



## Base Hockey Champions

MCpl Don Cormier, Scoring Leader: 80 points in 25 games. .... page 8

## Kids have Fun with Fire Hall

....page 16



The Comox Valley's Oldest Newspaper.



# TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 37 NO 7

THURSDAY 27 APRIL 1995

COST: PRICELESS

## CFB Comox Personnel Cut 25%

(Reprinted by permission Comox Valley Echo, April 21 1995.)

by Ian Lidster

Within the next four years CFB Comox will be cutting its military personnel to the tune of 25 percent of the 1,255 stationed there, or some 300 jobs.

The cuts, which were announced by Base Commander Col Terry Rogers at a press conference Wednesday morning, stem from the cumulative effect of successive budget reductions in federal military spending.

The knife doesn't stop there, either. The base employs about 300 civilian personnel, and somewhere in the range of four dozen of those jobs will go, too.

Not only will the jobs be lost (in order to reduce the number of personnel in the Canadian Forces to 60,000 by 1999), it is likely that the base will pull back from being a 24-hour-a-day, seven days a week flight line, to one which is open for 16 hours a day, for either seven or even five days a week.

"In 1984, when 409 Sqn left CFB Comox, it had quite a negative impact on the valley, in real estate sales, automobile sales, and so forth," Col Rogers said. "So, we have to be cognizant of the effects on the local economy, since we are the largest employer. However, this time it will be phased in gradually, and I think the valley is more economically diversified now, so it shouldn't have the same impact."

The majority of the cuts, Rogers said, will come from the support trades, and commanders across the country are being challenged to press ahead with the cuts.

Valley residents should not be worried, Rogers said, about any potential loss of the base, like the situation that transpired in Chilliwack, and in other base communities.

"We're the only air base on the Pacific coast, so our future is well-rooted," Rogers said. "We'll be here for a long time."

Streamlining the operation will be the key to the endeavour Rogers said. Along with the cuts in the support trades (servicing of aircraft, etc.), possibly more opportunities will arise for civilian companies to take over certain services, maybe even air traffic control.

Furthermore, there will be less cross-training. Remaining updates will rest more with the individual.

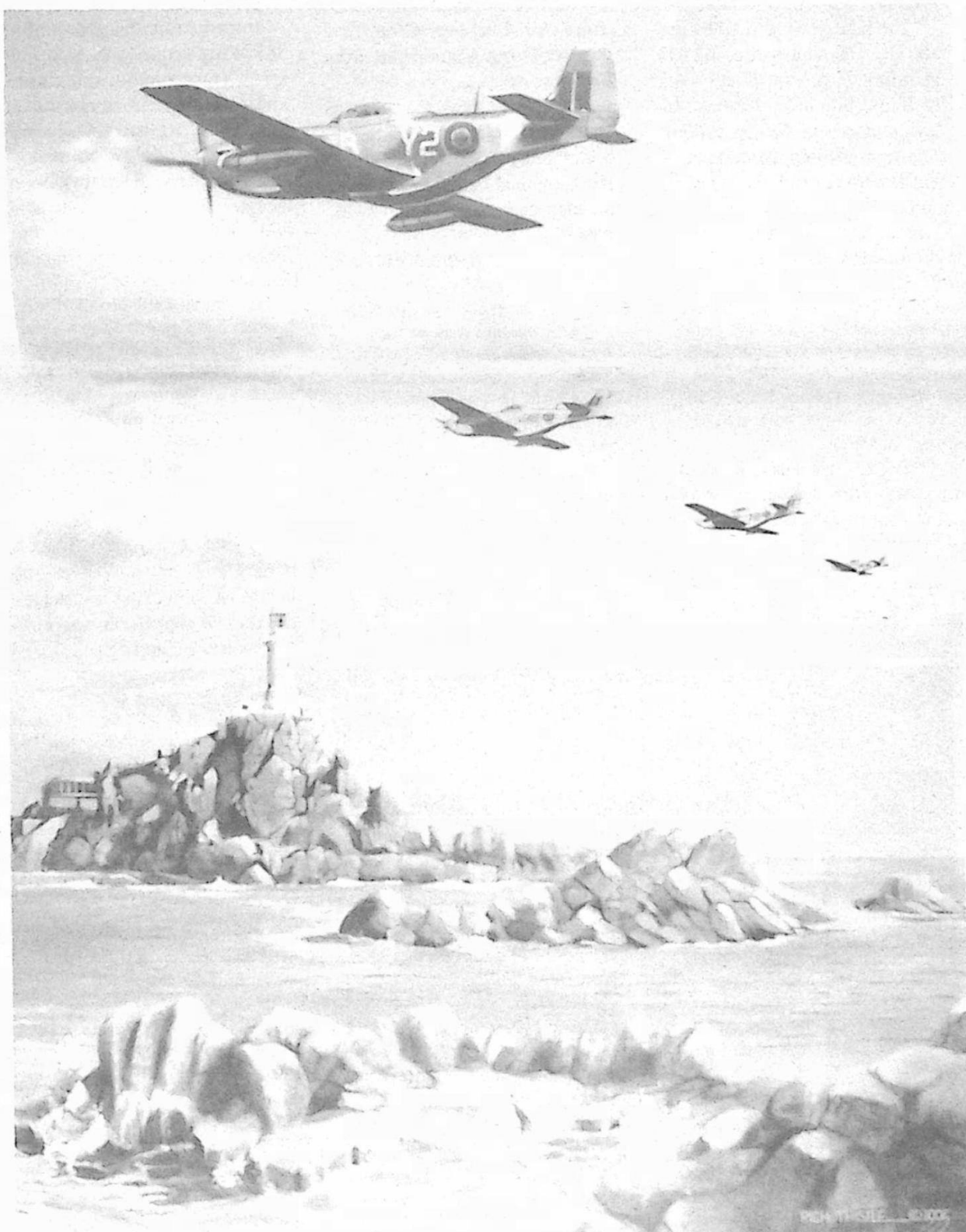
There will be an increased use of computers in the various departments. There could also be a cutback in the extent of base security. Much of the security was rooted in protection of the aircraft during the Cold War, Rogers said. But he added that security at Comox is much higher than it is at some other bases in Canada. Consequently, the numbers of military police might be cut.

If personnel decline, there might also be a decline in the need for barracks space, and this would be a saving. Likewise, three different kitchens serve three different messes, but by the end of the year, one kitchen will cater the three.

The bottom line is that \$12 million per annum in salaries will be saved.

Continued on page 2

## 442 Over the Channel Islands



442 Sqn Mustangs flew top cover for the liberation of the English Channel Islands on 8 May 1945. More on 442's historic mission on page 9. Reproduction of painting courtesy Rich Thistle.

## 442's Last Wartime Mission

by MCpl Al Banky, SAR Tech

May 9, will mark the 50th anniversary of 442 Squadron's last wartime mission. It also marks a special occasion for Totem Times editor Norm Blondel: it was on that date that his home, the Channel Islands was liberated from the

Germans by an Allied naval force, air-cover compliments of 442 Sqn.

Following successful operations through France, Belgium, the Netherlands and into Germany, 442 Sqn was relocated to Hundson, Hertsfordshire, U.K., in March 1945. It was from

Hundson that the Caribou (the squadron's snake logo wasn't adopted until long after the war) of 442 flew their Mustang IV fighters in support of the naval operation.

The Channel Islands, captured by the Germans in the early stages

Continued on page 3



# On & Off the Base

## More Cuts

Rogers was asked, if the flight line were cut back, if that could impact on commercial use of the airport. He said it wouldn't, and that it might even have a positive effect, because it could free up more hours for commercial craft. Even as planned, there would be no impact on current commercial flight times.

Rogers said the timeline for making the cuts will be 40 percent by 1998, and the remaining 60 percent by 1999.

"In terms of the base, it's manageable," he said. "And the beauty of it is, we have time to put it in place."

Continued from page 1

Some of the jobs will go by normal attrition, he said. In some cases there will be occupational transfers offered. And there is even a possibility that reservists could be used in place of career service people.

As in industry, many of the cuts will come from mid-management officer levels, in a "delaying" process.

Part of the problem faced by CFB Comox in that regard, he said, was that there was such a high quotient of officers at the base, because of so many flight crews, and the types of aircraft being flown.

## Base Injects Big Cash Flow

CFB Comox's operating costs for 1992 were \$125 million.

The base generated 1,881 person-years of employment in 1993, resulting in a total direct wage cash injection in the Comox Valley economy of \$39.58 million. The non-military component is \$6.95 million, or 17 percent of the total.

Estimated local individual expenditures by personnel are \$6.86 million.

CFB Comox was opened as a RAF base in 1942 and was officially constituted as a RCAF aerodrome on 1 May 1943. The base was closed after the end of hostilities, in Jan 1946, and reopened in 1952.

CFB Comox is a unique operation base with a diverse number of roles. Though designated as a

Maritime Air Group base because of its coastal location, aircraft from Air Transport Group and Fighter Group also operate from the base.

On 1 April 1993, the base was also designated as 19 Wing, which places all personnel under the command of the Wing Commander, currently Col Terry Rogers.

Operation squadrons on base include: 407 Maritime Patrol Sqn; 414 Electronic Warfare Sqn; 442 Transport and Rescue Sqn.

The current cuts of 300 to base personnel in both the civilian and military ends will mean that CFB Comox, destined to have 952 personnel by 1999, will be operating at approximately half the personnel strength it had in 1970 when the level was 1,835.

## NEXT DEADLINE 5 MAY

### Infrastructure Works for the Comox Valley

• Comox	constructing Guthrie Road/Lerwick Road connector to provide an alternate connection between Courtenay and Comox	\$955,530
• Courtenay	new right-hand turn on the Island Highway at Ryan Road lane to improve traffic movements	\$108,216
• Courtenay	replacing two aging, high maintenance pumps with three new, low maintenance variable speed units to lower maintenance costs and accommodate future growth	\$749,000
• Cumberland	replacing the Allan Lake dam with a new dam, doubling the reservoir's storage capacity, and a larger water line to the distribution system, providing sufficient water flows for present demands and planned growth in the area	\$569,800
• Cumberland	replacing an aging sewer main along 4th Street from Windermere Avenue to Cumberland Road with a larger main	\$41,700
• R. D. of Comox-Strathcona	extending the regional water system to the 28 lots fronting Darcy Road and Greaves Crescent between Ralison Road and Cessford Road	\$175,000

Canada/British Columbia Infrastructure Works

Affordable investments in our infrastructure lay the foundation for long-term job creation and long-term prosperity.

## "Nanaimo Collishaw Airport" namechange suggested for Cassidy

Members of 888 (Komox) Wing RCAF have unanimously approved a resolution of support for the Nanaimo Military Museum in their bid to have Cassidy airport renamed, "Nanaimo Collishaw Airport." Nanaimo-born Raymond Collishaw was a fighter ace with the Royal Flying Corps in World War 1, downing 60 enemy aircraft, second only to the famed Canadian Ace, Billy Bishop. In subsequent actions in other war theatres, he actually amassed a total of victories far surpassing any ace of World War 1. After the war he rose to the rank of Air Vice Marshall in the Royal Air Force.

Introducing the resolution, 888 Wing spokesman Alan Fell said it's time airports were named after Canadian heroes, rather than politicians: "Raymond Collishaw was born and raised in Nanaimo," Fell said. "His determination in the face of danger and his dedication to duty are examples our youth need to guide them in their lives today."

The Vancouver Island Military Museum Society has long sought to have Cassidy airport renamed, so far without success. Now the Federal Government is handing over operation of airports to the municipalities where they are located, and, having received considerable support for the idea in the Nanaimo area, the Society is redoubling its efforts. Support from the Comox Wing - the largest RCAF Wing in Canada - should add significant weight to the Society's campaign.

## Church Damaged



St. Michael and All His Angels Protestant Chapel was the scene of this destruction on the night of Tuesday 18 April. The doors to the chapel were broken, several religious items were desecrated and dirt was thrown upon the floor. A suspect was arrested by the Military Police after an alert PMQ resident noticed the late-night suspicious activity in the church. The accused, Slade Steel, is charged with break and entry with theft under Section 348 of the Criminal Code.

## Aviaquiz

Answers on page 3

by John Novak

1. During the early months of WWII the RAF bombed Germany with a "soft weapon." What was it?

2. When did the first crossing of the Atlantic by towed glider take place?

3. The Short Sunderland flying boat was given a nickname by the German Luftwaffe. What was it, and why?

4. What was the RCAF's first aerial victory in WWII?

5. What unusual ground trade existed in the CAF and the RCAF

from 1922 until 1946?

6. The Vickers Wellington was primarily a medium bomber, but some were adapted to carry out an extraordinary duty. What was it?

7. What was the "Hurricat" and what was its purpose?

8. When was the first Transatlantic flight by jet aircraft carried out?

9. Which wheel equipped aircraft was the first ever to land at the North Pole?

10. Who carried out the first bombing of Berlin in WWII?

Bored with Barracks? Nothing on the Tube?

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# On & Off the Base

## Baden Rube Band Reunion

All former band members are invited to a reunion with the German band members 6-8 Oct 95 in Ottawa. For more info and registration contact: George Campbell, 308 Elderberry Terr. Orleans, Ont. K1E 1Z1. Phone: (613)837-5943. Registration required by 30 June 95.

## Gem & Mineral Show 6 & 7 May

6 May - 10:00 am to 6:00 pm  
7 May - 10:00 am to 5:00 pm  
at the Kin Hut on Headquarters Road (back of the Curling Rink).

## Courtenay Gem & Mineral Club

Gem & mineral displays - door prizes - grab bags. Hobby demonstrations - dealers - light lunches. Rough rock & slabs - spin & win - silent auction. Raffle & more. Come out and enjoy a day with your Rockhound friends and see what our hobby involves.

Admission: \$1.00 per person  
Children 12 & under FREE (when accompanied by an adult).  
For more information call 339-0912.

## 419 Sqn Closeout

With the retirement of the CF-5 aircraft, 419 Tactical Fighter (Training) Sqn will be holding closeout ceremonies at 4 Wing Cold Lake 23-25 June, with the following events taking place:  
23 Jun Arrival/registration  
24 Jun Parade/reception, hangar display, dinner dance  
25 Jun Champagne breakfast/departure.

If you are an ex-Mooseperson or had affiliation with the CF-5 and are interested in attending please write: Chairman, 419 Sqn Closeout Committee, 4 Wing Cold Lake, Medley, Alberta T0A 2M0. For further info phone (403)840-7667 or FAX (403)840-7715.

## Aviaquiz Answers

1. The "soft weapon" was the propaganda leaflet. More than 65 million of them were showered over enemy territory, their purpose being to cause distrust and dissension between the German people and their Nazi leaders. This attempt was a complete failure, and one official in the British government was quoted as saying "All we have achieved by this action, is to have provided Germany with toilet paper for many years to come!"

2. In 1943, between June 23 and July 1, a Waco Hadrian glider was towed by a C-47 Dakota in stages from Montreal to Prestwick, Scotland. The distance of 3,500 miles was completed in 28 flying hours. This glider was piloted by S/L.R.G. Seys DFC RAF and his co-pilot S/L F.M. Gobeil RCAF. The Hadrian glider named "Voo Doo" carried 1-1/2 tons of supplies for Russia.

3. After several encounters with the Sunderlands, and getting a taste of their bristling armament, the Luftwaffe honoured these craft with the respectful name of Stachelschwein (Porcupine). In one action in 1943, a Sunderland of Coastal Command was flying on only three of its four engines over the Bay of Biscay. It was attacked by a force of eight JU88s who made twenty passes at it, during which the Germans lost three aircraft to the Sunderland's guns. The remaining enemy 88s, being badly damaged, broke off the attack and left in defeat. The flying boat was riddled with holes, and one of its crew was killed, but it did return safely to base.

4. The first member of the RCAF to be credited with a kill in WWII was S/L F.M. Gobeil who was attached to the RAF. On 25 May 1940 he downed a Bf109

over Belgium.

5. It was the trade of pigeon-loftman whose duties consisted of the care, maintenance, and training of homing pigeons. These birds were first employed in 1922 by the CAF as a means of communications during bush and far northern operations. The trade continued on in the RCAF and was expanded at the outbreak of WWII. Aircraft whose operations would entail flying over expanses of the seas would carry on board two pigeons. Each bird was stored in a separate waterproof container. If an emergency occurred that would involve a ditching of the aircraft, a radio SOS was sent out. If the radio was U/S, and time permitted, one bird was released carrying a message giving the aircraft's position prior to its ditching. After ditching, the remaining pigeon would be taken into the dinghy and released later to direct rescuers to the scene.

6. The task was that of magnetic mine detonation and a number of Wellingtons were modified for the purpose. This modification consisted of a two ton electromagnetic hoop, that was fitted to the underside of the Wellington's fuselage. The Germans had sown magnetic mines in Britain's inshore shipping lanes in late 1939, and these weapons were taking a heavy toll of Allied vessels. In order to be effective in setting off the fuses of the mines, the Wellington "flying magnets" had to fly low and skim the sea's surface. This practice sometimes resulted in the aircraft being damaged by the mine it had detonated.

7. The "Hurricat" was a navalised version of the Hawker Hurricane and was carried on the decks of CAM ships (Catapult Aircraft Merchant ships). During the Bat-

tle of the Atlantic Allied convoys were constantly attacked from the air as well as from the U-boats. The weapon utilised by the Luftwaffe was the Focke-Wulf 200 Condor, a four-engined long range bomber, originally designed as a commercial airliner in 1936. One Condor squadron alone accounted for the sinking of no less than 85 Allied ships in a period of six months. In order to afford some protection to convoys one of the war's most heroic stop gaps was devised. A number of cargo vessels were fitted with a 75 ft. long deck ramp and a catapult mechanism. When convoys came under attack by the Condors, the Hurricanes were launched and either destroyed the enemy or drove them off. As the Hurricat could not land on its mother ship after its sortie, and was often far from land, its pilot had to bail out or stay with the aircraft and ditch. It was strictly a one way trip but, if all went well, the pilot would be picked up by

one of the convoy's escort ships. Unfortunately this was not always so and pilots were lost during the CAM ships operations from 1941 until 1943.

8. On 14 July 1948, six RAF Vampire jet fighters landed at Labrador, after making the first crossing of the Atlantic by jet. The flight took two days, including stops in Iceland and Greenland.

9. It was a Bristol 170 Freighter CF-TFX, owned by Max Ward of Wardair. This aircraft now sits at the Yellowknife airport NWT and is considered a historic aviation monument.

10. On 7 June 1940, Lt Commander Henri Dailliere of the French Air Force, and two crew members flew a lone Farman NC 223 from Bordeaux to Berlin and bombed that city's suburbs. The Farman, named "Jules Verne," was a long range mail plane and was the only one of its type to be converted to a bomber.

## More Wartime Mission

of the war, were amongst a group of German outposts bypassed by the Allies during their rush to the German heartland. Although the operation was relatively small scale, liberation of their homes must have meant the world to the islanders - one Norm Blondel included.

Despite the fact the 442's present day SAR operations bear little resemblance to its wartime fighter operation, it is important

that the squadron members be aware of what their forbears did - they made the squadron what it is today.

Editor's note: One of life's coincidences! I left the Channel Islands on the last boat out, in June 1940, a seven-year-old with a label attached to my collar so I wouldn't get lost. My military service terminated with 442 Sqn at Comox.

## NEXT DEADLINE 5 MAY NOON

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# Editorial

Congratulations, Tony, on your "Golden Eyeball."



(Photo MCpl Edith Cuierrier)

## Sharp Eyed Engineer Saves A Life by MCpl Al Banky

MCpl Tony Kester, a Buffalo Flight Engineer with 442 Sqn, saved the life of fisherman Kerry Carroll when he spotted a tiny liferaft bobbing in hurricane whipped seas north of the Queen Charlotte Islands.

Carroll and his two crewmates were forced to abandon ship at 2 a.m. on Monday, 10 April, when their fishpacker was swamped by high seas.

Despite being five miles out of their assigned search area, Kester remained vigilant; he spotted the raft and the Buffalo remained over it dropping flares. Carroll was plucked from the sea by a US Coast Guard helicopter, also involved in the search.

The body of one of Carroll's crew mates was found later and recovered by a Canadian Coast Guard ship. The third member of the crew was not found.

Had it not been for Kester's extra vigilance, Mr. Carroll would likely be dead today.

Norm Blondel



## VE Day

On May 8, 1945, the Allies accepted the surrender of Germany, after a cruel, costly fight for individual and national freedom. Despite current attempts to re-write history (The Crucible of War, The Valour and the Horror), those of us who lived through the 1939-1945 European and Middle East conflict, whether as a seven-to-eleven year old child, as I was, or as a true veteran, like the Duke Warrens, the Stocky Edwards, the Tet Walstons and Bert Linders - all living in our locality - we know the truth. It was the truth that made us free. Parade, Courtenay Legion, 1:15 pm on May 6. Be there!



19 Wing announces some future trimming back!

## Associating Air Force Style



19 Wing was the proud host of the national executive of the Air Force Association of Canada when the members met in Comox from April 3-5. The three days of meetings gave the members an opportunity to chart strategy, discuss association programs and define the relationship between the national organization and local RCAF Association wings. Since about half of the RCAF have retired in Comox, the location was fitting!

## 50th Anniversary of VE Day Parade Courtenay Legion Branch 17

Saturday May 6 1:15 pm

Commemorative Dinner 7:00 pm  
Entertainment & dance 9:00 - 10:00 pm. Tickets \$10.00 each.

At Comox Legion Branch 160: No Host bar, 6:00-7:00 pm, dinner at 7:00 pm. Dancing to follow.  
All Branch members and bona fide guests welcome.

# TOTEM TIMES

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# Comment

## Fishwrapper Please

Dear Editor,

The Canadian Component, NATO Airborne Early Warning Force Geilenkirchen, would be very grateful to be added to your mailing list. With the draw down of Canadian personnel and the closure of CFB Lahr and Baden, our normal sources of information are slowly drying up. Regular service flights are a thing of the past, the mail takes a little longer, CFN has reduced its hours of transmission, etc. This is why receiving quality papers like the Totem Times would be so appreciated. It would be an excellent way for us to keep in touch with what is happening back home.

Now, a little bit about us here at the Canadian Component, Geilenkirchen. Geilenkirchen is now the largest concentration of military personnel in Europe with a total of 349 people, including dependants. We are the third largest contributor of personnel to NATO Airborne Early Warning Force, Geilenkirchen, after the

American and the German Forces. As you know, Operation Deny Flight, NATO's enforcement of the no-fly zone over Bosnia-Herzegovina, is ongoing at a cost of 7,800 flying hours to NAEWF so far. The average crew flies over 550 hours per year and over 25 aircrews have flown more than 100 missions in support of Deny Flight. Canadians are a very important part of this international effort and we are proud of our contribution. Canadians here are making a difference.

And you and your team at the Totem Times could also make a difference. A difference in our quality of life by helping us keep up with what is going on in Canada. How about it?

Maj C.A. Forget  
PIO, Canadian Contingent

Editor's note: This is one of the nicer requests we receive from time to time.

## Citizens on Patrol

Sir,

By now you have probably heard of a group of concerned citizens known as the Comox Valley Citizens on Patrol Society (COPS). We are a non-profit society, that acts as extra "eyes and ears" for the RCMP. The objective of the COPS program is to schedule random motor patrols of designated areas in the community by security-cleared citizen volunteers who report any suspected criminal activity. Under the direct supervision of Const. Derek Kryzanowski, we have become the most successful COPS program in Canada.

The program is not intended to replace regular police or licensed security patrol services, but will hopefully permit police to re-focus their resources into areas of concern in order to reduce criminal activity. The program was not established to become a posse or vigilante operation. COPS members have no special powers or

authority bestowed upon them.

We have in excess of 250 volunteers and hope to obtain at least another 300. Anyone of the age of majority can volunteer. Perhaps you are new to the area or, like most people, you are concerned about crime in your community. Some people have plenty of spare time. All volunteers must pass an RCMP security screen, and be willing to donate six hours of volunteer time per month, more if you prefer. Approximately 50% of our volunteer base is made up of active or retired DND/CAF personnel.

As a non-profit society we are also seeking donations. Charitable tax donation receipts will be provided for any donations in excess of ten dollars. For more information on how to volunteer or make a donation please contact me at 338-7112.

Kim Vogel  
Manager of PR & Fundraising

## Not Nice to the Buffalo

Sir,

Inasmuch as I realize that the editorial cartoons in this paper are designed to poke innocent fun at the various facets of military life here at the Wing, I must take exception to the cartoon depicting a Buffalo on a pedestal and have an engine fall off. It may be that the Buff is definitely an aged airplane (as compared to something like the CF-18), it is also probably the best aircraft we (read: the CF) have for the jobs it is tasked to do.

You know, the worst part of your cartoon shows something that the Buff is not prone to - TFOA, otherwise known as

"Things Falling Off Aircraft"...which is in itself a bonafide flight safety category.

A Buffalo Technician  
Per Ardua Ad Astra  
Editor replies: As an ex-442 Sqn technician I can attest to the excellent maintenance and serviceability applying to the Buffalo. However, the Buff's weak point was its engines, and our cartoonist in his figurative style, has pointed that out. I think "Hatch" was also making a general comment on the state of things, rather than zeroing in on our beloved "Buffs."

## Introducing the New Mayor

(See photo, page 12.)

Dear Editor,

As the newly appointed Mayor of Wallace Gardens, I would like to take this opportunity to introduce myself and confirm the direction I see the Community Council taking in the next year.

With the current level of turmoil, change and frustration that we live in and deal with daily, a firm, sound, community atmosphere is essential to our well being. My goal over the next year will be to provide direction to and assist the Community Council in ensuring that Wallace Gardens remains a safe, stable and enjoyable environment in which to live and develop our children. Working with the CMFRC and the WPERO staff, this is to include quality recreation, enjoyable en-

tertainment, and a program of activities and services that will pique the interest of all community members.

As you can see, this is quite an undertaking, which I will not be able to achieve without your assistance and/or inputs and desires. There are presently numerous openings on the council and I solicit your support. The Community Council consists of some very dedicated and concerned residents who strive to ensure the programs are flexible and meet the needs of Wallace Gardens as a whole. Remember that this is your community so please consider volunteering your time and talents. With your support we can make this community an excel-

lent place to live.

Community Council meetings are held the third Tuesday of every month at 7:00 pm. As a resident of Wallace Gardens you are invited to attend any of these meetings. Linda Jeffrey, the Community Association clerk, may be contacted at the Community Association office in the Canex from 0730-1230 daily, at local 8571, to assist you with any queries.

I look forward to seeing you at the functions, and hope that my term as mayor is a successful and enjoyable experience for all of us.

Sincerely,  
Capt D.A. Lloyd  
(Loc. 8675 or 8571)

## Spreading the Word, the Air Force Way

### by MCpl Al Banky, 442 SAR Tech

As the effects of the growing federal debt bite into an already shrinking defence budget, the need to show the public what they are getting for their tax dollar has never been more important. Funding for military operations is directly proportional to the public's support of them.

Although the CF has an efficient, professionally trained public affairs system, direct communication with the public is largely the responsibility of the personnel at the grass-roots level, the soldiers, sailors and airforce personnel who operate the equipment and do the work.

Aside from their primary job of saving lives, the personnel at Comox's 442 Transport and Rescue Sqn have another role they do with the same enthusiasm as their rescue work: they show the public how their tax dollars are spent.

Cpl Marc Charron, a 31 year old Search and Rescue Technician (SAR tech) from Chicoutimi, Quebec had little idea of the scope

of 442's public information activities when he was posted to Comox following his initial SAR Tech training. Charron's enthusiasm for public speaking has changed from his initial reluctance two years ago. "I like giving tours of the shop and our equipment. Some groups are easier than others; it's hard to lose a kid's interest when you have \$100,000 worth of equipment spread out in front of him or her." Although 442's SAR Techs are the most visible part of the squadron's PR activities, every member of the squadron shares responsibility for keeping the public informed.

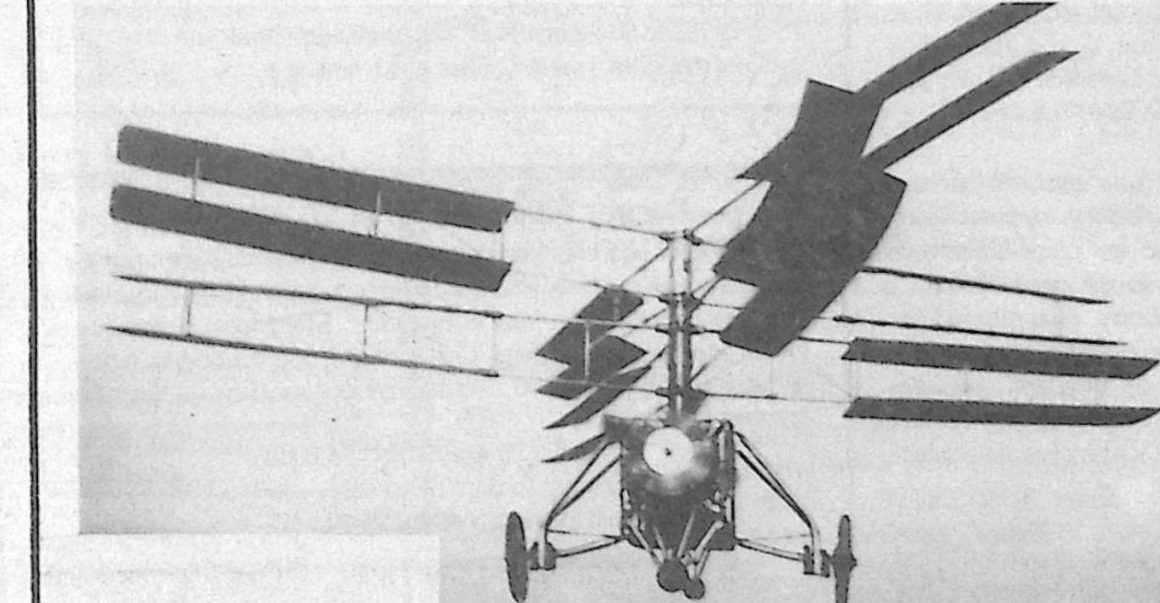
25 year old Capt Andrew McTaggart ("Bird" to his friends), a Buffalo pilot from North Vancouver, takes a keen interest in tours: "giving tours has improved my public speaking abilities. I'm proud of what I do and talking about SAR helps to show what an important position we hold in the community." As a Buffalo First Officer, McTaggart can expect to do one or two tours

per month. 442 averages two or three tours per week. Tours last about an hour and a half. They start with a slide show on the squadron's operations, followed by tours of the Buffalo, the Labrador and, finally, the SAR Tech shop and equipment.

In an era of home videos and public enquiries, military personnel are often reluctant to open up to journalists. Knowing what is appropriate to say, and what's not, is a key part of the squadron's success in keeping the public informed. 442's Commanding Officer, LCol Rick Hardy, 41, a native of Prince Edward Island stresses four points to the squadron members in their dealings with the public: "Be open, honest, informed and, most importantly, be upbeat." Hardy's interest in keeping the public informed was honed during a three year exchange with the US Coast Guard in Cape Cod, Mass. The USCG emphasizes keeping the public informed from the unit level.

During an information session  
Continued on page 6

## Air Trivia



### Trivia Answer

We take no pleasure (heh!) in stating that we flummoxed John with this one. Mind you, it's a pretty obscure aeroplane, a NAE "China" Ning Hai, from pre-WW2 China.



# Section News

## 407 Sqn



### Demon Doin's

'Tis time once again to regale our eager public with tales of valour and heroic feats performed by the dauntless members of Canada's finest ASW squadron, the 407 Demons.

At the time of writing the sounds of the twentieth century are resounding through the halls. Yes, the new computers are arriving throughout the squadron, along with enough pipes and cables to ensure even the least athletically challenged flight engineer never has to make the long walk to the lounge to confirm tomorrow's flight time again. The new interlinked system should also significantly reduce the paper generated on squadron giving the squadron recycling officer, Capt Neils Roggenkamp, something to smile about.

Rumours abound of exotic and exciting deployments around the globe in the coming months. Crews are squabbling over, as yet unconfirmed, trips to Australia, Scotland, France, Sicily, Japan, Hawaii and South America. Meanwhile reports are filtering in from Crew 2 on their mystery tour of the South Pacific. More to follow upon their return at the end of the month.

### More Air Force

Continued from page 5

as the base's annual Women's Day workshop, two of the unit's clerks were interviewed by a local journalist. According to Cpl Martha Wetmore, a 31 year old administration clerk raised in the Comox Valley, "the team approach at the squadron makes it easy to talk to reporters; we are proud of what we do and we're encouraged to tell the public about the squadron and the part we play in its operations."

Apart from squadron tours and public speaking opportunities, during the past year 442 has been involved in the production of a 20th Century Fox movie, Far From Home - The Adventure of Yellow Dog. 442 has also been the subject of several regional and national TV news feature productions.

442 Squadron's unofficial nickname, "The Hollywood Squadron" is likely a result of its open approach to the public and the media: it's a nickname squadron members are proud of. As defence spending decreases, "spreading the word" has never been more important.

## New Computers for 407

The standards and training cells have had a busy month with a major staff shuffle and crew checks to be completed on the entire squadron. MAST check-rides showed that west coast life hasn't dulled our ASW skills. Several crews impressed the check team from Greenwood with solidly flown training flights. In a late breaking story, Crew 5 has come out on top of a hot and heavy competition to determine this year's O'Brien Cup crew. They will represent Comox at this year's national ASW competition in Greenwood. Good luck to crew commander Capt John Brennan and the whole crew!

In a more glamorous light, several Demons showed off some hidden talents during the recent filming of the Tailhook movie here at CFB Comox. Sgt "Side-show Phil" Trevor, after a taste of the limelight, plans to follow in Comox actress Pamela Anderson's footsteps with a leading role on Baywatch next season. He wants all squadron members to know that autographed 8 x 10 glossies of himself in his life-guard Speedos are still available for a small fee in the Crew 4 crewroom. Phone ahead to avoid lineups.

In a surprise announcement, Crew 3 has declared that they are once more in search of a new crew name. Several nominations have been put forward but I'm not even going to try and get them past the censors for this column. MPCC Capt Rick Ihaksi is desperate for suggestions and has promised the

author of the winning entry a complete boxed set of all past and present crew patches.

On the bright side for squadron schedulers, rugby season has finally wound down so the number of "mountain bike" injuries should be reduced significantly in the coming weeks. In hockey news, Sgt Craig Chislett, no longer able to dazzle the crowds with his prowess on the ice, has received rave reviews for his impression of a one legged paper pusher at morning briefings. Rounding out the sports page, Capt Matt Barlee is off to Pakistan for three months representing the CF on an international climbing expedition. Don't look down!

For all concerned about the well being of Hector, the Mexican exchange AESOP, we've been informed that he's settling in nicely to his new quarters at the rugby clubhouse and is available anytime to fill in on shorthanded crews.

Congratulations are in order for soon to be Captains Krak, Massuti and Proteau, effective in May. Congratulations also to Lt Graham Edwards and his wife Susan on the arrival of their baby boy, Alec, on 5 Feb. Rumour has it that 407's two most eligible bachelors will both be off the market soon, both on the same day. Best wishes to Capt Mark Mombourquette and MCpl Andy Blair and their respective brides-to-be.

So concludes this installment of the Demon Doin's. Until next time.....Nuff said!

## Attention

All Ex-Air Cadets from 386 RCACS, are invited to help celebrate our squadron's 50th Anniversary, 10/11 June 1995. Registration/Meet & Greet will take place at 888 Wing RCAFA, 1298 Military Row (Little River Road), Comox, B.C. on Saturday, 10 June at 18:30 hrs.

The Anniversary Parade will take place at CFB Comox Arena on Sunday, 11 June at 11:00 hrs. ending with a B-B-Q at 888 Wing at 13:00 hrs.

Cost: \$15.00/person. Cheques made to: 386 Squadron, 50th Anniversary, and mailed to: Capt A. Melançon, 419 Anderton Road, Comox, B.C. V9M 1Y8. Cheques to be received by 31 May 95 to facilitate arrangements for complimentary drink and food.

Confirmation, contact: Capt A. Melançon at 604-339-7768.

## Career Fair: FUTURE WORKS II

Future Works II, a community career event, is an ideal opportunity for adults and students who need career, technological, personnel development, or networking information. Many local businesses, professionals, North Island College, and apprenticeship representatives will be featured. Workshops and speakers will also be presented.

Date & Time: Sat 29 April 10:00-16:00 hrs.  
Place: Courtenay Junior School (Lerwick Road)  
For additional info call 338-2527.



**PITCH-IN  
AND  
RECYCLE**



## 888 Wing donates \$25,000 in 1995

888 (Komox) Wing, Royal Canadian Air Force Association will make donations approximating \$25,000 to 14 local charities in 1995, and maintain a small distress fund besides. The money is raised at monthly bingos conducted in the lower Elks Hall in Courtenay by 888 Wing, which is a member of the Comox Valley Bingo Association.

Main Disbursements: 386 Sqn Air Cadets \$12,000; Salvation Army \$2,500; Cdn. Cancer Society \$2,000.

Disbursements of \$500.00 each to: Kidney Foundation, Ident-a-Kid, Family Life Association, St. Joseph's Hospital, ALS Society, Comox Valley Toy Shop, Citizens On Patrol (COPS), Beaufort Association, Comox Valley Food Bank, Friendly Visitors, Help Fill a Dream, personal distress and miscellaneous charity requests.



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# On & Off the Base

## 442 Sqn



## 442 Sqn Strikes Again!

two missing kayakers near Tofino. After a full day of searching, the kayakers were found eating lunch in the restaurant at the Tofino golf course (beside the airfield), the same place the Buffalo crew searching for them ate their lunch. **IF YOU ARRIVE SOMEWHERE AFTER A TRIP, MAKE SURE THE PEOPLE EXPECTING YOU KNOW THAT YOU'RE O.K.!!!**

Spring has hit 442 Sqn. Spring at a rescue unit signals the beginning of our busiest work season. The Snakes responded to the following missions in the early days of April.

#1 - 8 Apr: The Buffalo standby crew dropped two pumps to a sinking fish boat in the Hecate Straits. The drops were done in the dark and enabled the boat to stay afloat until a Fisheries boat arrived to tow it to safety.

#2 - 10 Apr: The Buffalo was tasked to search for three crew members who abandoned ship NW of Sandspit. The Buffalo's engineer, Tony Kester, spotted the lone survivor.

#3 - 13 Apr: A Labrador from the OTF (yes they do rescue people at the school) rescued a woman who had fallen 25 feet from a cliff north of Saltspring Island.

#4 - 13 Apr: Buffalo responded to a false ELT signal near Chilliwack.

#5 - 17 Apr: Both the Buff and Lab responded to a search for a man overboard between Comox and Texada Island. The man's body was found by a CCG rescue boat out of Powell River.

#6 - 18 Apr: Both the Buff and the Lab responded to a search for



by Cpl Kristiansen

442 has gained the reputation of being a one stop, all purpose rescue shop. In the media, 442 Sqn's most visible assets are the SAR Techs, Life Savers Inc. A dedicated team of trained professionals who have a job that is probably higher risk than even they will admit. A close second are the men and women who fly our fleet of aging Labradors and Buffaloes. These are the people who take the risk, and the benefits of having taken them, all in stride. The one thing they all have in common is that on any interview, they acknowledge the efforts put forth by the ground crew who keep them in the air. Often unsung, the ground crew of 442 are the first people that a person in distress relies on.

To put this into perspective, I'll recount an event from my own experience within the squadron. Several years ago, a Labrador was coming out of maintenance. The Flight Engineers walk around had been completed and the process of post periodic test flights had begun. This period often supplies the longest days for our technicians. As anyone involved in aircraft repair can tell you, people hope for the best and prepare for the worst.

Most aircraft require numerous test flights to work out the bugs that have set in over the course of a periodic inspection. Many theories exist about why a

## Everyone at 442 responsible for lives saved

serviceable aircraft, if disassembled and then reassembled, refuses to come up serviceable. They range from the lazy electron theory to my personal favourite, "It wants to be a pedestal." Naturally this Lab was no different. For 90 days our technicians chased down snags that seemed to have no rhyme nor reason. The days frequently ran into the 14 hour long variety and often the servicing section would pitch in to provide a combined total of nearly 18 hours of maintenance a day. This was broken only by once per day test flights that, in the early days, rarely lasted longer than the hover checks.

As the days wore on, the test flights grew longer, and we began to see some progress. Then an unexpected setback, during forward flight over the Strait, an oil line on the AFT transmission let go at the fitting. I recall looking back and seeing oil spraying like a shower into the rear of the aircraft. Someone on the headset said in a calm steady voice, "Sir, I think we have a slight oil leak back here."

"Is it serious?" was the reply. "Very serious sir, set it down, NOW."

I still don't know who it was speaking with the pilot that day but I will always remember it. You see that was my first maintenance test flight. Green as grass, and fresh out of a combat arms trade, nothing in my past prepared

me for this flight. I decided the best thing I could do was tighten my lap belt and keep my mouth shut. Looking out the spotter's window I could still see Vancouver Island in the distance, but we were turning away from it and all I saw below us was water.

Fortunately we were extremely handy to Texada Island and in less time than it takes to read this, we were on the ground at the thriving metropolis known as the Texada Island Airport. A few short hours later we were airborne again, in a different helicopter, returning to Comox. The next day, an MRP repaired the Labrador and we were back in business.

I tell you all of this because a few days after this incident the Lab flew serviceable and returned to active duty on the line. On its first day as standby, this Lab was launched somewhere off the West Coast and saved the lives of a few very grateful fishermen.

At times this job has its fair share of ups and downs and, in this day and age, the natural tendency is to concentrate more on the downs than the ups. Here at 442 at least every day can mean the difference between living and dying for people we have never met and, in the end, everyone who contributes to this operation is a Life Saver.

## NOTICE: CHANGE OF DATES

### ALL EX-AIR CADETS FROM 386 RCACS "BE AWARE"

386 Royal Canadian Air Cadet Squadron (Komox) invite all 386 Ex-Air Cadets to help celebrate their **50th ANNIVERSARY 10-11 June 95**. Registration/Greet & Meet will take place at 888 Wing RCAFA, 1298 Military Row (Little River Rd.), Comox, B.C.

Saturday 10 June 95 at 18:30 hrs.  
The Anniversary Parade will take place at the CFB Comox Arena Sunday 11 June 95 at 11:00 hrs.

Ending with a B-B-Q at 888 Wing at 13:00 hrs.

Cost: \$15.00/person

For confirmation contact: Capt Melançon, 604-339-7768

Mail cheques to: 386 Squadron 50th Anniversary,

c/o A. Melançon, 419 Anderton Road, Comox, B.C. V9M 1Y8



## Junior Ranks Mess UPCOMING EVENTS

- 05 May:** Bosses' Night - starts at 1530 hrs (3:30 pm). Food: Subs, served at 1700 hrs. Each Jr. NCM rank is entitled to bring one guest of Sr. NCO and Officers rank until 2000 hrs (8:00 pm).
- 12 May:** TGIF - Supper starts at 1730 hrs (5:30 pm). Fish & chips will be served. Shufflecans at 18:15 hrs (6:15 pm).
- 13 May:** Mothers' Day Dance with DJ animation and flowers. Tickets: \$3.00 for men (FREE for accompanying mother). Tickets on sale at the door. Check flyer for details.
- 16 May:** Retirement and FRPs luncheon. More details to follow.
- 19 May:** Sorry, NO TGIF
- 23 May:** Golf Tournament. Entry: \$3.00 plus green. Registration 10-19 May noon at the mess office. Open for 48 golfers only.

## Umpire Clinic

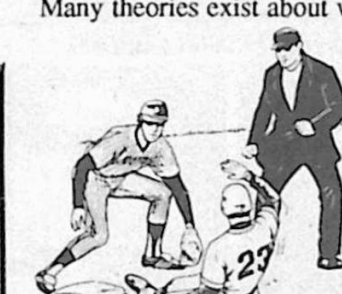
Softball B.C. Level 1 & 2 Slo/Fast Pitch

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.



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# Section News

## Base Hockey Playoffs

by Cpl Gregg Carr

The 94/95 Inter-section League was very successful as competition was very stiff in both division.

The Support Thunder team generally dominated the "A" division league play only dropping one loss late in the season to Cpl Paul Burton and his 19 AMS Wings. Near season's end, the Wings looked like the team to beat as the Thunder's bench strength was limited. The Wings looked like they were on the move, coming off a big tournament win in Cold Lake, bringing the Air Command (500 Series) cup back to Comox. With a half a dozen games left in the season, teams like the RCMP/MPs, 442 Flyers and the Knights from 414 wanted it known that they were still teams to be reckoned with.

As the season ended it looked to be the Wings and Thunder in the finals. 414's slow start at the beginning of the season resulted in a few points shy of a playoff spot. It was a little closer run in the "B" division as the top three teams traded losses during league play. Just when you thought the Red Knights from 414 were jumping ahead of the pack, 407 Rebels and the Logistic Blazers would come on strong.

As the fourth and final playoff spot was still undecided and the season's end approaching, Spragg's Islanders, feeling the heat, were lacking three points and in fifth. Didn't look promising as the Islanders' last two games were against the first place Knights and second place Rebels of 407.

Unfortunately for the Islanders, they came up short and the 407 Devils held on to the last playoff berth. With the playoff picture in sight, all teams were geared up to what would be a very exciting and competitive playoff round.

In the "A" division semi-final, it was the Thunder vs 442 Flyers and 19 AMS Wings vs RCMP/MPs team. When all the smoke cleared the Thunder took two straight from the 442 Flyers and the RCMP/MPs surprised the Wings, winning the series in three, so the Thunder and RCMP/MPs headed for the finals. "B" division playoff tree showed the first place team 414 Red Knights vs the 407 Devils and the Logistic Blazers vs the 407 Rebels. Red Knights advanced without any difficulty taking two

straight and Log Blazers failing to the Rebels two games to one.

The Rebels were advancing to the finals hoping to redeem themselves from league play. The Red Knights still riding the wave and were ready to greet the challenge. In the "A" division finals the RCMP/MPs and the Thunder squared off. The Thunder squeezed a 4-2 win and took the first of the best of three. But a determined RCMP/MP team outlegged the short-benched Thunder team taking the next two and clinching the "A" division playoff title.

In the "B" division, 407 was no match for high flying Red Knights of 414 as they snapped up the playoff championship in two. After 150 regular season and 15 exciting playoff games, the inter-section hockey league has come to an end.

### League Accomplishments "A" Division

League Champs - Support Thunder  
Playoff Champs - RCMP/MP  
Scoring Leader - MCpl Don Cormier (Support Thunder) with 36 goals/44 assists = 80 pts.  
Best Goals Against Average - MCpl Reg Laplante (Support Thunder) 2.20 GAA

### "B" Division

League Champs & Playoff Champs - 414 Red Knights  
Scoring Leader - Cpl Jim Haight (407 Rebels) with 43 goals/16 assists = 59 pts.  
Best Goals Against Average - Capt Sura (414 Red Knights) 3.32 GAA

Congratulations to all winners. Now that ball season is just around the corner, I would like this opportunity to thank all players, fans, referees, timekeepers, as well as the Jury of Appeal and arena staff. Also a special thanks to our league statistician Cpl Jamie Marshal and our league president Capt Dave "the Commish" Tack for all their work behind the scenes.

A big farewell to Dave!! This will be his last year with our hockey program as he is FRP'ing. Dave has organized our leagues for the past three years and his professionalism is second to none. We're going to miss you! (but not your pranks). Thanks again Dave. On closing, the season was a good one and we'll see everyone in October.

### 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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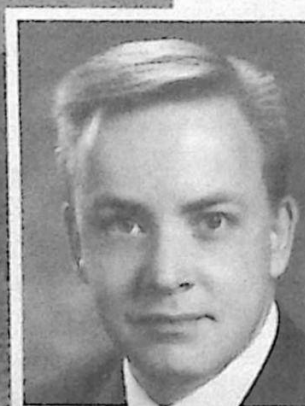
### Champions All



"A" Division League Champs - Support Thunder. (Playoff Champs - page 11.)



"B" Division League & Playoff Champs - 414 Red Knights



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Date: Wednesday, May 3, 1995  
Time: Luncheon Presentation begins at 11:30 a.m.  
Evening Presentation begins at 6:30 p.m.  
Location: Washington Inn, Courtenay

Both presentations are free; seating is limited.

To benefit from a world of expertise, close to home, attend this free seminar. Reserve by April 28; phone Janice at 334-8897 or toll-free 1-800-808-3220.

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# Feature

50 years ago

## Remembering VE Day; 442 Sqn - In at the Finish

by Norm Blondel

One day after VE Day, 8 May 1945, 442 Sqn, flying P51 Mustangs, flew top cover for the liberation of the English Channel Islands of Guernsey, Jersey, Alderney and Sark.

The islands fell to the Wehrmacht in 1940, and were the only British territories to be occupied by the Germans in World War II. Bypassed during the Normandy invasion, the islanders suffered their worst hardships during the following year, when supplies through the French port of St. Malo were cut off. Relief during that period came from the hospital ships of neutral countries.

442 had a relaxing VE Day (see "Diary") but were then handed one of the final operations of the war in Europe. British naval destroyers had arrived off the islands on VE Day, but the German Commandant threatened to "blow them out of the water." He was given 24 hours to change his mind, which he did, and 442 Sqn was tasked to ensure there was no opposition while the landings were carried out.

May 9 is a very special day to Channel Islanders, celebrated every year. Pilot Officer John

Mallandaine, now residing in Bowser, B.C., flew his P51 Mustang for two hours and twenty minutes on the top cover patrol, using long-range fuel tanks.

German defence installations on the islands are now tourist attractions, some coastal block-houses have been converted to restaurants, and underground hospitals on Guernsey and Jersey are museums. The installations were built by slave labour, the native islanders being treated with relative leniency during the occupation.

### Resting Up



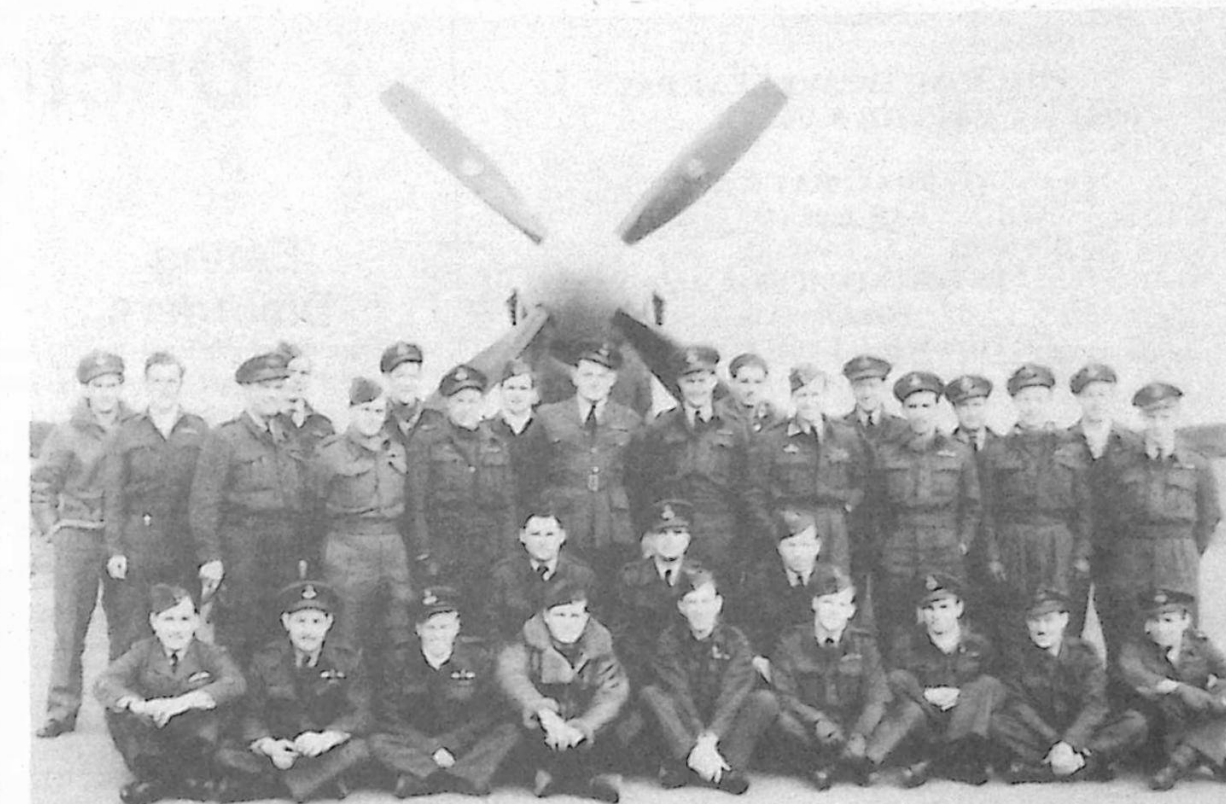
John Mallandaine takes a breather on his Mustang, circa VE Day. John now resides in Bowser, B.C.

### Ready for Patrol



Y2-B: Mallandaine's Mustang, all tanked up.

## 442 Forerunners



Hard to imagine the successors to this hardy lot would end up flying Labs and Buffs (and soon Hercs).

## Excerpts from 442 Sqn Diary

RAF Station Hunsdon, Hertfordshire

Channel Island Patrol  
9 May 1945  
All Mustang MK IV Aircraft

### May 6 1945

Very quiet Sunday, most of the pilots went to London for the day. Total non-operational flying hours - 3:00.

### May 7 1945

This is it, the Nazis have surrendered. Official VE Day will be tomorrow but nobody waited till then to start celebrating. The bar was the scene of a well organized assault, and the fun was still going strong in the early hours of the morning. Total non-operational flying hours - 2:45.

### May 8 1945

VE Day, and what a day, free beer in the NAAFI, free drinks in the messes, no closing time, bonfires on the tarmac, display of pyrotechnics and searchlights, and dances. Naturally no flying.

### May 9 1945

Surprise to everyone, there is a "do" on, the squadron will escort the naval force going to liberate the Channel Islands, and patrol to see that no Jerry shipping gets in the way. Wing Commander Storror led the squadron, but the operation was uneventful. Total operation flying hours - 27:20. Total number of sorties - 14. Total non-operational flying hours - 45 minutes.

A/c Ser.#	Name/Rank
KH661	F/O Bremner P.
KH680	P/O Mallandaine A.J.
KH709	F/O Jeffrey D.J.
KH659	F/Lt Shenk W.V.
KM232	W/C Storror J.A.S.
KH747	F/Lt Dunne W.H.
KH765	F/Lt Maday J.
KH735	F/O Wilson L.H.
KH665	F/O MacRae
KH711	F/O McKay H.A.
KH694	F/O McClung V.F.

Early returns due to mechanical troubles:  
KH647 F/Lt Charman K.K.  
KH668 F/O Nowlan A.J.  
KH729 S/L Johnston M.  
Patrol over Channel Islands while army and navy task force landed to liberate the islands. Mission entirely uneventful. Long range tanks used.

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\$452	Edmonton	\$479	Toronto	\$509	Montreal	\$538	Ottawa

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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.

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## Doctor Bob



### Eating Disorders

Few things challenge the patience of family physicians more than managing anorexia nervosa and other eating disorders. The young women who have these illnesses are very protective of their body image and readily remove themselves from care if they feel threatened. Gentleness on the part of the caregivers is mandatory.

Diagnosis is usually a simple process when the patient is excessively thin, not worried about it, and when parents have brought her in because they suspect the diagnosis. The young woman may have made her own appointment because she is concerned she is not having menstrual periods. Most cases of anorexia occur in adolescent women - it is rare in men.

The factors that lead to self-inflicted semi-starvation (or the related binge eating of bulimia) are complex and only beginning to be understood. What is certain is that specific events in the patient's life have triggered the behaviour. In order to identify and effectively explore these the doctor must gain both the patient's trust and her agreement to cooperate. Some physicians use a contract type of arrangement in an attempt to insure that the patient will comply with treatment. Backsliding is a common problem during the treatment of eating disorders.

The physician must also be concerned with the physical effects of the disease. These can be devastating - there is a significant death rate among anorexics. Many body functions are disrupted when nourishment is not available to them. The patient may be reluctant to discuss symptoms, or even mention them, for fear of opening her shell. The behaviour of anorexics is difficult for others to understand. It often

Girl Guides of Canada

## Cookie Week: 28 Apr-7 May

Did you know that in 1994 British Columbians consumed 22,395,648 Girl Guide Cookies? Yes, it's true and it means that each person in B.C. enjoyed 6.75 cookies! Cookie Day in B.C. was first held in 1948 and the tradition continues. This year, Cookie Week is 28 April to 7 May.

Girls of all ages will soon be at your door selling the famous chocolate and vanilla sandwich cookies made from a recipe used exclusively for Girl Guide Cookies. Each box of cookies costs \$3.00.

The Cumberland girls will go door-to-door in the village on Sat 29 April, starting at 9:00 am. The Comox girls will also do their "blitz" in Comox on Sat, 29 April

seems to make little sense.

The family physician, no matter how dedicated, can spend only so much time with each patient. Help is needed. A considerable portion of this can be supplied by family members providing they receive some training and are able to understand what type of intervention might be beneficial. Usually better, if available, are a variety of support groups. Most of these are very helpful and should be sought out by anorexics and their families. There are also eating disorder clinics and treatment facilities. Some are government funded, others are private, or self-pay.

Eating disorders are not just a medical curiosity, but represent a very complex response to life's stresses, real or perceived, by a segment of our adolescent population. Recovery is often very slow, treatment is protracted, and physicians and other care providers must be prepared to accept that there will likely be many setbacks during the process.

### Top to Bottom

Food goes in the top, leftover stuff comes out the bottom. If things go through too fast we have diarrhoea; too slowly, constipation. Only in the past few years have we paid much attention to how things get from point A to point B in our gut, and realized that a breakdown in the system might cause disease.

Peristalsis is the term for the worm-like movements of the intestine that move things along. It is readily seen during abdominal surgery. This ancient term has now been changed to gastrointestinal motility. Swallowed pressure transducers and other devices provide information about how our bowels work, and have helped pinpoint problem areas.

One is at the lower end of the esophagus, which joins the

mouth to the stomach. Achalasia is a condition where the muscle ring at the lower end of the esophagus does not open up when we swallow. Reflux esophagitis is the reverse situation, where the ring is too lax, allowing stomach acid to enter and "burn" the esophagus. In both conditions there is an associated defect in peristalsis.

A little further down, the stomach itself can give problems. Delayed gastric emptying is a fairly common condition. Rarely it may lead to malnutrition. This problem is another example of faulty gastrointestinal motility.

The small intestine usually functions without motility problems. When they occur it is usually due to diseases that affect the bowel wall, damaging the muscle or nerve supply. In the colon, or large intestine, irritable bowel syndrome is thought to be a motility abnormality by many doctors. It is a commonly diagnosed condition, perhaps too often blamed for abdominal pain, bloating, and "gas."

The common thread for all these conditions is a lack of synchronization between the nerve impulses reaching the muscles of the intestinal tract, and the responses or contractions of those muscles. An orderly progression of the "wave" is needed to push bowel content along. Heartburn, burping, nausea, vomiting, and cramps are among the symptoms that can be caused by abnormal motility. Bloating, diarrhoea and constipation are others. All, of course, can be caused by other diseases, some of which are considerably more serious.

When they have been excluded a motility disorder might be the diagnosis. Drugs that have been developed in the past few years can modify gut motility. They, along with dietary and other advice can reduce the discomfort of these patients.



## 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  
5 May.....SHABOOM  
12 May.....HEARTLAND  
19 May.....VESTED INTEREST  
26 May.....ELDORADO  
FUN CRIB.....every Wednesday, 8:00 pm  
CASH CRIB.....Sunday 28 May, 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 - 23 May, 7:30 pm\*\*\*\*\*

### Special Events GIANT AUCTION

Sat 29 April, 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\*\*\*

May 5.....VESTED INTEREST  
May 12.....WESTWIND  
Sun afternoon, 14 May - 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. No Host bar 6-7 pm. Entertainment to follow. Tickets \$10.00 per person at bar or office. (Open to all branch members and bona fide guests.)

### \*\*\*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, 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.

### Erratum

Our front page pic 6 April edition was taken by Fred Spence, not our Edith. Sorry Fred. We (I) also erred in naming the CF-5 as a 417 Sqn aircraft. It was 419 Sqn. Edith.

# On & Off the Base



Dog  
Talk  
by  
Gerry  
Gerow

## The Canine Good Citizen

I like to start a little gentle training when a puppy is about 10 weeks old. Most pups under six months of age are too young for the formal obedience classes because their span of attention is just too short. However, this does not preclude short training sessions in the home.

All good training books will refer to the pack leader syndrome. Almost any dog will attempt to be the pack leader. They are, after all, a pack animal. Most trainers refer to the pack leader as the "alpha dog." The first thing your dog has to learn is that you are "alpha" in the house and not him, or her. Once this is accomplished, the rest is relatively easy.

If you take your puppy for short walks when he is only a few weeks old and make him walk at heel beside you he will continue to do that when he grows up and will not be taking you for a walk instead of the other way around. Train your dog from day one and you'll be glad you did.

This week a training book that is a little different - *The Canine Good Citizen: every dog can be one by Jack and Wendy Volhard.* Howell Book House, New York, US\$16.00.

The Volhards are highly experienced dog training experts who have written several books on the subject. This book deals with training your dog to be a good citizen rather than to be an obedience winner.

The book features a canine personality test, a puppy aptitude test and an explanation of how dogs learn. This is a 158 page hard cover edition, well illustrated with many photographs and a large number of Melissa Bartlett's excellent drawings. This book should be read and followed by every novice starting out with a new puppy. Ask the

book or pet store to order it for you.

If only everyone would train their dog, at least in the simple things, how nice it would be. In many cases, by the time many people realize they have to make some effort to train their dog, it is too late. Once bad habits are ingrained in the dog they are difficult, if not impossible, to remove. That loveable little puppy can become a stone around your neck if you don't make an effort to teach him/her the basics of good behaviour.

Granted, many people don't know what is required. That is why a book such as the one I just spoke about is essential. There are lots of good books around. I have at least a dozen in my library that deal with training your dog to be a good and lovable pet.

### Champions All



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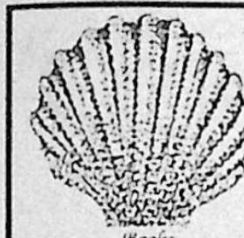


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Bookshell Bestsellers  
Softcover**

1. Remember Me.....Clark
2. The Key to Midnight.....Koontz
3. Floating City.....Lustbader
4. Cry to Heaven.....Rice
5. K is for Killer.....Grafton
6. Storming Heaven.....Brown
7. Sacred Ground.....Lackey
8. Midnight is a Lonely Place.....Erskine
9. Last Tango in Brooklyn.....Douglas
10. End of the Hunt.....Flanagan

**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.

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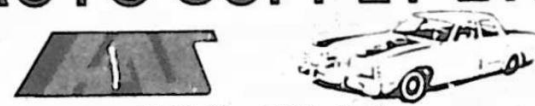


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**Public Announcements**

**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 company 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.

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

**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.

**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.

**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  
Sat  
1600-2100 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

**BREAK free**

**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.

**Bulletin Board****For Sale**

84 SIO Ext Cab V6 Auto. Excellent cond. \$3,200 o.b.o. Hal Fraser 338-1581 (h) loc 8528 (w).

**For Sale**

17" Lund F/G Bow Rider Tri Hull 70 HP Johnson, kicker bracket, fish finder, downriggers, rod holders, new Top Easyloader trailer. 400 hrs on package. Ex. cond. \$5,250 o.b.o. Hal Fraser 338-1581(h), loc 8528(w).



**Happy  
Birthday  
Ron!!**  
(for 10 May)  
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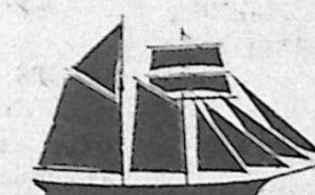
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# On & Off the Base



Latest addition to our SCUBA diving family!



## Happy April!

Happy April, water enthusiasts!

Pacific Divers Scuba Club joyfully welcomed in the spring season by qualifying its first class of open water divers for 1995 this month. Congrats to instructor Glen Coats for guiding his eager group of frog-finned hopefuls to a successful, fun-filled end. Well done to the web-footed wonders: Brian Giese, Dave Shaffer, Steve Wyers, and Rob Vienneau. Now get out there and DIVE!

More congratulations go out to Russ Ackland for achieving his PADI instructor's certification, as well as speedily putting it to use to qualify Steve Wyers and Andrew McTaggart as advanced open water divers.

In other club news, the Whitby Island trip is all set for the May long weekend. An information meeting will be held at the club, 11 May at 6:30 pm. Please bring the campground money at this time to reserve spots for this busy weekend.

To celebrate Earth Day on 22 April, club members will undertake the Puntledge River (Lewis Park) clean-up again this year. As with the last clean-up (2 years ago), club participation promotes the environment and the welfare of the community's children who use that section of the river for summer recreation. A big thank you to all the sponsors!

The next basic open water scuba course (ACUC) begins 25 April. It's not too late to get your (or someone else's) name in.

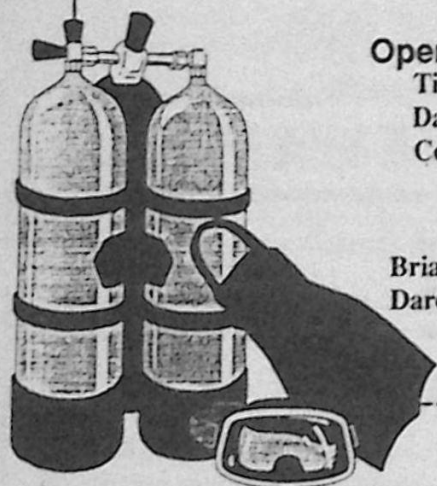
Hey! Renew those memberships! The club needs your support and your input. Great dives are planned for the summer: Whitby Island, Powell River, and Port Hardy, to name a few. Anyone new to the club, feel free to drop in every Monday and Wednesday, 6:30-8:00 pm. The Scuba Club is located next to the base pool, off the gym, or phone loc. 8402.

Remember, 30 feet under is a good start!

Pacific Divers Scuba Club Presents

**"ACUC"**  
Open Water Scuba Course  
Timings: TBA  
Dates: 25 April - 11 June 95  
Costs: \$195.00

**Contact:**  
Brian Scott W-8399/Club-8402  
Darcey Parker W-8555/Club-8402



**888 (KOMOX) WING  
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CALENDAR OF EVENTS - 1995

May

Fri 12.....Pot Luck Supper 6:30 pm  
Sun 14.....Mothers Day Brunch 11:00 am - 1:30 pm  
Sun 28.....Lobster Night - see notice board

## Wing Fire Dept. Fun Drive

(photos by Edith Cuerrier)

by Jerry Snook

On Sun 2 April the Wing Fire Dept held a fun drive for the Food Bank. The event took place at Airport Elementary School.

In return for a non-perishable item kids received a certificate and a chance to shoot water at a target. They also could get dressed up as a firefighter, putting on their bunker gear, but the event that proved to be the most popular was the chance to ride in either the antique truck that belongs to the Comox Air Force Museum or the old GMC fire truck belonging to Mike Finneron. Also popular was the major foam vehicle of the Wing Fire Dept.

The weather was chilly but that didn't stop the kids from coming out and having a great time. The drive provided a lot of food for the Food Bank and fun for both the kids and the firefighters.



Cpl Scott and Cpl Levesque help the kids off the antique fire truck.



MCpl Swainsbury helps this little girl with her jacket, she's having fun!



Sgt Forrestal fixes on the shield and helmet.



Cpl Lance Purcell at the water targets. These kids were great shooters!

## NEXT DEADLINE 5 MAY

Comox Air Force Museum

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