



Retirin' CWO Sarty & Goldwing

see page 4



The Comox Valley's Oldest Newspaper.



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 37 NO 9

THURSDAY 8 JUNE 1995

COST: PRICELESS

Adding to Our Heritage

Geoffrey Rowe Library Dedicated

by Capt David Krayden
Wing PAffo

During the 1960s and 70s, it served as office space for the Base movie theatre. When the Air Force Indoctrination School opened in Comox after the theatre closed, the room became part student reading room, part storehouse. Now it is home to one of the finer libraries of aviation history in Western Canada.

On 16 May, the Comox Air Force Museum dedicated the second floor of the museum/AFIS/TotemTimes building as the Geoffrey Rowe Library. The entire collection includes 2,300 books, 5,000 magazines, hundreds of aircraft parts, aircraft models, pilot's log books, maps, posters and other assorted memorabilia, including a signed photograph of Hermann Goering, which is under lock and key. Most of the collection will remain in storage as there is insufficient room to display everything. All of the collection will remain a reference library and, as such, cannot be taken out.

Geoffrey Rowe, it would seem, collected, and had a consuming interest in, just about everything - especially military and civilian aviation. In his lifetime, the English-born Rowe acquired an impressive ensemble of antique cameras; he had a passion for model trains; he authored a book on coal mining in Cornwall - but foremostly he collected everything relating to airplanes. His Victoria home was itself a sort of unlisted, private museum, literally filled to the brim with his life's interests.

With Rowe's untimely death of a massive heart attack last summer (he had a long-time heart condition), there was no one to whom he could leave his life's work, valued at some \$100,000.

It was left to his parents George and Martha Rowe to divest the collection. They first offered their historical treasure to the Canadian Aviation Historical Society, which quickly informed the Rowes that the couple would have to pay for all the shipping and handling costs if they desired to donate the collection.

Next stop the Comox Air Force Museum.

Curator Corky Hansen couldn't believe his good fortune when the offer came his way. He immediately set about organizing for the acquisition of the collection, working at all times with the Air Command Heritage office in Winnipeg. Hansen was aided by AFIS instructors Capt Mike

Forbes and Capt Bob Richter who each travelled to Victoria to pick up the collection piece by piece, on their own time.

The Rowe Library enhances the profile and prestige of an already significant museum, which arguably has more Air Force heritage and historical fascination per square inch than any other in Canada. The Canadian Aviation Museum, located near the old Rockliffe runways in Ottawa, has acknowledged the importance of the collection by requesting the temporary loan of an 1898 poster advertising a hot air balloon launch.

History marches on.

Dedication



BGen Brock Horseman did the honours while the senior Rowes dedicated their son's book and periodicals collection to the Air Force Museum.

386 Air Cadet Sqn's new badge



386 Sqn Air Cadets Celebrate 50th Anniversary Sunday 11 June

386 Sqn, Royal Canadian Air Cadets, will hold their 50th Annual Parade at 1100 hours on June 11 in the Glacier Gardens Hockey Rink at CFB Comox. Dignitaries from the Base, Town of Comox and City of Courtenay will attend. The Reviewing Officer is Mr. Nelson McInnis DFC, a former CO of 386 Sqn. The parade forms part of a reunion weekend for 386 Sqn, with functions to be held in 888 Wing RCAFA, sponsor of the cadet squadron. Special awards and ten annual trophies will be presented at the annual inspection parade, which is a culmination of the efforts of cadets, staff and instructors throughout the year, and provides an opportunity to display that progress with pride to

parents, friends and sponsors of 386 RCAC Sqn.

Capt Victor Simondson, present CO 386 Sqn, regrets the loss of some valuable people in 1995: Lt Marty Cunningham, Sqn AdmO, is retiring after serving 386 for 17 years. Lt Don Hogan, Training Officer and Deputy CO, is leaving the Sqn. Capt Simondson advises good, dedicated people are hard to find, in spite of plentiful candidates among the retired military in the Comox Valley. He would be happy to hear from anybody who would like to be involved in the finest youth organization in Canada, the Air Cadet movement. He can be contacted at 338-2222 (work) or 338-2112 (home).

On & Off the Base

Paradigm Shifts - Officers' Mess Kitchen Closes

by LCol P.G. Abbott,
WLogO

The federal government's determination to reduce the deficit has been reflected in many government sectors. Within DND, the practice of spending the money locally and having the bills paid by higher headquarters has given way to budget devolution. This paradigm shift has made the consumer responsible for the bills and for determining the how and where budget cuts will be applied.

19 Wing's operating budget shrunk by approximately \$1.2 million for fiscal year 95/96 and will continue to shrink over the next few years. The Wing Commander recently announced a 25% reduction in costs equating to about 350 military and civilian jobs and a related reduction in operating funds. These are hard targets and fundamental changes are required to meet them.

The 19 Wing Officers' Mess Kitchen closure will provide an annual savings of more than \$100,000. The process leading up to the closure has been difficult as emotional questions of Air Force Ethos and the future of the Mess have been countered with the stark reality of reduced budgets and the need to protect core

capability.

The Officers' Mess will continue to provide NPF functions such as lunch in the back bar and TGIF meals. As well, the kitchen facility will remain available for special luncheons, mess dinners, and private functions. Aside from these occasions, officers will dine in a portion of the WO and Sgts dining room called the Officers' dining room. A two month trial began on 13 May to ensure that both occupants' needs are adequately met.

As a former PMC of our fine Mess, I have found myself on both sides of this particular issue, and I am saddened by the need to close the kitchen. However, I find it most appropriate that this particular facility has not been protected from the budget impact. In addition to providing a necessary saving, it demonstrates that there are no sacred cows and that leadership is firmly committed to protecting operational capability in the face of dramatic budget cuts. So while I am saddened by the kitchen closure, I am encouraged by the growing recognition that the paradigm has shifted, and that we all have an important role to play in determining the future posture of 19 Wing and of the Air Force.



THUNDERBIRD 50/50 DRAWS

Please help support the Wing Military Police Thunderbird Challenge Team '95. The SAMP FLT will conduct three 50/50 Draws to raise funds to support the team. Draw dates will be 31 May, 30 Jun & 31 Jul. For further info or tickets, contact/attend the SAMP FLT Guardhouse, loc 8218.

Recovering from Meetings

by Charlie "the
Chaplain" Massey

If GOD were process oriented, the Book of Genesis would read something like this:

In the beginning GOD created the heavens and the earth. The earth was without form and void; so GOD created a small community. GOD carefully balanced the community vis-à-vis race, sex, ethnic origin and economic status in order to interface pluralism with the holistic concept of self-determination according to adjudicatory guidelines. Even GOD was impressed. And so ended the first day.

And GOD said "Let the Committee draw up a mission statement." And behold, the Committee decided to prioritize and strategize. And GOD called that process empowerment. And GOD thought it sounded good. And evening and morning were the second day.

And GOD said, "Let there be a retreat in which the Committee can envision functional organization, can be engaged in planning, and can be objective." The Committee considered adjustment of priorities and consequential alternatives to program directions. And GOD saw that this was good. And GOD thought it was even worthwhile supplying all the coffee and doughnuts. And so ended the fourth day.

And GOD said, "Let the Committee be implemented consistent with long-range planning and strategy." The Committee considered guidelines and linkages and structural sensitivities, and alternatives, and implementation models. And GOD saw that this was very democratic. And so would have ended the fifth day, except for the unintentional renewal of the debate about the differences between goals and objectives.



Chaplain's Chatter

On the sixth day, the Committee agreed on criteria for adjudicatory assessment and evaluation. This wasn't the agenda GOD had planned. GOD wasn't able to attend the meeting, having had to

take the afternoon off to create the day and night, and heaven and earth and seas and plants and trees and seasons and years, and sun and moon and birds and fish and animals and human beings.

On the seventh day, GOD rested and the Committee submitted its recommendations. It turned out that the recommended forms for things were nearly identical to the way GOD had already created; so the Committee passed a resolution commending GOD for implementing according to guidelines. There was, however, some opinion expressed quietly that people should have been created in the Committee's image ... and so GOD caused a deep sleep to fall on the Committee.

Christmas at Easter

by Padre Harvey

At Christmas I praised the spirit of self sacrifice that I saw all around me. I also encouraged people not to forget this attitude throughout the remainder of the year. I am very glad to announce that this attitude of self sacrifice is alive and well at 19 Wing.

In April, I became aware that the Paediatric Ward at Saint Joseph's Hospital had had their TV, VCR, stand and movies stolen. I know how important these items are to children who are patients there. Not to mention the nursing staff. I enlisted the help of 442 Sqn who at Christmas had

helped provide toys for the hospital.

The spirit of giving was with not only 442, but 407, 414 and 19 AMS! Through the efforts of many people and sections such as 442 SAR Techs and Servicing and 407 Armt we were able to provide St. Joe's with two VCRs, two stands, one TV (with another on the way, hopefully) and 18 movies. If anyone has movies suitable for children or games for Sega Game Gear that they would like to donate to the hospital, please contact Padre Harvey at 8275. Bravo Zulu and Matthew 25.23.

Comox Branch 160 Royal Canadian Legion will hold

a Dinner, General Meeting on 15 June at a cost of

\$5.00 per member

Dinner - (scalloped potatoes & ham) will be served by the Ladies Auxiliary at 7:00 pm. General Meeting will follow at 8:00 pm.

FATHERS DAY SALE

June 10th - June 18th



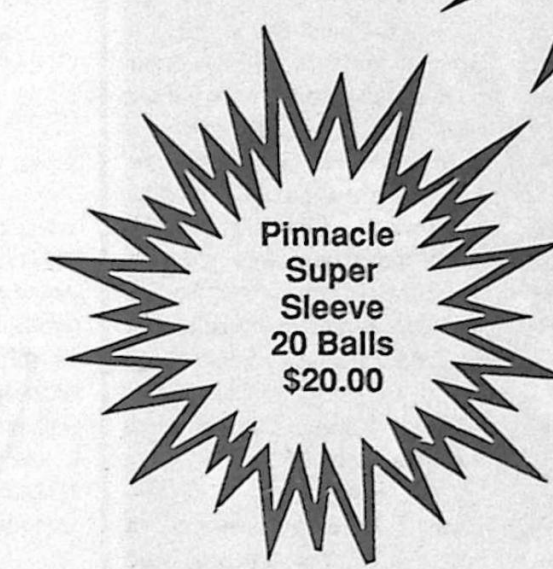
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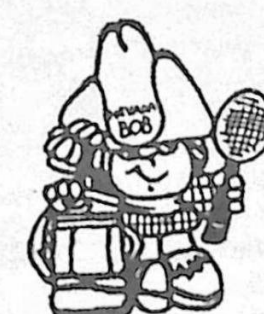
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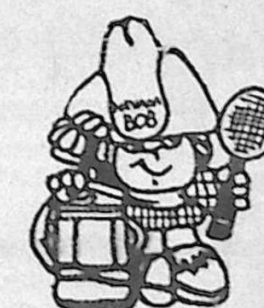
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Editorial



Retirement Chief WO P.J. Sarty, MMM, CD 37 Years of Dedicated Service to Queen and Country

Chief WO Sarty was born in Halifax, Nova Scotia and enrolled in the RCAF in October 1958.

Following basic training at Saint Jean, Quebec, he attended the School of Meteorology at RCAF Station Trenton and on graduation in 1959 he was transferred to RCAF Station Greenwood. This was followed with a transfer to HMCS Stadacona in 1960 and a period of service with the RCN. From 1963 to 1969 he served at RCAF Station Gimli, Manitoba. In 1969 he returned to Halifax and served at sea with HMCS Ottawa and HMCS St. Laurent. Throughout this period he attended advanced courses in Meteorology and Oceanography and was promoted to Warrant Officer in 1973.

In 1973 he was posted to 1 Canadian Air Group Baden-Soellingen and served there until 1977. This was followed by a short posting to CFB Trenton. In 1978 MWO Sarty was posted to Maritime Command Headquarters Esquimalt and served as the Port Meteorological Inspector and as a member of Sea Training Staff, Pacific.

He was promoted to Chief Warrant Officer in 1982 and was posted to National Defence Headquarters Ottawa as the Career Manager for the Met Tech 121 and Air T Con 161 occupations.

In 1987 Chief WO Sarty was selected for his second tour in Baden-Soellingen, this time as the Base Chief WO. On 5 September 1989 Chief WO Sarty was appointed Air Command Chief WO and posted to Winnipeg where he served until July 1992 when he was appointed Wing Chief WO, CFB Comox.

Chief WO Sarty is married to the former Simone Chaperon of Sherbrooke, Quebec and they have four children.

His immediate retirement plan is to relax and do a lot of golfing. Later he plans to travel across Canada in his new motor home (not purchased yet) or the Goldwing.

During his 37 years of service he has touched on many lives; he will be missed.

From all of us at 19 Wing Comox, sincere good wishes for a long and happy retirement.

Per Ardua Ad Astra

TOTEM TIMES

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Subscription rate: \$10.70 per year, GST included.



A Matter of Timing

National Safety Week

Command General Safety Officer & Labour Canada Officers Visit here 14-16 June

Mr. Jeff Helps, CGSO, Ms Beryl Kirk, Meridian District Manager Human Resources Development Canada Labour Program, Mr. Bill Ross, Director of Labour for BC and Yukon Territory and Mr. Vince Smith, Labour Affairs Officer Meridian District will visit 19 Wing Comox 14-16 June. They will present various Safety Talks and participate in Occupational Health and Safety activities as scheduled.

The ninth Canadian Occupational Health and Safety Week runs this year from June 12 to 18 and is being sponsored by the Canadian Society of Safety Engineering (CSSE).

This year, the theme is "Communication: Opening the Channels." That theme was chosen



because the national committee recognized that communication is at the heart of any occupational health and safety program.

Through involvement in events and programs at work and in the community, this special week can help bring a greater level of understanding and cooperation resulting in the reduction and elimination of workplace illnesses, accidents and deaths.

The Society says the week has these major goals aimed at making health and safety in the workplace everyone's priority; to increase employer and employee awareness and benefits of current occupational health and safety programs; increase public awareness and attitudes; promote an understanding of purposes of and the roles everyone has in these programs; to search out and eliminate hazards in the workplace.

Through participation in events and programs during this very special week, CSSE employees, employees and communities will come to understand that safety and health at work is a hands-on activity shared by everyone.

NEXT DEADLINE 7 JULY 1995 - NOON

The TOTEM TIMES is an unofficial publication of 19 Wing CFB Comox, B.C. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF, or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published 16 times a year with permission of the Wing Commander, 19 Wing CFB Comox, B.C. Publications Mail Registration No. 4098. Printed by Ladysmith Printing, Ladysmith, B.C.
Office Hours: Deadline Friday; 0830 - 1600
Monday; 0830 - 1600
Tuesday; 0830 - 1200

MQ Insurance Mandatory

by LCdr A.S. Garwood

Some years ago at CFS Beausejour, it was a Friday evening in the middle of a prairie winter when the unthinkable happened. The siren sounded and it was not a drill! It was a fire in one of the DND trailers. The parents were away; the baby sitter had evacuated the children and turned in the call. By the time the volunteer crew arrived on the scene, the trailer and contents were a total loss. There was no insurance coverage.

The sight of that burned-out Married Quarter (MQ) and the occupants' grief transcends the years and remains a powerful image. While insurance would not have prevented this fire nor could it replace the treasured family heirlooms that were destroyed, it would have eased the burden of reacquiring the many household items and wardrobes.

Since then, there have been many fires within DND Married Quarters, as documented in the Canadian Forces Fire Marshal's Annual Reports. In 1993 there were 51 fires in family dwellings and another nine in Single Quarters. The Department can no longer afford to absorb millions of dollars in fire damage. In cases where occupants are at fault for

the damage, DND is initiating claims to recover the cost of replacement or repair.

Therefore, DND has implemented a significant policy change for MQ occupants. Effective 1 March 1995, liability insurance is mandatory. This is a condition of occupancy and personnel must provide proof of coverage before allocation will be made. In the case of someone already occupying quarters, failure to comply with this policy will result in eviction. This policy is not meant to be heavy handed, it has been introduced to protect both the Department and, more importantly, the well-being of the member.

While comparison shopping is advised, military personnel are encouraged to consider those policies offered by CANSUREX. They are specifically tailored to meet the needs of military quarters occupants by providing the mandatory \$1,000,000 liability coverage and personal property options at reasonable cost. Do remember to renew it. A member on one of our east coast bases did not and had a fire. He is now facing financial ruin. CANSUREX information is available at the Wing Accommodations Office.

Posted to 4 Wing Cold Lake?

Medley Family and Community Services, Centennial Building No. 67, 4 Wing, CFB Cold Lake, PO Box 2260, Medley Alberta T0A 2M0. Phone: 594-6006. Office hours: 0800 - 1630 Monday to Friday.

Medley Family and Community Services exists to provide services and programs that serve to strengthen family and community life. Through volunteer efforts and community input, needs are identified and programs established.

We offer Information and Referral; Family Education and Preventative Programs, such as School Supervision, Youth/Teen Centre, Parenting Courses, Suicide Prevention Seminars and Connecting

Friends; Counselling (individual and family); Community Services and Events such as RV Compound, Rec Clubs, Arts and Crafts Sales, and Medley Days; Child-care Services such as Day Care, Satellite Day Homes, Babysitting, Pre-School, Toy Library and Play With Me; Lifeskills Program; Volunteer Opportunities and much, much more!!!

We are looking forward to your arrival. We will help you get settled in your new community. We invite you and your family to contact or visit our offices. We can help you find information you may need to get settled in, meet other members of the community and more. Give us a call or drop in!

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

386 Royal Canadian Air Cadet Squadron (Comox) invite all 386 Ex-Air Cadets to help celebrate their 50th ANNIVERSARY 10-11 June 95. Registration/Greet & Meet will take place at 888 Wing 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

NEXT DEADLINE 7 JULY

Comment

Final Visit:



As MAG Commander, that is... BGen Brock Horseman visited 19 Wing from 15-18 May. The outgoing Commander MAG will be promoted to MGen this summer and appointed as DCom AIRCOM. While here, Gen Horseman visited all three messes and addressed questions and concerns from officers, senior NCOs and junior ranks.

Drop and Drive



A letter from 442

Leaving Captain Ross

Dear Capt Ross; I'M LEAVING YOU!!! And to think I used to call you Frank. What happened? I don't understand it. We were tight at one time, every day you would take me with you. Together we flew everywhere in the SAR region. I still remember that first lunch in Sandspit, and now we will never do it again.

Everything was fine until that 190A hussy showed up, with her plastic molded ear shells and built in boom mike. Now I sit, dejected and alone. Day after day watching you come in and take her flying. Does she know you as well as I do? Could she ever really replace me? In your heart you know that I'm more supporting than she could ever be.

Well that's it then. I'm leaving you for good. I will travel again, I'm not sure where, so don't even bother looking for me. I'll give you one more chance to take me back, I'll write and see if you have had a change of heart, then MAYBE, JUST MAYBE I'll come back. For now I need time to think, time on my own, my own space.

I miss you, DH-411

It seems that Capt Frank Ross has been negligent, and spurned his old red and white helmet in favour of the new "Jet Guy" lookalike. As the above note implies, we can probably expect to read more about Frank's helmet's travels in future issues.

A candidate on the C-SAR jump course seems destined for the back of a pickup truck. As part of the anticipated move of the Survival and Rescue School from Edmonton to Comox, the square parachute course has already found its new home at 19 Wing. One of the officers taking refresher courses was our own Capt Fraser Harvey, Wing Chap(P). (Photo by MCpt Rod Cando.)

Single Point Service



The WOR has recently improved services to the members of 19 Wing Comox by having an ACES Initiative to create a single point service for personnel administration. With AIRCOM's support we were able to incorporate our WOR Rcds/R&D sections, which resulted in enhanced customer service and turn around time through one stop comprehensive delivery.

On 28 Apr, the WOR celebrated the grand opening and ribbon cutting ceremony which was performed by the WSupt Clk, MWO G.J. Janssen. The WComd, Col T.B. Rogers, who fully supported this initiative along with WAdminO, LCol T.W. Burt, participated in the ceremony.

We would like to take this opportunity to thank everyone for their support and patience while the WOR was under renovation.

Section News

407 Sqn



Demon Doin's

Hello, and welcome back to another highly readable edition of Demon Doin's. Much has happened since the last report, most good, some bad, and some downright ugly (right Lt. Wenzel?).

But first we must report on the 407 All Ranks Mess Dinner that was held on 4 May at the Officers' Mess. Joining LCol Lewis at the head table were special guests HLCOL John MacDonald, Mr. Helmut Eppich and Col Rogers. As usual, both the meal and service were outstanding. LCol Lewis and all of his Demons in attendance would like to thank Sgt Perfit and her staff for such an excellent meal.

After the meal, some serious business was conducted on the CRUD table. The action was fast and furious, and the first team to suffer jet lag was a team comprised mostly of flight engineers. These hardy souls were highly motivated to do well but, unfortunately, as the midnight hour approached their endurance was severely tested. As they departed the table after their losses one of the more dejected FEs was heard to request a rematch at a more gentlemanly hour. (Sorry guys, but the bar isn't open at 1030 hrs!)

Lt. Wenzel catches ball

One of the players watched closely was Lt Wenzel who demonstrated again and again her skill at picking up a fast moving, sometimes bouncing, object. All were impressed with her efforts and were somewhat surprised by her inability to transfer these same skills outside to the ball diamond. WO Lapointe, formerly an outstanding athlete, shrugged his shoulders and suggested to Les that she keep her eye on the ball.

Speaking of eyes, it was noticed that Crew One had a new look. Specifically, Capt Gosselin was seen sporting new contact lenses. Mike reportedly adopted the new look to make himself look six months younger. When asked if the contacts had achieved their desired effect, Mike replied "I do look younger, but the constant squinting is just so exhausting."

Crew Three held a BBQ at Chez Baner last Saturday that required each member to prepare a special dip. Gummy's Seafood, Jody's Mexican and Roscoe's Chili dips were just some of the dishes to be sampled. And while all of the dishes met with the approval of Flt Eng Pete McLean, it was not until later in the evening that he declared Hacksaw Salsa as the dish with the most zip.

Crew Four departed for Scotland on 25 May to participate in the complex Maritime Warfare Exercise known as the Joint Maritime Course (JMC) and will return 11 Jun.

While Crew Three was flipping burgers, Crew Five was in ZX hammering away at OMS targets in preparation for the annual O'Brien Competition to be held in Greenwood from 3-15 Jun. This competition will determine which is Canada's best ASW crew by testing their combat readiness. The winner will represent Canada at Fincastle 95, an international competition that features Australian, British, Canadian, and New Zealand crews in friendly rivalry. 407 Sqn is proud to be represented by Crew Five, and wishes them well as they enter into battle with 405 and 415 Sqn crews. Good Luck guys!

Two squadron members recently returned from honeymoons. MCpl Andy Blair and his bride returned from a Caribbean cruise that was such a good time Andy can hardly wait for a posting to Sea Kings, where he can sail the oceans for free. Capt Mombro and his bride spent their honeymoon in Los Angeles and the surrounding area where they visited all of the local attractions. Congratulations to both Andy and Mark and their respective brides on behalf of your fellow Demons.

Congratulations are also in order for WO Pete McLean and MWO Joe Lapointe on their recent promotions. Both promotions were well deserved and 407 Sqn looks forward to the contributions you will make in your new rank for years to come.



A conversation between Lt Wenzel and WO Lapointe.



MWO Lapointe received his promotion effective 24 May, from 407 CO, LCol Lewis.

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On & Off the Base



442 Sqn

by MCpl Al Banky, 442 Sqn SAR Tech

Regular working hours, outrageously high pay, exceptional promotion opportunities, low stress missions...a few of the reasons that aircrew fight for jobs in search and rescue (SAR)? Ha! Maybe they do it for the food. Aside from the obvious satisfaction of saving lives, one of the benefits of being part of the West Coast's only SAR squadron is being able to literally eat your way across B.C. and the Yukon. Ever eaten at Bob Quinn Lake? Bell Two? Midway? Anahim Lake? Bella Coola? Been there, ate that, got the gas to prove it.

Reading through the pages of a 442 Sqn flying log yields an astounding number of facts about where to and, more importantly, where not to eat. In the next few issues I hope to impart to you a bit of knowledge gained over the past six years, on where to eat if you're dining with the Snakes.

B.C.'s Best Overall Airport Lunches are in Chilliwack

I remember the first time I parachuted to the airfield in Chilliwack. Landed right in the middle of the cornfield. Lousy

Dining with the Snakes

landing - feet - face - ouch. Covered head to toe in mud, bugs, corn husks and shame. The two guys I jumped with seemed to make picture perfect stand-up landings in front of the terminal building. The lunch crowd, always large, seemed to relish picking apart - in great detail - my landing. A humbling experience, I was ready for lunch.

The Chilliwack airport is easily identifiable in the spring and summer by the smell of noxious animal-produced fertilizer which is liberally spread on the fields surrounding it. In the late summer, the manure smell is replaced by the stale beer aroma of ripening hops, the key ingredient in our national drink. The restaurant is at the east end of the terminal building. The staff, cheerful, friendly and always accommodating, are used to SAR crews "dropping in," and usually have a table for six ready by the time the aircraft has been shut down and fuelled. In the summer the patio is open, fresh air dining at its finest.

The menu covers the standard assortment of diner food. The soups and salads are home-made and excellent. Servings are large - enough for an engineer. My standard order is the Donair, a good SAR Tech sized meal; it comes with soup and salad for about seven bucks.

The "noxious smells" may leave the reader wondering why I rate Chilliwack as the best airport

to eat at in B.C. Home-made desserts; bar none, they serve the largest and best in our SAR region. Pies are made fresh daily. The wide assortment includes Bumble-berry and the SAR favourite, Mud Pie. Nothing like a huge wedge, dripping with fresh whipping cream, to dull the sting of a bad jump or a clumsy STOL landing.

Getting There

The airport is located on the north side of the Trans-Canada. If you're travelling by Labrador, Buffalo or any light bug-smasher, the runways run east-west. If you're travelling by C-SAR-4, or any other high performance parachute, the prevailing winds are from the south and your exit point will be somewhere over the town. If you're travelling by T-Bird, Aurora, Polaris, F-18, or almost any other ugly, grey, non SAR aircraft, too bad. The runway's too short and you can't get there from here.

Whichever mode of transport you use to get there, remember a few things: if your only form of payment is the corporate EnRoute card, eat somewhere else; if it's close to lunch, land in front of the terminal building and give them something to watch; don't biff the landings and, whatever you do, try the Mud pie.

In the next issue: If I eat another burrito will it make us too heavy to take off from the Oliver airstrip?

442 Strikes Again!

With the summer comes a new schedule for the Snakes. Because of the long hours of daylight, and the potential for rescues to take place in the evening, the squadron's summer standby hours have us at work from 1:00 pm until 8:00 pm, seven days a week. The first weekend of the new schedule was our busiest in a long time.

#1 - 18 May: The Lab was tasked to rescue a badly injured climber from a mountain near Squamish. The rescue necessitated lowering two SAR Techs to the ground where they, in conjunction with a civilian rescue team, set up a rope rescue system and lowered one of the SAR Techs to the injured man. The SAR Tech, MCpl Dave Lazarewicz was forced to do substantial medical work while perched on a two by five foot ledge, 900 feet above the ground. After being stabilised, the man was raised up the rock face, hoisted into the Lab and transported to hospital.

#2: Both the Lab and Buff responded to a plane crash at Sechelt. The Buff was on scene first, but was unable to pinpoint the ELT. The Buff's SAR Techs transferred to a civilian helo and were in the process of localizing the signal when an RCMP officer on a mountain bike found the crash in dense bush. An ambulance

was on scene in minutes and the SAR Techs were no longer required. (Damn, scooped by a guy on a bike!)

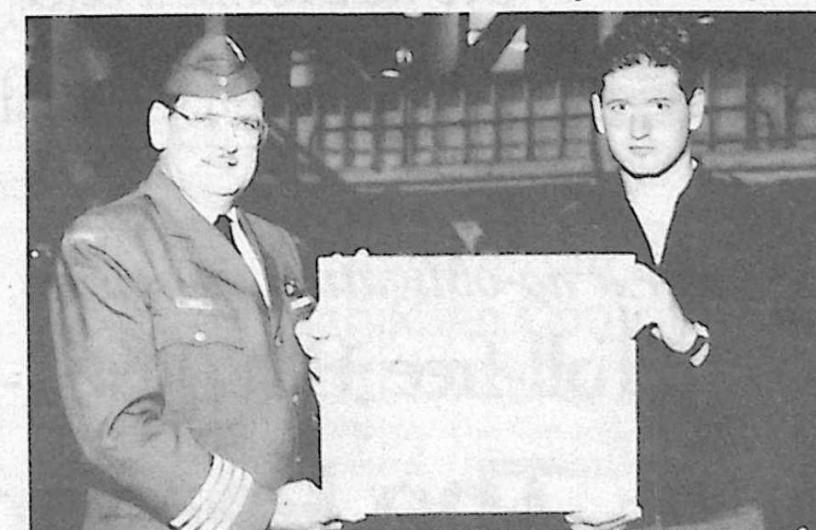
#3 - 20 May: the Lab was launched at first light to rescue a badly injured climber on Mount Seymour, overlooking Vancouver. The crew took the patient from a North Shore Rescue team that had spent the night with him, and flew him to hospital in Vancouver.

#4 - 21 May: the standby Buffalo was tasked by the Rescue

Centre in Victoria to drop a pump to a sinking fishboat, under tow, north west of Tofino. Throwing the guidelines for dropping the pump out the window, the crew did a flawless drop to the bow of the tow boat. The pump functioned perfectly and the fishboat was able to pump its hold dry and save the boat. The crew was called out five minutes before their shift was to end.

All in all, a busy start to our first weekend on the summer schedule.

Not in the Line of Duty



Cpl Sean Rakers was awarded a Base Commander's Commendation on 11 May for an act of bravery. The 442 Sqn airframe tech was in Victoria last year when he and another serviceman pursued a purse snatcher. The duo managed to corner the assailant inside a building until the police arrived on the scene and arrested the man. Cpl Rakers was recognized for his willingness to come to the aid of the victimized woman and for "recognizing his duties as a citizen."

OPENING JUNE 1st

ACREVIEW DENTAL CLINIC

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750 Comox Road
Courtenay
FAMILY DENTISTRY
338-9085

ACREVIEW DENTAL CLINIC

Dr. Emmanuel Karamanis
750 Comox Road
Courtenay
FAMILY DENTISTRY
Bilingual Service
338-9085

**HOURS: Mon. - Fri. 4 p.m. - 10 p.m.
Saturday 9 a.m. - 3 p.m.**

May 15th until June Opening - call 338-9085 for advance appointments 8 a.m.-10 p.m. Mon.-Fri., & Sat. 9-3.
NEW PATIENTS AND WALK-INS WELCOME

BC 21 Community Projects make community visions realities.



Building B.C. for the 21st Century

Non-profit organizations, local government bodies and community organizations can apply for small or large capital grants, up to \$1 million covering up to 1/3 of project costs.

The next deadline is July 1, 1995.

For applications and information contact:
BC 21 Community Projects
Community Grants Branch
Ministry of Small Business, Tourism and Culture
239 Menzies Street, Victoria, B.C. V8V 1X4
Phone: 356-1187 Fax: 356-9358
or contact your local MLA Constituency office.

The Honourable Glen Clark
Minister of Employment and Investment
The Honourable Bill Barber
Minister of Small Business, Tourism and Culture

As the Beacon Turns

Whackin' & Hackin'

It's that time of year again. Nice sunny weather, fishing boats out on the Straits (not that there are a whole lot of fish out there), Stanley Cup playoffs are here; and it's posting season.

The WATCO, Maj Lothar Hopp is on his way to Ottawa, Capt Len Finnamore is packing up his family and dogs in his truck and heading down east to Shearwater. Sgt Tom Schrader is going down east also, in fact he'll be real close to Len. Tom is going to MOC in Halifax. Each one of them claims the other is following them around (Baden, Comox, Halifax). Any way you look at it, it seems more than a coincidence.

Cpl Jim Houston is packing his old pick-up, taking his guns, fishing rod and going to Goose Bay. All he needs is a Skidoo and he'll be set. Joining him in Goose Bay is a tech, Cpl Boots Boutillier. Cpl Bill Best just got back from six months in the Sinai; and now he and his wife to be, Rosa, are on their way to Trenton. Cpl John Healey just left to take Bill's spot

in the desert. Capt Rob Dimmer will be back soon, so it looks like Dave Tack's reign as "Boss" in the tower will come to a grinding halt. It looks as though you'll be a regular peon like the rest of us Dave.

The latest promotion went to Sgt Fred Corriveau who got his crown and also is now head honcho in the Tech Shop.

The ATC Standards team was here recently. Our section did pretty well, but the tower was found wanting in a couple of areas. I guess it's because their "CC" has been a bit slack the last six months.

Coincidentally, the standards team were here the same week as the 16th annual ATC Golf Tournament was being held. One hundred and eight golfers took part in this event. Even though there were two prizes for hole in ones, no one claimed them. After all the whackin' and hackin' was done, Brian Prosser, a retired ATC from the area, won the men's event; Nomi Godfrey was the ladies

Continued on page 8

NEXT DEADLINE 7 JULY



Make Dad a Good Sport for Fathers Day!

Enter Our Fathers Day Contest Today and Win



Dad
Great Prizes

Name the Fifteen (15) Different Sports and the Stores you saw the Poster in.

Entry Forms Available in All Stores
(excluding Overwaitea & Zellers)

Contest Dates: Wednesday, June 7 to June 17
Winners to be Notified on Monday, June 18, 1995

Put Your Entries in the Red Draw Barrel Across from ABC Restaurant

WIN - a See & Sea Adventure in a Zodiac Fishing Package
Driftwood Mall Gift Certificates

Section News

19 AMS

Beachcombing with 19 Wing

It's summer again and with the nice weather will come an influx of EOD tasks. EOD? What could that be, many of you may be wondering. Well, EOD stands for Explosive Ordnance Disposal and, as the name implies, the EOD team is responsible for the recovery and disposal of all military explosive ordnance. The team is also qualified to handle civilian explosive disposal, but this type of work is mostly the responsibility of the RCMP.

EOD Centre 25 works within 19 AMS and has 13 volunteer members from 19 AMS and 407 Sqn. The centre is responsible for the northern half of Vancouver Island from Parksville, the islands in the Queen Charlotte Sound and the Hecate Strait, and part of the B.C. mainland from Jervis Inlet north to the Yukon border. That's a lot of beaches to cover. That's why we need your help if you find something unusual on the beach.

Marine Location Markers (MLM) are used by search aircraft to mark a spot on the water.

Once they are dropped from the aircraft, they float on the surface and produce a stream of smoke that can be seen from the air. Once expended, the MLM sinks and is corroded away by the sea. Occasionally, MLM wash up on shores in our area and are found by beachcombers. These MLM remain hazardous even after they have been used. The residue left in the case can be re-ignited under certain conditions. The smoke from the MLM is mildly irritating in light concentrations but may be lethal in heavy concentration in confined spaces. Rarely, an MLM will be washed up without having fired at all. This situation presents another hazard in that the vent plug on top of the MLM can be expelled under great pressure and travel up to 30 metres if the marker is ignited.

To prevent injury to persons or damage to property, the following safety precautions should be followed if you find an MLM:

a) Leave it where you found it

Beacon

Continued from page 7

champion and Ron Carter, our birdman, took the seniors category. Longest drive went to our own Kelly Olohan; closest to the pin went to Ray Henry, a supervisor from Vancouver terminal. Best use of a baseball bat went to Dave Masnyk (we have the pic-

tures).

Mother Nature cooperated and we had great weather the whole time. With all the sun, everyone was pretty dehydrated come time for the banquet. Consequently mega quantities of liquid were consumed that evening, and peo-

and mark the spot so it can be found again; and

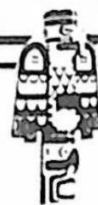
b) Contact the Wing Operations Centre at local 8231 to report the details.

Even though MLM constitute the majority of our summer work, we are sometimes called to recover and dispose of war souvenirs which are discovered and reported to us by relatives of deceased veterans. War souvenirs have some appeal, but they could be more than you bargained for. On numerous occasions, items turned over to us proved to be live - yes, live explosives! If you are not sure about the status of that little bomb or "decorative" hand grenade on your bookshelf, please call us.

Explosives safety is everybody's business. Pass this information to family and friends. If you are not sure, do not hesitate to call. 19 Wing has highly trained and dedicated personnel who are happy to serve the community and make the beaches a safer place to be.

ple were still dry the next morning. Everyone enjoyed themselves immensely and we can thank Len Finnimore and his committee for the great job they did.

Until next time, you're cleared for take-off.



Junior Ranks Mess UPCOMING EVENTS

14 June:

Retirement/FRP's Luncheon at Jr. Ranks Lounge. Cocktails 1200 hrs. Menu: Roast beef buffet style, at 1300 hrs. All retiring and FRP members allowed to bring three guests. Dress code: summer CF dress (for non-retired), informal (for those retired).

16 June:

TGIF - Supper starts 1730 hrs. Chicken will be served. Poker Pool at 1815 hrs. Fishing Bingo - doors open 1730 hrs.

19 June:

First number 1830 hrs. Cost \$5.00 (first set of cards). DON'T FORGET YOUR DABBERS!

23 June:

TGIF Mixed - St. Jean Baptiste - Supper starts 1730 hrs. Food: TBA. DJ and artist singer "Rève Acadian" starts at 1900 hrs. Cost \$3.00 members, \$5.00 non-members. THIS IS NOT AN "ALL RANKS" FUNCTION!

30 June:

TGIF - STEAK & LOBSTER NIGHT. Advance tickets on sale at Bar, only by Acquittance Roll & at JRM office by cash or Acquittance Roll from 29 May - 23 June at 1500 hrs ONLY, NO LATER. Tickets: \$15.00 members, \$17.50 non-members. THIS IS NOT AN "ALL RANKS" FUNCTION.

07 July:

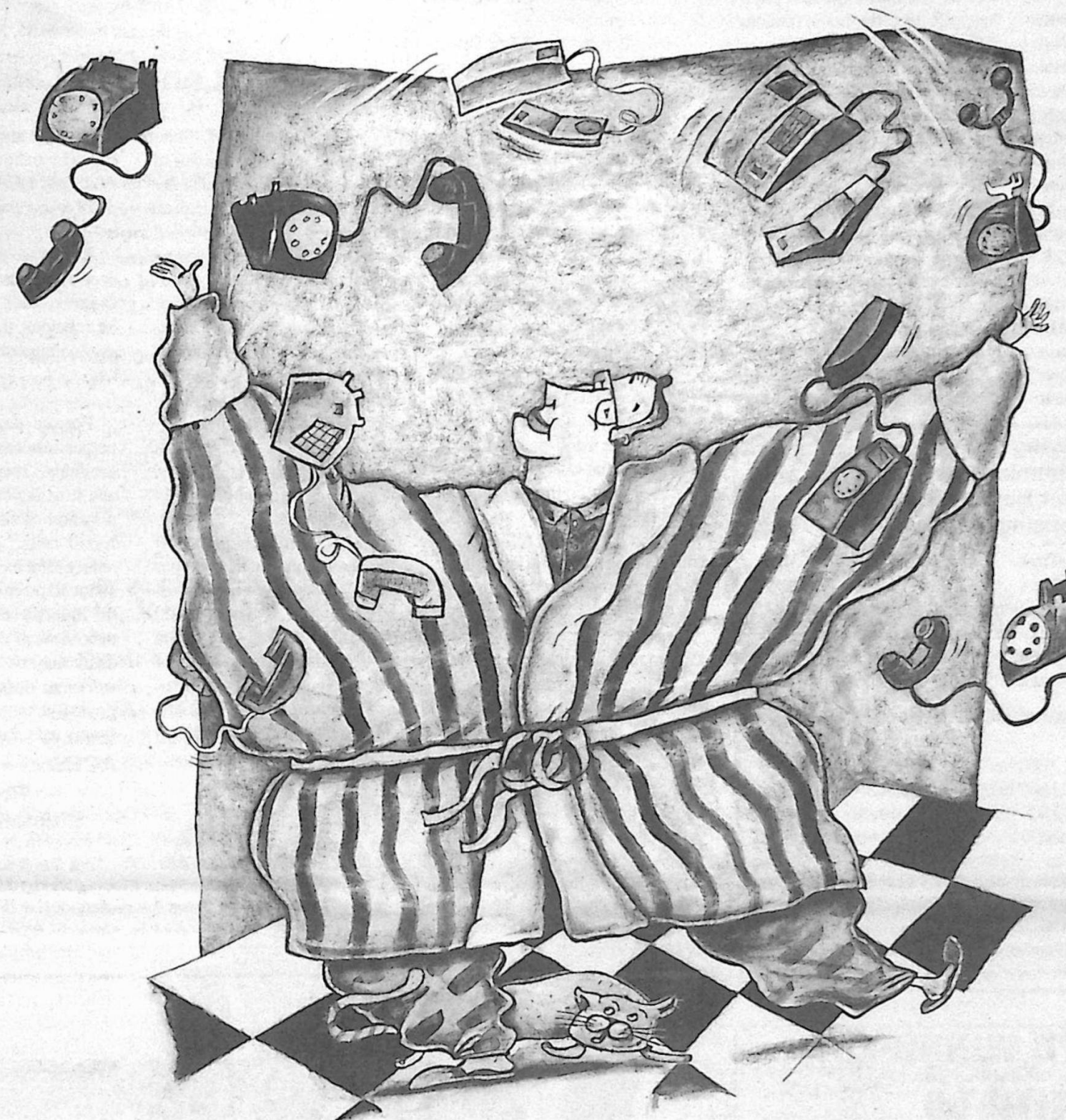
TGIF - Supper starts 1730 pm. Subs will be served. Shufflecans 1815 hrs. JRM Golf Tournament Registration: 11 July - noon 21 July Entry: \$3.00 plus green fees. Open to 48 golfers only.

25 July:

DON'T FORGET OUR MOVIE NIGHT EVERY SUNDAY UNTIL THE END OF JUNE! Note: Jr. Ranks Mess Fishing Derby 19 - 31 Aug. Registration: from 1 - 17 Aug at the JRM office, NO LATER. Cost: \$10.00

Feature

HEALTH CARE DREAMER # 37



"The Appointment Juggler"

Who'd ever dream of getting a 24th opinion after the first 23 all gave them a clean bill of health? Spend every day calling doctors, seeing specialists, getting lab tests, juggling appointments they don't need? It's all in a day's work for Health Care Dreamer #37, the Appointment Juggler.

OK, he's a figment of the imagination - a character you'd meet in a bad dream about our health care system. But he illustrates a trend that's all too real. The fact is, our use of medical services in British Columbia is growing steadily. And that's one reason for the rising cost of health care.

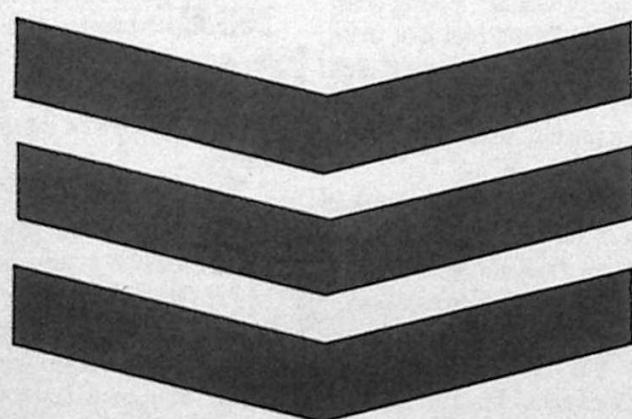
It's time we woke up to the realities of health care in B.C. We all have to use it wisely.



1-800-757-7772
8:30 am - 5:00 pm weekdays

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... as a top provider of quality group home and auto insurance for the military — including DND controlled quarters.



Competitive rates



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INSURANCE COMPANY OF CANADA

Automobile insurance not available in provinces with government run plans. No representative of CANEX or the Canadian Forces shall be, or shall be held to be an agent of the insurer.

Revitalizing the Reserves: Canadian Contributions Invited

The Special Commission on the Restructuring of the Canadian Forces Reserves will hold its first public hearing in Halifax on May 29.

The Commission will examine and make recommendations concerning the role, structure and employment of Canada's Reserve Force and options for restructuring the Force, notably the Primary and the Supplementary Reserves,

to maximize their operational and cost effectiveness. The Commission will submit its report to the Minister of National Defence at the end of October 95.

The Halifax hearing will be the first of a number of visits which will take the Commission to major cities across Canada. Aside from conducting public hearings across Canada to consider the

views of citizens, groups, associations and other organizations, the Commission will also examine briefs addressed to its offices.

"The opinion of Canadians is an essential building block in the creation of a plan which will enable the Reserves to be efficient, effective and versatile," said the president of the Commission, the Right Honourable Brian Dickson.

Those wishing to appear in front of the Commission must submit a request, along with a summary of their intended remarks, to the Commission at least 10 days prior to the hearing.

Those people appearing in front of the Commission will be advised of the exact location and time. The following is the B.C. schedule of the public hearings to

be held by the Commission:
17 June, 19 June - Vancouver
20 June - Victoria.

Documents or any correspondence can be sent to: Special Commission on the Restructuring of the Reserves. For further information, please call Lt Luc Gaudet, Public Affairs Officer for the Commission at (613)992-3624.

Health Fitness & Leisure

Club Team Nats 29 June

by Rose McClesh

GG Ladies have qualified to compete in the District 6 Playoff of the National Club Team Championship which will be held at the Myrtle Pointe Golf & Country Club on 29 June. Qualifying teams at Myrtle Pointe will then travel to Coquitlam, B.C. to compete in the B.C. N.C.T.C. Playoff. The National will be held at the Cottonwood Golf Club in Calgary, Alta, 10-11 Sep.

Congratulations to our club team: Irene Perry (gross 90), Fran Hume (gross 94) and Marie Israel (gross 95). We are pulling for you gals and hope that you

will have the pleasure and privilege of taking part in the finals in Calgary. Good Luck!

Congratulations as well to other participants on Tues 30 May: Patti Beachy who received her "Break 100" pin; Marie Israel who won the Low Net pin; Lorraine Courtemanche Net 65; Sharon Warne Net 66; Duane Miles and Irene Perry who tied for 1st Low Gross, each with a 90; Millie Hudson and Lori Ross tied for 2nd LG of 93; and Ardyth Wood for Least Putts.

Upcoming Event

18 June: Ladies Invitational

19 Wing Comox Swimming Pool Summer Hours/Prices Commencing 3 June 95

Day	Time	Open To
Mon-Fri	1130 - 1230 hrs	Mil Swim
	1230 - 1330 hrs	Masters
	1500 - 1830 hrs	Blue-Devils Swim Club
	* 1830 - 2000 hrs	Open Swim
Weekend/Holidays		
*Saturdays	1300 - 1600 hrs	Open Swim
*Sundays	1300 - 1600 hrs	Open Swim
*Sundays	1800 - 1900 hrs	Family Swim
*Sundays	1900 - 2000 hrs	Adult Swim

*NEW Prices for Open, Family & Adult Swim Times
Children (15 and under).....\$1.50
Adults.....\$2.00

Summer Swim Program will commence 4 Jul 95 (more details to follow).

MOVING TO WINNIPEG?

This coupon entitles you to

\$500.00

Discount on purchase of a Condo.

The Colonade,
Excellent Accommodation.

Luxury Facilities.

20 minutes from CFB Winnipeg.

Call Maj Al Guerard

(705) 424-2939 Borden

WO & Sgt's Mess Calendar of Events JUNE 1995

02 Jun	TGIF	Lasagna	Dress relaxed
09 Jun	TGIF	German	Sports Dress relaxed
13 Jun	Golf Day - 9 holes		
16 Jun	TGIF	Burgers & fries	Dress relaxed
17 Jun	Sportsman Bingo		
23 Jun	TGIF	Pizza	Dress relaxed
24 Jun	Armed Forces Day		
30 Jun	Last TGIF for the summer - be ready for a major party.		

YOU DESERVE A SECURE FUTURE!

"Let me help you achieve that goal!"

FORTUNE FINANCIAL

NUMBER ONE IN FINANCIAL PLANNING

DAVID H. NICHOL

BRAIDWOOD FINANCIAL #10 - 204 Island Highway COURTENAY, B.C. V9N 3P1 338-2715

Doctor Bob

The Older you are, the Longer it Lasts



"The older you are when you get it, the longer it lasts." This bit of folklore has been an old wives' tale (and an old doctors', too, I'm sure) for a long time. Whether over the back fence or in the clinic, both are referring to shingles, although the doctor, since he or she is charging a fee, will likely call it herpes zoster.

Herpes means to creep; zoster is a girdle. In its classic form the shingles rash is a narrow (3 to 8 cm) belt-like band on the trunk. Sometimes the rash is on an arm or leg, or even on the face. Only one side of the body is affected. Wherever it appears it follows the course of the nerve that serves the involved dermatome, or body segment.

A burning pain may precede the red rash. Vesicles, very similar to those seen in chicken-pox (but larger, usually) soon appear; in a few days they mature and

form crusts, which fall off. Shingles is caused by reactivation of the chicken pox virus, which has been "hiding" in the nerve since the initial attack of the childhood disease, perhaps decades before.

The number of cases per thousand population (per year) increases with age, from about one and a half among teens to over 10 in the 80-year plus group. (It is near 30 per thousand in HIV-infected men). In general the disease is mild and short-lived in younger people. The elderly, however, may suffer miserably for many months.

Post herpetic neuralgia (PHN) is the painful aftermath of herpes zoster. The persistent, often severe discomfort is what the old wives are referring to. While there are other complications of shingles, related mainly to the location of the rash, PHN is the most common and is as uncom-

fortable as any. We should not belittle other complications which include blindness, paralysis of face muscles, and encephalitis.

Until recently little could be done for either shingles or PHN. Doctors could only concentrate on relieving their patients' pain, using ointments or analgesic tablets.

For the past decade an anti-herpes zoster medication has been available. It is called Acyclovir, and it works by stopping the duplication of the virus within infected cells. Used properly, it reduces the incidence of PHN by about 50 percent. It is crucial that the drug be started very early in the course of the disease (a day's delay may be too much), and in sufficient dosage, as it must be given five times daily. Acyclovir is very safe, but it is expensive.

ACES

Tired of Stumbling Blocks

Recently, a field officer at one of our wings complained of being stymied by the system when he tried to save money. A particular piece of equipment was needed, and this officer found he could acquire it at a better price off base. When he contacted Supply to see if it was okay, he was told by a Cpl that he couldn't. He then asked a WO who echoed the Cpl's reply. When this field officer finally reached the Capt of the section, the Capt said in response "what did the WO say?" When told of the negative reply, the Capt then said "well, that must be right then...the answer is No."

The point here is, the answer need not necessarily be "No." If it is for you, call us here at Team ACES. We'll try to help.

We must do business more effectively and more economically. If purchasing something off base makes more sense, then surely it must be done.

From the People's Law School:

Many people put off writing a Will. However, there are many good reasons for having a Will and one should consider....

What happens to your estate if you do not make a Will? What property or assets are and are not covered by a Will? Who should be your executor? Who can contest a Will?

These and other questions will be discussed at the free law class:

Wills & Estates
Friday June 2, 1995
8:00 - 10:00 am
CFB - Comox

WPSO - Classroom 16

Class size is limited, so be sure to register early by calling: 339-8293.



A cheque in the amount of \$765.87 was recently presented to the Comox Military Family Resource Centre on behalf of the 1995 Women's Day Committee. The money was raised during Women's Day through a raffle, bake sale and white elephant sale, and will be used to build new playground equipment at the Resource Centre. The cheque was presented to Mrs. Boudouin, Executive Director of the CMFRC by Lt(N) McNally, Women's Day Chairperson, with Capt Davies and Howard (committee members), CPO O'Hanley (Vice-chairperson of CMFRC Board of Directors) and Lt. Saunders (Women's Day committee member) looking on. (Photo by Cpl Al Brace, submitted by MCpl Cuerrier, member of Women's Day Committee.)

Chief Dan



Recently promoted Canex Services Manager Dan Petitpas receives his Chief Warrant Officer's scroll from the Wing Commander, Col T.B. Rogers.

On & Off the Base



Legion Log

BRANCH 17 COURTENAY 334-4322

REGULAR ACTIVITIES

BINGO.....every Thur, Fri & Sun 7:00 pm
MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
DANCE.....every Friday night, 8:00 pm

02 June.....KIRBY
09 June.....WYLIE & THE OTHER GUY
16 June.....WESTWIN
23 June.....ELDORADO
30 June.....WESTWIN

FUN CRIB.....every Wednesday, 8:00 pm
FUN DARTS: 8 & 22 June.....7:00 pm
"BARGAIN DAY".....every Wednesday, ALL DAY
"BBQ LUNCH SPECIALS".....every Weds & Fri, 11:30-1:30 pm

*****GENERAL MEETING - 27 June, 7:30pm*****

*****SPECIAL EVENTS*****

Fishing Derby 16, 17 & 18 June

Lots of fun and great prizes. Entry fee \$10.00 (steak BBQ included).

Fathers' Day Steak BBQ 18 June at 4 pm

Cut off time for ticket sales: 2 pm on 17 June

Western Night 30 June (music by WESTWIN)

MEMBERS & BONA FIDE GUESTS WELCOME

Building is Handicapped Friendly
BASE PERSONNEL WELCOME AT BR. 17
Office: 334-4322 Service Officer: 334-3613

BRANCH 160 COMOX 339-2022

ENTERTAINMENT

June 2.....HIGHWAY 19
June 9.....NORM'S COMBO
Sun afternoon, 11 June - Music by Wylie & The Other Guy in the Lounge from 2-6 pm.
June 16.....CONTINENTALS - new and very entertaining.
FATHERS DAY - Wine & Cheese - music by KUSTOM KARAOKE from 2 - 6 pm.
June 23.....WESTWIND
June 30.....TONY POLLON
July 7.....NORM'S COMBO
Sun afternoon, 9 July - music by VESTED INTEREST in the Lounge from 2-6 pm.
July 14.....HIGHWAY 19
July 21.....ALLEYCATS
July 28.....ELDORADO.

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, 7:30 PM
*1st L.A. Executive Meeting (as required)
*2nd L.A. General Meeting, Upper Hall, 8:00 PM
*3rd Branch 160 General Meeting, Upper Hall, 8:00 PM
FRIDAYS.....TGIF in Lounge
Meat Draws in Lounge, 3:00 to 6:00 PM
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 3:00 to 6:00 PM

Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.



Dog Talk
by
Gerry Gerow

Tangled Lines & Patched Waders

dogs are also appearing in increasing numbers. Australian dogs are making an appearance in increasing numbers, especially since being granted full recognition only by the Canadian Kennel Club.

The beautiful little Corgi is now in danger of becoming an endangered species. Probably only about 300 will be registered this year.

The larger breeds of herding dogs are also frequently used as guard dogs. This is due to their natural instincts to protect their herd against predators.

Several breeds which were originally classified as herders are now listed as working dogs because so few of their numbers are used for herding purposes. Notably, the Rottweiler and the Doberman Pinscher fall into this class.

Most herding dogs make excellent family pets, but caution is needed with some of the more aggressive, such as the German Shepherd or Bouvier des Flandres. Ensure your pet comes from a kennel you can trust. While it applies to all dogs, it is especially important with herding breeds. Never, ever, buy your pet from a pet shop. In practically every case they come from American puppy farms who breed strictly for quantity and not quality. If any pet store owner wishes to discuss this with me, I would more than happy to buy lunch.



What organization is:

- a. a Non-Public Fund entity;
- b. responsible for the Canadian Forces Group Insurance Plan; and
- c. represented in your community?

Answer: SISIP

We may be contacted
at 1-800-267-6681

Quelle organisation est :

- a. une entité des Fonds non publics;
- b. responsable du régime d'assurance collective des Forces canadiennes; et
- c. présente dans votre communauté?

Réponse : Le RARM

Vous pouvez nous rejoindre
au 1-800-267-6681

NEXT DEADLINE 7 JULY - NOON

On & Off the Base

Base Commander Champs



(L-R): Capt Mike Ashcroft, SLT Guy Ridler, MCpl Darin Lee, MCpl John Oakes, MCpl Don Cormier, MCpl Jeff Warden (Team Captain), Cpl Simon Ferland and Cpl Chris Rosee.

Snow-to-Surf

Snow Snakes Capture 2nd BComd Trophy

by MCpl Jeff Warden

Apr 23 marked the day for the 13th annual running of the Snow to Surf race and, once again, the base was wondering just who would take the coveted Base Commander's Trophy for top military team. With the 442 SAR Techs as the defending champs, there was wide speculation that perhaps this year an outsider might curb the tide. In the absence of last year's "Island Toems" the biggest threat the Snow Snakes came from RRC's "Super Dave and the Ass Bandits" with "Pink Steel" out of Gatineau, P.Q. providing an

impressive performance, finishing 14th overall, 3rd in the Military Category.

At the Base Commander's Meet and Greet, held at the Officers' Mess prior to the race, there were plenty of threats and bets. However, it was all in vain as the Snow Snakes bounced back from a dismal 11th overall last year to move back into the top six.

With new cyclists SubLt Guy Ridler and Capt Mike Ashcroft, the Snakes were provided with that much needed strength that was absent last year. At the runner/mountain bike exchange, the

RRMC Bandits held an impressive 8th place overall, two positions ahead of the Snakes.

However, it was Ridler's doing that put the Snakes back in their usual top six position. From here it was Mike Ashcroft's turn to better us and that he did by one position, leaving the Snakes in 5th for the final canoe leg to the finish. Despite the added performance of front end canoeist MCpl Don Cormier, the Snakes lost a position and finished a respectable 6th overall while capturing the Base Commander's Trophy for the second year in a row.

Two in a Row for Local Cadet Band

386 Sqn (Comox) and 363 Sqn (Campbell River) Royal Canadian Air Cadets combined to win the Pacific Region Cadet Band competition for the second year running at CFB Naden in Esquimalt, on May 6. A total of nine cadet bands took part.

The competition was held in two sections, uniform and freestyle marching and playing. The band received a plaque for Best Band in the combined band category and a silver certificate

for their high mark of 78%. On completion of the competition the band took part in opening ceremonies for Armed Forces Day. Later, the band marched around the Dockyard before a large audience.

386 Air Cadet Sqn has the largest cadet band on Vancouver Island. It receives its facilities and financial support from 888 Wing, Royal Canadian Air Force Association.

Champs Again



Champion Air Cadet Bandsmen on parade outside 888 Wing.

Recalls

Westbend Automatic Bread and Dough Maker

A consumer advisory notice issued by the Westbend Company details the potential for subject units to overheat presenting a fire hazard. This recall involves all models of Westbend Automatic Bread and Dough Makers manufactured between 1 Jun 94 and 9 Apr 95. Consumers can verify by checking the five or six digit manufacturers date stamp attached to the back of the unit. Consumers should stop using the recalled units and call Westbend at 1-800-367-0100 to arrange for free servicing. Consumers requiring information in French should call 1-800-545-4217.

Teledyne Water Pik Plaque Control 3000 Automatic Toothbrush

Teledyne has announced it is voluntarily recalling and replacing the electric charger base component of specified Plaque Control 3000 brand automatic toothbrushes sold in North America. Those bases with Canadian serial numbers 94JZ73, 94KZ73, 94LZ73, 95AZ73 and U.S. serial numbers 94EZ53, 94GZ53, 94KZ53, 94LZ53, 94MZ53, and 95AZ53 are being recalled because they may be adversely affected by water intrusion. This intrusion could cause overheating which could result in a fire.

To determine whether a

charger base is affected, consumers can locate the serial number on the bottom of the model PC3000 charger base. Teledyne recommends that consumers immediately stop using the charger if it is one of the listed numbers, dispose of it and call toll free 1-800-771-5714 for replacement assistance and to have any questions answered.

Rival Indoor Electric Crock Grills

Rival Canada has announced a program to replace heating elements on about 1000 indoor electric crock grills. The heating element on model 5750 grill was not sealed during production and can expose users to electric shock.

The grills were sold nationwide from Jan 90 to Dec 91. The product contains a chrome-plated 11 inch steel grill, 9 heating elements, a support bar, and stone-ware base. Heating elements stamped with an "E" before the part number are not included in the replacement program.

Owners of model 5750 grill should stop using it immediately and contact Rival at (800) 363-3479 for assistance in replacing elements. Rival will instruct owners on how to remove the two end pins of the recalled element. Upon receiving the returned end pins, Rival will provide consumers a free replacement heating element.

Medical/Disability Pension Claims

Serving or former serving military personnel are invited to meet with two representatives from the Royal Canadian Legion (Pacific Command office) who are experts in processing claims for consideration for medical/disability pensions who will be visiting the base Fri 7 July. For an appointment to discuss general queries or obtain assistance in processing a claim, contact the WPSO office at 339-8293.



COMOX MILITARY FAMILY RESOURCE CENTRE

New Community College Network!

The Canadian Forces Continuing Education Program has recently established the Canadian Forces Community College Network Program (CFCCN) to replace Seneca College which withdrew in 1994. The CFCCN is open to military members, civilian employees, retired members, reserves, and the immediate family members of these groups. The Network has been created with 20 colleges across the country with the possibility of other Colleges joining the Network in the future. All french education services will continue to be provided by Ahunistic College (Montréal) with a number of other French-speaking colleges and bilingual colleges being invited to join the Network as well.

Highlights of this new include: colleges recognizing credits earned at any Network College, standardized assessment of military training for college credit, reduced residency requirements, and flexible schedules. Those wishing to earn community college credentials will now have a number of options open to them including courses offered on base, at the local college, and distance learning opportunities.

There will be a CFCCN co-ordinator at each base, who will advertise courses, conduct briefings, provide academic counselling, and serve as a link between the base and network colleges to organize and coordinate academic activities.

For more information call the WPSO or the CMFRC.

Happy Fathers Day!

18 June / Juin 1995

Joyeuse Fête des
Pères!



Wallace Gardens Community Council

THE WALLACE GARDENS COMMUNITY COUNCIL PRESENTS THE 1ST ANNUAL OLD FASHIONED FAMILY CANADA DAY CELEBRATION

WHERE: AIRFORCE BEACH
WHEN: SATURDAY, 1 JULY 1995 - 3PM TIL DUSK
ADMISSION: FREE
OPEN TO THE GENERAL PUBLIC

Beach Games..Face Painting..Flying Air Display..Old Fashioned Water Slide..Kite Flying..Kiddy Fish Pond..Sand Castle Contest..Puppet Show..Free Rides on Little Toot..Lots of Family Fun!!!!

FIREWORKS DISPLAY

Bicycle Raffle
** Kids - Wear Red and White, And get a Free Treat!! **

Food Concession Available (3-8PM)
Bus Shuttle Service From
Base Arena
Watch For more Info to Follow

Upcoming Events!

Recording Your Memories Through Pictures

This is a workshop on photography and the use of the Camcorder. Mcpl. Rod Cando from Base Photo will be on hand for discussion and to share information on getting the best pictures. The Camcorder that will be used for this workshop is the one that is available to loan from the CMFRC: a Sharp VHS Slimcam

Date: Wednesday, June 21st

Time: 7:00 pm

Location: CMFRC

Cost: No Fee

Registration: Call 339-8290

Information Session:

Earthquake Preparedness

There will be a video and discussion on preparing your house and family for the possibility of an earthquake. Presented by Tom Miles from St. Johns Ambulance.
Date: TBA sometime in July
Time: 7:00 - 8:30 pm
Location: CMFRC
Registration: Call 339-8290

Child Care Programs

Kinnikinnik Childcare Centre

Registration for September 1995 is now being accepted at the CMFRC, for our new centre's preschool, day care and after school care programs. The birth certificate and immunization record must be presented at time of registration and there will be a registration fee. For more information call 339-8290.

Summer Fun Program

Register now at the CMFRC for our Summer Fun Program to be held in July and August on Tuesdays from 9:30 - 11:30 am

Fees:	Session I (July)	\$20 / child
	Session II (August)	\$25 / child
	Drop-In Fee	\$6 / child

Toy Lending Library

Wednesdays between 1:30 and 4:00 pm. Membership is only \$10 per family for one year.

Youth Activities

Teen Dance

Friday June 16th at Wallace Gardens Community Centre. (Located next to the Canex on Little River Road.) Cost is \$2.00 / person. 7-9 pm ages 13-15 & 9-11 pm ages 15-18. For more information call Jill Sturrock at 339-8290

Mountain Bike Excursion

Anyone interested in spending a fun filled day riding on Sunday June 18th from 12:30 - 2:30 pm should call the CMFRC to register at 339-8290. There is limited space available so register early for this exciting adventure. Everyone will meet in the Canex parking lot at 12:30. Participants must bring their own bikes, water bottles & water and wear a helmet.

Comox Air Force Museum

MUSEUM GIFT SHOP

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Sat, Sun, Holidays
(Closed Mon thru Fri)

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

Vous déménagez à Cold Lake?...

Programme de la maternelle à la 11e année

Venez inscrire votre enfant avant votre arrivée en Alberta pour l'année scolaire 1995-96.

L'enfant doit avoir cinq ans avant le 1er mars 1996 pour s'inscrire à la maternelle. Le transport scolaire sera gratuit pour tous les élèves de la région.



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Kids!! Essay Contest

WHAT DOES CANADA MEAN TO YOU?

Ages

5 & Under - Draw A Picture
6-9 - Picture Plus 50 Words
10-12 - 200 Word Essay
13 & Up - 300 Word Essay

OVER \$200.00
IN PRIZES

Winners to be Announced on Canada Day, at Air Force Beach

**Submit your entry with your name, age, address, and phone * (attached separately) to the Wallace Gardens Community Council office by Friday the 22nd of June. Located in the Canex Building Or Mail To Box 460, Lazo B.C., V0R2K0

For More Info Call Linda At 339-8211 Loc 8571 or Sandy 339-2173

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3. The Langouliers.....King
4. Everville.....Barker
5. Until Forever.....Lindsey
6. Undue Influence.....Martin
7. The Tea Planter's Bride.....Rogers
8. Mask of Time.....Gabriel
9. Tunnel Vision.....Peretsky
10. Floating City.....Lustbader

**19 Wing
Admin '95
Spring Golf
Extravaganza**

The 19 Wing Administration Branch held its 1995 Spring Golf Extravaganza on Tue 9 May, which consisted of: Partner play, alternate shot, string assisted, revised calloway (say all that in one breath) Tournament.

Altogether 38 of the finest Admin Branch hackers hit the links and when the last ball mark was fixed the top teams were:
Low Gross: team of Lt Cathy Segriff and WO Mark Ouellette.
Low Net: team of Mrs. Valerie Burgey and Cpl John Salows.

Fun was had by all and still the echoes of some of the groupings are heard across the fairways such as: "Your string can't save you now," "Mine's longer than yours" and "Give me back my UMBRELLA."
Admin Branch II Golf Classic is scheduled for 29 Aug. Details to follow.

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All ranks welcome

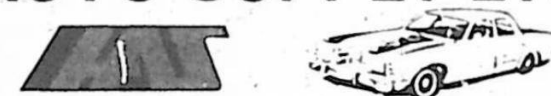
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Local 8163

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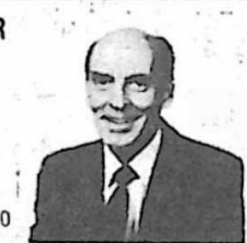
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Public Announcements

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.

**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.

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.

**Did You
Know???**

The Wallace Gardens Com-
munity Council is sponsoring
roller blade skating at the Glacier
Gardens Ice Arena every Friday
night, starting May 12, from 1800
- 2200 hrs. This will be carried on
throughout the summer. There
will be a cost of 50 cents per per-
son.

If you have any questions,
please call Sharla Hunter (339-
2568) or Linda Jeffrey (339-8211,
ext 8571).

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.

**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.

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

**ARENA
ANNOUNCEMENTS****Summer
Arena
Happenings**

- Every Tue & Thur 11:30-12:30 hrs. Noon Hour Pick-up Ball Hockey (military personnel only).
- Base Team Ball Hockey League Games:
Sun 19:00-22:30 hrs.
Thur 19:00-22:30 hrs.
- Friday evenings: PMQ Association - Roller Blading commencing 12 May 18:00-22:00 hrs.

**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.

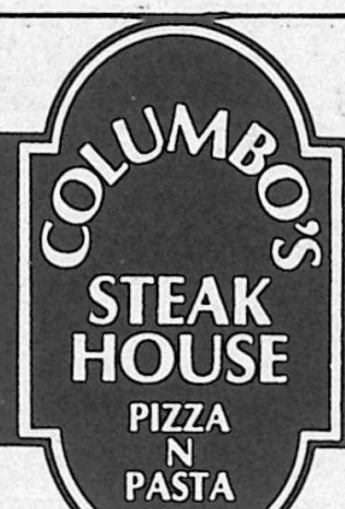
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9:00 am - 5:30 pm**

Noon hours: 1130-1230 hrs
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Commencing 6 May 95
Weekends: 1300-1600 hrs
Fee: \$1.00
Dependents & civilians



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WING NIGHT every Tuesday ...
all you can eat Chicken Wings
for the amazingly low price of
2.25 each!



649 Anderton, Comox 339-5400

On & Off the Base

Comox Roadkill Makes a Great Splat!

The May long weekend, 20 - 21 May: sunshine and three days off. A time to relax and enjoy life? Maybe catch up on things at home? Or even hop in the car and camper and hit the road? Perhaps. How about running 210 kilometres from Courtenay to Mill Bay? Sound like fun? Well... a motley group of slightly demented masochists under the label of COMOX ROADKILL thought it would be a fun thing to do! And so they entered and competed in the 10th annual Island Farms Road Relay. Ten runners each had to run between 8 and 14 kilometres on both days.

The team consisted of folks from all corners of the base, along with a couple of significant others. Mike Stovozuk (407 Photo) acted as organizer, captain, coach, dictator, driver and Procurer of Baseball hats. His occasional dictatorial outbursts were kept in control by his better half, Marilyn Morin. Her sweet demeanour, timely glances and soothing words ensured that the health and safety of the other team members were preserved.

Kelly Christenson (407 Armament) and Ted Konrath brought along the team's mascot: a micro-mini-terrier-of-terror named Dusty. The itty-bitsy canine supporter proved to be a versatile asset to the team by slowing other teams' runners down as they tried to figure out what it was, by guarding team articles and the team van with ferocious growls (yip! yap! yap! woof!), and by encouraging ROADKILL mem-

bers along. (Pick up those feet and watch your ankles!) Liz Howe (W Hospital) provided medical and pharmaceutical assistance and motherly advice as well as roadside gyration cheer-leading.

Darin Ross (W Traffic) and wife Carol were also back on the road assisting with driving and roadside boogieing respectively. Carol was also involved in a messy battle with the Team Captain which involved squirting water, vaseline in Mikey's ear and Carol wearing 250 millilitres of orange juice. Darin wisely stayed out of the way - as did the rest of the squad. Marty Cote (WCE), referred to as "Dad" ("Old Man" and "Pops" were also used) provided paternal nurturing, graphic artistry on the team banner and earned widespread recognition for his aerobic wiggle-dance. Many cries of admiration were noted. ("What is that guy trying to do?" "Weirdo!")

Chris McCarthy (WCE) survived despite a cold which had him feeling the urge to cough up all or part of his lungs. His oatmeal chocolate chip cookies nourished the ROADKILL bellies, his groovy tunes kept feet moving, arms waving and bodies boogalooing. Also, as T-shirt fashion designer, he ensured the crew were finely attired. Finally, Chris Rosee (442 Servicing), the ever-smiling one, was once again the team's secret weapon of ultimate speed. The other velocity-challenged ROADKILL were awed by his ability to run so far and so fast without even breaking

a sweat.

The team completed the grueling ordeal in approximately 18 hours, which placed them somewhere in the back of the pack of 88 teams. However, speed was not the primary aim - a good time was! And a great experience was shared by all from the early 0300 a.m. wake-up for the 0500 a.m. start, to the roadside cheering and dancing, to the searches for timely washroom stops, to the thirst quenching relief of water from Liz's pink bottle under the baking sun, to the dinner at the Keg in Nanaimo ("May I have a VERY LARGE beer, please?"), to the individual satisfaction (and tremendous relief) of completing each stage, to the stiff muscles and sore bones on the second morning, to the final euphoric rush enmasse with banner flying and tunes blasting across the finish line in Mill Bay - the COMOX ROADKILL made a great splat!! More importantly, everyone survived. And, yes, there was enough energy to smile at the end... though brain power may have been a little low because it was generally agreed that the team would have to get together in 1996 to do the 210 KM again! (Wow!)

The team would like to thank the base for its support and Brenda Roy for being our volunteer to help out with the relay. Finally, a big thanks goes to Team Captain Mikey for all his effort in getting the ROADKILL crew on the road and home again safely! Remember, no pain - no gain. We gained an awful lot!!

Roadkill Team



"...a motley group of demented masochists."



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NEXT DEADLINE 7 JULY

GOOD HEALTH. GOOD FOR YOU. GOOD FOR THE CF.



If you're in good health, you'll accomplish your daily tasks with ease, and be less tired at the end of the day. You'll have more energy to enjoy your family, your friends, and your leisure time activities. You'll also be better able to deal with emergencies when they arise.

But good health doesn't come by chance. It results from many individual, positive choices that you make. Choices about active living and physical fitness, for example. Choices about healthy eating and coping effectively with stress. The choice to drink alcohol responsibly. And the choice to abstain from smoking and the use of other drugs.

The good health of individual members provides a strong foundation for other values held in high esteem by the CF. Teamwork is one of these values, as are adherence to the chain of command and a sense of mission. The CF also takes pride in its commitment to discipline, duty, honour, and loyalty. All of these values are essential to the operational readiness of the CF and crucial to the success of any initiative.

In short, good health is absolutely fundamental to being an accomplished CF member. But achieving it is sometimes easier said than done. Take quitting smoking, for example. Many people try several times before they quit for good. Losing weight can have its ups and downs too.

To improve your health, you often have to give up something. Physical activity, however, is a little different.

Here you take up something. By adding the right activities to your daily routine, it can be positive and pleasurable right from the start.

If you have health habits you want to improve, it will help if you have a plan. Get a piece of paper and a pen, and take a few minutes to respond to the following statements:

- I would like to make changes in the following area or areas (e.g., stress management, diet and nutrition, body weight, physical activity, smoking, alcohol) ...
- These are the changes I would like to make ...
- Here are some things that will help me to succeed ...
- This is what I will do to get started ...

Keep this sheet and review it from time to time. It will remind you of your thoughts and desires, and let you check and see how you're doing.

As you pursue your goals, be patient! Keep Mark Twain's wise advice in mind. "Habit is habit," he said, "not to be flung out the window by anyone, but coaxed downstairs a step at a time."

Finally, if you have several areas where you would like to improve, don't tackle everything all at once. Make progress in one area, then move on to the next. A series of small successes will add up to one large victory.

**STRENGTHENING
THE FORCES**

STEAK AND LOBSTER



DINNER AND DANCE

At the Junior Ranks Mess Friday 30 June

Featuring

Advanced Tickets
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The **MALLOOMBA BOOGIE BAND**

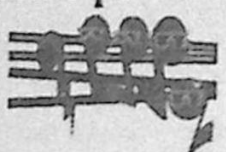


Cocktails start at 1800hrs.

"Feeding Frenzy" at 1900hrs.

\$15.00 per Member

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Advanced Tickets On Sale
29 May UNTIL 1500hrs 23 June

By Acquittance Roll or Cash at
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Acquittance Roll only at the Bar



FISHERMAN'S BINGO

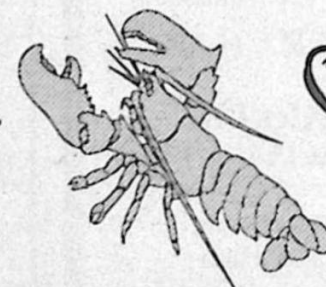
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