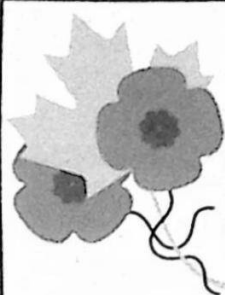


**Scope
Wizards
at
Comox**
....page 10



**CANADA REMEMBERS
LE CANADA SE SOUVIENT**

**Buy a Poppy
help a Vet**

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TOTEM TIMES

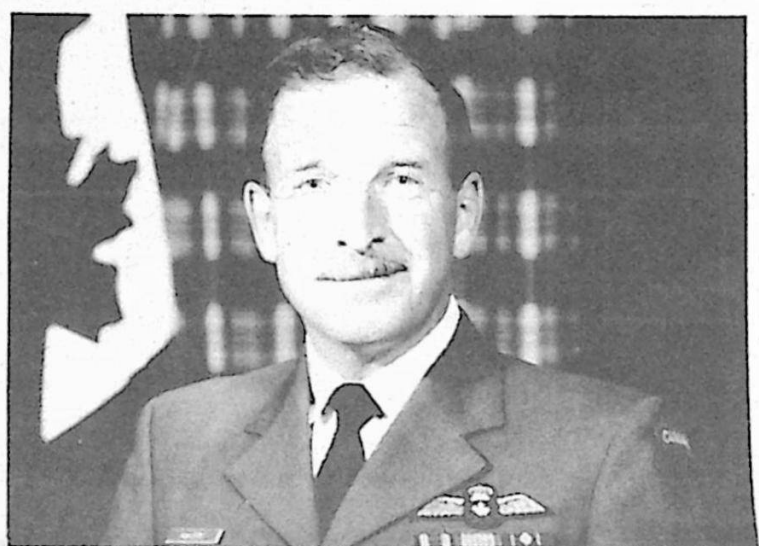
19 Wing CFB Comox B.C.



VOL 37 NO 14

THURSDAY 19 OCTOBER 1995

COST: PRICELESS



The Way Ahead *by Col Brian MacLean, WComd*

You've probably all seen the reports in the media: "CF study shows rank and file dissatisfied with senior leadership," or words to that effect. The CF-commissioned and recently released Phillips Group survey did indeed show that only 16 per cent of those questioned had confidence in the senior leadership of the Canadian Forces. The report also showed that DND employees were concerned about downsizing initiatives, rapid change and their place in the overall picture.

While this is clearly negative, I can't say that it's unexpected or unwarranted given the fiscal and geo-political realities that we now face. It's a response that one might expect from the personnel of any large corporation in these stressful times.

However, the CF are not a large corporation and the survey was quick to point this out when it noted that military personnel also said they were still proud to wear their uniforms and still motivated to serve their country. That's the key. Military service in Canada is unlike any other job; it entails a commitment to country, democratic ideals and a way of life that we are charged to defend.

The Air Force, as part of the Canadian Forces, is going through a massive reorganization process right now. We are reducing the numbers of personnel - military and civilian - at this wing and across Canada. Bases are being closed and reduced in size and function. Services that we took for granted are disappearing and all are being asked to work harder and longer. Pay increases are frozen but the cost of living is still going up. A lot of us are wondering whether new equipment is forthcoming.

I'm going to be honest with all of the personnel at 19 Wing. These are not easy times. I know the anxiety and frustration that's out there on the flight line. These are difficult times and yet I'm asking all of you to stay motivated and committed.

That's where Project Glacier comes in. Project Glacier is 19 Wing's re-engineering plan. It's a dedicated cell of officers who are working to rethink the way this wing operates. As Defence 2000 is the national program, Project Glacier is our local initiative.

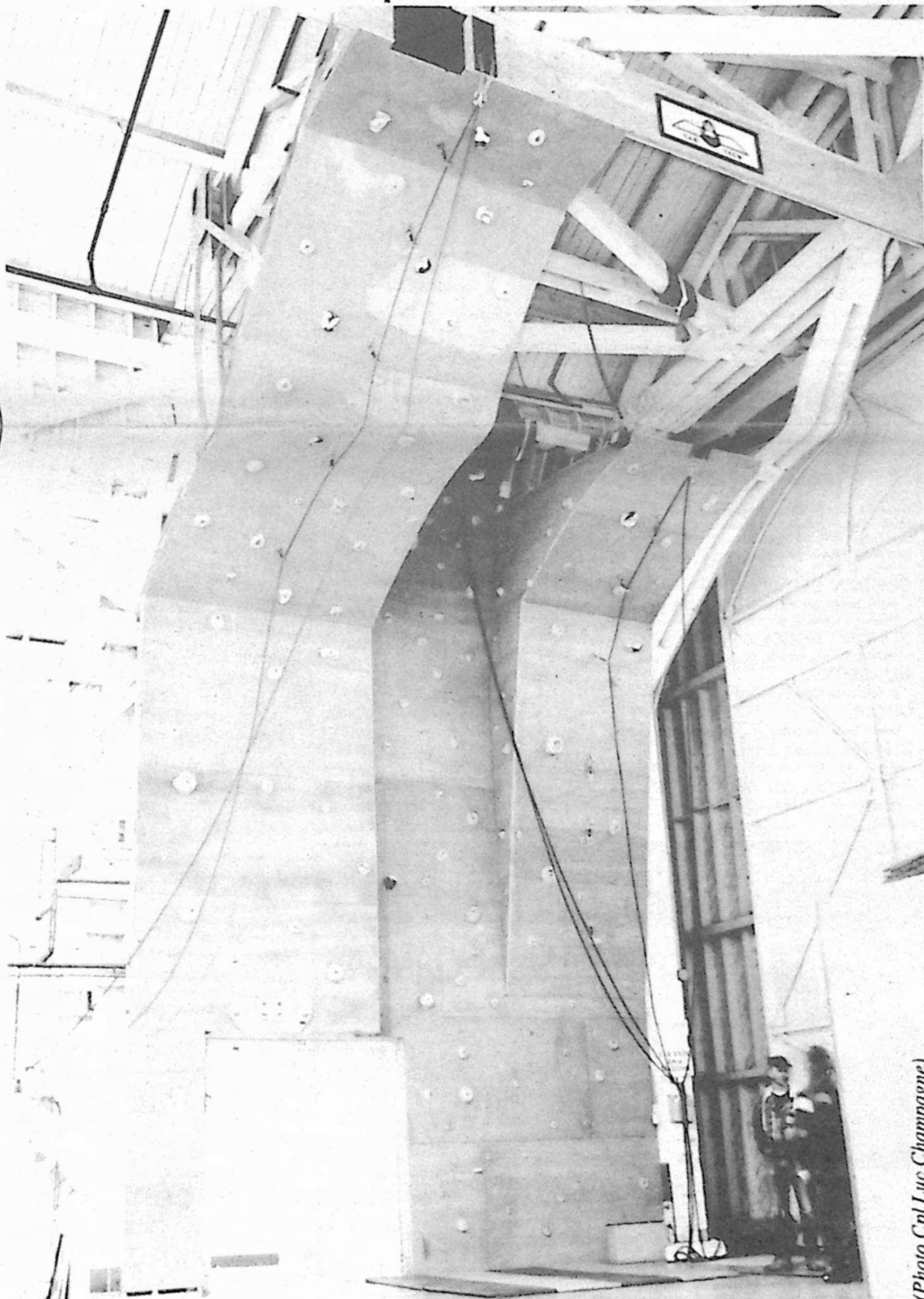
Fiscal restraint is forcing us to make tough decisions, not stupid decisions. The aim of Project Glacier is to make the right decision and not to hack and slash at random in order to come up with a cost saving. That is, to determine the best way of maintaining the operational integrity of this wing with less infrastructure, people and money. Project Glacier will seek to include all members of 19 Wing in the decision-making process, to work as a team and get on with the job ahead.

I want everyone at 19 Wing to see re-engineering as his or her personal interest. I want to hear your ideas on how we can do business better. Are there problems with the system that are costing us money? Is there a better way? Can we do the job easier, safer or less expensively? These are the questions that I need answered.

We need to communicate. In the upcoming issues of the Totem Times, I will continue to show how the initiatives of Project Glacier are working for you and the wing.

I said earlier that these are difficult times, and they are. But these are also challenging times, testing all of our abilities to react to change and provide realistic, workable solutions. In order to do that, we are going to have to work together, towards a common goal. We are also going to have to remember that ours is no ordinary job and any efforts expended towards the preservation of our service to the Air Force is energy well spent.

Up the Wall!



(Photo Cpl Luc Champagne)

New climbing wall in 1 Hangar will test and develop the skills of 442 Sqn SAR Techs. See article on page 2.



Make a date for November 11



Remembrance Day 1995

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Climbing the Walls....

by MCpl Jeff Warden

In the wake of their cohorts from other units across Canada, the 442 SAR Techs have finally received their climbing wall, and what a wall it is. With such routes as Easy Rider, Mother Jugs, Speed, and Bad Hangover, many would fantasize a Hollywood style cruise up the grand wall. However, reality soon sets in as one embarks on an expedition up one of these monoliths.

While under construction, there was no shortage of advice and criticism from the casual pas-

serby leading those of the construction crew to believe that there was a keen interest as well as a large consortium of hard core climbers in the ranks of 442. Well it's time to put up or shut up - literally!!

As this article goes to press there is yet to be a print of human origin on the summit of Mount Turner (named for one of the CE builders) and the Royal Geographic Society does not anticipate one in the next decade. The wall itself was "a long time comin'" as they say. However,

with a little perseverance and a tiny bit of coercion, the wall construction commenced early in April with the final touches taking place in late September 95.

The rules for acquisition of a permit to plan your assault on this rock are still under review. However, it is anticipated at this time that 442 members will be the first to put their names at the summit of this lofty height and subsequently in the annals of SAR Tech history. Until then you'll have to watch the men in orange perish as they meet their maker.

Peacekeeping Support - a part of CFB Comox

by Capt David
Krayden, PAffO

Through its Blue Ribbon Campaign, CFB Comox is remembering many Canadians and it is celebrating a legacy of peacekeeping. Right now, 52 Comox personnel are serving on UN missions in the sands of the Sinai, the jungles of Rwanda and the heat of Haiti. On Tuesday, 24 October, UN Day, we will remember the 50th anniversary of the founding of the United Nations.

For the past number of years, in places like Bosnia, Canadian peacekeepers have lived in a twilight world somewhere between front-line combat and traditional peacekeeping. It has been called peace restoring, peacemaking, peace enforcement - what it is, is dangerous, and the latest evolution of a distinctly Canadian commitment that goes back some 30 years.

The idea of a multi-national peacekeeping force that can be quickly deployed to potential or actual war zones anywhere in the world is a singularly Canadian notion. Before he became prime minister, Lester B. Pearson spent many years with the United Nations, helping to define the scope, powers and objectives of that new organization. Following the Suez Crisis in 1956, Pearson proposed that the United Nations sponsor an international peacekeeping force composed of UN member states. Canada, of course, would

be one of those member states. During the Cold War, it was reasonably easy to predict where peacekeeping resources would be needed. The division between the nations of the North Atlantic Treaty Organization (NATO) and the Warsaw Pact guaranteed a relative geo-political stability. UN efforts were generally directed at those non-aligned areas of the world unaffected by formal alliance systems (such as the Middle East). The collapse of the Soviet Union may have brought personal and economic freedom to its former serfs, but it has also eradicated the stability and certitude that cling to authoritarian states.

Today, the UN may be called upon to send peacekeepers to many far-flung areas of the world - To Croatia, Cambodia, Somalia or Rwanda - and what they do when they arrive won't necessarily be peacekeeping any more. The war may not be over or just very near to beginning again.

Still Canada remains committed to peacekeeping. It does so because the Canadian military is a professional, well-trained force that is accepted around the world on its merits and ability to objectively engage in conflict resolution. Canada is also committed to saving lives around the world, to ensuring the distribution of food, medicine and other relief supplies to needy people and to maintaining world stability.

The Air Force personnel of 19

Wing are today deployed around the world with peacekeeping missions. They are not just flying in the relief supplies either; Air Force personnel are on the ground as well. Increasingly, that ground is dangerous to walk on - literally - as land mines have caused many tragic deaths among Canadian peacekeepers.

Peacekeepers from CFB Comox who are deployed on peacekeeping missions never know exactly what to expect. They are sometimes given little time to prepare for their departure. They will have to leave their families behind for at least six months, but maybe longer. They are briefed on the latest developments in their area of deployment but these often change daily. When they return, they will probably receive little publicity over an experience that might well have changed their perspective on life. But almost certainly, they will not regret having served that time.

They will not regret the hardship or the loneliness because they will feel a sense of accomplishment. They will have left their mark as a Canadian somewhere else in the world. They will have eased suffering.

They will have done something. That is what peacekeeping is all about for most of those who serve. That is what this October 24 will be about.



Buy a Poppy
Help a Vet

Peacekeeping contingent



Available 19 Wing personnel who had ever served with a UN peacekeeping mission gathered for a group photo last week. The Buffalo aircraft in the background is significant, not only since it has been extensively used by the UN over the years but because of one being shot down over Syria on 9 August 1975 with the loss of nine lives. The pilot of that aircraft, Capt Gary Foster, was stationed at Comox and the tragedy marked the greatest single loss of life ever endured by Canada in a peacekeeping operation.

2nd Annual Blue Ribbon Oct 24

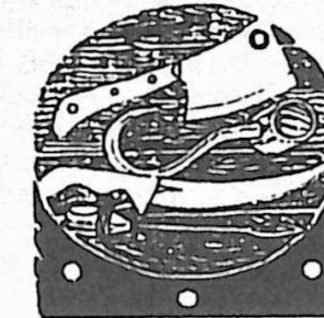
by
Capt David Krayden,
Wing PAffO

Canadian Forces Base Comox will mark the 50th anniversary of the United Nations this October 24 with its second annual Blue Ribbon Campaign. The ribbon distribution will commemorate the significant contribution of the Canadian Forces towards peacekeeping and the achievements - and tragedies - of some Comox Valley residents who have served overseas with the UN.

From now until October 24, blue ribbons will be available to the public. The ribbon, which is attached to the lapel of a jacket by a Canadian flag pin, signifies moral support for Canadian peacekeepers. Members of the public are invited to wear the blue ribbon to recognize peacekeepers from Comox and across Canada.

Though Canada has not lost a military life in war since 1953, over 160 Canadians have died while serving with UN peacekeeping operations. Some of those have resided in the Comox Valley and two local families have lost sons to peacekeeping activities in the last 18 months. Local base personnel are today serving in dangerous war zones, far from family and familiarity. Canada's Air Force has provided the bulk of peacekeepers to the United Nations Mission to Haiti and continues to do so.

"CFB Comox was the first Air Force base in Canada to organize a Blue Ribbon Campaign. Peacekeeping remains an important role of the Canadian Forces and Air Force personnel from this base are serving with the UN force in Haiti at this time. The Blue Ribbon Campaign is our invitation to the local community to show their support to the tremendous work our personnel are doing," said Col Brian MacLean, CFB Comox base commander.



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- 4 lbs. Boneless Pork Leg Roast
- 2 lbs. Boneless Chicken Breasts
- 2 lbs. Lean Bacon
- 3 lbs. Ham Steak
- 2 lbs. Pork Back Ribs
- 3 lbs. Black Forest Ham
- 2 lbs. Cornish Game Hens
- 2 - 1 lb. Porterhouse Steak

\$165.00

Bachelor Package

- 2 lbs. Rib Eye Steaks
- 3 lbs. Ground Round
- 2 lbs. Back Bacon
- 3 lbs. Beef Back Ribs
- 2 lbs. Butterfly Pork Chops
- 2 lbs. New York Strip Steaks
- 2 lbs. Boneless Chicken Breasts
- 3 lbs. Boneless Pork Loin Roast
- 2 lbs. Cornish Game Hens
- 3 lbs. Cut-Up Fryers
- 3 lbs. Bacon
- 1 lb. Chateau Briand
- 3 lbs. Pork Back Ribs
- 1 lb. Veal Cutlets
- 2 lbs. Pork Cutlets

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- 6 lbs. Stewing Beef
- 10 lbs. Pork Chops
- 10 lbs. Chuck Steak
- 8 lbs. Round Roast
- 6 lbs. Beef Sausage
- 6 lbs. Pork Sausage
- 10 lbs. Bacon
- 10 lbs. Cut-Up Fryers
- 8 lbs. Pork Butt Roast
- 8 lbs. Cross Rib Roast
- 6 lbs. Sirloin Tip Steak
- 6 lbs. Roasting Chicken
- 8 lbs. Ham, bone-in
- 10 lbs. Hamburger Patties
- 4 lbs. Pork Steak
- 5 lbs. Soup Bones
- 4 lbs. Liver
- 5 lbs. Spare Ribs

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Economy Package

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- 6 lbs. Ham, bone-in
- 6 lbs. Round Roast
- 5 lbs. Round Steak
- 3 lbs. Liver
- 5 lbs. Soup Bones
- 4 lbs. Sirloin Tip Steak
- 5 lbs. Beef Sausage
- 5 lbs. Pork Sausage
- 5 lbs. Bacon
- 4 lbs. Pork Steak
- 6 lbs. Pork Butt Roast
- 6 lbs. Cut-Up Fryers
- 5 lbs. Roasting Chicken

\$279.00

No Beef Package

- 6 lbs. Cut-Up Fryers
- 5 lbs. Roasting Chicken
- 4 lbs. Cornish Game Hens
- 10 lbs. Turkey
- 6 lbs. Pork Chops
- 6 lbs. Pork Butt Roast
- 4 lbs. Pork Steak
- 3 lbs. Veal Cutlets
- 5 lbs. Bacon
- 5 lbs. Pork Sausages
- 3 lbs. Beef Liver
- 5 lbs. Smoked Ham
- 5 - 1 lb. Medium Cheddar
- 5 lbs. Pork Side Ribs
- 5 lbs. Chicken Legs
- 5 lbs. Chicken Breasts
- 5 lbs. Chicken Wings
- 4 lbs. Pork Cubes
- 3 lbs. Pork Cutlets

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United Way



**Give
Where
You
Live!**

The 1995 19 Wing Comox United Way Campaign is almost drawing to a close. Some sections are almost completed and the results have been most successful. Our campaign will run until 31 Oct, but if you have been missed, or wish to contribute after that, please contact one of the United Way reps.

Our combined wing goal is \$25,000 and we are approximately 45% there (at the time of writing this article) with 47% of the Wing canvassed. The various unit/section reps have and will continue to canvass all individuals.

The Comox Valley United Way plays an important part in raising funds for non-profit community organizations in the valley. This year the Comox Valley United Way will be distributing the funds among 27 local agencies. By relying heavily on volunteer canvassers and administrators, the United Way is able to allocate almost all monies raised directly to the agencies.

All funds raised at the wing will be distributed locally. In this way, all our donations will be helping everyone in our community. This year over 12,000 Comox Valley residents will benefit from donations to the United Way.

Photo Radar: A rebuttal by John Hoadley

Mr. Editor:

I can only assume you have been nodding off for the past 11 years as it seems in the last decade we have surpassed anything George Orwell may have dreamed, even when on bad grass.

With the proliferation of electronic eavesdropping and surveillance equipment in common use, particularly in government buildings (how about the washrooms in our major airports); the information available on any one of us through the computer network (note the Pharmacia now counting your pills), have no doubt that Big Brother is keeping very close track of us all.

The next step, of course, is the moneyless society - just around the corner. Then Big Brother will know where every one of your pennies goes!!

So, Mr. Editor, please don't be upset at photo radar, particularly when compared to the systems already in place. Yes, the Ontario Cabinet did ban photo radar but not for the reason of protecting the motoring public: it is rumoured that the ban stemmed from a desire not to be caught with their mistresses!

(Editor's comment: In a discussion with John, he pointed out one important use for photo radar, namely at busy intersections, to catch red light runners. My chief objection is to random location of these diabolical devices. John, a former Inspector in the RCMP, is first VP at 888 (Komox) Wing, RCAFA.)

Comox hosts major Maritime Exercise

Residents of the Comox Valley can expect to see more aircraft in the skies than usual during the next two weeks. From Oct 16-27 the base will be participating in Exercise MARCOT.

During this international maritime patrol exercise, 19 Wing Comox will host about 250 additional personnel from CFB Cold Lake, CFB Winnipeg, CFB Greenwood, the US Navy and the

Royal Australian Air Force. Additional aircraft will include six CF-18s, one Challenger, three S3-Bs and a KC-130 tanker.

As well as providing an opportunity for interaction between the maritime air forces of Canada, the US and Australia, MARCOT will test the operational effectiveness of 407 Squadron and the CP-140 Aurora aircraft which it flies.

CDS Letter

DND Military & Civilian Employee Feedback Survey

Many of you recently completed the DND Military and Civilian Employee Feedback Survey. The survey was conducted by the Phillips Group consulting firm to help commanders and senior management better understand the impact that departmental reorganization is having on you.

As promised, here is a summary of the survey; the complete document is available from a number of sources including your local public affairs office and the base family resource centre. The results clearly show the pride and commitment you have in the Department and the Canadian Forces, but also demonstrate that you have concerns over issues of leadership and communications.

You told us that the future direction of the Department and the Canadian Forces has been poorly communicated and that you are unsure as to how the changes will impact on you. In order to maintain multi-purpose, combat-capable forces in this period of government-wide spending cuts we must implement radical change. But, we realize it is essential that you have as much information as possible about what is happening and how it will affect you. We are committed to finding more effective ways to keep you informed. Work is under way at all levels - NDHQ, commands, bases and in theatres overseas - to develop better ways of ensuring you receive up-to-date information on a quick and regular basis. We are also looking for your feedback and urge each of you to raise your concerns and suggestions through the chain of command. You will get answers.

Watch for flyer on Raffle and Silent Bid on 11 prizes in the upcoming week.

GIVE WHERE YOU LIVE!



Un projet d'alphabétisation familiale est en train de voir le jour dans la vallée de Comox. Les bailleurs de fonds sont Canada emploi et immigration, Ministry of Skills and Labour, et le secrétariat national pour l'alphabétisation.

Ce projet regroupe trois organisations communautaires: Educacentre pour les francophones,



Gen A.J.G.D. de Chastelain

his visit to bases and field units have led to the establishment of a "Quality of Life" team. Its task is to deal with issues such as pay, housing, and work environment - issues that affect job satisfaction and performance. The Department is also proceeding with major capital acquisitions, such as the APCs, to ensure military members have the equipment necessary to do their jobs safely and effectively.

Our problems are team problems that we all have a stake in finding the best possible solutions. The challenges may seem formidable, but we have excellent people who can work together to build the skills, confidence and mutual respect required to meet those challenges.

We wish to thank those of you who took the time to participate in this survey and appreciate the feedback received.

Le Chef d'état-major de la Défense Générale
Gen A.J.G.D. de Chastelain,
Chief of Defence Staff

Association Francophone de la Vallée de Comox

C.A.L.L.S. (adult learning centre) pour la population anglophone, et le Native Band pour la population autochtone.

Les activités et les ateliers de ce projet seront annoncés plus tard cet automne. Si vous êtes intéressé en tant que bénévole ou si vous connaissez quelqu'un qui serait intéressé par nos services, appelez-nous: Française, Educacentre, 334-8884.

Family Literacy Programme

A family literacy program has been started in the Comox Valley. It is sponsored by Human Resources Development, the Ministry of Skills, Training and Labour, and the National Literacy Secretariat.

This project regroups three community agencies: Educacentre for the French community; C.A.L.L.S. (adult learning centre)

for the main population; and the Native Band for First Nations.

We are in the process of developing workshops and activities which will be advertised later in the fall. If you are interested as a volunteer, or if you know someone who could use our service, contact us: Heather, Comox Band Office, 339-4545. Vichay, C.A.L.L.S., 338-9906. Française, Educacentre, 334-8884.



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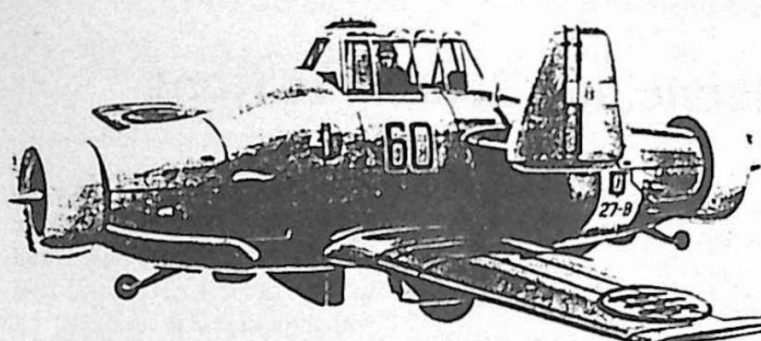
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Trivia Eh?

CAPRONI-MORONI C2 "SCUD" EXPERIMENTAL FIGHTER: When the tide of war turned against it, Fascist Italy turned with the tide. The C2, or "SCUD," was one direct result. The engineers of Aeronotico Piccolino Abagano Elari Quattori in Turin were charged with designing an aircraft of modern fighter type that could, should word come in mid-air of another change in Italian allegiance, instantly reverse course and become part of the now friendly force. Thus the unique two-engine configuration, central cockpit with swivel seat and dual controls facing fore and aft. Time for the SCUD (meaning "Scuderia con corso il travea," or "turncoat") to switch directions and sides was set at less than two minutes from a top speed of 265 mph by airforce consultants. This performance criterion was never tested, much less met, since pilots refused to attempt it, except on the ground with an ambulance close by. One pilot did take the sole SCUD prototype aloft, but once airborne decided to visit his mother in Salerno and wrecked the craft crash-landing on a nearby beach. The SCUD was painted gold by artisans formerly employed in upkeep of the Sistine Chapel. A remarkable feature of the plane, considering its fighter designation, was its total lack of armament. The designers successfully resisted all attempts to ruin its unbroken lines with ugly guns.

Red Knight Response

Dear Editor:

Reference the article "Jack of all Trades" in the 28 September edition of your superb newspaper. My logbook tells me that I first flew a T-33 in the RCAFA in November 1951. Admittedly, it was an Allison-engined ex-USAF model. We obtained several of these in 1951 pending the production of the Canadian Nene engine model.

I first flew the Canadian ver-

sion in May, 1952. I ferried two of the originals to Greece and Turkey in 1954 - one of which had no ejection seats. I continued to fly the T-bird off and on until September 1979, for some 3500 hours. I had the pleasure of flying the bird in 1959-60 as a solo acrobatic show. A pain in the butt, but a pleasure to fly.
Bob Hallowell,
888 Wing member

RCAFA Ladies to hold Bake Sale: Oct 21

888 Wing RCAFA Ladies Auxiliary will be selling baked goodies in the Driftwood Mall from 9:30 am to 2:30 pm on Saturday, 21 October. L.A. President, Pauline Ireland, says there'll be a delicious variety on offer, and asks all 888 Wing ladies to donate examples of their culinary art. The sale is in aid of the Air Cadets.

NEXT DEADLINE 10 NOV.

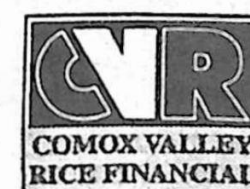
ANNOUNCEMENT



Kim Vogel

The directors of Comox Valley Rice Financial Ltd. are pleased to announce that Kim Vogel has joined the firm as a Financial Advisor. Kim brings with him 15 years of experience in the Financial Services industry, specializing in personal financial planning.

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Fort Spuzzum

by Lloyd Bailey

The Royal Engineers laid the foundations of much of British Columbia. Between 1858 and 1863 they planned towns, surveyed land, settled disputes, diverted rivers, produced maps, established the international boundary, and built astonishingly longlasting trails and roads. Their tasks took them from Victoria north to Barkerville and east to the Rockies, and most of these pioneering men and women, who had made the long trip out from England, settled in the colony. It was at Fort Spuzzum that they made their most curious contribution to the early history of the goldrush era in B.C. history.

The tiny village of Spuzzum is located slightly above Yale on the Fraser River canyon highway as one proceeds to Lytton. It is very close to the sites of the three Alexandra Bridges built to cross the Fraser River from the west side. The original bridge is long gone, the second is visible as a tourist attraction while the third is in modern use. But it is the 1863 construction of Fort Spuzzum, of which there is only the trace of a retaining wall high above the turbulent Fraser River, which interests the historian of colonial military heritage.

Work on Fort Spuzzum commenced following the dire warning of Ned McGowan's War in January of 1899 at Fort Yale. McGowan and his California miners were keen on defying British authority in the goldfields and acted against the orders of the local magistrate, Captain Whannell, once too often. Governor James Douglas ordered 25 Royal Engineers under Colonel Richard Moody to traverse to Yale along with 50 Royal Marines under Captain John Grant. They were

led into the Hill's Bar country by an Indian complement led by Lieutenant Richard Mayne of the Royal Navy. Once ensconced at Fort Yale, the show of military force overawed the jumpy Americans and McGowan surrendered to a court trial presided over by Judge Matthew Begbie. His court was reinforced by Gold Commissioner Charles Brew and numerous constables. Heavily fined, the upstart McGowan left the Fraser Canyon much more respectful of British justice and the determination of the colonial authorities to prevent an American takeover of the virgin colony.

Fort Spuzzum, located well above the floodwaters of the lower Fraser River could command respect for British authority in the heyday of the goldrush. The Caribou Wagon Road would be its link with interior diggings, started in 1860 and completed for travel in 1863. The fortress was to overawe the troublesome Indian population as well, for many Hill's Bar miners fell victim to their assaults.

The project took three years and 300,000 pounds sterling to complete. Built like a three storey tower, of local stone and timbers, the edifice held a commanding view of Hell's Gate and the wagon road traffic for a decade. Tolls were charged for the use of the Alexandra Bridge and mining licenses were issued. The lower courtyard contained a bailey or ward surrounded by barracks for the Royal Engineers. The iron gate came directly from Gibraltar, redundant from reconstruction there. On the second floor were administrative offices and quarters for the officers, with wide walkways extending along the ramparts for the manning of the fort in times of alarm. The



Lloyd Bailey

third floor housed artillery facing in two directions only, north to the bridge and south to the village of Spuzzum. They were never employed.

Fort Spuzzum came to represent an expensive embarrassment to the Colonial Office in London. Hugely costly, its purpose seemed questionable with the closure of the American Civil War in 1865, and the return home of many disillusioned Yankee miners from the goldfields of Barkerville and northern B.C. Bankrupt Vancouver Island Colony merged with the mainland in 1866. An even more financially prostrate B.C. applied to enter the Confederation of Canada in 1871. Fort Spuzzum became an albatross around the neck of the provincial government.

Provincial officials had insisted on the construction of a transcontinental railroad to the Pacific Coast as the premier condition of our joining Canada. The route for that railroad would obviously traverse the Fraser River canyon. Once the surveys for the railway line commenced in 1873, Walter Moberley, the western surveyor, agreed with Major Rogers, the eastern surveyor, that Fort Spuzzum could only be a mammoth obstacle to the construction right-of-way. Accordingly, in March of that year, the now deserted fortress was dynamited into oblivion by men from the Royal Field Artillery Regiment.

Continued on page 9

News from the Round Table

by Lt Hanson

This is one in a series of articles to be written by and about the different sections of 414 Combat Support Squadron. This month we look at Standards and Training.

For those who don't know Sir Cedric's castle floor plan very well, it will surprise thee to find out that there is a hovel just outside the rear drawbridge doors of Hangar 7 where some of his warriors hang their armour. This, if you haven't already guessed, is 414 Squadron's Standards and Training cell. It is here where those who train future T-33 pilots and electronic warfare officers (EWOs) gather to suck on fireballs (spicy jawbreakers) and concern themselves with the running of the T-33 pilot and EWO operational training units (OTU), as well as monitor squadron pilot and EWO training, be it on the ground or in the air.

The section consists of five pilots and one EWO, an air navigator by trade, and is headed up by Capt Keith "Fireball" Esplen (aka "Espo" or "Splinter") as the squadron's Standards Officer. Working with him are Capt Roger "Hurtin" Burton, Capt Darryl "Sticks" Ford, Capt Ken "Side-track" King, Capt Larry "Leisure Suit" Summers and Lt Sean "Hung" Hanson. The experience and background of the section is diverse, ranging from high time jet fighter backgrounds to pilot pipeliner (brand new guy).

The OTUs are a main focal point of Standards and Training



and they therefore deserve some mention. Basically, the pilot OTU is a course ranging from a few short weeks long to a couple of months, depending on the student pilot's background and experience. It is started with a 3-day ground school and then dives right into flying, covering clear hood, instrument, formation and low level navigation flying. Weather/serviceability permitting a student may be expected to fly two trips per day. The EWO OTU is three weeks long and trains air navigators about the aircraft and the various electronic warfare and target systems they will be required to operate. This is followed by five familiarization trips in the different phases of flight (i.e. clearhood, instrument, etc.).

So now you know a little bit about 414 Squadron's Standards and Training. Next month we look at servicing....bet you can't wait.

407 2-Crew Servicing - Second to None

by MCpl Mike Dymond

Hello to all from 2-Crew. Now that our winter weather is upon us, the newcomers to the crew are a little sceptical. They will soon realize that dark and damp will just be a way of life for us climatized folk.

On that note we give our warmest welcome to our new personnel. Cpl Blaine Carlson and MCpl Al Marshall have joined us from Cold Lake, Cpl Kevin Marston (we don't do it like that) from Greenwood, Cpl Yvon Lamothe from 19 AMS, Cpl Guy Desrosiers from 407 AMCRO, Cpl Dawn Meier from Maintenance, MCpl Kevin Battersby from Photo Maint and MCpl Daryl Martel (say it like it is) from 407 Servicing Support.

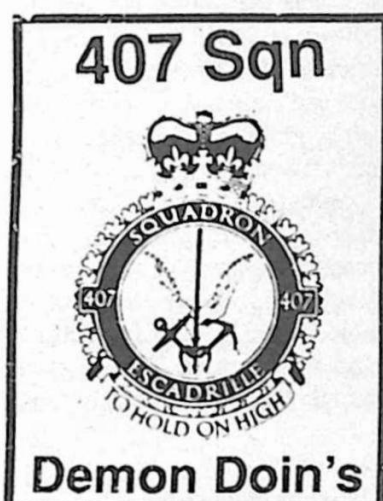
Departing the crew were Cpl Trevor Kendall to Gander, Paul Lascelle off the Charn School (RMC) in Kingston, Cpl Steve Wadams to 407 Maint, Sgt Doug Ashbee to 407 QA, MCpl Rob Egan to 407 Engine Bay and MCpl Phil Hunter (missing in action).

Congratulations to Cpl Kelly Christensen for receiving a Gold Seal for Aerobics Excellence. This represents her sixth level of the third scroll and 36,000 points in total. Kelly has been racking up each 2000 points in two years or less.

Congratulations also go to Cpl Clay Scorch on the presentation of his CD. Twelve years of undetected crime was never so easy.

Change is the new word around the section. All the OSS course dates are rescheduled (not

changed) routinely so as to disrupt any plans for Greenwood. The cutbacks are all being taken in stride as we deal with manpower shortages due to conversion training. Cpl Vivianne Holmes has volunteered to serve meals and coffee on all local MPATs and COREXs to gain work experience in her bid to become a flight attendant. Cpl Kent Turfitt is getting ready for his first anniversary, still using the excuse he did it for financial purposes. Cpl Claude Tessier became the



To Chile & Back

Well, it is time once again, after a brief hiatus, to bring the world up to speed on the comings and goings at 407 Squadron. The onset of fall has not brought with it any relief from the hectic schedule of the last few months. With a healthy list of deployments to complement the already busy schedule of local operations and activities, there continues to be something to keep everyone from getting bored.

From September 13 to October 8, the Crew 7 Moosemen deployed to Santiago Chile to participate in UNITAS 95, a multinational exercise with participants from Canada, the US and various South American navies. This exercise represented a new frontier and opportunity to demonstrate our ASW expertise abroad, which the Moosemen did superbly. One Chilean submarine officer, observing on one Aurora mission, marked Crew 7's legacy best when he said "Before we were never much afraid of aircraft. Now much afraid of Aurora."

When not out terrorizing South American submarines, the Moosemen had the opportunity to take in the local sights and cuisine, many of them getting a head start on our northern ski season with a trip to the local mountains for a day on the slopes. While the day provided some good runs (fortunately not the kind often experienced by visitors to that part of the world) it was most memo-

proud owner of a new swimming pool. The city decided the water pressure needed to be raised, and so his basement water level rose with the increase in pressure.

MCpl Stu Anderson once again volunteered for the servicing desk. Not only does he like the control he has, he likes to let his shirt tails out in a fashion we thought only looked good on WO Scoullar. Sgt Dan Beaudreau liked his trip to sub-tropical Adak Alaska so much he is considering buying property in Costa Rica. You won't see any P3s there, Dan.

Last and definitely not least, is Cpl Lou Gallant. He recently purchased a new pair of hiking boots and on his first hike to the top of Mount Becher discovered they were too small. Instead of returning dirty boots he booked an appointment with the wing surgeon and had part of his big toe removed. Lou, if you are going to do it, do it right!

Well that's about all the dirt we have for now. We will be looking forward to submitting another article in the near future.

able for the sunburns sported by the crew for the next several days. The crew also commented on the excellent reception hosted by Chilean Navy representatives in Vina del Mar. All in all, the trip was a success with valuable experience gained by all involved.

Crew 1 recently proved they can still fly more than their desks when they played a critical role in a search and rescue operation far off the Canadian coast. While performing a routine patrol, they were called on to assist in an ELT search by Rescue Coordination Centre Victoria. While carrying out that search, RCC redirected them to relieve a US Coast Guard aircraft that was running low on fuel while assisting two sailors whose sailboat had sunk three days earlier. By carefully conserving fuel the crew was able to maintain critical top cover for the father and son sailing duo for the approximately one and a half hours required for a replacement Coast Guard C-130 to get on station. The crew were also able to provide vectors to a civilian merchant ship to assist the distressed sailors as well as gather necessary information from the men using their handheld radio. As they were leaving the scene the merchant ship was about 10 minutes back from picking up the two men. They were successfully rescued shortly thereafter. This incident proves once again what a versatile and capable aircraft the

Continued on page 7

More Demons

Continued from page 6

Aurora is and that our training pays off in tangible ways even in peacetime.

Crew 4 has just returned from a 12-day Fleetex in San Diego. The ambitious flying schedule was interrupted about halfway through the exercise by several aircraft snags that even the Herculean efforts of the groundcrew were not able to overcome before the end of the trip. The problems did, however, provide an insight into the expertise and dedication of our technicians that we do not often get a chance to see at home. Spending 12 plus hour days on the tarmac in the blazing sun is not most people's idea of a Southern California holiday but MCpl Surch and his crew performed the tasks at hand with hardly a remark about the tans the aircrew were picking up at the beach.

Upcoming events on the books promise a busy October for everyone here at 407. The annual MARCOT exercise takes place from 12-26 October. This exercise, involving Canadian and US aircraft and ships as well as two Royal Australian Air Force P-3s, has continued to grow over the years into a large and very involved combined operations exercise. To make things even more hectic, experts from around the country will be in town for the last three days of this event to perform an OPEVAL of the squadron's state of preparedness and overall effectiveness.

In a lighter vein, Family Day '95 was a resounding success. We had over 200 family members attend, in spite of the cool weather. As usual, we hosted a

pancake breakfast in "A" Bay of 407 Servicing while family members took turns on local flights. The flights lasted 30 minutes and took the families over Mount Washington, Campbell River and into Desolation Sound before returning to Comox. Everyone left the plane sporting ear to ear smiles.

Although the flights were the highlight, there was far more offered throughout the day. Alongside the pancake grill, various squadron members proudly hosted static displays relating to their sections. In the afternoon the families were invited to Air Force Beach for lunch and various activities for the kids and kids at heart. A trampoline, bouncera room, face painting and various performing artists entertained in spite of the ever-increasing rain. Unfortunately, by 3:00 pm the wind, rain and cold were

more than most of us could endure and a halt was called to the day's events. The event was thoroughly enjoyed by all who participated and we are already looking forward to next year.

407 Squadron is proud to welcome new Squadron Honorary Colonel John S. MacDonald reappointed as of the first of July after serving three years as Honorary Lieutenant Colonel. We also say a fond farewell to outgoing Honorary Colonel Helmut Eppich who served three years in that position.

Speaking of welcoming new members to the 407 family, congratulations are in order for Capt Denis Choquette and his wife Linda Boisvert on the birth of their son, Raphael, on September 22. Raphael weighed in at a whopping 8.8 pounds and Linda won't let Chucky forget it.

"Nuff said.

407 Sqn Award



Cpl Christensen receiving Gold Seal for Aerobics Excellence from 407 ASO Capt Manon Castonguay.

Scenes from 407 Family Day



A Safety Systems technician straps a young boy into a T-33 seat.



Base Fire and Rescue services brought a couple of fire trucks by for the younger kids to enjoy.

VP International Rendezvous '96

VP International is celebrating its 30th anniversary in 1996. To mark the occasion, VPI is hosting a VPI Rendezvous at 14 Wing Greenwood, Nova Scotia, from 30 May to 2 June, 1996.

VP International is an organization composed of aircrew who have logged more than 2,000 flight hours in maritime patrol aircraft. Its origin is traced back to 1966 when the CO of CAF 407 Squadron, Wing Commander Herb Smale, founded the "P-2000 Club." The P-2000 Club was an association comprised of airmen who had logged more than 2000 flight hours in the P-2V Neptune with the purpose of promoting fellowship within the Neptune community.

The retirement of the P2V and the introduction of new MPA aircraft led to the formation of VP

International in 1970 with the international headquarters located at CF Base Greenwood, Nova Scotia. VPI incorporated the core principles of the P-2000 Club while opening membership to the entire MPA community. The main objective of VPI is: "To maintain an organization of airmen to foster goodwill and fellowship among long-range, sub-seeking patrol and reconnaissance flyers through the promotion of understanding and recognition of VP operations and their impact on military aviation."

VP International has become the thread that links the international MPA community together. Today VPI boasts more than 4,000 members in 14 countries!

VPI's Rendezvous '96 is being held in conjunction with 14 Wing

Greenwood's Open House from 30 May to 2 June '96. Activities planned include international discussions on littoral ASW and MPA search and rescue as well as opportunities for participating aircraft to fly littoral ASW missions. An international VPI meeting will be held and numerous social events are planned to commemorate VP International's 30th anniversary.

Plan on attending VP International's Rendezvous '96 from 30 May to 2 June and help celebrate 30 years of international VPI fellowship. For more information contact: President, VP International Association, Maj Bert Campbell, 14 Wing Greenwood, Nova Scotia, B0P 1N0. Phone: (902) 765-1494 x5275 or DSN 568-1494 x5275.

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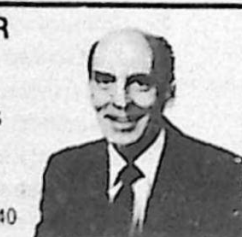
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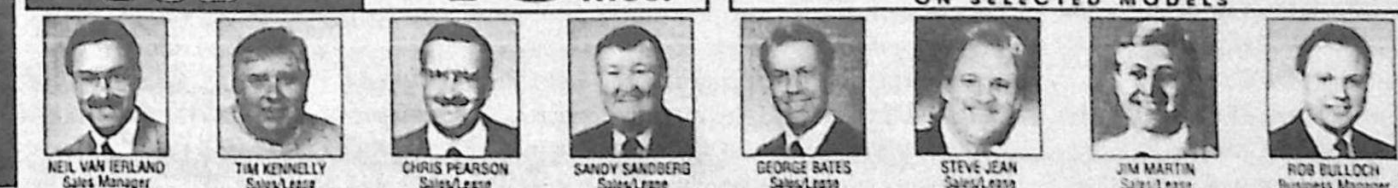
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Snakes take a Summer Vacation

Pictures on page 15

by Capt Andrew "Bird" McTaggart

We're slowly cruising inbound at a leisurely 100 knots, the crowd is 12,500 feet below us, craning their necks and squinting their eyes to catch a glimpse of the little black dots that are about to fall out of the back of the Buffalo.

Inside the plane are 13 Skyhawks, the Canadian Forces' parachute demonstration team, dressed and adrenalin pumping, ready to free fall 10,000 feet. Every time I turn around from my safe, and firmly seat-belted position to have a look my heart skips a beat. Five Skyhawks dangle precariously from the ramp awaiting the final command to drop free of the aircraft. It's something that I, as a semi-sane first officer, cannot fathom. However, the Skyhawks do this insane routine approximately 80 times a year at air shows across Canada and the United States, and that's not including the innumerable practice jumps they do to perfect their polished performance.

Sometimes the shows are for thousands of spectators at a major international air show, and other times the show is for a small elementary school tucked into the boonies of northern Manitoba. Many of the Skyhawks' jumps are to small towns and schools where they promote a drug free lifestyle for youths. After they land, the Skyhawks pack their chutes, salute the crowd as the Buffalo flies past (close to the speed of sound), and then they drift into the crowd, signing autographs and bolstering young children's self-esteem.

Every 442 aircrew spends at

least a month on the road traveling with the Skyhawks, so it comes as no surprise that 442 aircrew make friends and form bonds with the Skyhawk team members. When things don't go well for the Skyhawks, it becomes the problem of the entire crew. Everything that happens to them or to us becomes a reflection on the whole group. It's hard not to take pride in an air show well done.

The Skyhawks have become one of 442's most prolonged and most predominant taskings. We devote one of our five operational aircraft, and an aircrew for the entire air show season, from May until October. The Skyhawks have become ambassadors of the military, just like the Snowbirds, and have assumed a large responsibility in promoting an exciting and drug free lifestyle to Canada's youth. 442 Squadron takes pride in performing at air shows all across Canada and the US and is proud of being an integral part of Canada's own Skyhawks.

442 Saves 2 in Campbell River Crash

#1: 23 Sep - Buff dropped a pump to a burning vessel. The crew tried to use the pump, but were forced to abandon ship. They were picked up by a passing container ship.

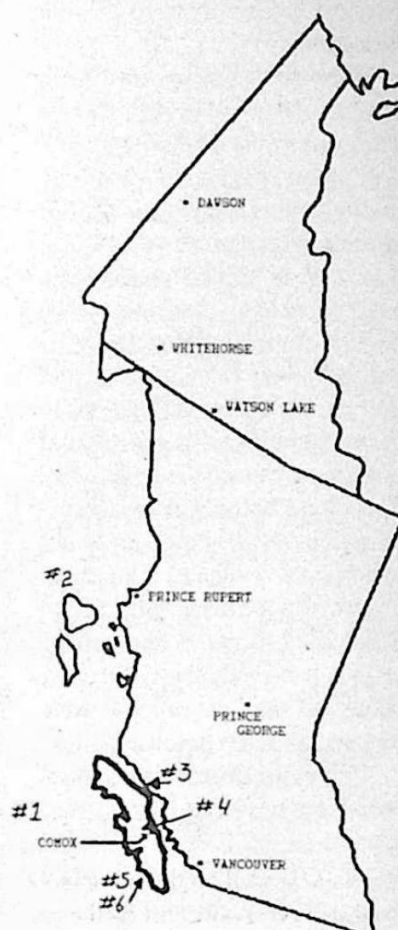
#2: 26 Sep - Lab recovers two bodies from an overturned boat in the Queen Charlotte Islands.

#3: 26 Sep - Lab hoists a fisherman, minus one of his fingers, off a boat and transports him to Campbell River hospital.

#4: 27 Sep - Buffalo homes an ELT near the Campbell River Airport. The Lab is launched and after four hours of searching with night vision goggles they find the wreckage of a Turbo Otter. SAR Techs treat the two survivors, the Lab evacuates one of them and RTB at 04:00.

#5: 29 Sep - Lab does night mission to evacuate an injured hiker from the West Coast Trail; Lab crew watched a US Coast Guard crew do the hoist.

#6: 3 Oct - Lab evacuates an injured hiker from the West Coast Trail...yeah, we beat the USCG. The above are not all of the



missions that the squadron responded to, just the ones we actually worked on.

SAREX '95 - by a Participant

by MCpl Jeff Warden

This year's SAREX was hosted by 14 Wing Greenwood and, in typical east coast fashion, the weather became a factor within hours of the competition's start. Not only did the participants have to deal with the typical seasonal weather of the Annapolis Valley, they had to face Louise... that's hurricane Louise.

The offshore disturbance was wreaking havoc on the competi-

tors as it made its way north along the gulf stream, causing high winds and low ceilings on the playing field. The rumour that the jump competition might be cancelled in favour of a climbing rescue scenario carried out on the 14 Wing SARTECH climbing wall sent competitors of all teams scrambling for a copy of the mountain rescue training manual for a last minute cram. Although the teams were ready for any kind

of curve ball it was to no avail as Louise decided to cooperate and provide a window of opportunity.

The 442 team looked unbeatable this year, with the steady hands of Capt Seal O'Neill at the helm and Sub-Lt Guy Ridler as his number one, the flying end of things were second to none. Helping out in the back were winch operator Capt Mary Jane Harris and flight engineer MCpl Steve Truesdell. This year's

techs (too numerous to mention) were led by Sgt Carl Edwards who, in everyone's eyes, single-handedly won the team spirit award. However, it was rumoured that due to 442's previous success (the past two years) the award must go to another team, despite the lack of spirit.

This year's SARTECH team comprised of Sgt Mike Vatheuer as team lead and MCpls John Oakes and Dale Robillard as the

team members, with the author filling in the spare position. The 442 team started off strong with the accuracy jumps and, after each member's third jump, it was painfully decided by Sgt Vatheuer that he would drop out of the competition due to an injured achilles tendon. However, Vatheuer's misfortune was the author's fortune as I got the nod to get in the game. The next event

Bring on the Dancing Goils!

by Tet Walston

(Explanatory note: "goils" - Brooklynese for "girls.")

Once again Remembrance Day is nearly here and those of us lucky enough to continue enjoying life can spend a little time in ceremonies of remembrance of those, our comrades and friends, who gave their lives in the conflict.

And so we should. Ask any veteran what memories flood his senses at the mention of a place, a time or a song, and ghosts of the past become reality.

Our memories are not always of the dead, but of those men and women who were a vital part of our world as it was then. What happened to them after we parted is unknown, and one can only hope that their memory of ourselves gives them the same happy and precious feelings which we enjoy.

One such memory, of a man I have failed to trace, has always been held as the example of what comradeship really means - at least in my opinion.

November 1943, Fort de l'Eau Transit Camp, Algeria. A tented camp set in a pine

wood near the shore. The occupants were aircrew, who were either awaiting posting to an operational squadron or, like F/Sgt Bebbington, a W/AGRCFAF and myself, "tour expired," and hoping for better things.

The weather was lousy, wet and cold, and apart from playing card games and bitching about everything in general, there was nothing to occupy our time, but we coped.

"Bebb" as we called him, was an older man - 26 or 27 (I was 21), a Torontonian who spoke with a harsh kind of accent, sometimes bordering on New Yorkese. When he smoked a cigarette, it never left his mouth until his lips began to sing! Despite this tough guy appearance, which was not an act, he was a person who really had consideration for others.

I was lucky to have had the privilege not only to have known him, but to share a tent. I had a Primus stove, Bebb had a mess tin with lots of high melting point oleo margarine in a congealed state and between us, we could produce many culinary delights, and the best of the equipped

transitees.

As we relaxed, following a deep fried something or other, sipping our muscatel and enjoying a cigarette, Bebb would say, in his eastern gravelly voice, "Bring on the dancing goils" - the epitome of occasion! I can see and hear it as I write.



Tet Walston Feb. 1945

In early December, we were both still unplaced, and I had the bad luck to go down with jaundice, which was rapidly sweeping through troops in North Africa. (Had this happened six months earlier, the outcome of the war might have been altered!)

All I wanted was to be left

alone to die. Bebb decided that at least a doctor should sign the death certificate, so he made me report to the Medical Officer, a RAF M.O. of the lowest order. I supplied a sample of blood red urine and eventually was ushered forth. "What's wrong with you?" he asked. I put the flask of urine on his desk, pulled down my eyelids to expose the colour and answered in a voice which must have sounded sepulchral "Guess!" and then vomited.

He guessed right - I had jaundice (or hepatitis, if one was commissioned).

Bebb nursed me through the next two weeks or so. He refused to let me die, and made sure that I took such medicine as was prescribed, and cared for me with more tolerance than my own mother would have endured.

Eventually, I felt much better, so much better that I actually wanted to eat. "Wat ya fancy?" asked Bebb. "Fries - lots!" I answered. "I'll see what I can do" and with this Bebb took off. (A note to those who were not there - potatoes in ANY form were very rare in North Africa - I might have had more luck asking for steak

and lobster!)

Some time later, Bebb returned with a can of small potatoes which he'd managed to find and purchase from a US soldier. I'll never know what that can cost, and can only guess the difficulty Bebb had finding it.

He opened the can, I started the Primus cooking the oleo margarine, and Bebb cut the fries and dropped them in. When they were fried to perfection, he carefully drained the fat off and dropped the luxurious food on my plate, making do with only a few for himself. "Bring on the dancing goils" he called.

I savoured the moment, swallowed the first mouthful, and was violently sick.

Bebb put me to bed once again. Cleared up the mess and gave no word or expression of reproach.

He was repatriated shortly after I'd recovered fully, and I never saw or heard of him again.

You bet I remember him, and when we meet in Valhalla, we'll both shout "BRING ON THE DANCING GOILS" - and they had better be there!!

More SAREX

was the medical and, despite the patient that MCpl Oakes would rather have shot than treated, the team finished off with an overall second place finish in this event.

This set the stage for the final two events: the search, and confined area team jump. Going into these events the 442 team was looked on as a strong contender for the overall competition, as the search event was clinched, leaving the confined area jump for the final morning of the competition. All competitors gathered at the confined area as they waited for the 442 team to carry out their bundle drops and team jump with the whole competition hanging in the balance. If all were to make it into the confined area the competition would be theirs. However, despite the best overall team jump, the bundles didn't make it

More Spuzzum

Continued from page 5

then encamped on the grounds of future Fort Rodd Hill at the entrance to Esquimalt Harbour.

It is only now, with the availability of ancient government documents, that we can learn more about the history of Fort Spuzzum. Nothing is historical until the expiration of 50 years. Then the documents, the meat of historians, can be released. Anything more recent is politics, not history. The inside story of Fort Spuzzum can now be told thanks in the main to the diaries of Sergeant-Major John McMurphy of the Royal Engineers, and last NCO stationed at the fortress. Aside from his official letter of complaint to Colonel Moody regarding the rations of nothing but beans for 38 straight days during a surveying expedition to the Bentinck Arm country, nothing is known of the sergeant-major.

McMurphy's writings reveal that the 42 men stationed at Fort Spuzzum had little to occupy themselves with after 1865 and the decline of the gold rush. Few travellers crossed Alexandra Bridge and even fewer mining licences were required. According to McMurphy, from 1866 to its demolition in 1873, Fort Spuzzum functioned as an illicit hotel. Since no self-respecting officer would command the obsolete edifice, real command was at a distance in Esquimalt. McMurphy did his best to direct his men in meaningful military pursuits but he felt very challenged by the situation. The fort, having cost so much, couldn't just be abandoned, so it was officially ignored.

Many travellers came and went at Fort Spuzzum. When the official C.P.R. train made its way through the Fraser River canyon in 1886, a great and festive yell went up amongst the crew for the exact spot of the demolished fortress. Three cheers for the fort. And so concludes the sage of Fort Spuzzum.

(Editor's note: Our Lloyd was recently injured in an automobile accident. In spite of the pain and discomfort incurred, he still delivered. Thanks Lloyd, I know your many readers will join me in wishing you a speedy recovery...Norm.)

Continued from page 8

due to a mix up in the streamer line-up.

All was not lost in the hardware department for the 442 team as MCpl Dale Robillard brought home the Leslie Irvin trophy for overall best jumper and Cpl Emilio Dechantel won the SARTECH of the Year award, in

addition to Canada's first Cormorant helicopter.

Greenwood can be proud of hosting an excellent SAREX and many competitors look forward to next year's competition, rumoured to be hosted by CFB Gander.

EME United Way Drive HEADLIGHT ALIGNMENT CLINIC

16 Oct - 20 Oct

Location: Bldg 101 Lt Veh Sect

Mon - Thur: 1000 - 1400

Fri: 0900 - 1100

See Cpl Perkins or Cpl Latreille
Donations to the United Way Campaign

NEXT DEADLINE 10 NOV

See The Great, Open Spaces
Of Vancouver Island. And The
Tiny, Infuriating Ones, Too.



For many, the Island is blessed with the most captivating stretch of open space imaginable. Those who golf here, however, may view things differently. No matter. For the Island has a magic to seduce anyone. Endless beaches lapped by the tides. Trails to hike. Sea lions to bark at. There's Victoria: the city named after a queen, where the rooms belong in castles, with her restaurants, gardens, and perhaps the most alluring charm found anywhere. So why not see Victoria and the Island. We've got the wide open spaces to take your heart. And the 18 little ones waiting to break it.

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Getaway Special!

\$75

To book this or any of our other B.C. getaway specials, call

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Time To Play.

*Per night. Based on double occupancy. Subject to availability. Applicable taxes extra. Budget and deluxe rates also available. Offer expires Dec. 15, 1995.



19 Wing Recreation Pass

by Lt Howard, WPERO

The 19 Wing "Rec Pass" is finally becoming a reality. As of 15 Oct 95, access to the base recreation facilities will be on a user-pay basis. This is not a new concept, similar systems have been in place at other bases for the past five to ten years. The reason for this arrangement is to recover some of the cost of NPF employees operating these facilities and supplement a dwindling equipment budget.

Historically, Base Fund has underwritten all expenses incurred by the sports and recreation programmes at 19 Wing. A portion of the revenue generated by Canex, the messes and the Social Centre has been used to support these activities. With the recent drop in Base Fund revenue, it has become necessary for pro-

gramme users to contribute to the support of their activities. The inter-section and base teams have already started by way of player registration fees. It is time now for recreation users to make their contribution.

The Rec Pass system will employ special photo ID cards to identify members. Users will also have the option to pay a daily drop-in fee if they do not wish to purchase a yearly membership. The Rec Pass will entitle individuals to use the facilities during casual hours. It should be noted that all casual users, including military personnel, will require Rec Passes or pay a drop-in fee after duty hours.

The Rec Pass will also be utilized to control access to the gymnasium. Cards will be kept by the monitor until the individual

leaves. If there are disciplinary problems, the monitor will be able to identify the person and report the name to the proper military authority. The date of birth on the card will also be used to enforce the age restrictions set down in gymnasium regulations.

Application forms are now available at the gymnasium sport stores during regular working hours: Monday to Friday from 0900-1130 and 1300-1600 hours. Applicants will be required to provide a passport size photo (black and white, or colour) which will be affixed to the Rec Pass.

Details regarding the fee structure, member classifications, list of privileges and casual hours are available from WPERO.

Dr. Bob

Prescription Drugs

The advertising of prescription drugs to the general public has long been forbidden. This makes sense since John and Mary Doe are unable to purchase them without a doctor's order or prescription. The rule also serves to prevent patients from demanding certain medicines for their illness on the basis of a commercial advertisement.

Recently a few pharmaceutical firms have been testing the waters as they attempt to promote their wares. By using "inform-ads" in newspapers and magazines (and "inform-ercials" on TV) these companies make potential customers aware that a product is available and might help them.

This requires a modicum of skill on the part of copy writers, who compose the advertisement. They hope to convince the readers to want their product, but have to do so without naming it. This is usually accomplished by extolling the virtues of the drug in question, and suggesting that the potential user phone to find out more about it. A 1-800 number is generally provided, for convenience sake.

During the privacy of the telephone call the patient can be told the name of the drug, and the suggestion to "ask your doctor about it" easily follows. The company will have ensured that physicians are well aware of the drug beforehand.

I have seen, but only in American newspapers, mention that "we" (the drug company) can supply the names and phone numbers of physicians "all over the country" who are willing to prescribe the drug to you. This raises the question in my somewhat skeptical mind about the potential for payoffs. No proof of this, though.

While it seems likely that the prime reason for consumer adver-

tising of prescription medicine is to enhance the drug company's profits, the practise may have some merit. Informed patients are more conscious of medical advances in the management of their particular disease - and if they hear about one before their doctor calls to tell them about it (which is not too likely to begin with) they may benefit from discussing the appropriateness of the new drug as part of their treatment.

Often the drugs being promoted are for conditions that may not normally bring the patient to a physician. This has the potential of increasing the utilization of the health care system, which it can ill afford.

Personally, I am uncomfortable when I see an ad that is almost subliminally promoting a prescription drug - but I may be old-fashioned!

Vasectomies

When I started practice, male sterilization to prevent conception was seldom performed. Soon after, however, it was permitted, but a considerable amount of paper work was required if the surgery was done in hospital, and each case had to be considered by a committee. As a result many vasectomies were carried out in physicians' offices.

The vas is a tube that looks and feels like a piece of half-cooked spaghetti. There is one on each side of the scrotum, and they transmit sperm from the testicles. A vasectomy consists of cutting each vas and sealing the cut ends with a surgical tie, cautery, or small metal clips. Until recently a small incision was required on each side of the scrotum.

No-scalpel vasectomy, "invented" in 1974 in China, is becoming popular here. The number of Chinese men that have had the procedure exceeds the number of adult males in Canada. Although it was introduced here



only two years ago, it is now the method of choice. It is quick and safe, and requires only one small puncture wound which does not even need a stitch to close.

Local anaesthesia (like dentists use) and perhaps a mild sedative allow a painless procedure. Recovery is almost immediate. The only limitations required are avoiding heavy lifting and sexual activity for about a week.

Although it is a dangerous statement for me to make, men, I think, are less brave than women when it comes to facing surgery. This may be why there is often resistance to having a vasectomy in spite of it being a minor operation. Some men fear they will lose their masculinity, become impotent, get cancer of the testicles or prostate, or develop AIDS.

There is no credible evidence that any of them are related to vasectomy. The risks are indeed minimal. There is a chance of bleeding immediately following surgery - less so with the new technique. Occasionally sperm will accumulate on the testicle side of the cut vas, forming a small cyst, seldom of any consequence. Certainly I have seen nothing worse in any of the men with vasectomies who have crossed my path. Occasionally a vasectomy will fail because the channel re-establishes itself.

No matter what method is used, patients must accept that the procedure is designed to result in permanent sterility. While reversal is possible, the success rate is low, and medical plans no longer pay for the attempt. Be sure before you snip!

A bit bigger than a microscope



Six-inch reflector telescope was won by Commissionaire John McKee at Osayooos recently.

Comox Valley Astronomy Club

Stargazer wins "Scope

by John McKee

19 Wing members of the Comox Valley Astronomy Club did it again this year at the Mount Kobau star party near Osayooos. The mountain's top prize, a 6-inch reflector telescope kit from Bellstar in Kelowna, was won by commissionaire John McKee. MCpl Phil Hunter won an astronomy book.

The Comox Valley Astronomy Club got its start in 1990 when MCpl (now Sgt) Dave Graham managed to recruit a dozen local and then very basic amateur astronomers.

During the past six years this club has developed a solid core group of members who have gained quite a reputation in telescope making astrophotographs, the study and collecting of meteorites and fragments, the study of the constellations, and have passed what they have learned to local schools, different scout groups (both boys and girls), some articles to local newspapers, hosting Astronomy Days in the

Comox Mall, and generally just passing information to all those who ask for it. Club members are contacted by astronomers from across the country and the U.S.

Our club members started attending the Mount Kobau star party which is an international event in 1990 and some members have gone each year since.

1993 was the 10th anniversary year. At that time Les Disher, Dave Graham with his family of Doreen, Breanne, Scott and Holly, and John McKee attended. The prizes that year were impressive. Our club did very well this anniversary year. John McKee brought home a solar filter from Tuthill Inc. and Dave Graham won the top prize - Bausch and Lomb 20 x 80 binoculars from the Heritage Shop in Kelowna.

Our local Astronomy Club has developed quite a formidable reputation for its membership.

Anyone interested in astronomy can contact John McKee at 339-3090, Dave Graham at 339-5738 or Keith Finnie at 339-3720.

VENDORS WANTED

19 Wing Comox
Base Chapels
Christmas Bazaar

Saturday November 18
9AM to 3 PM

Registration \$10.00 per Table

Reserve your table
early by calling
339-5271
339-2173

Sponsored by St Michael
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Sacred Heart Chapel
Catholic Women's League



Buy a Poppy
Help a Vet



Legion Log

BRANCH 17 COURTENAY 334-4322

REGULAR EVENTS:

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
WESTWIND.....Oct 20
ELDORADO.....Oct 27
NORM'S COMBO.....Nov 3
SAGE.....Nov 10 and 11
TONY POLLON.....Nov 17
WYLIE & THE OTHER GUY.....Nov 24

Don't forget we have Line Dancing every Saturday night at 7:00 pm. Join us and have a great time.

EUCHRE.....every Monday night 7:00 pm
PUB DARTS.....every Tuesday night 7:30 pm
FUN CRIB.....every Wednesday night 8:00 pm
FUN DARTS.....every Thursday night 7:00 pm
SUNDAY CRIB TOURNAMENT - 22 OCT.....1:00 pm
BARGAIN DAYS.....every Wednesday, all day
BBQ LUNCH SPECIALS.....every Weds & Fri 11:30 am - 1:30 pm

SPECIAL EVENTS:

GENERAL MEETING - Tuesday 24 October.....7:30 pm
VETERANS' DINNER, Saturday 4 November. Cocktails 6:00 pm, Dinner 7:00 pm. Cost: \$5.00 per person.

Don't forget our Remembrance Day Breakfast. Cost \$3.00. Parade to follow.

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:

Oct 20.....CONTINENTALS
Oct 27.....NORM'S COMBO
Sun afternoon, 22 Oct: floor show & dance featuring LINDA JONES in the Upper Hall commencing from 2:00 - 5:30 pm. Tickets \$7.50 per person.
Nov 3.....WILD RIVER
Nov 10.....NO BAND - MEMBERS NIGHT

Nov 11 - LEST WE FORGET

Following the Remembrance Day parade and ceremonies, there will be musical entertainment in the Lounge from 3 - 7 pm featuring "Karaoke Sound Stage."

Nov 17.....WESTWIND
Nov 24.....ALLEYCATS
Nov 26.....Sunday afternoon - music by WYLIE & THE OTHER GUY from 3 - 7 pm.

REGULAR EVENTS:

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 pm
MONDAYS.....LA Drop-In Bingo, Upper Hall, 7:00 pm
WEDNESDAYS.....Navy League Drop-In Bingo, 7:00 pm
THURSDAYS.....*1st Br.160 Exec. Mtg. Upper Hall, 7:30 pm
*1st L.A. Executive Meeting (as required) 7:30 pm
*2nd L.A. General Meeting, Upper Hall, 8:00 pm
*3rd Branch 160 General Meeting, Upper Hall, 8:00 pm
FRIDAYS.....TGIF, Meat Draws in Lounge, 3:00 - 6:00 pm
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 3:00 - 6:00 pm
Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

Comox Legion Branch 160
Dart Steak Shoot - Sat 21 Oct

Mixed Doubles - Blind Draw
\$5.00 per player. Register 6:15 - 7:15 pm
Game start 7:30 pm



Jürgen Jung, M.A.
Reg. Clinical Counsellor

Exploring Anger Workshop

Starting Date: Nov 8, 1995
Registration at North Island College
Individual & Couple Sessions.
Evenings & Saturday Appointments.
For free initial consultation, please call Suite 400, Comox Mall, Upper Level.



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Dog
Talk
by
Gerry
Gerow



Two interesting books for you this week. The first is "Training In No Time" by Amy Ammen, Howell Book House, New York. This book is subtitled "An expert's approach to effective dog training for hectic life styles." Basically, it is a book on training your dog to be a good home companion without getting into the formal obedience mode. How to stop them barking, jumping up on people, begging at the table, etc. It is all here in easy to understand format.

The book is not large - 109 pages in total. It is well illustrated with over 60 black and white photographs and cartoon drawings. The cartoons are by Michelle Juergens, and are worth the price of the book by themselves.

All told, an excellent book for someone who wants to improve the behaviour of their pet before it is too late. It is just published so ask the book or pet store to order it for you from MacMillan publishing.

The second is a breed book: "Whippets Today," by Patsy Gil-mour, Howell Book House, New York. US\$25.00.

These "miniature Greyhounds" are used for racing, the same as Greyhounds, and are also loving and interesting pets. The author has been involved in breeding, training and judging Whippets for 30 years. She is well qualified on the subject and this is readily seen by anyone



by Rose McCleslie

The GG Ladies Club wound up the 1995 golf season on Tuesday, 10 October. Following 18 holes of Fun Golf, the ladies were treated to a chicken dinner with all the trimmings. Presentation of awards and prizes and the election of the 1996 committee followed dinner.

Low Gross for the day went to Duane Miles and Low Net went to Rejeanne Arsenault.

Whippets & Working Dogs

edly done more than anyone else to bring the Caanan dog to registration status. This is the dog of Israel and, to my knowledge, she is the only breeder in Canada, and perhaps in North America. Seventeen of these dogs were registered in 1992 and eight in 1993, probably all Terry's.

Literally exploding in popularity among this group is the Rottweiler (pronounced "rote-wiler," not "rot-weeler," as so many do). Rotties have risen from 1500 registrations in 1989 to over 4000 in 1994. Second to Rotties in popularity seems to be the Siberian Husky with almost 1900 registrations last year, which has remained fairly constant over the past five years. Boxers are next with a registration of just over 1800 in 1994 and the Doberman Pinscher had just over 1000 registrations. Both of these breeds have remained fairly constant in numbers over the past five years.

One of the sad things about purebred dogs is that when a breed becomes popular, like the Rottweiler, all sorts of people start breeding with dollar signs in their eyes. One must be very careful when choosing a dog which is rising rapidly in popularity. Be sure you ask a lot of questions and look at both parents and grandparents, if possible, very carefully. This is even more important when we are dealing with a breed such as the Rotties which have more than a few very aggressive dogs in their numbers.

If you want a dog that is different, then the working group is where you should be looking.

reading her book.

The English and American breed standards are included, however the Canadian one isn't. Canada is covered in the book, and many of the better kennels are mentioned.

Everything one would hope to find in a good breed book is here. These are a special kind of dog needing special care and lots of exercise, so reading this or a similar book is essential to anyone contemplating Whippet ownership. This is an attractively bound hard cover edition, containing 175 pages and is well illustrated with over 100 photographs and several line drawings. Ask your book or pet store to order it for you.

Group 3 Working Dogs

Continuing with the series on different groupings of dogs, how about those known as Group 3 Working Dogs. Generally, these are dogs that do work such as pulling sleds or carts, or guarding. Some names are very familiar, such as the Akita, Canadian Eskimo dog, Boxer, Newfoundland Rottweiler, etc. But there are a lot of others such as the Leonberger, Komondor, Karelian Bear dog, and the Canaan dog, which most of us have never heard of. There are probably more rare breeds in this grouping than in any other.

Terry Bagley of Cold Lake, Alberta, and her registered kennel name of Terramara has undoubt-

Glacier Greens Ladies Wind up Season

Longest Drive on #6 was won by Irma Piper. Longest Drive on #13 went to Pat Verchere.

Irma Piper captured two KPs; Ann Johnston and Dolly Pearson got one each.

Pin Day Annual Winner was Lorraine Courtemanche, runner up Dolly Pearson.

Birdie & Chip-in Board was won by Lorraine Courtemanche, runner up Marie Israel.

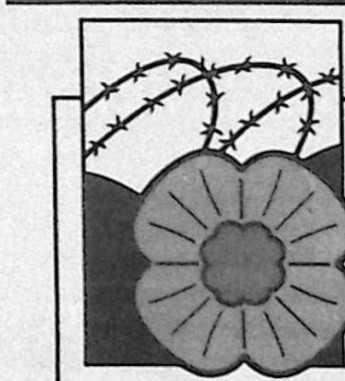
Apr-June Ringer Board - Ardyth Wood. July-Sept Ringer Board - Peggy Falconer.

Low Score on Ringer Board April-June went to Shirley Shearer. July-Sept Low Score went to Fran Hume and Irma Piper (tied).

Barb's Dog Grooming

"Grooming Is My Profession,
Happy Dogs Are My Business"
339-0216

Just posted from Ottawa, continuing 24 years of experience.



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NEXT DEADLINE 10 NOV NOON

An Aurora Flies to Argentina

A CP-140 Aurora Maritime Patrol aircraft departed for Argentina October 13. The aircraft, with a crew from 405 Squadron, will be participating in a maritime exercise, UNITAS, which is the Latin word for "unity."

Though this exercise has been staged annually for 36 years, this year marks the first time that Canada has been asked to join. UNITAS reflects one of the missions of Canada's 1994 Defence White Paper, which encourages links to Latin American countries. Also, a capability to conduct deployed operations is a cornerstone of Canada's Air Force Doctrine.

Although there are other Canadian naval assets taking part in this exercise, this Canadian Forces Aurora will be working exclusively with ships from other countries including: Chile, Spain, Brazil, Argentina, and the US. The crew will be flying surface and sub-surface surveillance patrols for the two week duration and returning to Greenwood, October 29.

(Editor's note: I wonder if they'll fly near the Falklands?)

ADAM Etcetera

by Capt Jim Rossell,

The AMCRO (Aircraft Maintenance Control and Records) section is a small but important section within 19 AMS. Made up of three sub-sections: ADAM (Automated Data for Aircraft Maintenance) cell, Master Technical Library, and Wing Tool Control, its many tasks are quite diversified and different from other conventional AMCRO sections.

WO Norm Mainville is responsible for the ADAM cell which includes maintaining the VAX computer system that supports the ADAM software. His cell is made up of two other personnel: MCpl Fern Roy who is responsible for software development, maintenance and monitoring of Personal Computer equipment and software, and formerly PHRS (Person Hour Recording System); and MCpl Waldner who is responsible for reviewing all maintenance forms for accuracy, and reviewing UCRs (Unsatisfactory Condition

Reports) and MACRs (Material Authorization Change Requests) for 19 Wing.

The Master Technical Library (MTL) is controlled under the watchful eye of Mrs. Marion Webb. With the support of Cpl Carl Schofield they are not only responsible for maintaining the MTL, but they control and monitor 60 other sub-libraries across 19 Wing.

WO Jean Guy Champagne, who recently arrived from CFB Chilliwack, has taken control of Wing Tool Control. This section is manned by two personnel: MCpl Tom Lafontaine, who is also breaking into the WTC section, and the veteran of two and a half years, Cpl Russ Green. WTC demands, issues, inspects and controls all aircraft maintenance tools for the four squadrons at 19 Wing.

Finally, topping it all off, is Capt Jim Rossell who, after arriving in Comox from Goose Bay a year ago, has settled into the AMCRO position.



November 11



Wallace Gardens Community Council

★ **Teen Dance** ★
Friday October 20th
7pm - 10:30pm

CFB Comox
Wallace Gardens Community Center
Wacky Hat Night



Wear your most Wackiest Hat and win a prize
Many Prizes To Be Awarded

Music By:
LP's Music Mobile
Admission = \$1.00
Grades 7 to Grade 12

Sponsored by:
CMFRC & MQ Community Council

Teen & Adult Volunteers Welcomed
Contact Leo Phillips 339-4941 Home / Work Local 8748
Contact Jill Sturrock CMFRC 339-8290

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SPECIAL of the WEEK



1991 Camaro, V6 automatic with T-roof. Excellent condition and an outstanding value at \$10,987.00.

See or call Bill for details.

1991 Camaro RS, Stk #7094B
V-6, auto, just 51,000 km.



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Wallace Gardens Community Association Upcoming Youth Events

1st Friday of every month - Drop in GAMES & ACTIVITIES for grade 7 and up. Cost: FREE Time: 7:00 - 11:00

1st Saturday of every month - Youth BINGO for all ages. PRIZES! Cost: \$5.00 Time: 6:30 - 8:00

SOCK HOP
3rd Saturday of every month. For ages 12 and under. Cost: \$5.00 Time: 6:00 - 9:00

The next SOCK HOP, Saturday, October 21

KIDS!

Get your costumes ready and come out to the

HALLOWEEN PARTY

When: Saturday, October 28
Where: Airport Elementary School
Time: 7 yrs old and under - 2:00 - 4:00
8 - 12 yrs old - 6:00 - 8:00
grade 7 and up - 8:00 - 11:00

* PRIZES FOR BEST COSTUME
GAMES * TREATS * MUSIC * FUN
See you there!

SPARKS PROGRAM

Due to the overwhelming response to the Sparks Program in September, the Girl Guides of Canada will now offer a Fourth Komox Sparks Unit for 5 and 6 year old girls. The meetings will be held every Monday from 4:00 pm to 5:00 pm at the Wallace Gardens Community Centre (next to Canex). The first meeting is being held on Monday, October 16 at 4:00 pm. If you require more information, want to register your child, and/or help out and become a leader, please call Michele at 339-0704 or Linda Jeffrey at the MQ Association at 339-8211, extension 8571.

CHILDREN'S CLUBS AND EVENTS

Day	Event	Time	Place
Monday	Sparks	4 - 5 p.m.	Community Centre
Monday	Brownies	6 - 8 p.m.	Community Centre
Tuesday	Wolfcubs	6 - 8 p.m.	Community Centre
Tuesday	Sparks	6 - 7 p.m.	Airport Elementary School
Wednesday	Beavers	6 - 7 p.m.	Community Centre
Thursday	Guides	6 - 8 p.m.	Community Centre
Thursday	Brownies	6 - 8 p.m.	Airport Elementary School



COMOX MILITARY FAMILY RESOURCE CENTRE

Interesting Wares & Creative Displays

On September 23rd the CMFRC held its first ever Business Fair at the Wallace Gardens Community Centre. The displays and enthusiasm put forth by the businesses in our military community were first class! Everything from fruit & veggies in a pill (Juice Plus) to sewing lessons for children and adults (Sew Along with Wendy).

Participants in the fair were exceedingly generous and draw prizes abound. Winners were as follows:

Aloette
Rep.: Diane Piercey
Prize: Make-up Kit
Winner: Tina Matchett-Bianco

Discovery Toys
Rep.: Wendy Reynish
Prize: Stacking Cups
Winner: Melody Andres

Madkat Reflexology
Owner: Michele Brunskill
1st Prize: \$20 reflexology session
Winner: Darcy Epp
2nd Prize: 20% off reflexology session
Winner: All other entrants

Sew Along with Wendy
Owner: Wendy Dowe
Prize: 20% off Sewing Lesson
Winner: Heather Spinney

The Story Teller
Rep.: Marla Kaposvary
Prize: Tic Tac Toe game
Winner: Brendan Reynish

Tupperware
Rep.: Annemarie Castonguay
Prize: One Touch Cannister
Winner: Victoria

Watkins
Rep.: Tammy Hocquard
Prize: \$20 Gift Certificate
Winner: Julie Price

Watkins
Rep.: Charlene Rowlandson
Prize: Pepper Mill & Assorted Peppers
Winner: Jean Allaby

Zayco Enterprises
Rep.: Leanne Furgeson
Prize #1: Nutrilite Vitamins
Winner: Debbie Harvey
Prize #2: Artistry Make-up Kit
Winner: Charlene Rowlandson

Included in the wide variety of dynamic and interesting entrepreneurs attending the

business fair were:

• **Changing Times Diaper Service**
Owners: Arlene MacKinnon-Kennedy & Edith Picard

• **Child's Play**
Rep.: Pat O'Neill

• **Cobra R.V. Rentals**
Owner: Paul Jean-Louis

• **Envirofect Int.**
Rep.: Jon Bianco

• **Juice Plus**
Rep.: Rodger Provincial

• **Shaklee**
Rep.: Mr. Drummond

• **West Coast Personal Impressions**
Owner: Vicky Wrenn

A big thanks to all those who participated in the fair. The energy and creativity that was reflected in your table displays and the verbal presentations of your products was very impressive. A Big thanks also needs to go out to the teens for the coffee, donuts and help with set-up.

Encouraging Positive Self-Esteem

If a child lives with encouragement, he learns confidence

If a child lives with praise, he learns to appreciate

If a child lives with approval, he learns to like himself.

If a child lives with acceptance and friendship, he learns to find love in the world

23 Ways to Say "Very Good"

1. You're very good at that.
2. I'm happy to see you working like that.
3. You're doing a good job.
4. Now you have it!
5. Great!
6. Good Remembering!
7. You outdid yourself today!
8. Sensational!
9. You're really going to town!
10. You did that very well.
11. You're really improving.
12. Keep it up!
13. Good Thinking!
14. I'm very proud of you.
15. When I'm with you I feel like singing!
16. Well, look at you go!
17. You really make being a parent/teacher/aunt fun.
18. I appreciate your hard work.
19. You're doing beautifully.
20. You're really learning a lot.
21. I'm sure happy you're my daughter/son/student etc..
22. Super Dooper!
23. You did it that time!

Upcoming Events

• Life Skills

Dates: November 6th, 7th, 8th & 9th
Time: 8 am - 4 pm
Location: Bldg 22
Registration: Call 339-8290
Fee: No Fee

The CMFRC is working in partnership with 19 Wing Comox to create opportunities for spouses and military members to participate in the popular Life Skills Program

"It offers alternatives or choices that an individual can use or reject, when dealing with our responses to life."

"Very beneficial to everyone"

• Save That Child

New for 1995
Dates: October 30th
Time: 6:00 - 10:00 pm
Location: KCCC, 118 Kinnikinnik Rd.
Registration: Call 339-8290; Pre-registration with payment required; Deadline Oct. 24th
Fee: \$22.50 per person; \$35.00 per couple (family unit)

For parents, grandparents, babysitters and others. Stresses accident prevention; what to do when breaking stops; an infant/child choking; unconscious; seizures; wounds; bleeding; burns; poisoning. A certificate of attendance will be awarded.

• First on the Scene

Emergency Level Child Care
New for 1995
Dates: Nov. 7th & 8th
Time: 6:00 - 10:00 pm
Location: KCCC, 118 Kinnikinnik Rd.
Registration: Call 339-8290; Pre-registration with payment required; Deadline Nov. 2nd
Fee: \$45.00 per person; \$70.00 per couple (family unit)

For child care workers, parents and others. Covers: emergency scene management, shock, unconsciousness & fainting; severe bleeding; child & infant resuscitation; bone & joint injuries; head & spinal injuries; burns; poisoning; bites & stings; medical conditions; environmental illness & injuries. St. John Ambulance Emergency Child Care Certificate issued upon successful completion.

CMFRC Business Fair '95



Storyteller Marla Kaposvary and young (potential) customer.



(L-R): "Madkat Reflexology" - owner Michelle Brunskill, "Sew along with Wendy" - owner Wendy Dowe.

Kinnikinnik Child Care Centre

REGISTER NOW FOR;

• **Preschool (ages 3-5 years)**
Tues. and Thurs. 12:15 - 2:45 pm. Starting October 5th

• **Daycare (ages 15 months - 5 years)**
Full-time, Part-time & Drop-In Welcome

• **Out of School Care (ages 6 - 12 years)**
Transportation provided to and from Airport Elementary

• **Childminding**
Tues. & Thurs. 9 - 11:30 am. Drop-in or monthly registrations

• **Parent and Child Play Group**
Fri. 10-11:30 am. A playgroup for children under 36 Months. Older siblings are welcome. Drop-In or monthly registration.

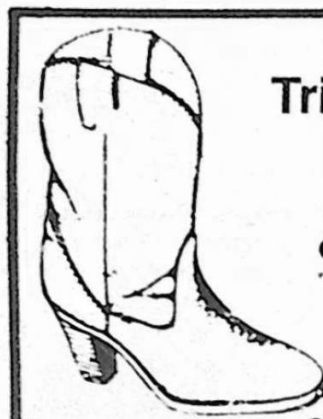
OPEN 7:00 am - 5:30 pm

Youth Activities

• **Gym Nights 7 - 9 pm**
Every Wednesday night at the base gym. Come out and join in activities such as volleyball, basketball, badminton and indoor soccer.

• **Teen Dance Saturday Oct 20th 7 - 10:30 pm**
Professional Disc Jockey - Leo Phillips.
Cost: \$1.00;
Location: Wallace Gardens Community Centre.

• **T-Shirts**
"Crows" design on the back and the CMFRC logo on the front. Cost \$7 teens \$10 volunteers. Colours are ash grey and white. Only a few left. Get yours while they last!



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Sun: 9 am - 5 pm.

B.C.-Yukon Scouting Groups

October is Popcorn Month

Thousands of Beavers, Cubs, Scouts, Venturers and Rovers will be popping up throughout the province and Yukon selling over 100 tonnes of popcorn during Scouts Canada's fourth annual POPCORN CAMPAIGN. The campaign, the largest fundraiser for Scouting, will be held during October and Scout groups throughout the province hope to earn hundreds of thousands of dollars to support their activities in B.C. and the Yukon.

"It's a great way to support local youth and you receive gourmet quality popcorn, some available in a special holiday gift tin, ready to give to family, friends, employees and customers at Christmas," said Bernie Lutes, President of the B.C.-Yukon Council. "Local members of Scouts Canada earn money so their group can buy equipment for camping and programs and pay for special outings and events for

local youth," he added.

The popcorn, an exclusive brand available only through Scouting, has developed a reputation for its taste and quality. "We receive phone calls from people months after the campaign is over, asking if they can buy more," comments Ken Valleand, Regional Field Executive for the Fraser Valley Region, one of nine regions participating in the campaign. "This year we are suggesting customers stock up!"

Consumers can purchase the popcorn in various sized and priced packages and it is available in regular and microwave butter and light packages. However, those wanting to stock up on Christmas gifts may also want to consider a delicious caramel corn available in a specially designed

attractive holiday tin. "We expect that many businesses and families will want to give these unique and treasured gifts to friends during the holiday season, especially since popcorn is an ideal snack food, low in calories and high in iron and fibre," added Lutes.

The young popcorn sellers will be eligible for many incentive prizes, including the grand prize, a family trip to Disneyland. Other prizes include holidays at several B.C. resorts including Apex Resort; Kickwillie's, Silver Star Resort; Lake Okanagan Resort; Whistler Village Inn; Long Lake Resort; Heritage Valley Resort; and Blue Lake Fishing Resort. The local regions of Scouts Canada within the B.C.-Yukon Council will also be offering incentive prizes to their youth.



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Public & Personal Announcements

For Sale

Orchid cactus plants - two varieties. Large showy blooms. Plants can be left outside when no danger of frost. \$10.00 each. Phone: 339-3486.

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 Jacques ou Sylvie Fortin 339-6377.

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.

Comox Valley Ski Club Annual Meet & Greet

Thursday, 19 October
1900 hours (7:00 pm)
Glacier Greens Social Centre (Base Golf Club), located off Knight Road.

Everyone welcome!

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

Swimming Pool Closure

Construction of the long awaited pool roof began 5 September, with completion expected by March 96.

During the construction period, military members may obtain swim passes for the Comox Valley Sports Centre through the gymnasium. Passes will be limited in number and will be distributed on a weekly basis.

Queries, questions, updates may be obtained by contacting the PE&R staff at loc 8315 or 8781.

Inter-Section Curling Meeting

When: Monday, 2 October
1000 hours
Where: Rec Centre
Conference Room
OPI: MCpl Johnson, Loc 8724

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

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.

The Filberg Gallery Xmas Craft Fair

Nov 18 & 19, 10 am - 4 pm in the Lions' Den (below Comox Library), 1729 Comox Avenue.

For Sale

SOLID OAK QUILTING FRAME

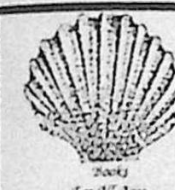
Quiltessence design, as seen in Quilters Newsletter. Size: 8 ft x 36" open, 8 ft x 18" closed. Can be easily disassembled for storage. Excellent value at \$300.00. Phone 339-3486 for further info.

HONESTY (Penny Plant)

Natural, dried stems of honesty plant. Excellent for floral arrangements or crafts. 25 cents per stem. Phone 339-3486.

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Dance Instructor
Ballroom and/or Western Line
Dancing 888 (Comox) Wing
RCAFA. Ph. Alan Fell 339-0585.



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Week ending 21 October

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|-----------------------------|-----|---------|
| 1. Dark Rivers of the Heart | ... | Koontz |
| 2. Couplehood | ... | Reiser |
| 3. Mirror Image | ... | Clancy |
| 4. Lasher | ... | Rice |
| 5. The Homing | ... | Saul |
| 6. Nothing Lasts for Ever | ... | Sheldon |
| 7. The Murderers | ... | Griffin |
| 8. On The Take | ... | Cameron |
| 9. The First Sacrifice | ... | Gifford |
| 10. Walking at Midnight | ... | Robards |

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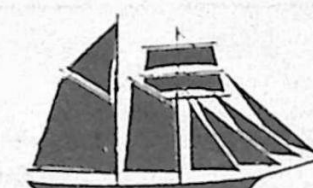
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Jumping out of a serviceable aeroplane

Sky Hawks pose prior to a jump. (Photo B. Siemens.)



Hamming it Up

442 Flight Engineer MCpl Ken Fowler hams it up with Sky Hawk Cpl Bill Pentney prior to an airshow jump. (Photo by B. Siemens.)



CFB Comox Bowling Centre

Any individuals, couples, or teams interested in league bowling please call the contacts listed below, or call Bowling Centre staff members Scott Teasdale at 334-1937 or Pat Andrews at 338-8317. Info also available from PERI staff.

League Times	Contact
Tuesday Ladies 6:45 - 9:00 pm	Sylvia Smith 339-0663
Wednesday Ladies 1:00 - 3:15 pm	Joan Breault 339-2045
Wednesday Mixed 6:30 - 9:00 pm	Darrin Hartley 339-1818

Interested in playing in a Men's League? - call the Bowling Centre staff and put your name down.

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 also book parties for section parties, sports afternoons, organizations, birthdays, etc.

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RCAF WOMEN'S REUNION - BC COMMITTEE

Permanent Force from 1951
 June 7, 8 & 9, 1996
 Vancouver, B.C.
 Held at the University of B.C. in Vancouver
Registration Form

Name _____ Maiden Name (_____) _____
 Address _____ City _____ Prov _____
 Postal Code _____ Phone# (_____) _____
 Service # _____ Basic Course # _____ Trade _____
 Next of Kin _____ Phone # (_____) _____

Indicate which plan you wish. COST is an ESTIMATE only, but WILL NOT exceed amount shown.

____ Plan A: \$275.00 Includes all meals and accommodation for Fri & Sat nights.
 ____ Plan B: \$200.00 Includes all meals except breakfast, no accommodation.
 ____ Plan C: \$ 90.00 Friday only, includes lunch and buffet dinner.
 ____ Plan D: \$100.00 Saturday only, includes lunch and banquet.
 ____ Plan E: \$ 50.00 Sunday only to 4:00 pm, includes brunch.

A DEPOSIT of \$25.00 is requested. Balance to be paid by 1 March, 1996.
 Full refund if cancellation received by 1 April, 1996, after that date \$15.00 will be withheld.

ACCOMMODATION: List person(s) to share in the same living unit. (A Unit consists of 6 single bedrooms) _____

BUS TOUR: Morning _____ Afternoon _____ Do not wish to take tour _____

EXTRA NIGHTS: Often people like to come to a reunion early and stay longer.
 Fort Camp Lounge will be open Thursday at 4 pm. Extra accommodation is available at approx. \$38.00 a night (incl. taxes).

Please state: Number of extra nights _____ Dates _____


SPECIAL NEEDS: Please advise us if you require a special diet, wheel chair, etc. _____

PHOTO for Pictorial Booklet enclosed? _____

Complete and return with your deposit to: _____ Deposit enclosed \$ 25.00
 RCAF Women's Reunion, _____ Balance owing _____
 1475 East 43rd Ave., _____ Total paid \$ _____
 Vancouver, B.C. V5P 1M3 Phone: (604)327-1221

RCAF WD's Reunion - June 1996

You have a year to plan to come for three great days!! Believe it or not, it is 40 years since I donned my first WD uniform! The first RCAF Women's Reunion for Permanent Force was held June 1990 and if success is measured in laughter then the reunion was a roaring success!! Come to laugh and find that long-lost bunk mate, bring your olde photo albums, be prepared to let time fall back to "spit polish" your shoes days and recall the course songs!



888 (KOMOX) WING

RCAFA

CALENDAR OF EVENTS - 1995

Sat 28 Oct	Oktoberfest & Norm's Combo	1900 hours
Sat 04 Nov	Games	2000
Sat 11 Nov	Remembrance Day. 888 Wing invited to Br. 17 Legion Breakfast	0900
Sat 18 Nov	Medieval Night	1900

Tickets at the Bar.

HOURS OF OPERATION:
 Wednesday 1300 - 1800 hrs
 Thursday, Friday & Saturday 1200 - 0100 hrs
 Sunday 1300 - 1900 hrs

PLEASE SUPPORT WING SOCIAL EVENTS
MAKE NEW FRIENDS
 Cancellation of Events Costs Your Wing Time and Money
 For information about tickets, please call the bar, 339-0888

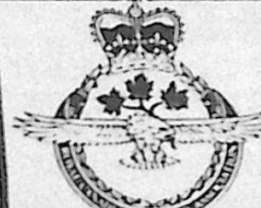


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 to 4:00 pm

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888 (Komox) Wing

Royal Canadian Air Force Association

Regular Membership: Who is eligible?

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

Associate Membership: Who is eligible?

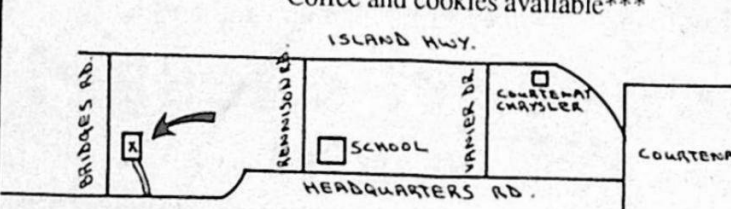
- *** All persons interested in aviation who support the Aims and Objectives of the RCAFA ***

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

Comox Valley Presbyterian Church

GARAGE SALE

PLACE: 5420 Headquarters Road, Courtenay
TIME: 8:00 am to 2:00 pm
DATE: 21 October 1995, rain or shine
 Coffee and cookies available




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