



**Hollywood**

**- here it  
came**

....page 9

**14th  
Annual  
Hoser  
Party &  
Olympics**

....page 16



*The Comox Valley's Oldest Newspaper.*



# TOTEM TIMES



**19 Wing CFB Comox B.C.**

VOL 37 NO 6

THURSDAY 6 APRIL 1995

COST: PRICELESS

## Final Visit



Edith Courrier photo

Victim of defence cut-backs, this CF-5 is on its final exercise at CFB Comox, with 417 Squadron. The "Freedom Fighter" will be mothballed until a suitable buyer is found.

## CF-5 Week at CFB Comox

A fighter exercise last week at CFB Comox augmented our normal activity rate for aircraft flying operations. The Base hosted 13 CF-5 jet fighters, as well as aircrew and technicians, from CFB Cold Lake from 27 to 31 March.

The 419 Sqn aircraft conducted air to surface training as part of Exercise Sea Warrior. It was the last major exercise involving the CF-5.

The CF-5 is not normally stationed at CFB Comox and is used

as jet trainer for Canadian Forces pilots. The Minister of National Defence, David Collenette, has recently announced the planned elimination of the CF-5 from the Air Force inventory; all fighter lead-in training instruction will

soon be conducted on the Tutor and CF-18 aircraft.

The CF-5 was produced in profusion during the mid to late 1960s and the American "Freedom Fighter" variant was used by the US Air Force. It is smaller

than the CF-18 but somewhat larger than the T-33, which is commonly seen over the skies of the Comox Valley.

Strict rules pertaining to noise and flight paths were in effect throughout the exercise.



# On & Off the Base

Airman of the Year



MCpl A.J. Shepard, AWS Tech 407 Sqn, presented with his Airman of the Year award by the WComd., Col T.B. Rogers.

Steam Plant Opens



On 3 Mar 95 the new Central Heating Plant was officially opened. This four million dollar plant supplies steam for mess kitchens and heat for all buildings on base. It has a total capacity of 27,000 kg/hr of steam at 860 KPa and has minimal emission pollutants. This is truly an environmentally friendly heating plant! The ribbon cutting ceremony was performed by Col T. Rogers. (L-R): Lt L. Gelin, CE EngO; Tim Ma, NDHQ Project Manager; Brad Tradd, DCC; Paul Woodward, DCC; CWO G. Guidon, Air Command; Col T. Rogers, Base Commander; Ian Martin, DCC; Maj M. Fraser, WCEO and John Stoll, COE.

Good Luck Champs!



19 Wing Comd Col Rogers congratulates Pac Region 1995 Service Men and Womens Volleyball Champions and wishes them well as they represent 19 Wing Comox and the Pacific Region at the CF National Championship in St. Jean, Quebec 25 Mar-4 Apr. (L-R Ladies): MCpl Annette Savage, Cpl Diane Trerice, Pte Mimi Prevreau, Capt Manon Castonguay, Cpl Virginia Hall, MCpl Kimmie Fournier, Lt Jean Traynor, 2Lt Kim Saunders, Cpl M.F. Paquet-Combe. (Centre): 19 Wing Comd Col Rogers. (L-R Men): Lt Dax Harvey, Cpl Jerry Jomphe, Cpl John Sallows, Lt Marc Lalittere, Cpl Mike Mar, Cpl Bryan Dyck, and Sgt Mike Chatwin (Ladies Team Coach). \*Missing from Men's Team: MCpl Andy Blair, OCDT Jack Cuthbert.

## Junior Ranks Mess UPCOMING EVENTS

- 07 April:** TGIF. Supper starts at 17:30 hrs (5:30 pm). Chicken will be served. Eucher at 18:15 hrs (6:15 pm).
- 08 April:** Virg Head Memorial Darts Tournament starts at 11:30 am. (Breakfast will be served at 9:30 am ONLY for the PARTICIPANTS' teams.) \$30 per team of four (includes breakfast). Pre-registration appreciated. Call 339-8211, loc 8478. For more info contact Ivan Ally 339-2094.
- 10 April:** Campers Bingo - See Ad in this paper.
- 14 April:** No TGIF (Good Friday)
- 16 April:** Happy Easter everyone. Sorry, NO movie night.
- 21 April:** TGIF. Supper starts at 17:30 hrs. TBA will be served, TBA at 18:15.
- 28 April:** Comedy Nite. (Advance tickets sold at the bar only by acquittance roll and in the office by cash and acquittance roll, from Apr 12-24: \$5.00 members, \$7.50 non-members. Tickets at door: \$7.00 members, \$9.50 non-members. Food: Chinese Buffet. Watch for flyer.)

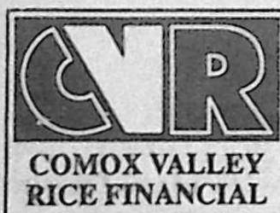
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Ministry of Energy, Mines and  
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### MINE SHIFTBOSSSES

All holders of Mine Shiftboss certificates and certificates of competency are reminded that certificates issued prior to July 15, 1995 will expire on July 15, 1995.

In order to maintain your standing a short examination, on the Mine Code, is required. You are also required to have valid blasting, first aid and mine rescue certificates.

You are advised to contact a District Inspector of Mines regarding renewal procedures.

# On & Off the Base

## Le Centre Communautaire Francophone de la Vallée de Comox

### "Merci" à la Communauté

Le Centre Communautaire Francophone a remporté un énorme succès durant la Semaine de la Francophonie avec plus de 300 personnes ayant participé aux activités variées. Nous voudrions remercier: L'Association Francophone de Campbell River, Mad Man McKay, Videos 'n More, Le Centre Multiculturel, Café Ragles, 19 Wing Comox Police Militaire, et tous les médias pour leur coopération.

Un Merci tout spécial à tous nos bénévoles et artistes Francophones pour leur dévouement.

Grâce à une forte participation de la part de la communauté, le Centre Communautaire Francophone offrira régulièrement de nouvelles activités. Nous nous ferons un plaisir de répondre à vos besoins et de prendre en considération vos idées et vos suggestions.

A bientôt!

### "Merci" to the Community

The French Community Centre experienced a huge success during the French Cultural Week with more than 300 people participating in the various activities offered.

We would like to express our thanks to: The French Association of Campbell River, Mad Man McKay, Videos 'n More, The Multicultural Centre, Ragles

Café, 19 Wing Comox Military Police, and all the media for their support.

A very special thank you to all our hardworking volunteers and talented French artists.

Due to the very positive response within the community, the French Cultural Centre is planning to offer new activities on a regular basis. We are here to answer your needs and we are open to your ideas and suggestions.

A bientôt!

### Invitation A Tous

Vous êtes cordialement invités à l'Assemblée Générale Annuelle de l'Association Francophone, qui se tiendra le dimanche 7 mai à 13h30, au Centre Communautaire Francophone, 479, 4e rue, Courtenay (au dessus de Centra Gaz). A cette occasion, une garderie gratuite sera à votre disposition, mais nous comptons sur votre générosité pour laisser une contribution aux reponsables.

L'Association est en pleine évolution et a besoin de vos idées et de vos commentaires pour continuer de grandir.

Si vous désirez vous impliquer, plusieurs postes sont à combler au sein du Conseil d'Administration: Présidence, trésorerie, dir. des communications, dir. de l'éducation des adultes, et dir. pré-scolaire. D'autres postes ou comités peuvent être créés selon vos intérêts, suggestions, ou besoins. Nous

avons aussi besoin de bénévoles désirant faire partie de différents comités.

Nous vous attendons en grand nombre et je vous rappelle que cette réunion est ouverte aux membres et aux non-membres de l'Association.

### Everyone Invited

The Francophone Association's yearly General Meeting will take place on Sun 7 May at 1:30 pm at the French Community Centre, located at 479-4th Street, Courtenay (above Centra Gas) to which you are cordially invited. We will be providing free day care at the centre to enable you to attend the General Meeting. However, a contribution is expected for our day care volunteers.

The association is growing, we need your ideas, suggestions and comments.

There are several positions to fill on our Board of Directors: chairperson, treasurer, communication dir., adult education dir., pre-school dir. According to your ideas, interests, suggestions and needs, we are able to create new committees. We will also be needing volunteers to different committees.

We are expecting a strong participation. This meeting is open to Association members and non members.

## A Wake Up Call On Overdue Traffic Fines

If you have outstanding fines pay now or the account will be turned over to a collection agency. Funds can be redirected from your employer or bank account, drivers' licences will not be renewed and your credit rating could be affected.

### Why should I pay now?

Your ticket specifically states payment is due within 30 days. Legislation is coming which will add interest to the outstanding amount. This legislation will become effective this spring. So, now is the best time to clear the slate.

### Where can I pay?

Fines can be paid at any Government Agent's office, Driver Services Centre, MVB appointed agent's office, court locations or by mail to:

Motor Vehicle Branch  
Accounts Receivable Collections  
Bag 3560  
Victoria, B.C.  
V8W 3T2

### How much do I owe?

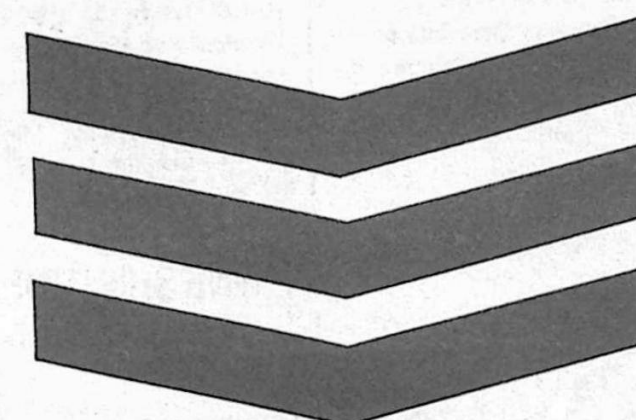
If you have lost your ticket and forgotten how much you owe, write to the Motor Vehicle Branch at the above address.



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# Editorial

Norm Blondel



## Bobby Clobber in town

Interviewer: "Hi Bobby,"  
Bobby Clobber: "I sure am!"

Bobby Clobber, the Member for Kicking Horse Pass, Corporal Renfrew of the Mounties: these are but three of the characters from the bottomless bag of comedian-satirist Dave Broadfoot, a genuine Canadian icon. He's been splitting our sides for 40 years, 15 of them with the radio and TV show "Royal Canadian Air Farce."

Dave Broadfoot has given command performances for Queen Elizabeth II, and appeared on the Ed Sullivan Show. He's won a JUNO for recording, 13 ACTRA awards for writing and performing in radio and television, the Queen Elizabeth Silver Jubilee medal, and he's an officer in the Order of Canada. The RCMP has made him an honorary Staff Sergeant for his portrayal of Corporal Renfrew (with dog Cuddles), but the NHL has yet to admit Bobby Clobber to the Hockey Hall of Fame.

Be that as it may, "Dave Broadfoot's Comedy Crusade" is in Courtenay at the Sid on April 21, and the Tidemark (Campbell River) on April 23. See the ad below.

## Dave Broadfoot's Comedy Crusade!

Canada's Ambassador of Laughter.  
A mix of good political satire,  
observational humour, and  
general comic genius.  
Canadian Air Farce veteran -  
Member from Kicking Horse Pass.

Friday, April 21, 8 pm

Sid Williams Theatre - Courtenay

Tickets: \$25/\$20  
442 Cliffe Ave.  
Phone: 338-2420

Sunday, April 23, 3 pm

Tidemark Theatre - Campbell River

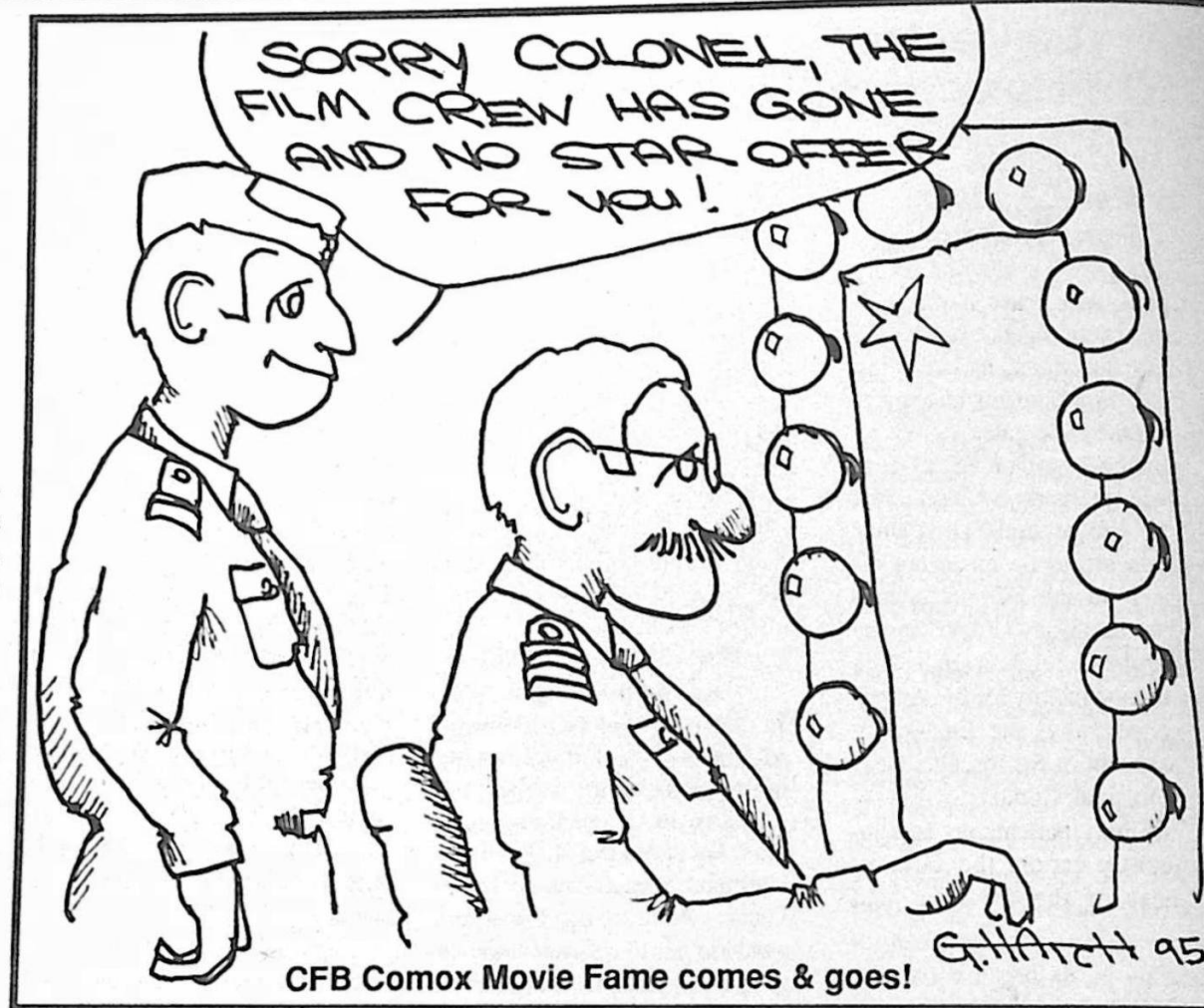
Tickets: \$20 (\$15 st/snr)  
1220 Shoppers Row  
Phone: 287-PINK

Bored with Barracks? Nothing on the Tube?

## Paperback Book Sale

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at the Totem Times



## Charles E. Bedaux: a Mystery of a Mystery

### Conclusion:

formation. Only those on the inside know that there was paltry little to find out.

Several books and a dozen articles document Bedaux's 1934/35 expedition to Fort St. John, Dease Lake, and environs: seven tractor trucks, 120 pack-horses, two movie crews and a large entourage. Billed as an explorer, Bedaux spent a small fortune in harsh northern, winter conditions to "explore" our north-western region. There were no air fields, no roads, much equipment was lost, and few inhabitants to greet, in a resource-rich zone adjacent to militarized Alaska. It is little wonder that the Japanese navy held the upper hand on this coast during 1941/42.

The mystery here lies not in Charles E. Bedaux leaving the United States in 1943 in order to plan an oil pipeline for the Germans in North Africa. Rather,

how could he fool so many authorities in his open expedition to Northern BC in 1934? It cannot be overlooked that a BC fjord housed a small German submarine base during World War I.

Nor can the transmission station planted by a Nazi U-boat in Labrador during World War II be ignored. The subversive activities of some local BC Japanese fishermen with Japanese naval submarines is well known.

The lack of Canadian records and Bedaux's complete freedom here emphasized the argument that this country pursued a naive policy, if any, towards a foreign threat during the 1930's. What evidence we can find shows Canadian authorities relying on Britain to deal with the Japanese, with the United States protecting us at home.

# Comment

They're Doing It Again

## Off-Base Ambulance Service

by Maj H.D. Phillips,  
Base Surgeon

Effective 1 May, the Wing Hospital will cease to provide emergency ambulance services to off-base locations, including all military work sites or residences outside the main gate.

In the event of an off-base medical emergency with potential risk to life or limb, ambulance services are to be requested directly from the BC Ambulance Service: 339-7471 (per inside cover of BC Tel directory). The destination facility for BC Ambulance is always the Emergency Department of St. Joseph's General Hospital, Comox.

Military patients are to subsequently report the circumstances of the transport and

treatment to the Wing Hospital Orderly Room (loc 8549) and are to advise the BC Ambulance and St. Joseph's staff to submit their invoice to the Wing Hospital for payment.

In the event of a non-emergency illness or injury, personnel should first contact the Wing Hospital duty staff at 339-8267 to determine the most appropriate mode of transport (POMV, taxi, staff car or ambulance) and destination (Wing Hospital vs St. Joseph's).

Units with off-base work sites have been advised to ensure that the new ambulance phone numbers are well publicized among unit staff and are incorporated into current Standard Operating Procedures.

## BC Block Parent Programme

Did you know that 19 Wing Comox is a member of the B.C. Block Parent Program? Although this is usually a quiet location and a good place to raise a family, there will be occasions when something happens to our children. Whether it be a disagreement between children or a child who has just lost his way, that is where the Block Parents Association helps out.

The Block Parent Program is

About trivia

an organization implemented by parents to make that big world out there a little more comfortable for our children and, in return, giving the parents a little more peace of mind.

To apply, or to receive more information on the Block Parent Program, contact the Security and Military Police Community Representative, LS Beaudoin at loc 8237.

## Aichi - Laura

Dear Editor,

Your trivia of Mar 9 depicts a product of the Japanese aircraft industry prior to WWII. This flying boat was designed and built by the Aichi Company in 1937, and was designated as the E11A.

Classified as a short range reconnaissance aircraft, it was carried on board some of the Japanese Navy's capital ships. The E11A carried a crew of three, and its armament consisted of a single machine mounted in the bow.

Its usefulness as a front line

aircraft was short lived, due to its short range capability, and it was only employed during Japan's initial incursions into the Pacific.

Before and during WWII all Japanese combat aircraft were referred to by US military intelligence with code names. The E11A was given the title of "Laura" and became known by that name in the US military and its allies.

Yours sincerely,  
John Novak

## CBC cuts hit wrong target

Editor's note: The footnote to this article, which ran as an editorial in the March "Legion," reads: "When will they ever learn!" The CBC doesn't; they're still employing the McKennas, who weren't even born when the events they misrepresent in their "docudramas" took place. It's a pity the recent CBC funding cuts didn't land on this particular target. Much is made of the McKennas' "contemporary moral standards," in their revisionist approach to history, but WWII was fought according to the moral standards of 1939-45, not to some "Yuppie" version of the 90's. Such attempts to re-write history should be fought at every turn. N.V.B.

Gelbart, president of Galafilm, will produce the films. He continues to stand by The Valour series as accurate, despite significant criticism from veterans, historians and politicians. The naval films will be written and directed by Brian and Terence McKenna. They are at the heart of The Valour controversy. The McKennas are prone to take one aspect of a situation and apply contemporary moral standards to arrive at condemnation that is out of whack with the realities of the time. Adding to the insult, these self-appointed moral arbiters of generations past are righteously unrepentant.

The CBC press release called War At Sea "a two-part documentary." However, Tom Curzon, director of communications for the CBC English Networks, subsequently told Legion Magazine in a telephone interview: "It'll be a docudrama." This is a drama "based on fact" and steps will be taken to ensure its historical accuracy, he said. Curzon notwithstanding, a docudrama is not merely a drama based on a true story. It is a reconstruction of actual events using historically accurate material, such as letters, diaries, transcripts, photos and film footage.

While the CBC is funded by Canadian taxpayers and its global budget is presented to Parliament, its normal business operations are conducted in private, Curzon noted in refusing to reveal how much the CBC is spending on the series. "It's a business matter between us and Galafilm," he said. "...We're not prepared to divulge

those numbers nor are we required to under the law." He said this policy is consistently applied and gave two examples: the CBC does not reveal how much it pays for broadcast rights to sporting events, nor does it indicate how much it charges for commercials.

War At Sea will just be part of the CBC's special programming to mark the 50th anniversary of the end of WWII. Galafilm and CBC are also developing for release later in 1995 a one-hour documentary on the Polish battalions who fought under the Canadian flag, particularly in the Battle of Falaise. As well, the CBC said other special programs will be announced.

"As the national public broadcaster, we will certainly be part of the many activities that will take place during this important anniversary," said Jim Byrd, president, English Networks. "In addition to live coverage of anniversary events, we will show specials to help later generations understand Canada's important contributions to the victory."

We hope Byrd proves prophetic, but we are not optimistic. The McKennas and the CBC do not have a history of sowing the seeds of understanding. One of the anthems of the movement in the United States opposing the Vietnam War was a 1961 Pete Seeger song, Where Have All The Flowers Gone? A particularly poignant line in the refrain was "Oh, when will they ever learn?" Today that question should be applied to the CBC.

## Umpire Clinic

Softball B.C. Level 1 & 2 Slo/Fast Pitch

When: Sunday April 30

Where: C.F.B. Comox Rec Centre

Pre registration is required

For details & registration please call Gord Kruger at 339-4389.



## Air Trivia



### Trivia Answer?

Fresh from his triumphal appearance on the "Blue Revue," with Duke Warren, John Novak took this obscure Japanese flying boat in stride (see letter).

# TOTEM TIMES

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# Section News

## 407 Sqn



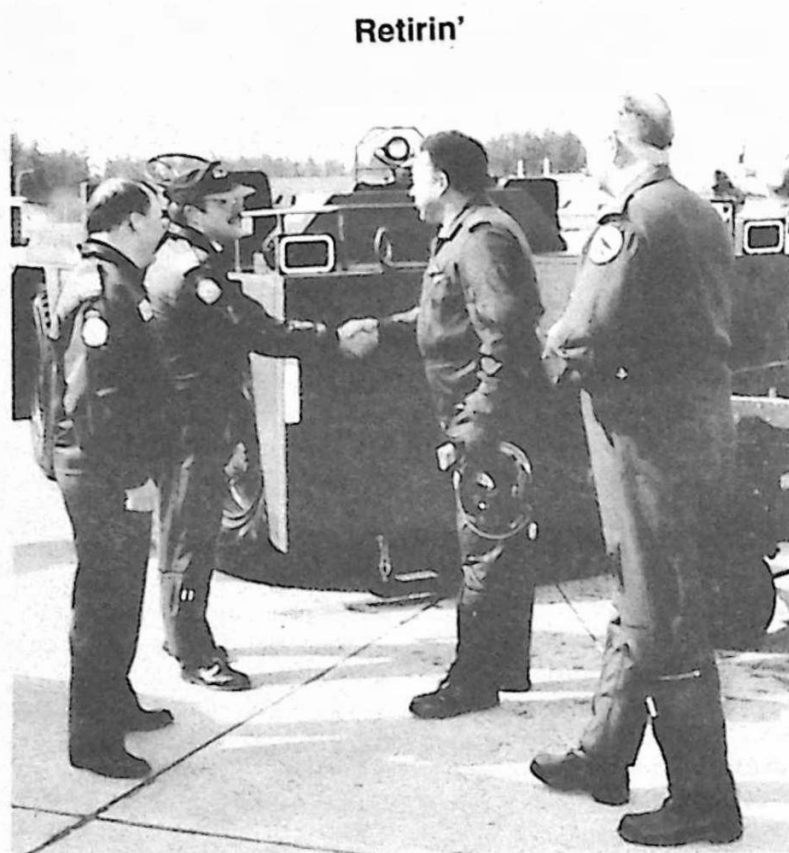
## Adaptable Armourers

Well, I'm back for another instalment in the ongoing saga.

There have been quite a few changes since my last report but I guess that's the way of the future for the military. MCpl Al Tilley was presented with the Wing Commander's Commendation on 15 Feb and MCpl A.J. Shephard was presented with an award for Airman of the Year on 10 Mar. Also, Cpl Dan Allard and Cpl Mike Sillicker both received their CD. Congratulations to you all on behalf of the Armourers and keep up the good work.

The trade restructure seems to have shifted into a higher gear and each day brings another rumour. 407 Servicing has grown with the transfer of 12 Armament personnel to their organization. Most people seem happy with the move as the only real difference is where they hang their hats during the shift. They are also getting a chance to learn the different servicing functions and the other trades are learning to load and carry out the Armament functions. The Armament Shop has become quite empty now and there is lots of space available to practice our serving and cooking skills. On a quiet day, when the air crew are off flying the greyhound of death and no servicing functions are being done, you can almost hear the burgers frying. On the serious side, the cross-training should be beneficial to everyone when the new trade restructure comes about.

Two of the Armourers are really getting into the cross-training. Cpl Alex MacFayden is not



Retirin'

CWO Halfkenny's last flight (and birdbath) after 38 years in CF.



working in the Engine Bay and Cpl Greg Lewis is working in Maintenance repairing engines. As far as I know, these are the only two Technicians who are working at a trade other than their own. This is just another example of how an Armourer can easily adapt to any situation. Good luck to you all in your new positions.

Of the Armourers that are left, our future seems a little clouded. We have been told we are to move but the where and the when has not yet been confirmed.

The Wing Commander, Col Rogers, was in to visit the Armament Section on 10 Mar and unofficially opened "CHEZ TAZ." The ribbon cutting went well but the menu, due to budget restraints, was limited and the only food available was one Oreo cookie. Hopefully Canex will be able to expand the menu by the time "CHEZ TAZ" has its official opening. As part of the planning

### 407 Sqn Awards



(L-R): Cpl J. Cote, Cpl L.D. Allard, Cpl P.M. Sillicker, Cpl C.T. Kelley and MCpl D.J. Arden received their Canadian Forces Decorations from CO 407, (MR) Sqn, J. Col G.R. Lewis.



## 888 (KOMOX) WING RCAFA

### CALENDAR OF EVENTS - 1995

#### April

Sat 8.....Ethnic Pot Luck 18:30  
Sun 9.....Easter Brunch & Games Day 11:00  
Games start 13:30  
Sat 22.....Charter Ball 19:00

### DND AND MILITARY PERSONNEL WELCOME HOURS OF OPERATION:

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

### PLEASE SUPPORT WING SOCIAL EVENTS MAKE NEW FRIENDS

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

## 888 Wing Notes.....by Wingnut

Tickets are on sale for the annual Charter Ball, \$55.00 per couple, at the bar. Dress semi-formal (ranging from tuxedos to blazer & tie for men, dresses for ladies). Prime Rib by Manuel Catering. Work party (Mon Apr 10) needed to prepare for the ball. Please call 339-4035 or 339-0888 for details.

VE Day will be celebrated in Comox and Courtenay Legions. See Legion Log for details. Bingo helpers needed: call 339-2363 or 339-0333 to put your name in. 804 Wing RCAFA visits 19 Wing Apr 24. Come out and welcome our fellow members.

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NOON

# On & Off the Base

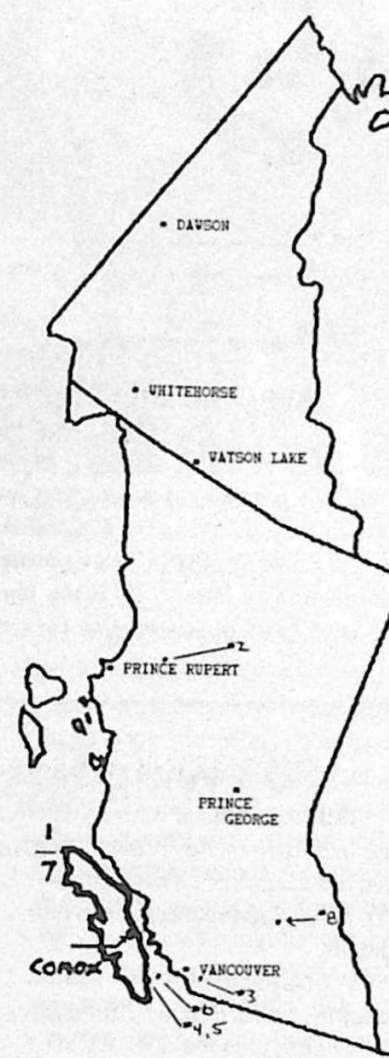
## 442 Sqn



## 442 Strikes Again!

A sure sign of Spring here at 442 is the dozens of empty chairs at morning brief. Several Labrador crews are deployed up the coast for the Herring Roe openings, and our annual Winter Ex (aka Exercise "No-Snow Ball") is in full swing in Vernon. There are however enough of us left at the squadron to tackle whatever the Rescue Centre sends our way. Here's just a small sample for March.

#1 - 01 Mar: Labrador tasked to investigate open mike on a marine distress channel near Port Hardy. No distress.



#2 - 06 Mar: Buffalo tasked to assist in night search near Terrace for a man overboard. 40 flares were dropped to assist surface search vessels but person

was not located.

#3 - 06 Mar: Buff tasked to investigate ELT near Hope. No distress.

#4 - 14 Mar: Tasked to investigate an unknown distress in the Malaspina Straits; no results.

#5 - 16/17 Mar: Lab and Buff tasked to search for an overdue boater near Naden Harbour; boater not found.

#6 - 17 Mar: Lab tasked to search for a suspected jumper from a B.C. ferry. Nothing found.

#7 - 18/19 Mar: Buff and Lab assisted two damaged vessels into Port Hardy during a storm. The following morning, Labrador SAR Techs conducted an operational dive on the Cydric J., a 47' boat which sank during the storm; one body was recovered, two missing. The following day, training crews assisted the RCMP in a search of the surrounding area.

#8 - 29 Mar: A large yellow aircraft overdue on its VFR flight plan, was located late in the evening 220 miles from its filed destination. A brief communications search by Flight Service and RCC quickly closed the case, and prevented another large yellow aircraft from being launched unnecessarily.

## Cross Dressing Coastie Retires

by MCpl Al Banky  
442 Sqn SAR Tech

No matter where you meet him, Lieutenant (that's LOOO-TEN-ENT) Randy Clark leaves an impression on you. Clark is 442's cross-dresser: Canadian uniform with American badges, American uniforms with Canadian badges. Squadron members will remember him as the guy that neither the Anglophones nor the Francophones could understand, a Southern accent twisted by 20 years in the military.

Clark arrived at 442 Sqn from New Orleans, Louisiana in March 1993. He brought to the squadron the experience of four previous operational helicopter tours, three of them SAR tours. After graduating from the University of Louisiana in 1975, he joined the US Marine Corps. Following postings to Pensacola Florida, Jacksonville North Carolina and Kaneohe Hawaii, Clark transferred to the US Coast Guard. His Coast Guard career took him and his family from McKinleyville California to New Orleans and finally to Comox as 442's American (that's EIGH-MERRY-CAN) exchange officer.

During the past two years, Clark's experience and sense of humour have added immeasurably to the squadron's effectiveness. There are few pilots who have the special ability to maintain total control of a rescue mission, while still keeping a keen sense of humour; Clark is one. He has left his mark on the squadron with his daily barrage of off-the-wall questions to the meteorologist at the morning briefing: "What effect do you



Lt (USCG) Randy Clark, retiring after 20 years of dedication. (USCG photo)

think the Arctic cold front will have on the performance of the Canadian dollar on the Asian money markets?" or "What's the exact definition of "a doozie of a day"?"

He has contributed to the local community as a basketball coach, although his frustration with Canadians' lack of enthusiasm for the game has been evident at times. The Vancouver Grizzlies are coming, so I guess he's just ahead of his time.

Randy, his wife Maridene and his sons Stephen and William will be returning to The States where he hopes to find work in the helicopter industry. Our loss will be private industries' gain.

Personnel in Canada's military SAR community pride themselves on only giving their respect to those who earn it; Randy has earned 214 thumbs up from 442 Sqn. We wish you and your family the best of luck in the future, your flying skills and your jokes will be missed. With our luck your replacement will come from Mississippi, and we won't be able to understand him either. He'll probably cross-dress too.

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# Section News

19 AMS

## All About Steel

by  
Cpl Dino Gambaretto  
(The Scribe of Workshops)

Just to let you know that the folks at workshops ask certain questions from you techs to ensure that we get the right material to fix your broken airplane, we'll take this time to give you some information on the materials we work with.

First, there are two types of materials. They are called "ferrous" and "non-ferrous." To begin with we'll give you a little rundown on ferrous metals. These metals contain iron. Raw materials used for the manufacture of iron or steel are iron, coal (coke) and limestone. Steel can be classified into two groups: plain carbon steel and alloy steels. Plain carbon steels contain only iron ore and carbon.

There are three classes of carbon steel:

**Low carbon steel** - 0.02 to 0.30% carbon by weight; this is used to make bolts, nuts, washers, and shafts.

**Medium carbon steel** - 0.30 to 0.60% carbon, used to produce tools such as wrenches, hammers, and screwdrivers.

**High carbon steel** - over 0.60% and as high as 1.7%. This steel is used for cutting tools, punches, taps and drills.

Alloy steels are steels containing other elements in conjunction with carbon. These alloys can increase the tensile strength, hardness, toughness and even resistance to corrosion.

Finished steels are either cold or hot rolled. Cold rolled refers to being rolled at or near atmospheric temp and is the most popular form of sheet metal. Hot rolled means being rolled at an elevated temperature and is used in ship building, boiler work and steel structures.

Alloying elements used include manganese which acts as a deoxidizer or purifier, removing oxygen which can make the steel weak and brittle; silicon which increases the tensile strength, toughness and hardness; chromium, one of the best alloys used increases resistance to corrosion; nickel used to increase strength and toughness at low temp; molybdenum is used to replace other alloys since it increases hardness and endurance limits; vanadium which promotes hardenability and controls grain size; and tungsten which is used in certain heat resistant steels where retention of strength at high temp is a must.

A numerical system has been established to identify the types of steel. This is a four number system and starts with 1000 up to



Maj R.A. Roos (CO 19 AMS) recently had the pleasure of presenting several awards: (L-R) Sgt Spragg, Gold Award for Aerobic Excellence; MCpl Roy, 19 Wing No Retreat Award for exceptional support to wing ADP projects; Cpl Ferguson, CD; Cpl Sims, 19 AMS CO's Commendation for outstanding support of the 19 AMS Christmas Cheer Campaign; Cpl Rioux, 19 Wing No Retreat Award for remarkable support of No Snow Fest '95; and a 19 AMS CO's Commendation for outstanding support of the 19 AMS Christmas Cheer Campaign.

9000. The 2000 series would indicate a nickel content while the 9000 series would be silicon manganese.

Heat treatment of steels changes their characteristics and is performed to increase hardness, relieve stress, alter magnetic properties, etc. Once heat treated, there are three types of quenches used to cool the metal; water, the least desirable, brine (rock salt and water), and oil, the most widely used since oil reduces warpage and allows for an even cooling.

Non-ferrous metals contain little or no iron at all. Some common types are copper, lead and the most commonly used is aluminum. The aluminum is used in aircraft structures and repairs. Aluminum is a light, soft and

white metal produced from bauxite ore and is generally not used in its pure state since it is too soft and weak. Once alloyed with other metals, it becomes much stronger. A numbering system is also used to identify aluminum and the alloying element. The 1100 series is almost pure and very soft while the 2000 series is alloyed with copper and mostly used for aircraft. There are weldable and non-weldable series and the 7000 series which are very strong yet brittle. Additionally, there is heat treatable and non-heat treatable aluminum. This treatment also changes the strengths and characteristics of the metal and there are many results obtainable for the final product. The most common type used on aircraft is the 2024T3. This

indicates it has a copper alloying element and has been heat treated (letter T) and the "3" indicates the process.

When metals are heat treated, temperatures above 1600F are used on steels and 900-950F are used with aluminum so you can see we're dealing with some pretty hot stuff.

As you can see, there is a definite reason why you get asked what type of metal you're looking for and now you know the reason why someone gets a funny look from our guys when someone says "I need a piece of angle iron aluminum; do you have any?" Compliments from 19 AMS Workshops where our motto is: "You break 'em, we fix 'em."

## Earthquakes, fires & other emergencies



by Jim Kirk

Seeing the St. John's Ambulance message on earthquake preparedness (Totem Times 23 Feb) reminded me of the problems that arose following the recent L.A. quake.

Their earthquake occurred three days after I had passed over two of the main freeways that were affected. Out on the desert, I listened to the few radio broadcasts that were still on the air. Most of them seemed more interested in panic and the usual media sensationalism.

One radio station appeared to remain calm. They were apparently keeping in touch with the emergency help group. They continued to broadcast around the clock giving advice, asking for particular forms of help, and where to deliver.

One request was for R.V. units. When you think about it such a request makes sense. At any given time there are a lot of camper shells, trailers and motor homes not in use. They could be driven or delivered by helicopter and set up on a front lawn, or two or three on a vacant lot, or in a

park. Instead of crowding large numbers of people, especially small children, into an emergency shelter R.V. units could accommodate a small family with most of the facilities of home. Stocked with non-perishable food items, a family could survive quite comfortably until emergency conditions were reduced or over.

One thing was apparent; everyone should prepare for an emergency and not count on getting assistance for at least three days. Fire crews were not always able to reach a fire due to quake damage to roads, landslides, or too many fires to fight and not enough equipment or manpower.

Recently San Francisco was looking into the possibility of setting up an "R.V. central registry." It was proposed that the fire halls in each community keep an inventory of suitable R.V. units that could be rented. It was suggested that some camper shells could be purchased and stored. They are easily transported by pick-up trucks, low bed trailers, or by helicopter if necessary. Such preparedness could be utilized in the event of fires and floods; providing temporary housing for homeless victims.

Most R.V. units are "self contained" homes away from home

and owners of such should keep them "at the ready." One thing to keep in mind; drinking water kept in storage should be changed from time to time. Plastic containers should be rinsed out with a bit of bleach.

An emergency road repair in Los Angeles was carried out with the use of used railroad flat car beds (wheels and other under-structure removed) laid end to end or side by side as required. They were easily transported by trailers and set in place with cranes. They were used as detours around reconstruction areas and across creeks and gullies.

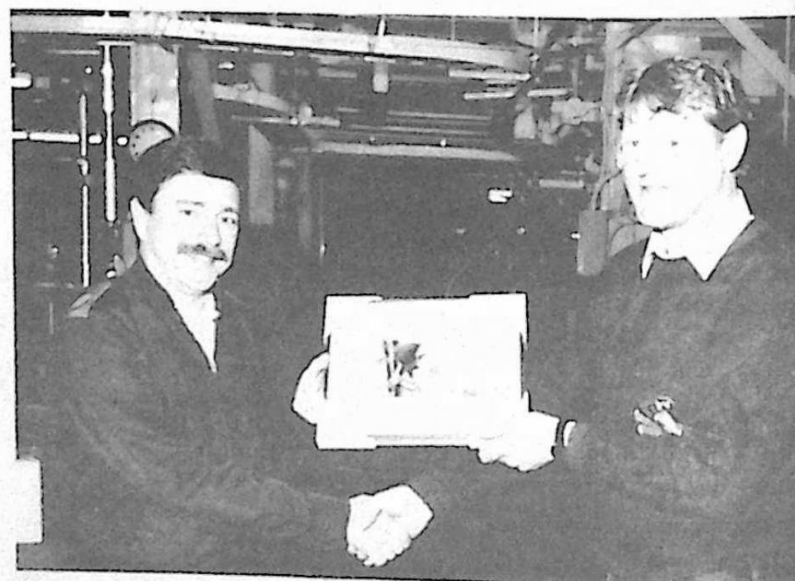
One recommendation that came out of the recent quakes was for families to spend one weekend, or even 24 hours, at home with the power, gas and water turned off and make a list of their requirements, besides those listed in most "emergency plans," should such an emergency arise. Chest freezers will keep food frozen up to 36 hours if not opened. Refrigerators warm up quickly each time the door is opened. Essential refrigerated items should be moved into a portable ice box or even cardboard boxes lined with thick layers of newspapers. Reusable "ice packs" should be stored in the freezer and, when

required, should be placed ON TOP of the items in the boxes. (Cold air falls to the bottom.) Small portable generators, with an extension cord, can be used for

emergency power at home or with an R.V. vehicle.

Plan ahead, and hope it never happens!

### Thanks Dennis



MWO D. Phaneuf, CE Utilities Officer presented with a gift of appreciation from Central Heating Plant staff for extra efforts on their behalf. Presentation made by John Stoll, Chief Engineer.



# Feature

Gail &amp; Gary

## Hollywood!

Here it came

Photos by Luc Champagne

by Capt David  
Krayden WPAffo (and  
longtime movie buff)

For those involved in the production of *Tailhook* here on the base, the experience was tiring, enlightening and ultimately, one must confess, exhilarating. The logistics of providing aircraft, facilities, personnel and services to the 80-person *Tailhook* crew were daunting. The weather was unseasonable and horrible. Base operations were dislocated. The film crew took over entire hangars. Access to some areas was denied to personnel.

But then, Gail O'Grady was here too... Despite suffering from lingering pneumonia, the beautiful and talented actress from television's *NYPD Blue* charmed everyone, including this somewhat star-struck writer who didn't mind having lunch with the star: not at all.

*Tailhook* wasn't necessarily the movie that we wanted filmed at 19 Wing, this story of US naval aviator Lt Paula Coughlin and her confrontation with sexual harassment. The subject matter may not

have been the most appropriate. However, the script was fair and balanced and this ABC TV Movie of the Week would offer significant economic benefits to the Comox Valley: once tasked to accommodate the project, the Wing did everything to make the experience smooth and successful for all parties.

The crew would arrive as early as 0600 hrs to prepare for filming and would stay as late as 2130 hrs. Oh to be a movie star! The camera did not roll until the set had been decorated, the actors and extras had seen the wardrobe and makeup departments and the scene had been rehearsed about six times. Perhaps the ultimate irony of film is that while the medium selectively records the oblique moments of life and edits out the boredom of daily existence, the work required to create this illusion is often intensely boring. With three or four camera angles required for every scene, film does not transpire very quickly.

The scenes filmed at Comox were few but pivotal to the overall impact of the film. Most of the

movie was shot in Vancouver at the Bayshore Hotel, which doubled as the Las Vegas Hilton. Having Canadian locations double for American ones was perhaps the overwhelming challenge of the production. Everything had to be Americanized, thus enhancing the overall illusion: one reality masquerading as another reality for the unreality of film. The only thing which wasn't illusory was the money saved by ABC by filming in Canada with Northern pesos.

That little bit of economic reality will probably keep bringing American TV and movie productions to Canada. It may well be the hospitality, professionalism and overall competence of 19 Wing personnel which will bring the cameras back to the Comox Valley.

For me, it was a sublime experience to embrace the magic that is movie-making, after having adored it so long from afar. Thanks for the memories.

The movie will air May 22.



Actress Gail O'Grady takes a break between scenes with Canadian actor Gary Chalk. After completing the remaining "Tailhook" scenes in Vancouver, Gail has one day of rest before returning to Hollywood and the TV series, "NYPD Blue."

### Action!



More than 30 personnel, spouses and dependants from 19 Wing experienced the magic of film first hand as "Tailhook" extras. The production company paid them \$8 a day, provided a lunch and offered an intimate view of how movies are made.

### Three Actors



Actors Rip Torn, Gail O'Grady and PAffo Capt David Krayden.

### ROYAL LEPAGE



Don Wyld, CD1

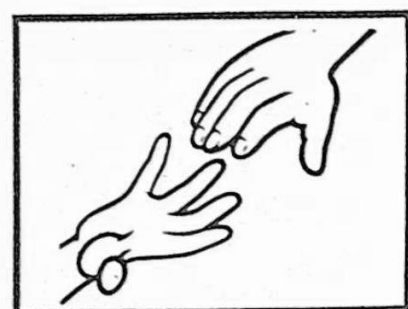
### Posted to Kingston in 1995?

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# Health Fitness & Leisure



## Eating Disorders

Who doesn't worry about food? We all do at times. But people with eating disorders live in fear of food, and of being fat. Often unable to control their food intake, they hide their eating habits. Secret starving, binge-eating or the purge of food are all common, as are the psychological anxiety, depression, guilt and shame which accompany eating disorders.

Mild-to-severe obesity, bulimia and anorexia have reached epidemic proportions. It's no surprise, given the billions of dollars spent each year on diets and on advertising to be "thin." Despite the fact that tens of millions of people suffer from eating disorders, many are unaware of the health symptoms and risks which are unique to each. Many victims of such disorders are psychologically unable or unwilling to seek available treatment.

### Get Professional Diagnosis

Many people try to diagnose an eating disorder without professional help. Commonly we hear

that anorexics always feel "fat," bulimics are either very overweight or underweight, and obese individuals compulsively overeat high-fat, high-calorie foods. While these and other symptoms are common, many other symptoms will be unrecognized by anyone except a professional eating disorder specialist. Only your doctor or a specialist should diagnose an eating disorder.

### Recovering

Eating disorders are treatable. You really can feel good about yourself again. Learning to recognise the symptoms of your particular eating disorder, or that of a family member or friend, is an important learning process which is best guided by an appropriate professional. He or she can discuss health risks and treatment options. With understanding and commitment, you can plan a life-long recovery from compulsive overeating.

### Your EAP Referral Agents

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Evelyn Fermia. Loc. 8336  
Carol Anderson. Loc. 8319

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## Summer Active 95 Activepak, Sneakerpak & Workpak

For 12 years Canada's Fitweek was a major force in motivating all Canadians to adopt a healthy lifestyle. In 1994, more than seven million individuals participate in 17,000 events held from coast to coast. It was a very successful annual promotion which laid a solid foundation upon which to grow. Based on extensive consultations with community leaders, national organizations, companies and governments at all levels, Fitweek has been expanded through Participation into a more flexible community-based program called Summeractive.

Summeractive 95 will be held from 15 May to 15 July inclusive. You and your community are urged to be part of this Canadian

physical activity venture.

Your physical education and recreation staff will soon receive the reference material which details the Summeractive 95 program. This program contains ample opportunity for all Canadian Forces members and the military community at large to participate in either a new activity or an old favourite during Summeractive 95.

Your support of Summeractive 95 and the spreading of the message "Make It Happen" is essential to this campaign's impact on the physical fitness of the Canadian Forces.

Canadian Forces liaison with Participation will be provided by DPERA as required.

## Doctor Bob

### Personality traits and Disorders

Personality is a word we use without thinking about it very much. The dictionary tells us it is the characteristic way that a person thinks, feels, and behaves, and is normally fairly stable and predictable in any individual. Most of us are able to guess how someone we know well will behave in various situations.

All of us have our individual personality, and although we may be very different, one from another, a very wide range of personality traits is still considered normal. Some personality types have been defined and named; some are merely descriptive (outgoing personality), while others (obsessive-compulsive, sadistic) may indicate an abnormality.

Personality disorders are specific mental characteristics that impair the functioning of the person. They tend to be self-perpetuating, distressing to the victim, and inflexible - beyond the individual's control. These disorders may co-exist with the more familiar psychoses such as schizophrenia or mania, but usually occur alone. Named personality disorders include borderline, antisocial, paranoid, narcissistic, and passive-aggressive.

Personality disorders may be difficult to diagnose. The patient may show the traits only intermittently, and behaviour may be normal during a particular interview. In fact a physician may look after routine illnesses for many years without suspecting the presence of an abnormal personality.

Sometimes patients do seek help, either of their own volition or to placate those who insist that they "see a doctor." Given this clue, most physicians will be able to direct their questioning and develop a working diagnosis. In most cases the patient is not attempting to hide anything. If they decide to "resist being diagnosed" they often utilize some of

their personality traits in an attempt to fool the doctor, making diagnosis, if anything, easier.

Patients with certain personality disorders are at risk, and since about 15 percent of the population is affected, it is important to identify and treat those we can. By far the most serious risk is suicide, with many patients making suicidal gestures, sometimes over years, before eventually killing themselves. It is the ultimate medical "crying wolf" syndrome.

Many others with personality disorders manage to stumble through life, never really entering the main stream, and often relatively unconcerned about being different. All too many have a hard time of it, being distressed by delusions, paranoia, obsessive behaviour, isolation, and a host of other turmoils.

Treatment of personality disorders is very difficult, time consuming, and frequently frustrating. The majority of patients can be helped, at least a bit. There are a few that I am convinced are untreatable.

### Recovery from Injuries

Have you ever wondered why an injured athlete recovers from a moderately severe injury in a week or two while a motorist who sustains a similar amount of trauma may still be suffering six months later? This topic is of considerable interest to many people, especially those providing compensation to the injured parties.

Not the least of these are those who insure automobile drivers and passengers. It is difficult to comprehend, but over 70 percent of injury claims submitted to the Insurance Corporation of British Columbia (ICBC) were for soft tissue injuries to the neck region.

The 37,400 claims cost almost \$410 million. Assuming a BC population of about 3.5 million, this one type of injury cost us

each \$117; each claim, on average, cost \$11,000.

Recovering time for soft tissue injuries of the neck and other parts of the body varies considerably. Some injuries are more severe than others, some patients tolerate pain better, or have a higher pain threshold, while motivation stimulates prompt recovery in others. In an unknown, but significant, number of cases recovery time is prolonged because the patient decides (often enough with encouragement from a lawyer) to make as much money as possible from the injury. Their case is stronger, they feel, if it takes a long time to get better.

There has been much interest in finding the most effective way to treat whiplash and other sprains and strains. Some people take a few aspirin, or nothing, and miss no work. They ache for a few days and move on with their lives. Others, with apparently identical injuries, are still on medication, taking physiotherapy, and off work 60, 90 or even 180 days after the motor vehicle accident.

It has been learned that early mobilization speeds recovery of both athletic and vehicle injuries. There are those who believe that using casts, splints, and collars actually impedes recovery. Their theory is that the patient has to heal both the injury and overcome the adverse effects of the cast, for example. (It is a medical adage that if a sound leg is put in a cast for six weeks it will take a further six weeks after the cast is removed before the leg is normal again.)

In most instances, in my medical experience, the injured patient who keeps active by "working through discomfort to improve function" does much better than those who choose to wait it out in bed or an easy chair.

We know that patients who are exercised a few days after major hip and even heart surgery recover faster. It seems reasonable to expect the same would apply after most other injuries.

### Ex-386 RCAC Sqn Air Cadet receives B.A. in Nursing at U.B.C.

Tracy Steele was a cadet with 386 RCACS, and also a band member.

Congratulations from the Staff and Cadets on attaining your Degree in Nursing.



TRACY STEELE

For more info please call: the Mess Office at loc 8430, Cpl Gregg Car PMC at loc 8783, or Cpl Lynn Hupman V/PMC at loc 8350.



## 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  
07 & 08 Apr.....EASTERNERS  
14 Apr.....WILDRIVER  
21 Apr.....ELDORADO  
28 Apr.....NORM'S COMBO  
FUN EUCHE.....every Monday, 7:00 pm  
FUN CRIB.....every Wednesday, 8:00 pm  
CASH CRIB.....Sunday 23 April, 1:00 pm  
FUN DARTS.....every Thursday, 7:00 pm  
"BARGAIN DAY".....every Wednesday, ALL DAY  
"BBQ LUNCH SPECIALS".....every Weds & Fri, 11:30-1:30 pm  
\*\*\*\*\*GENERAL MEETING - 25 April, 7:30 pm\*\*\*\*\*

### Special Events

EASTER DRAW - hams, turkeys, etc. Food. Music by DOWNHOMERS. Sat 8 Apr at 7:00 pm.  
GIANT AUCTION Sat 29 Apr at 1:00 pm. Profits to Cancer Fund and other Legion charities.  
COMMEMORATIVE PARADE Sat 6 May at 1:15 pm. Dinner 7:00 pm. Entertainment & dance 9:00 pm to 1:00 am. Tickets \$10.00 each.

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**BRANCH 160 COMOX**  
**339-2022**

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

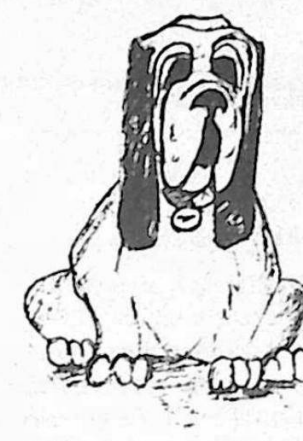
Apr 7.....BEACHCOMBERS  
Apr 14.....HEARTLAND  
Apr 21.....ALLEYCATS  
Apr 28.....WESTWIND  
\*\*\*SAT 1 Apr - Honours & Awards Night, Branch Upper Hall. No host bar 6-7 pm. Dinner 7 pm. Ceremonies 8 pm. Dancing to follow. Limited number of tickets available at bar or office. Cost \$7.50 per person.\*\*\*  
May 5.....VESTED INTEREST  
May 12.....WESTWIND  
Sun afternoon, 14 Mar - MOTHER'S DAY. Wine & cheese. Music by New Music Man from 2-6 pm.  
May 19.....HEARTLAND  
May 26.....WILD RIVER  
Sat 6 May - 50th ANNIVERSARY OF V.E. DAY. Dinner/dance Upper Hall. Please watch for further details.

### \*\*\*REGULAR EVENTS\*\*\*

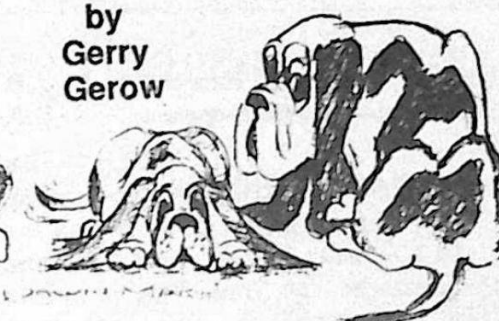
SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 PM  
MONDAYS.....L.A. Drop-In Bingo, Upper Hall, 7:00 PM.  
Monday Night Men's Dart League, Lounge, 7:30 PM  
TUESDAYS.....Ladies Crib League, Lounge, 7:30 PM  
Mixed Dart League, Upper Hall, 7:30 PM  
WEDNESDAYS.....Navy League Drop-In Bingo Upper Hall, 7:00 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, 7:30 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.

# On & Off the Base



**Dog Talk**  
by  
Gerry Gerow



## Two Breed Books

The Gordon is not quite as beautiful as the other two, being black and tan in colour with a shorter coat but, of the three, he is the better in the field.

All three Setter types have become dated and few are ever encountered being used for hunting in Canada, or for that matter anywhere else. Setters are a product developed when men hunted with nets. Their job was to locate the game and then remain calm while a net was cast over the birds, and sometimes the dog too. The Gordon is a little better field dog than the other two, as he was developed from them after guns became the primary hunting tool. However, today, we can do much better when it comes to choosing a field dog.

Given the amount of attention paid to the sport of conformation dog showing today, I must admit to being a bit surprised at the small numbers of English and Irish Setters registered in recent years. Nothing is more beautiful than a well bred and properly groomed English or Irish Setter.

All three of the Setter types were present in Canada in considerable numbers when the Canadian Kennel Club was formed in 1888. They are classed well above average in obedience and working intelligence, with the Gordon being rated slightly ahead of the other two. Setters would not be my choice for a field dog, but I do admit they can be breathtakingly beautiful in the field.

the Akita as a pet.

The second breed book is *Gordon Setters Today* by Jose Baddeley, Howell Book House, New York, US\$ 25.00.

All told, a well written breed book which contains all that a breed book should. Origins of the breed as well as the standards are covered. There are separate chapters on the Gordon in Britain, North America, Australasia, and Europe. Gordons are quite popular in Continental Europe.

Gordons are native to Scotland and particularly Castle Gordon where they were originated by the fourth Duke of Gordon. This fact is well covered in the book, including a photo of a painting of the duke.

This book is a hard covered 171 page edition illustrated with over 100 black and white photographs. It is attractively bound with a picture of a beautiful black and tan Gordon on the jacket. Hot off the press, you will probably have to have it ordered.

Let's talk a little about the Setters. They are not overly popular today in Canada. Only 600 English, 572 Irish and 178 Gordons were registered with the Canadian Kennel Club in the last three years. Compare this to the 23,103 Labrador Retrievers registered over the same period.

### Community Council Corner

## T-Ball Help Needed

### HELP!

The Wallace Gardens Community Council needs your help. We have the equipment, the children and the enthusiasm but your help is needed for T-ball. T-ball is a game designed to get young people interested in baseball by stressing and maintaining active participation of all the players.

It is impossible for the PMQ Association to handle this summer event on their own and we are in dire need of people to help run this worthwhile activity, rather than have to cancel it. We need a person who would be willing to co-ordinate this activity. We also need coaches for each team, plus umpires.

I know that some of you are sitting there saying "I would help but I don't know anything about the game." We are willing to show you everything you need to know to help you in taking on this worthwhile activity. Please give Mrs. Linda Jeffrey a call at 339-8211, extension 8571.

### SPRING GARAGE SALE

Apr 22 is the date for our annual Spring Garage Sale which is held throughout the married quarters. Get all those items you have been saving or making or join your community in a day of fun with riches beyond your wildest dreams.

### DRY GARBAGE PICK UP

For those of you who don't sell everything, keep in mind Apr 24. This will be our dry garbage pick-up day. All items must be beside the curb and be categorized into the following groups:

- Pile 1: Household items (not garbage).
- Pile 2: Metal (e.g. old water tanks, pipes, engines, micro-waves). Any metal material.
- Pile 3: Hazardous waste (e.g. fridges, batteries, tires).

If your items are not sorted they will NOT be picked up. If you put your items out with other people on your block, please get

together and plan ahead because the truck is having to make three trips and does not have time to sort through your items.

### UPCOMING EVENTS

Sat Apr 8  
Pancake Breakfast: 9:30-11:00 am.  
Bike Parade: 11:45 am.  
Easter Egg Hunt: after parade Bingo (Grade 6 & under): 6:30 pm at Community Centre.  
Sun Apr 9 - Movie.  
Wed Apr 19 - Gym for ages 8 & up 6:00-7:00 pm.  
Sat Apr 22 - Teen Dance. (None on Apr 15 because of Easter weekend.)  
Sun Apr 23 - Little Tot Gym starts again. Every Sun 3:30-4:30 pm.  
Sat Apr 29 - Sock Hop 6:30-9:00 for Grade 6 & under.

### FUTURE EVENTS

Rollerblading at the rink.  
T-Ball.  
Youth Ball.

**NEXT DEADLINE 21 APR. - NOON**



# On & Off the Base



by Rose McCliesh

G.G. closed a very successful Sunday Winter Golf season on Sun 12 Mar. Co-ordinator, Mr. Ron Carter, and his assistant Mr. Dave Kelly, thanked all for participating in this 1994/95 annual event. Winter golf was an opportunity for all members to meet during the off season, keeping the spirit of the game alive and enhancing club fellowship.

Following golf and prior to presenting the trophies, Ron Carter welcomed first time participants in the Sunday event and said that he hoped to see them again next season.

A special thank you was extended to McConchie's Furniture and Appliances Ltd. for sponsoring the Low Gross trophy and Windsor Plywood for the

## Winter Golf Concludes

Low Net sponsorship. Their continued support is greatly appreciated.

### Team Results for 12 Mar.

1st L.G. Duke Dutrisac, John Courtemanche, Jim Trask, Fran Hume, Joyce Merrill.

1st L.N. Chris Parris, Ron Carter, John Holley, Moe Morrison, Kay Banks.

2nd L.G. Richard Wand, Jack Hawkins, Steve Shaw, Shirley Shearer, Rose McCliesh.

2nd L.N. Bob Marshall, Al Walsh, Dave Kelly, Len Doyle, Irene Marshall.

3rd L.G. Floyd Merrill, Dale Robillard, Mike Barner, Bob Frenette, Carmel Horchuck.

3rd L.N. Mark Kalbfleisch, Chuck Perry, Irene Perry, Russ Engelmeyer, Barb Carter.

4th L.G. Duane Miles, Lloyd Billings, Larry Blais, Claude De-fault, Bob Lamb.

4th L.N. Dan Aubet, Nick Stolarchuk, Wayne Ogilvie, Pat Verchere, Keith Lillies.

K.P. #4: Terry Searle  
K.P. #7: Arnie Mathus

K.P. #13: Duane Miles  
K.P. #16: Bob Marshall

Glacier Greens Ladies opened the '95 golf season on Tue 28 Mar. Forty-two entered the 9-hole tournament which was followed by a delightful lunch. Favourable weather conditions added to the enjoyment of the day.

### Results

1st L.G. Lorraine Courtemanche

2nd L.G. Duane Miles

3rd L.G. Shirley Shearer

1st L.N. Marie Israel

2nd L.N. Elsie Downey

3rd L.N. Kay Banks

Least Putts: Anna Sutton

We wish to extend a warm welcome to Teaching Assistant Pro Anne Newman who has joined the G.G. Pro Shop staff. A series of refresher lessons, compliments of Teaching Assistant Pros Anne Newman and Gerry Jeffs will follow next Tuesday Ladies Day golf - 8:00/8:30 am shot gun start.

Golf is a game of honour, courtesy and sportsmanship. A courteous golfer will be in position when his turn comes to hit.

## Wanted

A few good men and women interested in playing slow-pitch softball with the Westerly Rebels slowpitch team. To qualify you must have reached your 55th birthday during 1995, be in pretty good shape, able to practice twice a week, play two and/or three games with several social functions included.

Our games consist of league play against one local team and

teams from Parksville, Campbell River, Nanaimo and Port Alberni. We also play Sunday games against the two local Legions.

The Rebels team won the gold medal in 1993, silver in 1994 and we aim for gold again in 1995.

If interested, phone Dixie at 339-7678 or Mac at 339-2560. Practice goes Mon and Wed 0930-noon at Highland ballpark, off Torrence Road in Comox.

### Inter-section Slow Pitch League Meeting

When: 12 Apr 1400 hrs

Where: Rec Centre

All interested are encouraged to attend.

### 19 Wing Men's Soccer Team Practices

When: Mon & Weds 1630 hrs

Where: Glacier Field

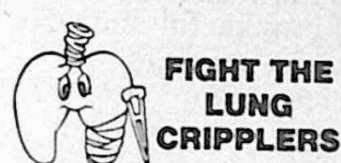
All interested are encouraged to attend. For more info contact Cpl Ken Roy 8924.

### 19 Wing Women's Fastball Team Meeting

When: 6 Apr 1200 hrs

Where: Rec Centre Conference Room

All interested are encouraged to attend. For more info contact Capt Noel Murphy 8230 or Cpl Montambault 8315.



COMOX LEGION BRANCH # 160  
PRESENTS

### 50TH ANNIVERSARY OF VE DAY DINNER & DANCE

SATURDAY, MAY 6, 1995  
NO HOST BAR 6:00 TO 7:00 P.M.  
DINNER 7:00 P.M.

ENTERTAINMENT & DANCING TO FOLLOW  
ALL THIS WILL TAKE PLACE IN  
THE COMOX LEGION UPPER HALL

### INFORMATION:

Tickets will go on sale Wednesday A.M. April 5th, 1995, and will be restricted to WW II and Korea Veterans and to their spouses, up to and including Monday April 24, 1995. Cost of Tickets will be \$10.00 per person. Free transportation will be Available.

### FOR TRANSPORTATION:

Please leave your name, address and telephone number at the bar, call 339-2112 to arrange for your FREE transportation from and to your home.

PH: 339-3-95, File: VEDay.Pix

## 95 INTER-SECTION FASTBALL MTG

WHEN: 21 mar 95  
(1400 hrs)

WHERE: BASE GYM

All coaches, team reps, officials & persons interested in league committee positions are encouraged to attend.

for more info 8783



# COMOX MILITARY FAMILY RESOURCE CENTRE

## NEW CHILDCARE FACILITY

Exciting news! The CMFRC has received funding to build a very needed Child Care Centre facility.

The funding comes from two sources: a grant of \$208,964 received from the BC Ministry of Women's Equality and matching funding from non-public funds of the Canadian Forces' Air Command. This financial assistance is in response to a need for more child care in the community.

The Child Care Centre will provide full time day care: 12 spaces for toddlers (18 months to 3

years old) and 25 spaces for preschoolers (3 to 5 years old). The Child Care Centre will also offer preschool programs as well as childminding and after school programs.

The new 4,000 sq.ft. building will be located next to the CMFRC building at the corner of Ryan Road and Little River. The facility should be operational by late summer if there is no delay.

This project will be of great benefit to our community.



## Upgrading Your Computer



by Gregg Olynyk

### How Things Have Changed!

Remember when... Hard disk drives were a luxury item for high end computers. 640K memory was more than enough! The only software on the market was word processing and programming languages. Programs could fit on a single diskette. Hard drives used to be 20MB or 40MB in size, today over 400MB is standard!

Some programs, such as MS Office, take about 30 diskettes! Some programs are such memory hogs that 8MB of RAM is required, which is 8,000K of memory vs the old 640K standard. Computer systems have changed so much in just the last year, that it even amazes us in the business of computer sales! You now are getting more powerful computers with multimedia for the same price as an entry level system without multimedia from a year ago!

You can get secondhand computers for a great deal, however, be cautious; people always want

to get back what they paid. What to get? It's a tough decision, there are more choices today than ever. We even run a six-hour course on Saturdays just on how to buy a computer. An old XT or AT computer with good software can be a great computer. The only problems arise if you wish to buy new programs or if you are new to computers, they are not as easy to use as new Windows based programs. I wouldn't recommend upgrading a 286 or lower machine, it's not worth the risk, money or headaches!

A 386 computer is a good base system which you may find secondhand for under \$700. A 386 computer can be upgraded, even to a 486. You can buy a combo motherboard that can use the older 30 pin SIMM RAM and allow you to add new 4MB 72 pin SIMM RAM, when and if needed. All you need to add is a processor chip, either a secondhand or a new overdrive chip. The upgrade from a 386 to a 486 DX2/66 would cost under \$600 using new!

If you want to run all the latest software, especially CDROM games, a 486 DX 2/66 with Double speed CDROM system is a great base. If you already have a 486 machine, you usually can upgrade the CPU, if you have a SX/25, you could upgrade to a DX4/99MHz CPU, or if you have a SX/33, you could go to a

DX2/66 or D4/99. RAM upgrades are usually the first thing to look at for performance improvements. If you have 4MB of RAM, upgrading to 8MB (under \$300) is great to improve Windows and Windows based programs speed. Your video card should have 1MB of video memory, to upgrade to this is usually inexpensive. Your CACHE memory upgrade to full 256K will also give you a boost for relatively little cash!

To keep your computer running efficiently, you should keep about 10MB of free hard drive space. This allows Windows Smartdrive to run properly. If you are running short on space, try first a "house cleaning," i.e. remove unwanted software or software that you are sure you do not require any longer. You could also delete old files. Be careful what you delete! Next, you may attempt to "double" your hard drive with software. What this means is the software basically compresses all your software and manages it by un-compressing when required. You can use DOUBLESPEACE that comes with certain versions of DOS to do this. Backup your documents first, and leave some space undoubled for programs that may not like it.

You can also buy a program called STACKER, which has a better track record. IBM DOS 7

now comes with STACKER, so you could look at upgrading your DOS at the same time. Some people stay away from doubling for fear of losing data, so proceed cautiously...

You can also add another hard drive to most computers. The prices of hard drives have dropped so much lately that this is becoming a preferred option. If you do not have a CDROM setup on your computer, you could always get a package installed. I would recommend that you get a computer shop to install both the hardware and software to save you time and headaches.

Also ask about OEM (Original Equipment by Manufacturer) CDs, not meant for regular retail. They can be purchased with your CDROM package at a great savings. If you are wondering about adding a CDROM setup to an older machine, a 386 may run CDs a bit slow, but a 386 DX/40 is a good base, you can always upgrade the motherboard later.

One thing to look at is the

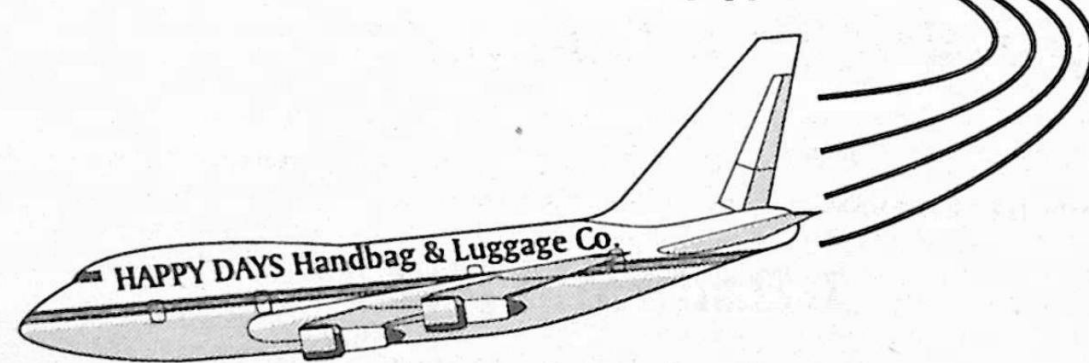
total price of all your planned upgrades and compare that amount with what you would pay for a new full package. You could always donate your older computer or use it as a dedicated computer for certain tasks.

Upgrading can be relatively painless as long as you get informed about what your system is capable of and at what price. Part of buying a new computer should also involve evaluating its future upgrade potential. Initial savings may come back to haunt you if upgrades are either impossible or very expensive on that particular machine. Even if the system as is seems to be more power than you need now, thinking ahead and asking questions can only help. Everyone's situation is quite unique, depending on your needs and the configuration of your computer, so ask questions and even bring in your computer manual for some ideas.

If you have some ideas you would like to share with us concerning upgrades, please drop us a line.

# NEXT DEADLINE 21 APRIL NOON

## Jumbo Lands At Driftwood



### All Aboard Folks!! for this one

A Jumbo Luggage and Leather goods sell-off is being staged all week til Sunday April 15 at Centre Court of Driftwood Mall.

Come see us for up to 1/2 off prices.

Happy Days Handbag & Luggage Co.

Comox Air Force Museum

### MUSEUM GIFT SHOP

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# NEXT DEADLINE 21 APR.



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GRIFFIN

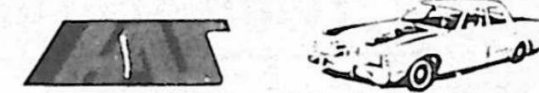


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## Public Announcements

Western Line Dancing  
For all ages. Call 338-1266 for  
more information.

### 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 com-  
pany of their guardian.

### Take Off Pounds Sensibly

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

### 19 Wing Pacific Divers Scuba Club

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

### Aerobics

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

### Avis

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

### BASE LIBRARY

Base Librarian  
Colleen Gagnon

Located in Building 10, next to  
Accommodations. Hours of op-  
eration:

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.

### 19 Wing Men's Fast- ball Team Practices

When: Tues & Thurs (until  
league starts)

Where: Base diamond

Interested players, coaches and  
all wishing to help out with  
team are encouraged to attend.  
For more info contact Sgt  
Thomas 8764 or Cpl McCulley  
8417.

### 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 wel-  
come, especially goaltenders.  
Full protective equipment man-  
datory.

### 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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Week Ending 8 April  
Bookshell Bestsellers  
Softcover

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2. Angel.....Bradford
3. Accident.....Steel
4. Until You.....McNaught
5. Tangle Box.....Brooks
6. Daybreak.....Plain
7. The High Queen.....McKenzie
8. McNally's Caper.....Saunders
9. Delores Claiborne.....King
10. Swimming with Dolphins.....Pizzey

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 regis-  
tering their children for the Saturday  
league can contact the coordina-  
tor, 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.

FASHION SHOW 95  
LADIES SOCIAL CLUB  
19 WING COMOX  
WO & SGT MESS  
10 APR 95 AT 1900 HRS

Contact for Tickets:  
Colleen Boudreau 338-2283  
Amie Andersen 339-5846  
Louise Poudrier Loc 8718



\$5.00 per ticket

## We Trained Hard

by Charlie "the  
Chaplain" Massey

.....but it seemed that every  
time we were beginning to form  
up into teams we would be reor-  
ganized..... I was later to learn in

life that we tend to meet any new  
situation by reorganizing; and a  
wonderful method it can be for  
creating the illusion of progress  
while producing confusion, ineff-  
iciency and demoralization.  
Petronius Arbitr, 210 B.C.

## GLACIER GREENS SOCIAL CENTRE

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

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

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

Local 8163

## WO & Sgt's Mess Calendar of Events APRIL 1995

Fri 07 TGIF Chicken & Chips Dress relaxed  
Sat 08 Virg Head Memorial Dart Tournament  
Mon 10 Ladies Social Club - Fashion Show  
Fri 14 Super TGIF MCpl's Night  
Mega food, Mega games  
Bring 'em all and enjoy  
Fri 21 Mixed Mess Dinner (NO TGIF)  
Fri 28 Associates Luncheon  
TGIF Mexican Sports Dress Relaxed



## 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

## Bulletin Board

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

CRAFT & TRADE FAIR  
upstairs Comox Legion  
1825 Comox Ave., Comox  
Sat. 8 April 10 am - 4 pm  
In support of Comox Valley  
Transition Society

### HAPPY 40th!!



SHACK be nimble  
SHACK be quick  
SHACK jumped over 40 (birth-  
day) candlesticks.

### For Sale

Lovely 3-bedroom rancher.  
Comox Valley. A real deal.  
\$109,900. Phone: 338-5373

### It's a Girl!



9 lb. baby girl Chantal was  
born to Jacynthe and Mario  
Lambert at 10 a.m. on March  
23 at St. Joseph's hospital.  
Many thanks to Dr. Naaykens



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### OPEN HOUSE/WOODS

The Macdonald Wood Park So-  
ciety is hosting an "OPEN  
HOUSE" at corner of Balmoral  
and Croteau Road on Fri & Sat  
April 7 & 8 from 9 am to dark.  
Information, tours, cleanup & re-  
freshments. Donations gratefully  
accepted. Info: 339-7512.

### TWO for ONE

Get a two bedroom suite for  
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PHONE NOW  
Kelly at 338-4323



# On & Off the Base

## 14th Annual Hoser Party & Olympics

Shack's 14th Annual Hoser Party and Hoser Olympic Games were held on Sat 18 Feb. Brian (Shack) and Jill Shackleton hosted "The Hoser Event of 1995" at 593 Crestview Drive, Comox. The pouring rain and gusting winds didn't slow down the Hoser spirit for a little over 60 participants.

Hoser Day started with registration from 1200-1245. Judges, organizers and team captains were all briefed, then the Hoser Olympic Games were under way at one o'clock sharp!

The following are a couple of highlights of the games:

**Donut Eating:** Brian Lavigne of the Beer Team, who had never lost this event, had to settle for silver. Al Greene of the Donut Team dethroned Brian to capture gold. Way to Go Al!

**Iron Man:** The 1995 captain of the Beer Team, Mark Blanchard, showed excellent form in downing his can, bottle and glass of Blue in 27 seconds to capture the gold medal. For his efforts Mark got his name and time engraved on the Iron Man Trophy. He was also awarded a gift certificate at Columbo's Steak House, courtesy of Ron Fortin the barber. Mark now has the title Iron Man 1995. Congratulations Mark!

The final team standings were

as follows:

- 1st Donut Team (purple)..... 59
- 2nd Buns Team (pink)..... 45
- 3rd Beer Team (green)..... 39
- 3rd Earmuff Team (blue)..... 39
- 5th Toques (orange)..... 30
- 6th Backbacon (yellow)..... 26

The members of the winning team (Donuts) were as follows: Barry Little (C), Hugh Farrow, Roger Burton, Jay MacDonald, Cristal Lyon, Al Greene and Nevin Bernard. This was the first time that the Donut Team has ever won the Hoser Olympics. Congratulations each of you!

Each member of the winning team, team captains and the judges were awarded a hat, courtesy of Hitec Screen Printing.

At approximately 5:30 the party was officially ended. People either walked, utilized designated drivers, or took taxi cabs home to ensure everyone's safety.

**Note:** A camera, in case, was left at the Hoser Party.

Brian Shackleton would like to thank the following people and/or businesses for their donations, discounts or extra efforts:

- 1. Hitec Screen Printing (art work, hats, baseball, T and sweat shirts and ribbons).
- 2. H & L Meat Processing (delicious backbacon).
- 3. Buns Master Bakery (fresh and tasty buns and donuts).
- 4. Labatt Brewing Com-

pany (reimbursement of 3 doz. cans of Labatt Blue).

5. Dairyland (mild cheddar cheese).

6. Marge Easley (Iron Man cup).

7. The Trophy Den (engraving of trophies).

8. Laidlaw Portable Services (Hoser & Hosette toilets).

9. Ron Fortin, Barber (24 cans of Coke, Columbo's gift certificate & cash donation).

10. Bar staff Comox Legion (saving of beer keg and bottle caps for Hoser medals).

11. Katie Wylie (typing of letters and articles).

12. Rod Cando (official games photographer).

13. Dan Martin, Rick Skrzyzala, John Haugen, Lindsey Munson, Wayne Robertson, Grant Golem and Chris MacNeil (judges).

14. Jill Shackleton, Carol Nickson, Judy Mackinnon and Warn Wilden (backbacon chefs and/or assistants).

15. Totem Times (advertising).

Most of all, I wish to thank the Hoser Olympic Games participants for all of their efforts and donations to the Hoser cause. Take care and see you all next year at the 15th Annual Hoser Party, Eh!



The 1995 Iron Man, Mark Blanchard of the Beer Team (green) with the Ironman Cup. (Photo by Rod Cando)



Birds of a Feather?????



Donut Relay participants Marco Rekrut and Mike Baker. (Photo by Rod Cando)

## JUNIOR RANKS MESS

### CAMPER'S BINGO

MONDAY THE 10th OF APRIL

DOORS OPEN @ 1830

FIRST NUMBER @ 1900

\$5 AT THE DOOR

PRIZES  
PRIZES  
PRIZES  
PRIZES  
PRIZES

Don't Forget  
Your Dabbers  
and  
Get There Early



### COMEDY NIGHT

FRIDAY THE 28th OF APRIL

Featuring:

HARRY DOUPE  
BOB ANGENY  
PAUL SVENE



Buffet Starts at 2000hrs

Show Starts at 2100hrs

Advanced Tickets

Available 12-24 April

Members - \$5.00ea

Non-Members - \$7.50ea

At The Door

Members - \$7.00

Non-Members - \$9.50

