rescuing people, 442 Sqn choppers and S.T.O.L. aircraft constantly exercise their crews and SARTEchs. Here, a dripping bundle of humanity is hauled out of the saltchuck by a Labrador helicopter. *Rod Cando Photo*

Our Regional Champions in Volleyball, the Men's & Ladies teams from CFB Comox, are off to the CF Volleyball Championships:

Good Luck Teams!

On & Off the Base

What Manner of Men?



Chaplains Chatter

by

Padre Fraser Harvey

As I sit down staring at the wall trying to figure out what I am going to write for this issue the Airborne Creed is staring at me. **What manner of men are these....** These words begin Field Marshall, The Viscount Montgomery of Alamein's tribute to those who wear the maroon beret. Every Airborne soldier has these words etched in their hearts. (I can remember reciting this almost each day of my basic para course.) And after recent revelations, the activities of the Canadian Airborne Regiment and other units in the Canadian Forces, many people in Canada are also asking: "What manner of men (and women) are these?"

What manner of men indeed! But why should we be surprised? Just look at what is going on in Canadian society around us. There is drug abuse, gangs, violence and crime. The Canadian

Forces is a volunteer force which draws its members from this Canadian society. Why should we expect people in the Forces to be any different? Yet we are called to be different. Society has expectations that police forces, doctors, clergy and other people in positions of trust will act in a certain manner. Canadians demand that we in the Canadian Forces have a higher standard of conduct than society in general. The actions of members of the Forces that have been called "bonding" and "tradition" have clearly offended society's sensibilities.

The public's trust in the Canadian Forces is hitting an all time low.

Field Marshall Montgomery went on to say that: "They have the highest standards in all things...." While he was making a statement, I think that it was also a challenge and a reminder that they should have the highest standards. Words spoken half a century ago are also ringing true for all of us today. We have the Code of Service Discipline, the Criminal Code of Canada and the Geneva Convention that govern our actions in peacetime and in war. This is a legal code that prescribes penalties when we contravene its rules and regulations. It is sort of after-the-fact remedy.

But what creed, what standard do we have to guide our behaviour? My first contact with American Forces was that they had a code of conduct. It wasn't a legal

code but a statement on how American Forces were to conduct themselves. Years later when I met a Ranger he gave a Ranger aide-memoire. The first page was the Ranger creed. I think it is safe to say that every religion has some sort of expectation as to how their members are to conduct themselves. Christians have the Bible and the teachings of Jesus. Jews have the Torah. In the Forces we rely on the values of society. That we will conduct ourselves according to the best values in the surrounding society. But values in society are not as homogenous as they used to be. The cultural diversity in our society is reflected in the diversity of values among the Canadian population. This is not a value judgement, but a recognition that there is a diversity in the culture, religion, and sensitivities of Canadians.

Society expects our behaviour to be above suspicion. And if we are to regain the public's confidence then our conduct must be of the highest standard, above reproach. The standards we set for ourselves must be higher than those society sets for itself. Instead of relying on the diversity values of Canadian society maybe it is time that we develop a unified code of behaviour for ourselves as members of the Canadian Forces. Even if a code of behaviour is not given to us by the Forces, it is incumbent on each one of us to develop our own code of behaviour.

CF Personnel Assistance Fund

The Canadian Forces has offered an Education Assistance Loan Program to assist serving and former members and their dependants with costs of post secondary education. This program offers low interest loans of \$1,200, \$1,500, \$2,000 or \$2,500 per student.

Several changes have been introduced in the program since its inception:

- the age restriction has been removed permitting loans for spouses and retired members themselves;

- there is no longer a limit on the number of loans per family;
- loans are now also available for full-time post graduate studies, post secondary education diplomas or certificates, or for any full-time adult education training program this is employment related;

- the period of service required to be eligible has been reduced from ten to five years.

To be eligible, the serving or former member must have served in the Canadian Army, after 1 Oct-

tober 1946, or in the Canadian Forces, after 31 January 1968, and have a minimum of FIVE years Regular Force military service. Selection may be based on family income, years of service and individual family circumstances.

Loans are repaid by the member of a 12 month period beginning in September of the year in which the loan is granted. The repayment schedule, including service charges, is as follows:

Amount of Loan	Repayment Monthly
\$1,200.00	\$103.00
\$1,500.00	\$128.75
\$2,000.00	\$171.67
\$2,500.00	\$214.59

Application forms are available from Canadian Forces Base Financial Counsellors, district offices of Veterans Affairs Canada, and the Provincial Command offices of the Royal Canadian Legion. They may also be obtained by writing to CFPAF, 245 Cooper Street, Ottawa, Ontario, K2P 0G2.

Bored with Barracks? Nothing on the Tube?

Paperback Book Sale
(mostly for men)

Come in when we're open
at the Totem Times

On & Off the Base

Namoo Airshow Wins

ICAS Awards



MEMBER

by **Capt Bernard Dionne, BPAffO, CFB Edmonton**

"The Last of the Best" was truly a fitting slogan for the final edition of the famous Namoo International Air Show (NIAS '94). An estimated quarter of a million spectators was one thing...but two awards for the same show are tangible proof of the great success of this project.

NIAS '94 took a first place for Best Program and Best Television Spot at the 26th annual convention of the International Council of Air Shows (ICAS) held in Reno, Nevada. A record number of submissions forced judges to deliberate for 11 hours to select the "best of the best" programs, posters, photos, marketing video and event advertisements.

ICAS prizes were presented by Col Wayne Thompson, CFB Edmonton Base Commander, to the producers of the program and video in a ceremony at the Officers' Mess, Lancaster Park. "These are absolutely first class works of art which, I am pleased to say, received the recognition they were due at ICAS," said Col Thompson. "They are very tangi-

ble reminders to us all of the exceptional work that went into the air show."

Those involved in the video production were: Maj Laszlo Tollas, Production Director; Capt Steve Nierlich, 441 Sqn CF-18 pilot; Sgt Serge Peters, Videographer; Mrs. Sheila McInnis, Production Assistant; Mr. Mark Wood, Director of NIAS '94 commercial; Apple Box Production, ITV TV.

Involved in the production of the program were Capt Ken Kruger, Director Publicity and Information Committee; Mrs. Lynette Kent, Program Editor; Ms Nadine Ostapowich, Graphic Designer; Mr. Jeff Porter, Program Coordinator; Base Photo Staff; Ronalds Printing, and Mr. Bill Cottrell and Bernie Hughes of the Alberta Aviation Museum Association.

"This was the first time for an air show committee to win two ICAS awards in the same year," said Capt Kruger, Director Publicity and Information Committee. "We are quite proud of it. We share these awards with all those who contributed to the air show," he added.

Ms Ostapowich was very excited by the announcement. "I was not expecting it...but very happy to see our goal achieved."

The announcement was the highlight of the project for Jeff Porter. "When we realized the numbers of submissions we were up against...that was satisfaction," he said. There was a good deal of motivation involved in this project. "We made a conscious effort to say this is what we want to achieve, and we focused on that goal."

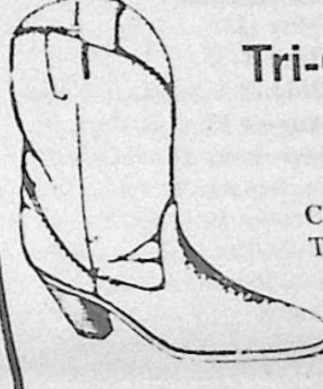
"It's hard to add up all the hours we've put into this project," said Mrs. Kent, Program Editor. The project became so important that "we lived it," said Mr. Porter.

It is virtually impossible to mention all the volunteers who made NIAS '94 possible, and the outstanding success of the air show is attributed to the effort of all.

The "Journey through time," which began with Edmonton's first air show in 1927, unfortunately translated into the end of an era at CFB Edmonton. These coveted awards provided a fitting final chapter to its history.



Capt Bernard Dionne, Maj Laszlo Tollas and Capt Steve Nierlich, the three NIAS '94 advertisement video characters respectively dressed in WWI, WWII and today's flying gear, on the threshold of runway 03, Namoo airfield, CFB Edmonton. (Photo by Sgt Serge Peters.)



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No-Snow Festival '95 Report

(Post snow storm report)

This is the last article (I hope) I have to write for the 1995 Winter Carnival. I would like to take this opportunity to thank all the people who supported the organizing committee. The support provided by all the sections and individuals we dealt with was outstanding. **THANK YOU FOR YOUR SUPPORT.**

Winning Teams

The following list represents the overall order in which the teams finished the competition. Congratulations to all participants:

- 442 Sqn (Old Snakes)
- CE/TELECOM
- 407 Sqn

- W Compt
- 442 Sqn (Young Snakes)
- 19 AMS
- W Admin
- W Tn/EME/Foods
- W Ops
- W Sup
- 414 Sqn
- Championship trophy winner: 442 Sqn (Old Snakes).
- Team Spirit trophy winner: W Compt.

Winning Numbers

The owners of the following button numbers have not collected their prize. To collect their prize, winners can call Capt Pierre Bouchard, Loc 8299: 8470, 8461, 8333, 8354, 8513, 8388, 8503, 8415, 8990, 8879, 8672,

- 8902, 8281, 8359, 8674, 8645, 8314, 8731, 8529, 8464, 8979, 8314, 8218.

Sponsors

In addition to the sponsors already published, the organizing committee would like to thank the following:

Major Sponsor

Canadian Regional

Other Sponsors

Wise Owl
Comox Builders
Tim Horton's
Superstore

Civilian Job-Search Workshop 29 Mar

The Wing Personnel Selection Officer (WPSO) will be sponsoring a two-hour civilian job search workshop, presented by the Victoria based consulting firm of Murray-Axsmith Ltd. for SCAN and FRP-SCAN clients, as follows:

Date: Wed 29 Mar
Time: 1300-1500 hrs
Location: WPSO Classroom #16, Bldg 22
Dress: Dress of the day

To register: Contact WPSO office, local 8293, NLT 1200 hrs 22 Mar.

Topics will include:


How the Civilian Job Market Works:

- identifying the "hidden" civilian job market
- identifying your job targets
- effective networking
- Preparing for Civilian Job Interviews:
- preparing a civilian job resumé

- overcoming anti-military biases
- translating military experience into civilian language
- Setting Realistic Objectives:
- how long you need to allow for your job search, realistically
- computer literacy in civilian jobs and getting the right training
- setting realistic income goals.
- Financial Planning.

Space will be limited to 20 clients for the workshop, so register early.

NEXT DEADLINE 3 MAR.



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ROYAL LEPAGE

Posted to Kingston in 1995?

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call on the "TOLL-FREE" number below, and I will send you a "Worry-Enders Kit of Kingston" containing maps, home prices, school information, shopping facilities, transportation and much more.

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Don Wyld, CD1, Sales Rep.
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1-800-438-9953
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CFB COMOX INTERNATIONAL WOMEN'S DAY CONFERENCE

MARCH 8
at the Base Gym
0900 - 1600 HRS

ADMISSION:
NON PERISHABLE ITEM
FOR THE FOOD BANK

1200 TO 1330
LUNCH CATERED BY
THE OLD HOUSE.
TICKETS \$15.00
GET YOURS SOON
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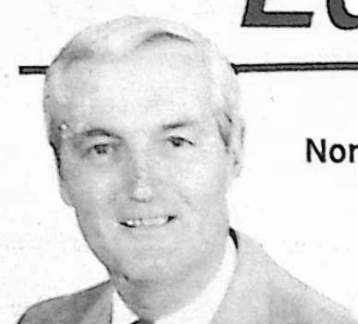
IONA CAMPAGNOLA
KEYNOTE SPEAKER
at 0915 hrs
SPEAKERS
BOOTHS AND SPECIAL DISPLAYS
ALL DAY

EVENING PROGRAM
AT AFIS THEATRE

SEE ARTICLE IN THIS PAPER
FOR MORE DETAILS
....page 14

OPEN TO MILITARY MEMBERS,
CIVILIAN EMPLOYEES,
SPOUSES AND DEPENDANTS
AND BY INVITATION

Editorial



Norm Blondel

Caught in the Crunch

These are hard times in the newspaper business. A rash of new newspapers in the Comox Valley have cut into our advertising revenues, and the CF wage and incentive pay freeze has reduced our supporting revenue from Wing Fund. Put simply, the Totem Times is losing much money, and draconian measures have been taken to save the Fishwrapper from oblivion. The changes are as follows:

Back to Black

Our traditional blue began in 1985. We're going back to black. We will next come to you in 16 pages, vice 20. Our print run drops to 2,300 copies per edition, but the subscription price drops to \$10.00 per year and paid-up subscribers will receive four extra editions in compensation. The Comox Community Centre ad is cancelled, CMFRC ad reduced to a half page, and very few presentation pictures, excepting those of high merit, will be published. Even popular "Dr. Bob" may be cut. Our new printing schedule is for 16 editions per year:

Revised Publishing Schedule

Existing schedule remains to 11 May 95

Deadline	Publish date
May 5 ...	May 11
June 2 ...	June 8
July 7 ...	July 13
August 11 ...	August 17
September 8 ...	September 14
September 22 ...	September 28
October 13 ...	October 19
November 10 ...	November 16
December 1 ...	December 7

(Total: 16 editions/year)

What's the Cure?

Having shopped at Canex recently (for a computer) I'm amazed that this outlet isn't receiving much more support than it has been getting. Where else can you buy a big-ticket item at a very good price, pay PST and GST as a down-payment and write monthly cheques of \$100.00 for the balance, at zero interest? Nowhere, my friends. Canex is open to ex-military and RCMP personnel too. Supporting Canex to a much greater degree is part of the cure, because Canex supports us when we want ice time for our kids, a piece of equipment for our club, extra pages in the Fishwrapper, and many other things. TeePee Park, the Social Centre, the three Messes, Base Canteens - are all revenue producers for our Wing Fund. The cure lies with your increased support for these outlets. We are a family, and, in times of trouble, families close ranks.

Revising History

These days, when it seems so fashionable to dump on the military as a whole for the moronic antics of a few, and to re-write (or TV Docu-Dramatize) our history to suit 1990's conceptions rather than portray events as they actually occurred, it seems we need to close ranks and support each other. TV news made much of the bombing of Dresden recently, portraying Germans as innocent victims. Perhaps it would have muddied the waters too much to have mentioned places like Warsaw, Rotterdam, Coventry, Southampton, London and Liverpool, or that these same citizens of Dresden allowed Hitler to do his evil on other more innocent citizens in countries invaded by his armies and Gestapo.

I stood on the banks of the river Mersey in 1940 and watched Liverpool burn. I saw houses demolished with people inside, and countryside turned into a moonscape by random bombing. Dresden didn't suffer any more than we did. We were at war, and in war there is universal suffering. It's a pity the media didn't show our share of it.



19 Wing Ideas Programme

by Capt R. Perrault

On 12 December 1989 the Prime Minister announced Public Service 2000, an initiative to renew the Public Service of Canada. This served as the impetus for a number of subsequent ideas, not the least of which was Defence 2000. Defence 2000 is a department-wide initiative which empowers people and brings innovation to the way we do things and deliver services. The challenge of Defence 2000 is to make us cost effective at managing our resources.

To this end, the WComd directed all unit and squadron commanding officers, at his fall retreat in October 1993, to identify areas where savings could be realized. This produced a number of initiatives which were discussed at the initial meeting of the 19 Wing Defence 2000 Steering Committee on 9 February 1994.

In April of 1994 we launched the 19 Wing "Ideas" programme. "Green Sheets" were posted at 30

different locations throughout the Wing. The implementation of this programme was intended to encourage innovative ideas on how we at 19 Wing can improve the efficiency with which we do our jobs. The programme is an essential feed-back mechanism which solicits all the great ideas that individuals at 19 Wing certainly have.

Who Can Participate?

Any regular, reserve or civilian personnel on 19 Wing Comox can submit their idea(s). There are a lot of ways we can do things better and this is your opportunity to bring your ideas directly to the attention of the Defence 2000 Steering Committee - and possibly receive an award for it. If the committee selects your idea, you will be eligible to choose a prize from an established selection. Your ideas are treated with complete confidentiality until gifts are awarded to the best ideas, at which time you would be notified through your supervisor.

Are we making any progress?

The success of the programme depends entirely on your input. With already 65 initiatives submitted, the 19 Wing "Ideas" Programme is alive and well. Many of these initiatives are now in place and we are reaping the benefits through lower costs and increased efficiency.

Here are examples of changes which resulted from good ideas: a 1-800 number was introduced to reduce collect call tolls for units deployed in BC; copy machine toner cartridges are now being recycled; there is no longer a need to go to Esquimalt for combat clothing; commissionaires at Tee Pee Park, at the AMU, and at the PMQ gate on afternoons have been removed; and two-sided photocopy machines are being introduced throughout the Wing.

There are lots more good ideas out there - we would really like to see them! If you have any further questions on the 19 Wing "Ideas" Programme, please contact Capt Richard Perrault at Loc 8576.

NEXT DEADLINE 3 MAR. - NOON

TOTEM TIMES

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TYPESETTER/BOOKKEEPER.....Jenny Cooper
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Diane Osterholm, Tet Walton, Bert Linder, Jim Kirk, Lloyd Bailey
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Office Hours: Deadline Friday; 0830 - 1600
Monday; 0830 - 1600
Tuesday; 0830 - 1200

Comment

About trivia

Waitomo Airtruck

Dear Editor,
The recent "Air Trivia" aircraft is the Waitomo Airtruck, which first flew on 2 August 1960. Built in New Zealand it was designed to be used for agricultural top-dressing.

The engine is a 550 HP Pratt & Whitney, actually a complete

power plant from a T6 Texan aircraft. In addition to the pilot, there are two loader-drivers in a compartment aft of the hopper.

The wingspan is 48 feet and length 28 feet, maximum speed 164 mph and a range of 450 miles.

Sincerely,
H.W. Holmes

Training for Life

Are you prepared for an earthquake? St. John Ambulance says that responsible persons should not wait for the various governmental disaster plans, but should prepare at the home level. Think of being cut off from heat, light, water, food, medical assistance and the like as you have seen on television the past few weeks.

St. John Ambulance suggests all citizens should have their own home plans and an Emergency Equipment Pack. Some of the things you may not have even considered having include:

- Plastic sheeting and a staple gun - windows may require emergency replacement
- A pry bar - door frames may twist, jamming doors closed

- Plastic bags or a porta potty - without water, disposal of human waste could become a problem, leading to health hazards.

St. John Ambulance has developed a 4-hour Earthquake Preparedness course that will not only teach you how to deal with injured family members and neighbours when emergency services are unable to respond at once, but will also provide you with valuable tips for coping with the worst possible scenario.

For further information on Earthquake Preparedness, contact your local branch of St. John Ambulance at 339-9900. Don't leave yourself on shaky ground, to be prepared is to be able to cope.

IT'S SOMETHING WE ALL SWORE TO DO!!

by MCpl Al Banky, 442 SAR Tech

A few years back I had the opportunity to go to a party dressed in a kilt. Like the proverbial good Scotsman, I went regimental (nothing under the kilt). Being myself (at times a bit exuberant), I spent part of the night discussing and demonstrating feats of physical skill and science. As is the custom these days, someone at the party had a video camera, and the whole episode was recorded for "posterity."

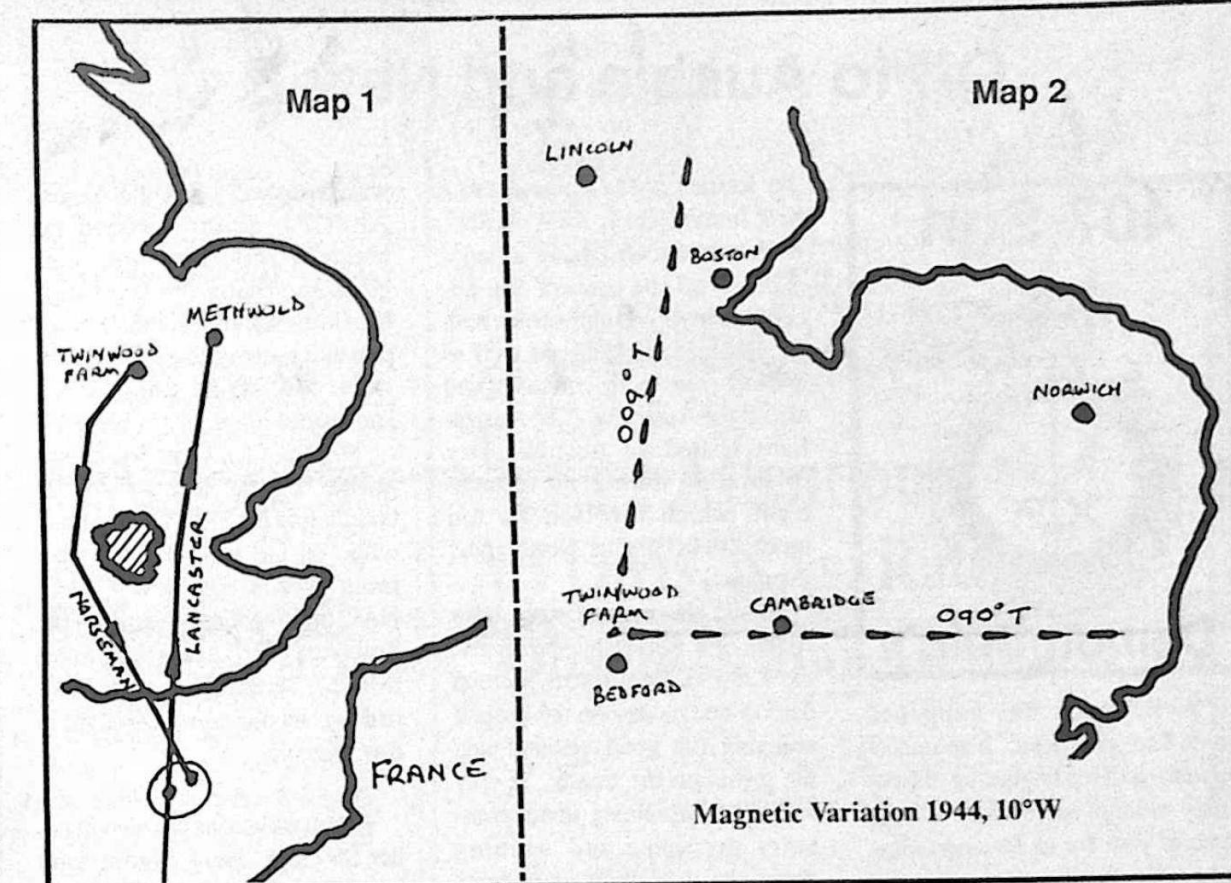
Although I am not about to defend the actions of the Airborne Regiment in their home productions, I am getting steamed about the seemingly endless supply of home videos being released by service members who, for the sake of a few quick bucks, turn their backs on their peers and the organization which pays their wage. Late last week, a few dollars and some misinformation from the supplier, reduced an age-old military tradition, the "crossing of the line" ceremony, to the level of a college prank.

When I joined the Forces 15 years ago, I swore an oath of allegiance to The Queen and my country. As my career progressed, I learned that an implicit part of that oath was my loyalty to my superiors, peers and, most importantly, my subordinates. As a SAR Tech, I depend on total loyalty and trust from my team mates. If I can't trust them, I can't do my job.

By releasing videos and misinforming the press and the public, members turn their backs on the oath they swore to uphold, and, more specifically, on their peers and subordinates - ON THEIR FRIENDS.

In these days of fiscal restraint, the military must fight for every dollar; the public is unwilling to finance operations they see as unnecessary. Each of the videos released to the press has left a scar on the Forces. The public will not remember that the "crossing of the line" ceremony was shown to be an honourable tradition, they will remember that the Navy was accused of being unprofessional and their future support for naval resources will reflect their attitudes.

If anyone out there has a copy of the video with me demonstrating my athletic prowess, do me a favour and keep it for your own home viewing. Show a little loyalty - it's something we all swore to do!



The Glenn Miller Story?

by Tet Walton

The only certainty in this intriguing mystery is that Glenn Miller left Twinwood Farm airfield, near Bedford (UK) in a Norseman, heading for Villacoublay, on 15 December 1944 and was never seen again.

No flight plan was filed and the pilot, Flt Officer Morgan, was not very experienced in bad weather flying, and the weather was poor. The other passenger, Maj Baessell, was known to be involved in the black market and was bound for Bordeaux to pick up "further supplies." There was a considerable amount of money on board, but no parachutes were carried.

Many theories and stories have been published over the years, but two conflicting views have been aired recently. Roy Conyer Nesbitt, in his book "Failed to Return," has the Norseman flying on a "dogleg" track to avoid the London defences, then resuming course for Villacoublay. Since taking off at 13.55 hours, and flying at normal cruising speed could have put the "plane over the Channel in the region of the Southern Jettison Area for Bomb-

er Command at the same time as a Lancaster from 149 Squadron. This Lancaster was homeward bound for Methwold, returning from an aborted raid on Seigen near Cologne, and jetisoned its load as ordered. The navigator, Fred Shaw, saw a Norseman below them dip its port wing and dive into the sea, as if it had been hit by falling bombs.

Was this Glenn Miller's plane? RAF records show no other high wing monoplane lost over the Channel on that day. (See Map 1.)

The Winter issue of "This England" magazine has a completely different account, with a ghostly (or "spirit") involvement. According to the article, a Stephen Wilde of Stockport picked up a hitch-hiker on the Leeds/Manchester road about 10 years ago. Wilde, a part-time disc jockey, chatted about music with his passenger, a man in his late twenties, who spoke with a North Country accent. Suddenly, when Glenn Miller was mentioned, the man spoke in an American drawl, and said "I'm glad you like my music, I'm Glenn Miller." Continuing,

he said "The aircraft came down in the fens near the Black Horse" and gave further details of the area. He ended by asking for a Christian burial. The passenger resumed his normal voice and speech and was put off at the next crossroads, at his request.

The possible general area of the crash has been investigated without any success, but an aircraft could have vanished in the soft boggy Fenlands.

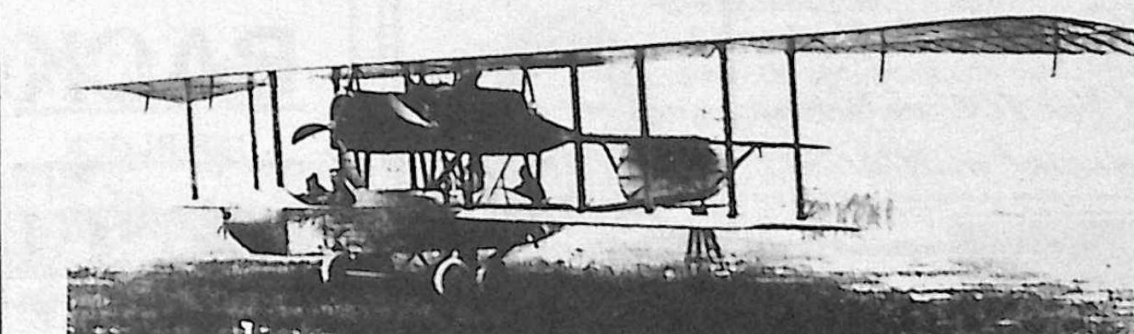
Leaving aside the "spirit" message, what could have caused the Norseman's pilot to fly in this direction?

Two explanations spring to mind. If the intention had been to fly due east before turning for Villacoublay (another way to miss the London defences) and Morgan had mistakenly set 010 degrees Magnetic instead of 100, then this would have taken the plane into the Fenland area.

The other likely error would be the "old red on blue," where the reciprocal of 019 M instead of a (possible) intended 199 M would be flown. (See Map 2.)

So who knows, will we ever know?

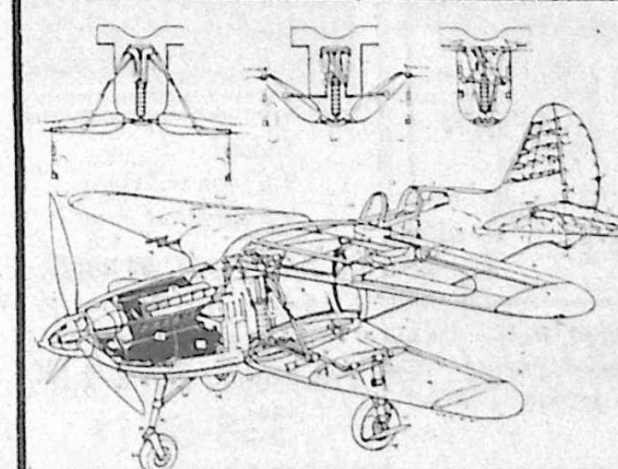
Air Trivia



Trivia Answer

We claim stumps on John Novak and anybody else who didn't guess the Soviet biplane featured in Feb 9th's trivia.

It is a Nikitin-Shevenko IS-4, prototyped in 1940



Section News

Off to Aussie and New Z



Well, much has happened since last we spoke. The end of January and the beginning of February always seem to be a busy time of year for us Demons - this year was no exception. On the home front the Crew 2 Cowboys were given the good news that they were heading off to Australia and New Zealand in the coming months for TASMEX - a much coveted trip. We wish them luck - it is one of the first times in many years that they will be heading south, instead of north on the inevitable Driftnet or Norpat. We hear that Bardo (aka Capt Bard) has forcefully convinced Capt Castelli to relinquish the third pilot position for the trip (you might ask Bardo about his missing tooth!).

As we get ready to send yet another crew off to Greenwood for OMS/FDS sessions in the cold of winter, we would like to reminisce about the warm sands of San Diego, where the Terminators and

the Icemen spent a week and a half honing their ASW skills. Both crews took part in a major exercise off the coast of San Diego that involved ships from both Canada and the USA, as well as aircraft from both countries and also from Australia. The Australians hosted an Australia Day celebration during the detachment, which involved far too much cricket for us Northerners to enjoy.

While the Icemen were busy flying and tracking submarines, the Crew 6 Terminators seemed determined to stay on the ground enjoying the good weather and the sights on the beach. If they weren't complaining about computer problems and whining about the fog, they were busy cracking windshields in order to come back with better tans than Crew 4.

The Icemen's resolve to fly was seen in many aspects of the trip. Despite computer problems, and a Navcom whose lungs wouldn't cooperate, our mission commander was determined to fly - even if it meant stealing the aircraft! Similarities between the Icemen's MPCC and television's infamous Homer Simpson were immediately noted by the ground crew, who welcomed Lt (USN) Brown at the servicing counter with a banner to commemorate the occasion.

AESOPs and groundcrew were drawn in hordes south of the border to Tijuana and Rosarito. The key to the city of Rosarito

was bestowed upon the Icemen AESOPs, as they wooed the Mexican population with their grace and charm (no laughing). Mexican blankets, sombreros and ponchos were all the rage, and so were cow skulls (don't ask - sometimes ignorance is bliss!).

Momba (aka Capt Mombourquette) is to be congratulated for completing his TACNAV upgrade while on the trip. He has now taken over as the Crew 7 TACNAV, booting Capt Roth into the Training Cell. (I guess this proves that the Terminators must have had at least one complete flight in San Diego!)

Congratulations are also in order for Capt "Jazz" Jasmin, who was married at the end of January to his sweetheart, Helene. His crew needs to be chastised, however - because the stag party wasn't held until AFTER the marriage (we'll have to rename them the Backwards Barons). To celebrate the marriage, the squadron has generously decided to send the crew, along with our CO, to generate some contact in southern waters.

Other than that, not much is new on this front. Many of the squadron spaces are getting a "facelift," and we are all looking forward to a roaring good time at the all ranks mess dinner of 2 March. I'm sure we'll have many more stories for you after the dinner.

Until next time.... 'Nuff said.

THURSDAY 23 FEBRUARY 1995

Reunion 22-24 Sep 95

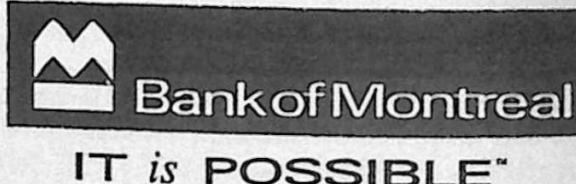
A reunion for Observer Mates, Naval Aircrewmen, Radio Navigators, Air Observers and Airborne Electronic Sensor Operators will be held at Greenwood, Nova Scotia, 22-24 Sep 95. Contact Brain Goldie, PO Box 2145, Greenwood, N.S., B0P 1N0. Phone: (902) 765-6507 Fax: 765-8892

WO & Sgt's Mess
Calendar of Events
MARCH 1995

Fri 03	TGIF	Fish & Chips	Dress relaxed
Fri 10	TGIF	Lasagna	Sports TBA, Dress relaxed
Mon 13		Ladies Social Club - Wacky Tourist Night	
Tue 14		Ski Day	
Fri 17	TGIF	Mexican	Dress relaxed
Sat 18		Monte Carlo Night	
<i>Legal gambling at its best - more info to come</i>			
Fri 24	TGIF	Burgers & fries	Dress relaxed
Fri 31	TGIF	German	Sports TBA, Dress relaxed

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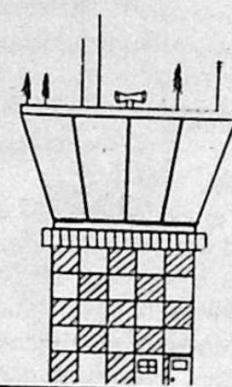
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THURSDAY 23 FEBRUARY 1995

TOTEM TIMES 7

Section News

Heavy Shoulders

As the
Beacon Turns

With the start of the new year came great news for six lieutenants in the section: Len Finamore, Kristin Gagnon, Doug MacMullin, Dave Thurston, Matt Wappler and Mary Wyers were all promoted to Captain. So now they have heavier shoulders to go with their heavier bank accounts.

It should make for a good bash.

We also had some people check out lately. Bob Johnson

qualified in PAR; Capts Barry Scott, Matt Wappler and Mary Wyers are now qualified in Terminal while, in the Tower, Capts J.P. Commodore and Noel Murphy were the latest to receive their qualifications.

All these newly-qualified people are going to come in handy as four captains decided to take the latest FRP offer. Brigitte Clement is going back to school, Doug Crumback is moving to the Okanagan to take over his father's apple orchard; Roger Guinan is moving to Vancouver to become a civilian air traffic controller and Dave Tack is leaving and just going to take life easy.

On 13 February we had the latest addition to our ATC family, J.P. and Yvonne had a bouncing baby boy - a BIG boy - Joshua weighed in at 9 lb 5 oz. Let's hope you've been saving up your sleep; you're going to need all that you can find.

The "No Snow Fest" has come and gone and all I can say is, at

least we didn't finish last. Every-one had a good time, which I guess is the main object of the whole thing. We would have done much better except for two things:

1) 414 Sqn stole our song.
2) During the sports events we didn't get to participate in our best event: "Throwing stones through the Tower Door." There was a practice the Tuesday night before the Fest, but only one person showed up. He did such a good job, when people found out about him, they came rushing out to see him. Must have been to get an autograph, right Dave?

With the traffic we've been getting lately, everyone has been getting more proficient including us DSCs. Mind you, there are better things to be good at than playbacks.

The best transmission heard from a terminal controller to an aircraft? "Is your aircraft PAR equipped?"

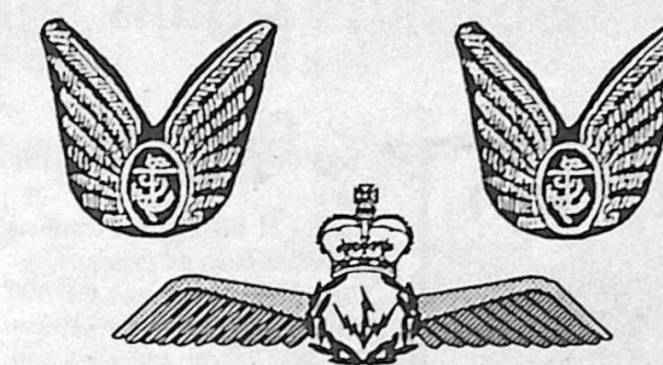
Til next time "You're cleared for take-off."

Looking Back



Two 442 Sqn standbys from RCAF days: Top: The Albatross; bottom: The 'Kamikaze Flight' Dakota.

NEXT DEADLINE
3 MARCH 1995 - NOON



Attention

All OMs, NAs, RadNavs,
Obs 081s and AESOPs

A history of the former-RCN & CF aircrew branch is being constructed, mainly through personal profiles of branch members.

Everyone ever to have served as a "back-seater" in a naval squadron is requested to forward their name and address to:

Tom copeland
57 Cedar Cres
Dartmouth NS B2V 1Y8

Junior Ranks Mess
UPCOMING EVENTS

25 Feb: TGIF supper starts 16:30 hrs - PIZZA
Followed by SHUFFLE and AIR HOCKEY
03 Mar: TGIF supper starts 16:30 hrs - SUBS
Followed by DARTS
17 Mar: ST. PATRICK'S DANCE
Advance tickets sold from 01-13 March. Tickets are being sold at the Bar by Acquittance Roll only and by cash at the Mess Manager's Office. Advance ticket prices: Members \$5.00, Non-members \$7.50. Tickets sold at the door will be \$7.00 for Members and \$9.50 for Non-members.

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Section News

442 Strikes Again



No rest this week for the members of 442. The busiest weekend since the New Year helped to remind us that the good weather is still a few months away, and it's business as usual in the meantime. Herring Roe is expected to begin sometime in March and crews are already preparing for inevitable deployments up the coast. Until then, there seems to be lots to keep us busy right here on Vancouver Island.

#1 - 11 Feb: When a drifting 18-foot boat was found near Sangster Island, Lab 318 was tasked to search for possible missing persons. The use of Night Vision Goggles allowed the crew to cover the search area quickly and effectively, and determine that there was no distress.

#2 - 11 Feb: A sinking 58-foot fishing vessel off the coast of Tofino necessitated an early morning launch of both the Buffalo and the Labrador. A fishing vessel recovered a man in the water, and two other survivors were hoisted from their life raft into the Lab. The three were treated for hypothermia and transported to hospital. The fourth crew member of the sunken ship was not located, despite an all-day search involving three aircraft and several vessels

(both Coast Guard and commercial).

#3 - 11 Feb: While returning to Comox from the previous mission, both the Lab and the Buff were diverted to an area between Ballenas Island and Departure Bay, where yet another abandoned boat had been discovered.

#4 - 12 Feb: Buffalo 451 and crew were tasked to search for a man overboard from a tugboat in Comwall Inlet. On scene, severe turbulence precluded safe and effective searching and the Buff returned to Comox.

#5 - 12 Feb: A late night launching of Buffalo 451 to Monkman Lake. A pilot had forced landed on the lake due to weather, and although unhurt he did require survival equipment to get him through the cold night. Survival gear was delivered and a civilian helicopter extracted the pilot at first light.

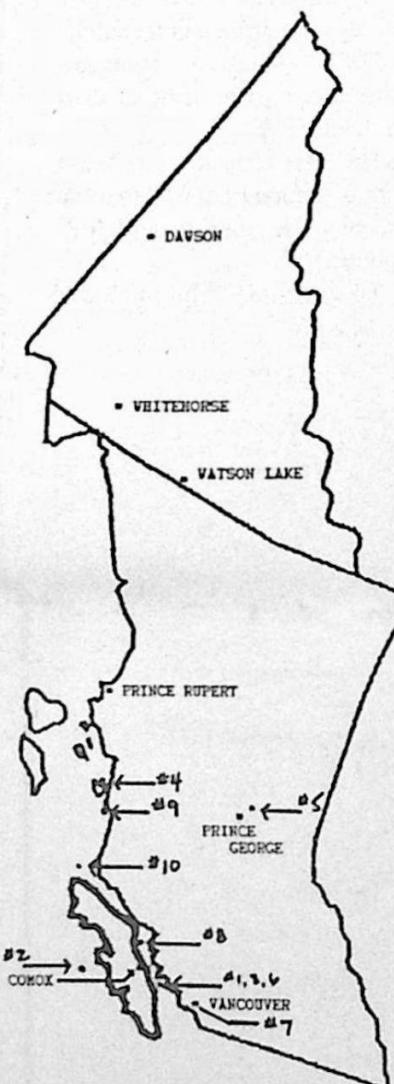
#6 - 13 Feb: A search for an overdue 28-foot boat was called off after only 45 minutes when the boat was discovered near Nanoose.

#7 - 13 Feb: What week would be complete without another ELT false alarm? Buffalo 451 homed the signal to a vessel in Vancouver Harbour.

#8 - 14 Feb: The Buffalo was tasked to search for an overdue aircraft between Knight Inlet and Campbell River. The weather (remember all that snow?) did not allow for a visual search. The pilot of the aircraft was quickly contacted via radio and was safe on the ground waiting for the weather to improve. Perhaps he's still there.

#9 - 15 Feb: Buffalo 457 was tasked to assist a vessel that was taking on water. A local float plane provided assistance and the Buffalo was stood down enroute.

#10 - 16 Feb: Both the Buffalo and the Labrador were dispatched to Pine Island to assist the crew of a disabled skiff. The fishing crew had boarded another vessel prior to 442 aircraft arriving on scene and no distress was imminent. RCC stood down the Lab and asked the Buffalo to determine the lat/long of the abandoned skiff. Lucky for the crew of 457 that on board was their newest trained spotter. BGen Brace, Comd ATG, "scooped" the SAR techs when he called the aircraft around on the search object just moments after arriving in the area.



Tax Time in the Snake Pit

by Cpl Joe Kristiansen, IS Tech

February for various reasons, can be the worst month of the year. It's the month when most of us have forgotten about our New Year's resolutions, and the bad habits, sworn off in January, again invade our daily lives. Here in the Snake Pit the resolutions made last month are only starting to get rolling. I am referring to OP Snake. For those who haven't heard, OP Snake is an exciting initiative to reduce the cost of running a Search and Rescue Squadron, brought on by the fiscal reality that is the modern military.

The idea is simple enough, let the people who do the job make the cuts. The guiding principal we follow is, "If I was paying for it with my money, would I still want to do things the same way?" At this time our Op Snake personnel are processing initiative #12, with more pouring in every day. The initiatives range from wearing coveralls off the flight line to overhauling our own landing gear. Nothing is sacred, and no job is overlooked. The squadron has been broken into teams, from the CO right down to the youngest Cpl on the floor, (sorry we've run out of Pte's) to insure that all facets of squadron life are scrutinized.

Proposals are submitted to the Op Snake team, who research them to ensure that a cost savings can be realized. They are then

passed up the chain of command until they are either approved by the proper authority or denied. If they are approved, they are implemented immediately. The agency that turns down the proposal must explain to the Commanders of Air Command and Air Transport Group why the cost savings are not feasible.

As all of the techs in 442 are concerned for your safety, and none of us enjoy being called out in the middle of the night, I would like to remind all of you fisherpersons, hikers, boaters, and outdoorsmen to inspect your safety gear. With the summer season fast approaching, now is a good time to ensure that 442 won't have to call on you because of faulty equipment. It would be a good idea to ensure that your emergency survival gear is also in good repair and all damages caused by storage are corrected before they become a problem. Each hour that we don't have to spend searching for you is a \$5,000 savings to us. OP Snake eat your heart out.

With the return of our Chief from a meeting with career managers in Ottawa, the rumour mill is busy cranking out a wish list of promotions, postings, and future raises for all of us. The only thing that can be said with absolute clarity is that rumours are just that, and hopes heart beats strong.

Until next time, "This we do that other may live."

RCSCC

John Travers Cornwell VC

The Royal Canadian Sea Cadet Corps John Travers Cornwell VC will be celebrating its 75th Anniversary with a Reunion on 2-4 June 95 in Winnipeg, Manitoba. All former members of the Ship's Company who wish to celebrate can contact the Cornwell Reunion Committee at 51 Navy Way, Winnipeg, Manitoba, R3C 4J7

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CFB Comox Base Team

19 WING COMOX



Back Row: Coach Sgt Moon, Cpl Malnye, 2Lt Laverdiere, Cpl Ross, Cpl Clairmont, Cpl Prinzing, Lt Nogue, MCpl Lee, Cpl Roy, Cpl Warden. Front Row: Cpl Letendre, MCpl Godin, Cpl Gregoire, Cpl Lair, Cpl Glowatch, Cpl Lagace, Cpl Goulet, MCpl Saunders.

CFB Comox Old-Timers

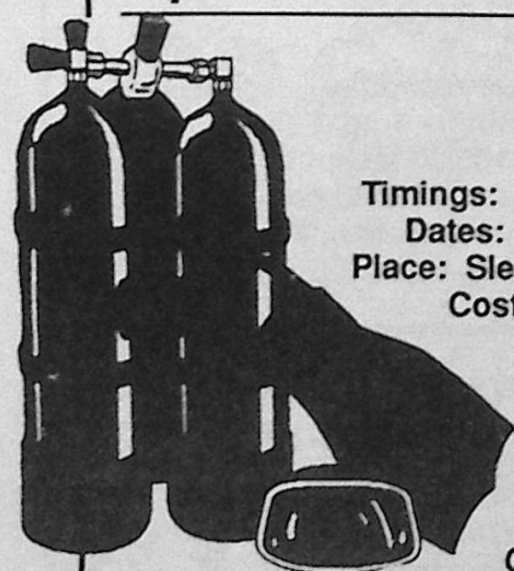
19 WING COMOX



Back: MCpl Tarbott, MCpl Beal, Sgt Moon, Sgt Devries, WO Gale, LCol Hardy, Maj Roos, Sgt Fraser, MCpl Gough, MCpl Swainsbury. Front: Capt Livingston, Cpl Malovin, WO Gaudreault, Sgt Fradsham, MCpl Brulotte, Sgt Hardy, Sgt Patrick, WO McKee.

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RECYCLE THIS PAPER!

On & Off the Base



by Capt David Krayden WPAffO

To the many who have wondered what members of 19 Wing Comox's 407 Sqn do with their CP-140 Auroras in San Diego, I have the answer: they fly, they fix, they get up early, they go to bed late, if at all, and then they fly and fix again. This squadron - from ground crew to flight crew, from private to major - works. They do what they are paid to do: train to defend their country. During their occasional detachments to North Island Naval Air Station (NAS), to participate in a US Navy Pacific Fleet Exercise, the dedicated men and women of 19 Wing's Maritime Patrol Squadron work and train very hard.

It was a 10 minute drive from my visiting officer quarters to the headquarters of the Canadian contingent. Despite having visited many US bases, I somehow always fool myself into thinking that most vital points are within walking distance; I am somehow always disappointed.

I was greeted upon my arrival by the detachment commander, Maj Andy Clark, who was at first unwilling to believe that I was not in San Diego for a vacation. No, I remonstrated, it may be February in Canada but I was here to produce an article on the yearly sacrifices of 407 Sqn.

I reported to the Canadian HQ the next morning and discovered it to be the nerve centre of a truly multinational exercise. One is greeted not only by Maj Clark but also by a US Navy lieutenant-commander and an Australian wing commander. In spite of there being only two telephone lines for the entire building, all were apparently getting along famously.

The fact that Canadian air resources had been deployed to a naval air station is due to the varying operational responsibilities between Commonwealth countries and the rest of the world. "Because of the Coast Command tradition, maritime patrol is an Air Force tasking," said Maj Clark. In the US, the Navy flies the MP missions.

The Canadians would be flying in no fewer than six seven-hour missions over the following three days. There would be some time left over for briefings, debriefings and aircraft maintenance.

The annual Fleet Exercise

Where Ground Meets Air

would transpire with or without Canada's participation. For over 14 years the Americans have been inviting Comox's Auroras to join their exercise. Once deployed, our aircraft are integrated into the daily flying schedule of this massive US Navy operation and our personnel take full advantage of the training opportunity.

"The reduction of American participation during the last few years has opened the door for increased Canadian participation," says Maj Clark, with over 20 years of MP experience under his belt. This year the exercise involves the Nimitz-class aircraft carrier USS Lincoln, naval aircraft - and submarines, the primary operation target of 407 Sqn. Four Canadian ships from Maritime Forces Pacific (MARFAC) are here too: HMCS Annapolis, Algonquin, Provider and Vancouver comprise a Canadian Maritime Operations Group (CMOG). Hence, the exercise benefits both the naval and air arms of the Canadian Forces. For 407, the exercise is valuable training. The squadron can hone its anti-submarine warfare (ASW) skills against the best in the world: ours and theirs. It is an annual exchange of experience and expertise.

Maj Clark does not shy away from defining the squadron's role in ASW terms. Despite increasing maritime patrols in support of counter-drug ops, driftnet fishing surveillance and pollution monitoring (a broad area of operations commonly referred to as "non-traditional taskings") ASW remains the principal raison d'être of MP operations. That means preparing for combat. That means defending Canada.

407 Sqn was detached to NAS North Island for two 12-day periods in January and February this year. The station is located at one of the US Navy's more inviting locations, and in a country full of unbelievable backgrounds for army, air force or navy activity, that is truly saying something. The base stretches for miles and is surrounded on all sides by a white, sandy beach.

Near the flightline, one can hear the sounds of freedom during all hours of the night as Vikings, EA-6s and F-18/Cs leave the runway for round the clock training. Just hundreds of yards from that runway is the renowned Hotel Del Coronado, where Billy Wilder shot his legendary film *Some Like It Hot* with Marilyn Monroe, Tony Curtis and Jack Lemmon.

Yes, I visited this location too.

On the Road with 407

same, spare parts have to be flown in, but the 407 groundcrew reacts in a fashion typical of Canadian military personnel: with flexibility. Canada, unlike the US armed forces, cannot afford the luxury of specialists: we are flexible and our NCMs have to be generalists, acquainted with many facets of aviation. "Our ground crew, I think, are more informed about the overall requirements of our aircraft; I guess we have to be," says Capt Castonguay.

Groundcrew and aircrew are symbiotic; one justifies or nurtures the existence of the other. As the groundcrew finish their job and prepare the Aurora for another mission, the aircrew board their plane and prepare for takeoff.

This takeoff is early. They never seem to occur at sensible hours, being either too late in the evening or too early in the morning for the regularities of sleep.

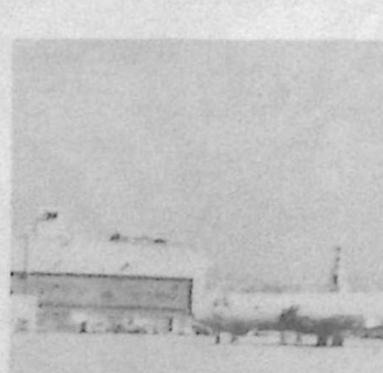
The unexpected on this particular day is a broken Aurora windshield. It has been up to Capt Manon Castonguay, the detachment's ASO, to supervise the windshield's replacement. The glue requires 24 hours to set properly. But the job has been finished in less time than might have been expected back at home base. Here the crews are working 24 hours a day to ensure a constant flow of operations.

Supplies are not always available, tools are sometimes not the

Flight Preparation



Cpl C. Watts, a 407 tech., checks the undercarriage of the CP-140 Aurora prior to take-off.



California Training



With the glorious skyline of San Diego in the distance a 407 Sqn Aurora from 19 Wing Comox rests on the flightline of North Island Naval Air Station. In the background is a US Navy P-3 Orion, the Aurora's American maritime patrol counterpart. In all, 48 members of the squadron participated in this particular 12-day deployment to the US Navy FLEETEX.

This morning we leave at 0445 hours after a 0230 briefing. The pilot and crew commander is Capt Chris Bullis. Today's mission is to track the Nimitz-class aircraft carrier USS Lincoln, which is hidden inside layers of southern California fog, about 50 miles off the coast. The Aurora takes broad circular swings over the Pacific, a "normal patrol pattern," according to Capt Dale Harlos, the tactical navigator on board the aircraft.

"We are trying to lull the ship into a false sense of security," he says.

Capt Bullis emphasizes the essential transferability of this morning's exercise. "We are flying over the Pacific Ocean this morning looking for the Lincoln, but we could be flying over any other ocean looking for a surface or sub-surface threat," he says.

For the past two weeks, Capt

Windshield Update



Detachment Avionics Systems Officer Capt Manon Castonguay confers with avionics technician Cpl Michelle Gagnon on the repair of an Aurora windshield.

Situation Normal



Capt Dale Harlos, 407 TACNAV, monitors the screen aboard a 407 Sqn CP-140 Aurora.

Photos by Capt David Krayden.

On & Off the Base

More Ground/Air

Continued from page 10

Bullis and his Aurora crew have been testing the effectiveness of their aircraft's detection system and their ability to react to the unexpected details of the scenario.

Once the Lincoln is found, the pilot and crew must then wait for its reaction. "They might radio us a warning not to proceed or they could send up some fighter aircraft to intercept us," says Capt Bullis.

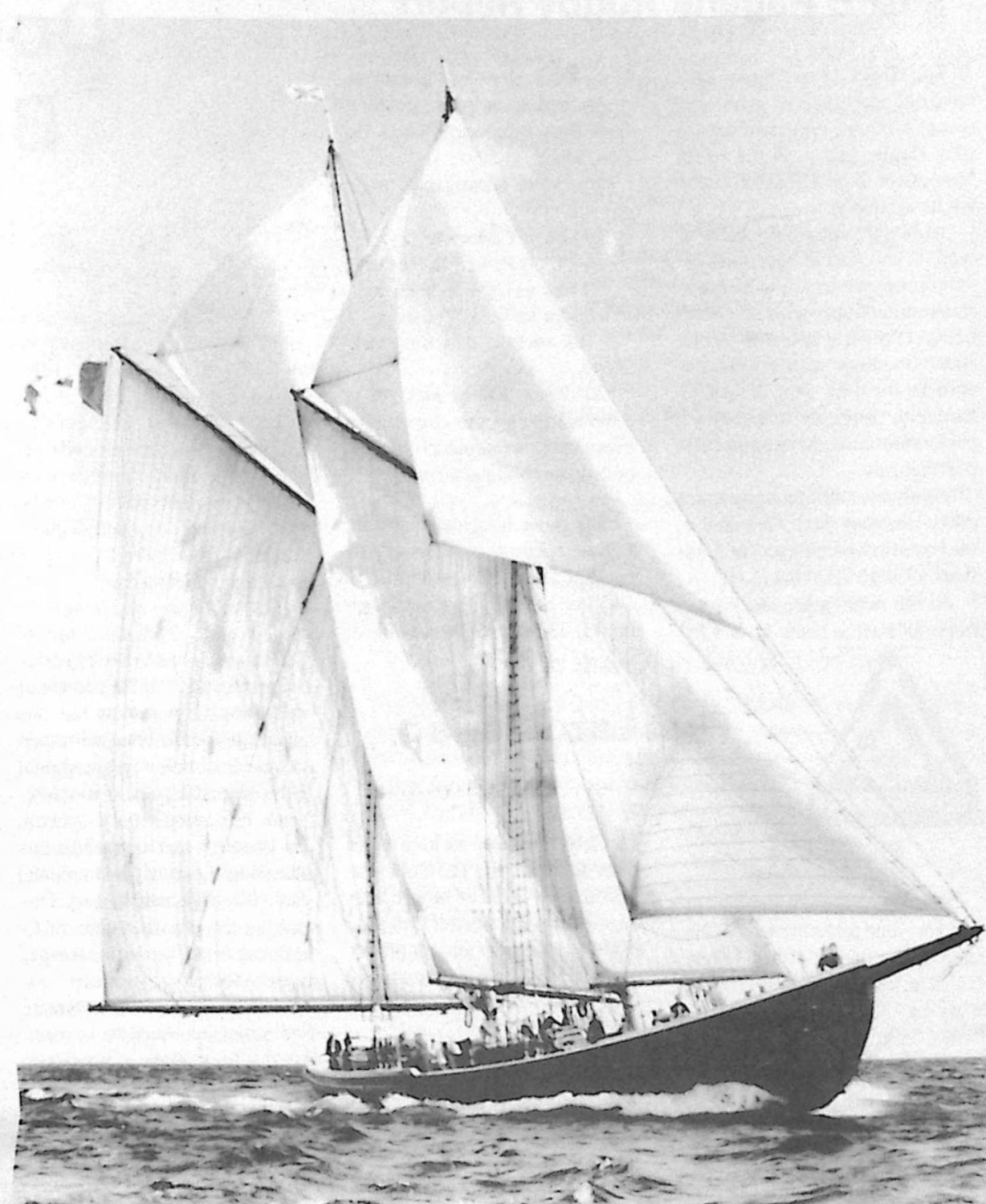
Ultimately neither occurs. The Aurora crew is ordered to return to base at 0755 hours.

There will be no contact with the Lincoln on this mission; the ship's crew will be kept guessing. (Though we did not see the aircraft carrier, others did. The Lincoln made the news later that day when boats participating in the America's Cup yacht race found the massive ship in their path.)

After a debrief, the aircrew will head back to their rooms for some sleep, the groundcrew will begin working on the aircraft and another crew will prepare for a 1200 hours flight.

There's much more than fun in the sun to this detachment.

For our Down-Homers



The Editor occasionally remembers his Nova Scotia days with this picture of the "Bluenose." An ideal way to fill space left vacant by lax contributors. Our next editions are going down to 16 pages.

Base is taking down Barriers

by Capt David Krayden, WPAffO

Complete handicapped accessibility will be a reality at 19 Wing in 1995. All Wing buildings and facilities will be accessible to the handicapped, as part of a Barrier Free Access plan that will bring doorways, bathrooms and parking areas in line with the directives of federal government policy. The alterations will complete work that started in 1987, when the base began retrofitting buildings and MQs.

The areas which have just been upgraded are the Combined Mess, Air Force Museum, arena, hospital, recreation centre, Officers' Mess, Wing HQ, Protestant Chapel and Quadra MIR. The total cost of the renovations was \$150,000.

Since 1979, the Federal Government has been modifying its buildings and facilities to make them accessible to handicapped personnel. The action was initiated to comply with the Canada Labour Code, Canadian Charter of Rights and Freedoms and the Canadian Human Rights Act. In 1991, the Treasury Board of Canada issued a revised policy on accessibility which made ministers responsible and accountable for the implementation of access to their buildings. Thus, the Minister of National Defence became responsible for ensuring access to DND buildings. The directive gave a compliance date of March 1995.

NEXT DEADLINE 3 MAR NOON

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Jan 1995

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NEXT DEADLINE 3 MAR.

Health Fitness & Leisure

CFB Pagans Rugby Report

The CFB Comox Pagans RFC have not been too well publicized recently, but the team continues to play league games in the North Vancouver Island Rugby Union for its second year.

Although not doing quite as well as last year at this time, the team continues to play with determination and grit with all games being relatively close in score. After finishing with a 4-9-1 record in the first year, it will be harder to duplicate last season's performance due to injuries, FRP, postings, etc.

As always, the Pagans practice every Tuesday and Thursday at the base rugby field (soccer field) from 1730 to 2000 hrs.

In the near future the Pagans hope to host a team from CFB

Cold Lake, the Cold Lake Penquins, and a United States Navy team from Bremerton Naval Station, Washington.

Upcoming home games for the Pagans:

19 Feb vs Cowichan
26 Feb vs Powell River Ottago
19 Mar vs Campbell River
26 Mar vs Velox (Victoria)
TBA vs Port Alberni Blacksheep.

All home games kick off at 1300 hrs (subject to change) and everyone is welcome to come on out and support the team.

For more information on the Pagans rugby football club contact Cpl Tim Steel (H) 890-0209, (W) Loc 8534 or Cpl Brad Marriott (H) 339-2793, (W) Loc 8534.



by Rusty & Rick Fairbairn

Hello, this is Rusty, I'm here to ask for your participation. This time it's for our '95 Bottle Drive. It will be held on Sunday, 26 February at 1300 hrs in the PMQs. Please help us provide for the youth in your community. Remember, the youth are our countries' investment in the future.

First Lazo Cubs have been busy over the last few weeks and will continue to be busy the rest of February. Five Cubs attended a district camp at Elk Haven on Denman Island from 10-12 February. During the Elk Haven camp, they learned how to be bet-

ter Cubs and how to help other Cubs do their best. The Cubs also gained a few ideas on how to help their leaders run a better Cub program. All the Cub members agreed it was a great learning experience and a good time was had by all.

The next major event will be a district Winteree to celebrate our founder Lord Baden-Powell's birthday on 26 February, at Camp Gilwell near Courtenay. We will have cake, hotdogs and lots of games and crafts.

Well, that's all from Cubs for this month. Until next time, remember to "Do Your Best" at everything you do.

Pac Regional Broomball 6-10 Mar.

The Canadian Forces Pacific Regional Mens/Ladies Broomball Championships, featuring teams from (Mens): Esquimalt, Chilliwack, Comox and Fleet; (Ladies): Chilliwack, Comox and Esquimalt, will be held at Glacier Gardens during the period 6-10 March.

The competition is to determine who will represent the Pacific Region at the National Championships which will be held at BFC Valcartier 1-8 April. Opening Ceremonies will be held at 0750 hrs on 6 March. Come out and see the Best of the West in Military Broomball.

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Doctor Bob



C-Sections

"How many caesarean sections should we, as doctors, be doing?" The question is often raised, not only by obstetricians but also by their patients who, after all, are the women undergoing the operation. Another interested party is the paying agency. Both hospital costs and doctor's fees are higher when a C-section is used to deliver a baby.

No one knows the answer to the question. The actual rate of C-sections seems to hover somewhere around 20 to 25 percent of deliveries. If a woman has one chance in four of being subjected to a surgical delivery, she should know something about it beforehand. Education about C-section, its benefits and complications should be a part of good prenatal care. It is often overlooked. Discussing the pros and cons of C-section with an increasingly uncomfortable woman, exhausted from prolonged labour, five minutes before she is transferred to the operating room is not

the kindest way of practicing medicine.

Certainly rapid decisions are required at times in obstetrics. Emergency sections do save lives. Even here it is much more reassuring for the mother if she has been taught about the procedure during her pregnancy.

Perhaps because it is done so frequently, skills are kept honed, and complications are few.

Among those that do occur are post-partum bleeding, infection, continued pain, and urinary retention. Excessive bleeding is not unusual even after vaginal delivery. In both instances it is due to either the uterus not contracting down, or to torn or damaged tissues. Drugs are routinely used to "tighten up" the uterus; tears or poorly-repaired incisions in the uterus may require further surgery.

Infection is less likely if antibiotics are used routinely to ward it off. It can, however, occasionally pose major problems and

sometimes even require removal of the uterus to control it. Infection also makes other complications such as clots in the leg veins more likely to occur.

Disturbed bladder function after C-section is very common, but is generally short-lived. Retained urine is drawn away using a catheter. The tube is either left in for a day or so, or inserted and removed as the need arises. No big deal in either case.

Hospital stay is not prolonged much following caesarean delivery. Mom and babe go home in three to five days in most cases. Pain, while certainly present, is usually not great, and is readily controlled when it is bothersome.

An old adage, "once a caesarean, always a caesarean," no longer holds. Vaginal delivery after C-section is now common and, with good obstetrical care, safe. The type of incision used for the first C-section does determine, in many cases, the feasibility of trying later vaginal delivery.

Asthma

Asthma is one of those diseases that we thought we had pretty well licked. Now we find that deaths from asthma may actually be increasing, perhaps because some of the drugs we have been using have significant, occasionally fatal, side effects. Awareness of this has led to a re-thinking of methods of treating this illness.

Bronchospasm, which narrows the air passages, causes the symptoms. Wheezing and difficulty breathing (asthma is from the Greek word for panting) are the main complaints. There is increasing evidence that inflammation is the major cause of bronchospasm. While the traditional "trigger mechanisms," allergy, infection, and emotional upset still apply, it is clear that asthma is not that simple.

Standard therapy consists of a number of drugs. Bronchodilators are designed to open up the air passages, and the inhaled ones certainly do this. Most are in a

class of drug called beta agonists, and there are many on the market. Aerosol sprays and powder puffers are the usual dosing methods, although fancier nebulizers are used in the hospital setting, and sometimes at home. Only the symptoms are helped, not the disease.

The beta agonists have lost their place as first-line therapy, and are now recommended only for "as needed" rather than regular use. Increased deaths among asthma patients has been attributed to excessive use of these drugs, but this has not been proven.

Inhaled corticosteroids are now usually the first choice drug for treating asthma. These corticosteroid-like compounds seem to modify the disease process rather than just relieve symptoms. They are potent anti-inflammatory agents, and have been used for years, in tablet form, by some asthmatics. The minuscule doses in inhaled sprays and powders

virtually eliminate the serious side effects of cortisone tablets, which require much larger doses to be effective.

Another long-time asthma medicine, theophylline, (with many trade names) is also under fire. Never an exceptionally good bronchodilator, it is noted for a variety of side effects, particularly in older patients, and for unwanted interactions with many other drugs. It has a place in treating asthma, but it is diminishing.

Individuals with asthma are burdened by a chronic disease which, in many cases, they have had for years. Often they have taken responsibility for managing their illness and seldom see their physician. But treatment options do change, and occasional review of lung function and medications is in order. The drugs being used might be less effective than newer ones, or worse, more dangerous than realized when they were first prescribed.

NEXT DEADLINE 3 MARCH - NOON

Comox Air Force Museum

MUSEUM GIFT SHOP

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

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

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

On & Off the Base

Country Kitchen

Italian Cooking



Turkey Florentine

A special meal, far from the daily routine, is a welcomed break during the winter.

4 - 2oz. turkey fillets
1 Tbs. margarine
2 Tbs. shallots, finely chopped
1/2 tsp. garlic powder
1/2 tsp. dried thyme
3/4 cup cooked spinach, chopped

1/4 cup grated Swiss cheese
Breeding mixture:
1/4 cup corn flakes, crushed
1 Tbs. fresh parsley, chopped
1 tsp. paprika
1 Tbs. melted margarine
Place the meat between two sheets of plastic wrap and flatten to 1/8" thick.

Melt margarine in saucepan, add shallot, garlic powder and thyme. Cook for 2 minutes. Add spinach and cook for 5 minutes.

Allow to cool and add the cheese.

Spread the mixture on the fillets, roll up and set aside.

Combine all breeding mixture ingredients in a bowl and coat each roll generously. Place rolls in an overproof dish and bake at 350° for 10 minutes. Serve hot.

Jumbo Shells Italiano

The mouth-watering combination of three kinds of Canadian cheeses piled into pasta shells and sauced with baby clams in Italian tomato sauce makes a wonderful meal for chilly winter days. The Italian flavoured tomato sauce has all the spices added and doesn't require a long simmering time. If desired, you could assemble the dish in the morning and refrigerate until supper time. If you take this make-ahead route, be sure to add 10 to 15 minutes to your baking time.

16 jumbo pasta shells
1-1/2 cups shredded Mozzarella cheese
1 cup cottage cheese
1/2 cup grated Parmesan cheese

2 eggs, slightly beaten
1 Tbs. chopped parsley
14-oz. can tomato sauce
5 oz. canned baby clams, drained

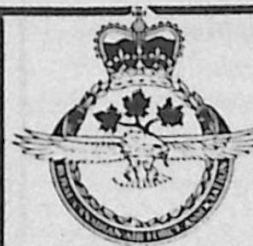


Cook pasta shells according to package directions; drain and cool. Combine Mozzarella, cottage cheese, Parmesan, eggs and parsley. Fill each shell with an equal amount of cheese mixture.

Combine tomato sauce and clams. Spoon a small amount of sauce into bottom of each of four individual shallow casserole dishes. Arrange four filled shells in each casserole dish. Spoon equal amounts of remaining sauce over each casserole. Bake, covered, in preheated 350° oven 20 to 25 minutes or until hot and bubbly. (Makes 4 servings.)



"Hey! Get in your own lane!" Lt(N) Martin Dussault, Management Services Officer, CFB Halifax, Lt Col Don McLeod, SSO Personnel Maritime Air Group HQ, and Capt(N) Art Vey, CO Maritime Warfare Centre, fight for the title of Top Trike Trooper. The race took place Nov 30 as part of the closing ceremonies for the annual CFB Halifax United Way campaign.



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

Business Plan Preparation and Use Workshop

The WPSO will host a hands on workshop for those who have a business or business idea, to be presented by Federal Business Development Bank. It is advisable for participants to have attended a "How To Start A Business" seminar. Time will be included for participants to work on their own business plan. Topics include:

- Reasons and Uses of a Business Plan
- Business Plan Layout
 - Business Profile
 - Marketing
 - Operations
 - Management
 - Financial Summary
 - Appendixes
- Finishing Touch - Sorting For Use
- What Makes a Good Business Plan

Date: 10 Mar 95
Time: 0800-1530 hrs
Place: WPSO Classroom #16, Bldg 22
Cost: \$125.00
Dress: Dress of the day
Registration Deadline: 02 Mar 95

For more information call WPSO office at Local 8293.

How To Start A Business Seminar

The WPSO will host a 2-day seminar by Federal Business Development Bank on "How To Start A Business." At the end of the seminar participants will be able to assess whether or not entrepreneurship is an option for them and the issues they must address to be successful in small business. Topics include: Personal Business Management, Finding Business Opportunities, Legal Structure and Taxation Issues to Address, Business Plan Overview, Marketing Concept and Promotion, Sources of Assistance, Sources of Finance and Loan Requirements, Record Keeping and Business, Financial Planning.

Dates: 02 - 03 Mar
Time: 0800 - 1530 hrs
Place: WPSO Classroom #16, Bldg 22
Dress: Dress of the day
Cost: \$250.00

Registration Deadline: 24 Feb

Costs are reimbursable for military members serving on an IE or IPS under SCAN. FRP '95 members attendance is covered under the Outplacement Agency benefit. Spouses of personnel attending may participate at no additional cost. For more information call WPSO office at local 8293.

GED PREPARATORY COURSE

The GED Preparatory Course scheduled for Jan has been postponed until Mar 95. GED equivalency equates to Sec 5 and is the minimal acceptable level for CFR. Costs are reimbursable in accordance with CFAO 9-2. Info for Mar 95 course is as follows:

Dates: Thursdays 02 Mar - 06 Apr
Exam: 29 Apr 95
Time: 1900 - 2100 hrs
Cost: \$75 Tuition, \$40 Exam, \$5.50 Study Material
Registration: Deadline 27 Feb 95

Note: Military personnel, spouses, and civilian employees may participate. For further info call Loc 8293.

RECYCLE THIS PAPER!



Bill Snow

Brian McLean Chevrolet, Geo, Oldsmobile Ltd. is pleased to welcome to our sales staff Captain (ret'd) Bill Snow.

Bill is a former aircraft engineering officer with VU33 Squadron and more recently the Base Coordinator of Official Languages.

If a new or used car or truck purchase is in your future, Bill would like to take this opportunity to offer his service to all of his friends and acquaintances.

BRIAN McLEAN
CHEVROLET • GEO • OLDSMOBILE LTD.
2145 Cliffe Avenue, Courtenay, B.C.

334-2425 Mon.-Thurs. 9-6 • Fri. & Sat. 9-5:30 Dealer No. 8379

On the Base

Employee Assistance Programme



Some Tips on How to Quit

There is an abundance of evidence to prove that smoking cigarettes or using smokeless tobacco is a serious health hazard. It is also expensive, since a one-pack-per-day habit will cost you over \$500 per year. Quitting may not be easy, but it can be done, as many ex-smokers have proven. You may be able to do it yourself or you may need some outside help. It isn't important how you do it. What is important is the fact that you are quitting.

The Beginning

Probably the most important aspect to success is your readiness and determination to quit. Once you've made up your mind to stop, this hurdle is behind you. Then you can begin to investigate some of the methods of quitting plus the variety of support available to you. At this point, it might be a good idea to start a smoking diary listing when you smoke during the day. This will help you analyze your smoking urges. Once you begin to understand when you smoke and what sort of feelings or emotions trigger your desire to light up, you're on the track toward controlling your habit. Keep your diary for several days before you stop smoking.

Where To Go

Sometimes you need go no further than yourself. Some people, by exerting their willpower and keeping their thoughts and

It's time to Quit Smoking

actions under strict control, can stop smoking with no outside help. But even these people should try and get a basic knowledge of why they smoke and how they got addicted. Many books have been written on the subject. Go to your public library and select the ones you think might be most helpful. Organizations dedicated to the health of heart and lungs usually have a lot of free literature designed to assist in quitting. Call the Canadian Cancer Society, The Canadian Lung Association or the Canadian Heart Association.

Other Aids

Support groups are available in communities all over the country. Enquire among the same groups listed above or consult the Yellow Pages in your phone book. Hospitals, clinics, universities and other medical research organizations often have stop-smoking programs. Any health professional should be able to guide you toward the sources you feel would be most valuable to you.

What They Do

Whether you decide to stop with the help of a book or whether you prefer the support of a group, you'll find the techniques are similar. All good programs encourage behaviour modification - changing your way of life so that cigarettes are no longer important in certain situations. Once you have decided to quit, you will find lots of material available to help you attain your goal.

Your EAP Referral Agents

Patrick Landroche..... Loc. 8374
Evelyn Femia..... Loc. 8336
Carol Anderson..... Loc. 8319



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 (Bookshell)
*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
*Tyce 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

8 March 1995

International Women's Day Conference

The preparations for the Women's Day Conference are in full swing and we now have a schedule of events. The conference will take place on 8 March.

Base Gym

0900 Opening
0915 Keynote speaker - Iona Campagnola
1015 Break
1045 Speaker
1200-1330 Lunch
1330 Speaker
1445 Break
1500 Story Teller
1530 Draws
1600 Closing

AFIS Theatre

1830 Video - "The Burning Times"
1930 Discussion and Break
2000 Lorraine Fast - poetry reading
2100 Video - "Goddess Remembered"
Admission to the conference is a donation to the Food Bank in the form of a non-perishable item.

Lunch will be catered by The Old House and features hot entrées, vegetables, cheese and fruit, salads, rolls, dessert, tea and coffee. Tickets are selling fast (\$15.00). Get yours soon.

In addition, throughout the day there will be lots of interesting displays and booths to visit, and a bake sale and white elephant sale to benefit the Comox Military Family Resource Centre.

Comox Valley Desktop Publishers Association

We hold meetings on the second Tuesday of each month at the Washington Inn. You don't have to be an expert to join or to get valuable information to help you improve your computer generated copy. For more information phone Liz Phillips 339-4614 or Irv Chamney 338-1323.



During the evening program, two documentary videos will be shown. The controversial nature of the film "The Burning Times" should spark an interesting discussion. This film is an in-depth look at the witch-hunts that swept through Europe just a few hundred years ago. False accusations and trials led to massive torture and burnings at the stake, and ultimately to the destruction of an organic way of life. The film advances the theory that widespread violence against women and the

neglect of our environment can be traced to those times.

A reading by poet Lorraine Fast will be followed by a second film, "Goddess Remembered." This documentary is a salute to history, to the values of ancestors only recently remembered, and to the goddess-worshipping religions of the ancient past. The film proposes a return to the belief in an interconnected life system, with respect for the earth and the female, as fundamental to our survival.

Share Your Special Moments Women's Day Conference

We all have special things in our lives that mean so much to us. They come in a variety of forms. It may be a thought, something you have seen, or an event which was very moving.

Right now, your mind is starting to wander as you read this, triggering a moment from the past which brings a warm glow, a sense of happiness and that good all-over feeling.

This year, the Women's Day Committee invites you to share a special moment with others. During the '95 Conference (Mar 8 at the Base Gym) we will be setting up a display where your special memories are the exhibit.

Look back through your special treasures; it could be anything - a book, a button, a picture or even that first corsage from a high school dance.

To display your treasure during the conference, put it in a box along with a short write-up on what it means and why it is so special to you and bring it to the Military Family Resource Centre between Mar 1 and 7.

We hope that by sharing this very special moment in your life with others it will have the same touching and loving effect on us as it has had on you, and bring a smile to our faces as we are reminded of our own very special moments in life.

For more information, contact Eileen at 339-1891.

Forces Reduction Program 1995

Don't wait

Call now to reserve your personalized

Financial and Income Tax

Strategy Session

which will ensure that you make

the most of your Early Retirement.

338-2715

Presentation by:

Braidwood Financial

in association with

Fortune Financial Corporation

NEXT DEADLINE 3 MAR. NOON



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
FUN EUCHE.....every Monday, 7:00 pm
PUB DARTS.....some Tuesday nights, 7:00 pm
FUN CRIB.....every Wednesday, 8:00 pm
CASH CRIB.....Sunday 26 February, 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

Mar 03.....BEACHCOMBERS
Mar 10.....WILD RIVER
Mar 17.....ALLEYCATS (St. Patrick's Day)
Mar 24.....SHABOOM
Mar 31.....C.C. TRAILRIDERS

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.



THE KIDS ARE THERE. DRIVE WITH CARE!



YOUR LOCAL POLICE

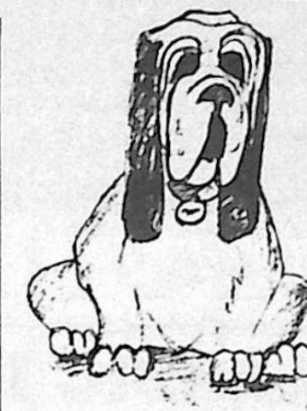
Glacier Greens

1995/96 Fee Schedule

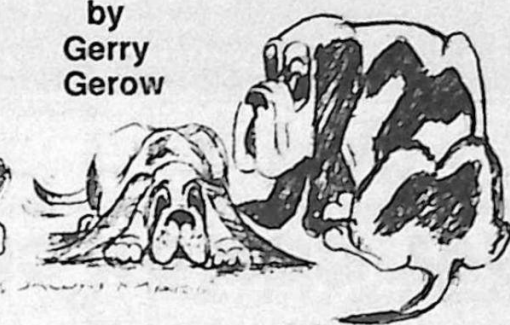
Membership fees for the new season are due effective 1 March. Rates are as follows:

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.

On & Off the Base



Dog Talk by Gerry Gerow



Owners' Guide to the Shih Tzu

is just like her child. Where they go, so does the little doggy. We also have one in our current obedience class which seems to be doing quite well in learning the various exercises.

There are many other similar small breeds around, but none seem to have quite the charm of the Shih Tzu. I have personally never seen one that you couldn't fall in love with at first sight. A real tribute to the breeders. They are doing a wonderful job.

If you want to obtain one of these little dogs, be prepared to answer a lot of questions from the breeder about your home and your life style. Jack Barrie told me that he put on a tie, and even washed his truck, before he went for his interview with the breeder, and then still got in trouble with her because his wife was not with him!

I still prefer my German Shorthaired Pointers, but for many the larger dogs just don't suit their lifestyle. The Shih Tzu does.

An interesting little book this week - "Pet Owner's Guide to the Shih Tzu" by Dorothy Gurney, Howell Book House, New York. US \$8.00.

This is quite small as breed books go - only 80 pages, but full of full-colour photos of this adorable little doggy. It is an attractive hard cover coffee table book for the Shih Tzu fancier. I can think of no better gift for a lover and owner of one of these little dogs. The book is chock full of wonderful information on caring for one of these little self-propelled little dust mops.

Most dog breeds were bred and developed to help mankind in one way or another. Herding, hunting, guarding and protection are some of the things dogs were originally required for. In olden times it was felt that if a dog didn't earn its keep, why would you want to keep it around. However,

there were wealthy individuals in those days, just like today, and consequently a few breeds were, for lack of a better word, "designed" to be companions.

These dogs had no real purpose except to love and be loved. Apparently it was the custom at one time to use a mess of these little guys to warm the bed by sleeping on it, before and even after their masters or mistresses entered it. I know several Shih Tzu owners and, without exception, they are completely devoted to their pets. There seems to be a lot of desire for these little guys these days.

Down town the other day I ran into Jack Barrie, the well known bird photographer, and he took great pleasure in showing me the beautiful little male Shih Tzu he had just acquired.

One of the support staff in our office has a snaved female and it



PITCH-IN AND RECYCLE



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.

TWO for ONE

Get a two bedroom suite for the price of a one bedroom.

Limited number available.

Two bedroom as low as **\$505.00**

PHONE NOW
Kelly at 338-4323

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.



339-2255

Town of Comox Recreation Department

1855 Noel Avenue, Comox (across from the Comox Firehall)



339-2255

2nd ANNUAL COMOX CLASSIC INDOOR TRY-ATHLON

The 2nd Annual Comox Classic Indoor Try-athlon is the ultimate challenge for all fitness levels. Everyone should try it. There are three categories to choose from (see below) and lot's of time to get your body ready for the big day. The Try-athlon runs from:

Thursday, March 9 (6:45 pm - 9:45 pm)
Friday, March 10 (9:00 am - 2:00 pm)
Saturday, March 11 (7:30 am - 11:30 am)

Sign up for **one event** and either a one 1-hour time slot (Mini-Try) or one 2-hour time slot (Try or Team-Try)

COST: \$16.00/person includes t-shirt
Ages: 15 years +

PRIZES! PRIZES! PRIZES! for various accomplishments



Registration and sign-up sheets at
The Comox Community Centre

Registration Deadline:
Monday, March 6th

Try-athlon

Climb - 200 floors on Stairmaster
4000 PT
Row - 5000 metres on Concept II
Rowing Ergometer
Run (Walk) - 4 miles on Lifestride
Treadmill

Team Try-athlon

Same as Try-athlon except a team
(of 3 people, any combination of
male or female) signs up for event.
First person climbs, 2nd person
rows, 3rd person runs (walks).

Mini Try-athlon

Climb - 100 floors on Stairmaster
4000 PT
Row - 2500 metres on Concept II
Rowing Ergometer
Run (Walk) - 2 miles on Lifestride
Treadmill



Check out our Spring Break Programs

(Please note registration for these programs begins March 8th)



241 Bike Safety Camp
Monday, March 20th
9am - 12 noon
6 - 10 years
\$15.75 per child
(with bike & helmet)
Instructor: Simon Brampton

243 C Baseball Batting Camp
Monday & Tuesday
March 20th & 21st
9 am - 12:30 pm
7 - 15 years
Highland Playing Fields
\$35.00 per child/2 days

240C Kid's Kayak Camp
Mon/Tues/Wed
March 20th, 21st, 22nd
1:30 pm - 3:30 pm
10 - 14 years
\$48.00 per person
Comox Valley Kayaks

Spring Break Teen Dance

Friday, March 24th
7:00 pm (doors open)
to 12:00 midnight

Admission is by ticket only
\$5.00 per teen

Tickets available at Comox Community
Centre and participating music retailers
Live music by
3 different Teen Bands
CCC Gym!!



Spring Daze Kid's Camp
Wed, March 22nd
Thurs, March 23rd
Fri, March 24th
9:00 am - 3:00 pm
CCC Sneakers & Gym
Kindergarten - 12 years
\$16.80 per child per day

242 Bike Maintenance Camp
Monday, March 20th
1 pm - 4:00 pm
10 - 14 years
CCC Sneakers
\$15.75 per child
Instructor: Simon Brampton

705 Junior Squash Tournament
Tuesday & Wednesday
March 21st & March 22nd
9 am - 12 noon
7 - 17 years (Co-Ed)
CCC Raquet Courts
\$8.00 + gst (no t-shirt)
\$18.00 + gst (includes t-shirt)

For more information on these and other programs ~ Please call
The Comox Recreation Department at 339-2255
or drop by our facility at
1855 Noel Avenue (across from the firehall)



COMOX MILITARY FAMILY RESOURCE CENTRE

MYTH BUSTING PART II

MYTH #2:

**THE CMFRC IS A
DEPARTMENT OF THE
MILITARY, ALL STAFF
ARE GOVERNMENT
EMPLOYEES AND
THERE IS UNLIMITED
FUNDING**

The CMFRC staff are contracted employees paid by the CMFRC and not government employees. They are hired through competitions which have dozens of applications. This process ensures that the most qualified and appropriately skilled people are hired to meet the needs of the community.

FACT:

The Comox Military Family Resource Centre is a British Columbia registered non-profit society governed by a Board of Directors and managed by an Executive Director. The CMFRC was first established in 1991.

The purpose of the CMFRC is to promote the well-being of the military family and community through the identification and implementation of programmes and activities which will enhance the quality of life for the military family.

As a non-profit society, the CMFRC like many others must apply for funding and undertake fundraising activities. Therefore funds are not unlimited. The CMFRC has received financial assistance from the federal government for its core staff and only a small operating budget. The remainder of the CMFRC funding must be raised: the CMFRC programs are not subsidized and must be self sufficient i.e. user fees, fund raising activities and donations.

Parents & Tots Spring Schedule

March

3rd - Dental Care *
10th - Looking for a
Babysitter? *
17th - Social
31st - Craft

April

7th - Easter Party
21st - Craft
28th - Infant
Development
Program *

May

5th - Craft
12th - Language
Development *
19th - Social
26th - Social

* Guest Speakers are subject to
change on short notice

French Conversation Group

This new group is for anyone whose first language is not french and who wants to keep up on their day to day conversation skills in a relaxed and friendly atmosphere.

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



Deutsche Frauengruppe

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

Upcoming Workshops

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.
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

Chocolate Making

Learn to make home-made chocolates in time for Easter in this two evenings workshop of creative candy making! You will learn how to make turtles, cherry blossoms and cream filled chocolates. Limited space is available so register early.
Date: April 4th & 5th
Time: 6:00 - 9:00 pm
Location: CMFRC
Cost: Fee for supplies \$7.00 to be paid at time of registration
Registration: Call the CMFRC at 339-8290.

Adult Workshop Registration Policy

1. Registrations can be taken over the phone, however fees must be paid 3 working days before the workshop/course/event. Participants who have already paid will be given first priority.
2. CMFRC may cancel the workshop if minimum participation is not reached. All participants will be notified of the cancellation.
3. Refund policy - a refund will be given for:
- workshop cancelled by the CMFRC; or
- if the participant cancels 3 working days prior to the starting date.



Child Care Programs



Precious Little People Preschool

Licensed preschool for ages 32 months - 5 years
Mon. and Wed., 9 - 11:30 am
Fees: \$60.00 per 2 - day session
Registration: Call 339-8290

Precious Little People Childminding

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

Toy Lending Library

We welcome all parents and children to visit our TLL on Wednesdays between 1:30 and 4:00 pm. The library offers a variety of educational and quality toys, puzzles, games and large equipment. Items can be borrowed for two weeks. Membership is only \$ 10 per family for one year. This is a great opportunity to try out a particular toy before an expensive purchase.

Large Indoor/Outdoor Play Equipment Now Available at
the CMFRC Toy Lending Library

- Little Tykes Tree House
- Little Tykes Airplane
- Little Tykes Climbing Cube (small)

For children 2 to 6 years old.
This equipment can be borrowed for up to one month!



Youth Activities



Mar 4th, Fundraising - Bottle Drive

Meet in Airport Elementary School parking lot at 2pm.

Mar. 5th, Skiing Mt. Washington

Call the CMFRC at 339-8290 for more information.
Registration Deadline: 28 Feb 95

Mar 6th, Pizza & Bowling Night (12 - 14 years)

Cost \$1.00, 6:30 - 9pm at the Base Gym Alley. Registration
Deadline 28 Feb 95.

Mar 10th Casino Night (15 - 18 years)

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

Planning Opportunities

Is there something you and your friends would like to see
planned? The CMFRC can help you turn your dreams into
reality! Give us a call at 339 - 8290 and see what happens.

Electro Audio/Video repair and service of V.C.R. - TELEVISION - HOME & CAR STEREO'S - Sears, Hitachi, RCA, Samsung Warranty Depot Harvey Thibodeau 1496 Ryan Road, Comox Tel/Fax: 339-3393 (Next to Good's Groceries)	Ideal Business for the FRP Retiree Thriving business, Comox Mall LSB 50G  tom procter RE/MAX ocean pacific realty 282 anderton road, comox. Off: 339-2021 Res: 339-2668	MARKET TRAVEL WORLDWIDE PROFESSIONAL TRAVEL ARRANGEMENTS (Area Code 604) 338-1474 FAX No. (604) 338-8377 OR B.C. TOLL FREE 1-800-232-9294 549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2 (ACROSS FROM THE BANK OF NOVA SCOTIA)
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 479 4th Street Courtenay, B.C. V9N 1G9 Tel: (604) 334-8884 Fax: (604) 334-3797 Association Francophone de la Vallée de Comox	This space available \$15.00 + GST per edition Ph. 339-2541, 338-0259	This space available \$15.00 + GST per edition Ph. 339-2541, 338-0259

Public Announcements

L'Arche Association Speaker

There will be a presentation about L'Arche Association on 14 March at 8:30 pm at the Parish Hall on the base. Everyone is welcome to attend.

Personal Exercise Programme

There is a PERI supervised PEP Program at the Rec Centre Mon to Fri from 0730 - 0830. All members who have failed their CF EXPRES Test and are on Remedial PT are encouraged to attend. Members will have half the gym to work out in. Also those who wish to improve their physical fitness are welcome to attend. For more info contact the Rec Centre, Loc 8315.

Dependant Use of Base Gym Facilities

All dependants using the Base Gym facilities must produce their Dependants Pass in order to enter the gym. Dependants under the age of 12 must remain in the company of their guardian.

Western Line Dancing

For all ages. Call 338-1266 for more information.

Take Off Pounds Sensibly

TOPS #BC3454, Lazo, meets every Wednesday at the Base Rec. Centre at 6:30 p.m. For information call Wendy at 339-9851 or Elaine at 338-1200.

19 Wing Pacific Divers Scuba Club

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

Aerobics

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

Avis

Groupe de soutien pour familles francophones centre sur l'étude de la parole de Dieu. Rencontre tous les mercredis 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.

Theresa's Grill Relocated

Theresa's Grill is now located upstairs in the Junior Ranks, Loc 8995.

Hours of Operation
Mon & Tues - CLOSED
Wed, Thur & Sun - 1900-2300
Fri & Sat - 1900-2400

Take-out service available to everyone!! Come in and check out our menu!

Gym Hours

Mon-Fri: 0600 - 2100 hrs.
 Sat: 1300 - 1700 hrs.
 Sun: 1300 - 2100 hrs.

Mon-Fri
 1100-1300 military and DND employees only
 Sat
 1300-1700 casual use
 Sun
 1300-2100 casual use
Squash Court
 Bookings available from 0730-2100 hrs daily

Mon-Fri
 1100-1300 military and DND employees only
 1600-2100 casual use
 Sat
 1300-1700 casual use
 Sun
 1300-2100 casual use
 All squash court bookings will be done 24 hrs in advance only.
 Phone Loc 8782
 After 1600, Loc 8315

Pool
CLOSED UNTIL FURTHER NOTICE

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



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

Week Ending 25 February
Bookshell Bestsellers
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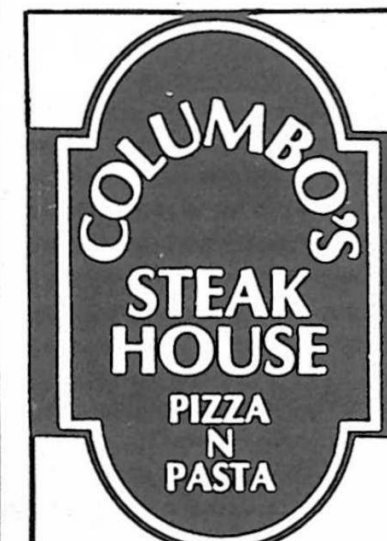
1. Op-Centre.....Clancy
2. Inca Gold.....Cussler
3. Accidents.....Steel
4. McNally's Caper.....Sanders
5. Chaos Mode.....Anthony
6. Shining King.....Danielson
7. Ghost Rider I.....Carroll
8. Perfect Justice.....Bernhardt
9. The Forever Tree.....Bittner
10. McAllister's Run.....Savarin

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

For Short Term Rent In the Comox Valley

A base for vacation to explore Vancouver Island, a house hunting trip, or posting. Fully equipped, 3-bedroom chalet style bungalow, near the ocean. Easy access to and from the airport. Will accommodate up to 6 persons. Reasonable rates, family oriented.

Phone: 1(604)335-0963 Fax: 1(604)335-1310
 Optional special services: •airport pickup•daily maid service•VCR rental•itinerary arrangements•pre-arrival grocery shopping•arrangements for rental car•business services including Fax.

Seascope Apartments

2187 Comox Avenue
 Under new management. Clean quiet, well-maintained. 4-storey building with elevator. Security entrance. Adjacent to hospital. On bus route. Close to shopping. Rent includes hot water and basic cable. Please call 339-0050.

Bulletin Board

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

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

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

B & D Carpet Finishing
 • Carpet Binding and Fringing
 • Reasonable Rates
 • Quick and Efficient Service
 • Free Pick-up and Delivery in the Comox Valley
339-6419 or 339-3360
 Bev Donna

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CENTRAL BUILDERS
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 Phone: 334-4416

Watkins Products

Remember those good ole days when the "Watkins Man" would come to your homes in his horse-drawn buggy? He would share with you **EXCEPTIONAL PRODUCTS ONLY FOUND WITH WATKINS**, such as Watkins Medicated Ointment, Vanilla, Spices, Candles, Cleaning products, etc. Today, I can share these exciting products with you! If you would like to receive a Watkins catalogue and place an order, or if you would like a Watkins business of your own - call **Tina - Your Independent Watkins Representative** at 336-8871.

BREAKFREE

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.

Thanks for Prayers

Thank you to the Sacred Heart for prayers answered.

Volkswalk

Comox Glacier Wanderers will be having a 10K Guided Volkswalk on Saturday, 4 March. Registration will be at N.W. entrance of Comox Mall - 8:30 for 9:00 am start. Come out and enjoy. Info: 339-4145.



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

Scenes from a Carnival

1995 No-Snow Festival

CFB Comox



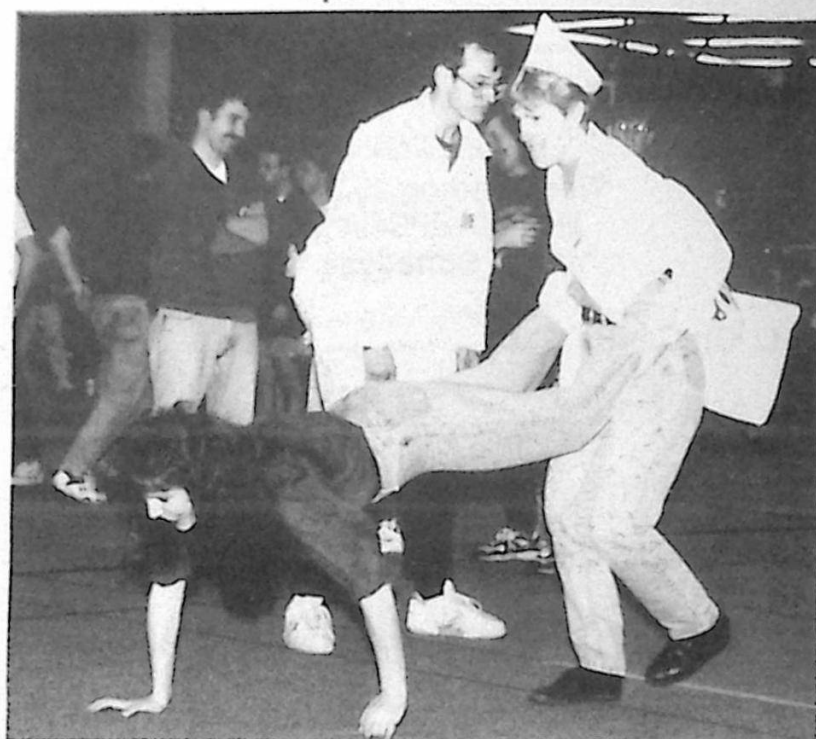
Opening Ceremonies:
WCdr Col Rogers



Mixed-up Hockey in Arena



Sports Tabloid



Mascots



Winner & Judges - Beard Growing Contest



Has CANEX got a deal for you!

**On high-ticket items (Computers, TVs, VCRs,
CD Players, Video Cameras, Furniture, etc.)**

You pay PST & GST up front, and \$100.00 per month on the balance, at NO INTEREST!

Visit your CANEX neighbourhood store TODAY!

Mt. Washington Ski Day Finale

**Thursday, 6 April - Cost \$30 - Includes Lift Ticket, Group Lesson, Races,
Prizes, Buffet Dinner & Transportation**

Price for Mt. Washington season pass holders: \$15.00. Please note that rentals are extra (\$6.50 taxes included).

Transportation Schedule

Depart Glacier Greens Arena - 0715 hrs (7:15 am) **NOT CANEX**
Second pickup point - Comox Valley Curling Club, Headquarters Road - 0730 hrs (7:30 am)
Depart Mt. Washington - 1730 hrs (5:30 pm)
ETA Curling Club - 1815 hrs (6:15 pm)
ETA Base Arena - 1830 hrs (6:30 pm)
Registration is required prior to 30 March. Coordinator: 2Lt Debbie Graitson 339-8211 Loc 8475.

The Capital Gains Exemption Going, Going....Gone?

Find out how to take advantage of the last year of the capital gains exemption from

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