



**F-16c wins  
the Scale  
Competition**  
...p.10



**Airshow 96  
photorama**  
...p.9

*The Comox Valley's Oldest Newspaper.*



# TOTEM TIMES



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

**VOL 38 NO 13**

**THURSDAY 25 JULY 1996**

**COST: PRICELESS**

## Congratulations 19 Wing



(Photo MCpl Edith Cuerrier)

**by  
Capt David Krayden,  
WPAffo**

It was billed as the "final frontier," but as thousands of people converged on 19 Wing this weekend, the 1996 Comox International Air Show might well have been described as the New Frontier. Over 20,000 men, women and children attended this year's air show, making it a solid financial success. With criticism of the slow-moving 1994 show still ringing in their ears, the 1996 Air Show Committee resolved to produce a show with speed, noise and power.

They succeeded.

The Sunday afternoon air display was replete with high-speed jet aerobatics and a drop-dead Snowbird demonstration that may have been the team's greatest exercise in aerial poetry. The famous volatile West Coast weather, which had lead to the biggest nail-biting frenzy in history the week before, turned out to be picture-perfect on air show

day: blue skies, mood indigo all the way. The air display might have been described as a competition of jet power had it not been for the usual solid performances by the other acts, including a SAR display that occurred only hours after a full-scale search in northern B.C. proved successful and the aircraft were freed for the show.

It came down to the wire with our visiting astronauts, LCol Chris Hadfield and Cdr Jeff Ashby as well, their having some difficulty arriving for the air show. We are a jaded lot in these cynical 1990s, but not so much that hundreds won't line up to receive autographed picture of these men, whose military achievements are to be both admired and envied. In the end, LCol Hadfield ran out of pictures - sold out - a remarkable achievement in an era when movie stars are just so much ennui.

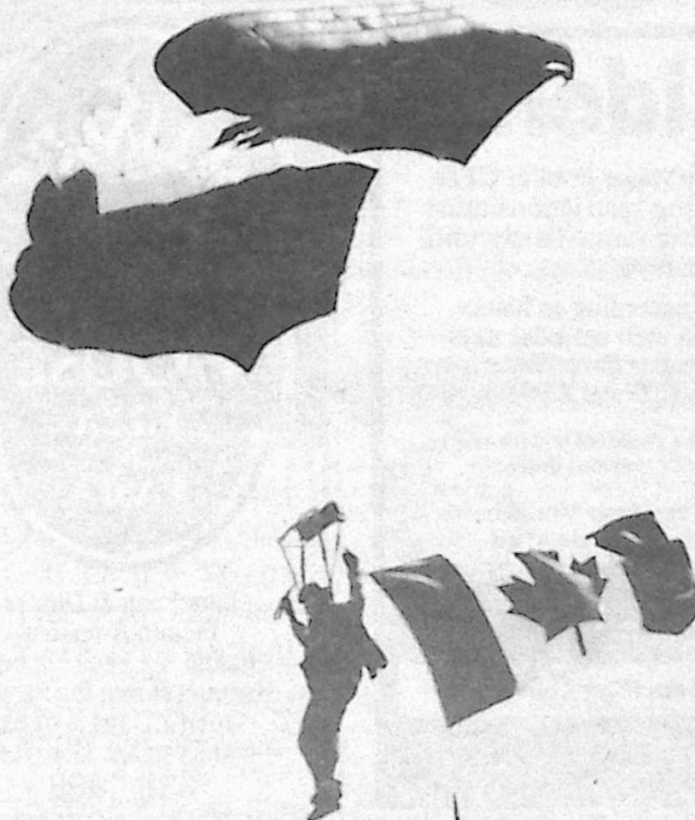
It was a great day for the Alliance too. With participation from the United States (overwhelming), the U.K. and Germany it was

truly an international air show, a majestic display of the military hardware that has preserved, fortified and nourished world peace for half a century.

It was a day of pride - real

pride, the kind of pride that knows why one wears a uniform. The kind of pride that the local community can understand. We truly are on guard for thee.

Congratulations 19 Wing.



To the personnel of 19 Wing:  
It was a very successful 1996 Air Show. We can all be proud of this outstanding accomplishment. We put on a tremendous show for the community and ourselves. I want to take this opportunity to thank all of you who participated in this year's show. Whether you helped sell tickets, arranged air or static displays, set up tables and chairs, worked in the Commander's Club or promoted the show, you were all instrumental in making this one of the most successful, worthwhile and satisfying air shows to date.

My congratulations to the Air Show Committee for coordinating all these efforts and collectively organizing a first-rate show. You can all take pride in your efforts. I would specifically like to thank Maj Chuck Fast, the Air Show Director, for his unflinching commitment to excellence and obvious determination to produce an air show of quality and excitement. Organizing an air show is a challenging task and requires a good deal of management skill and leadership: Maj Fast demonstrated both of these qualities.

To everybody else who worked on this air show, I would ask you to consider its value. Yes, it's a lot of work. But, it represents an opportunity to showcase the aircraft and personnel of our Wing and those of our allies. By involving the community to a greater degree in the planning and execution of this air show, we managed to reduce the workload for all concerned. Before significantly changing the composition of any future air shows, we should consider what a positive force an air show is in reinforcing good relations between 19 Wing and the local communities.

As I leave for a few weeks leave, I thank the personnel of 19 Wing again for producing what many have described as the best Comox Air Show ever.

Per Ardua Ad Astra.

Col Brian MacLean, WComd.



## The Editor gets a word in



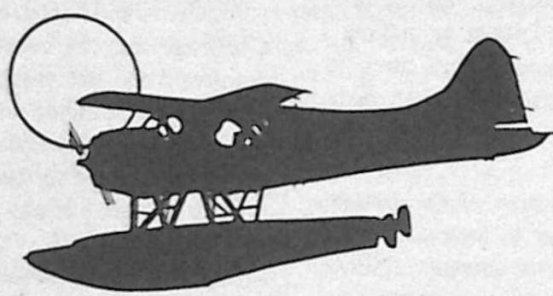
### The Airshow is over and....

What a success it was! You know, I truly believe that some things are just meant to work out. If you had made me a bet on whether Airshow 96 would have drawn as many people to it, or whether the activities would have gone so smoothly, I wouldn't have taken you up on it. The weather just one day before the event was atrocious. Rain, high winds, low clouds and a doubtful forecast. Organizers putting on a brave face but quietly planning for the worst. And this the grand finale of Airshows. But they pulled it off in traditional grand military fashion and all glory to them. Well done!

And to Alan Fell, I apologize. Your contribution to the Radio Controlled Scale Aircraft event was considerable and I neglected to specifically mention that at awards presentation time. We at the Museum do very much recognize and appreciate your support and were very much impressed by your commentary during the event. You stuck it through and kept the crowd informed and organized during the entire event. We look forward to working with you in the future.

Speaking of the Museum sponsored event, I must also recognize the contributions made by some of our local sponsors. We are not yet very good at soliciting help from local companies, yet you made it all so easy. To the manager, Chris Gale, and his community-minded staff at Overwaitea, who donated the food for contestants, thank you. And to our two local hobby shops, Flite Supply and Nuts Hobbies, thank you again for sponsoring the judges and ensuring their eager return next year.

Joel Clarkson



### Letters to the Editor

Dear Sir;

To all the wonderful human beings involved in the Search and Rescue operation for our missing children, Trevor Chambers, Jordan Lefley and David Agnew, July 6 and 7 in Nelson, B.C., we feel a gratitude in our hearts that is difficult to express in words.

Giving of yourself is one of the greatest gifts one can give. We do not know most of you, which makes all of you, your giving and your efforts the more heroic.

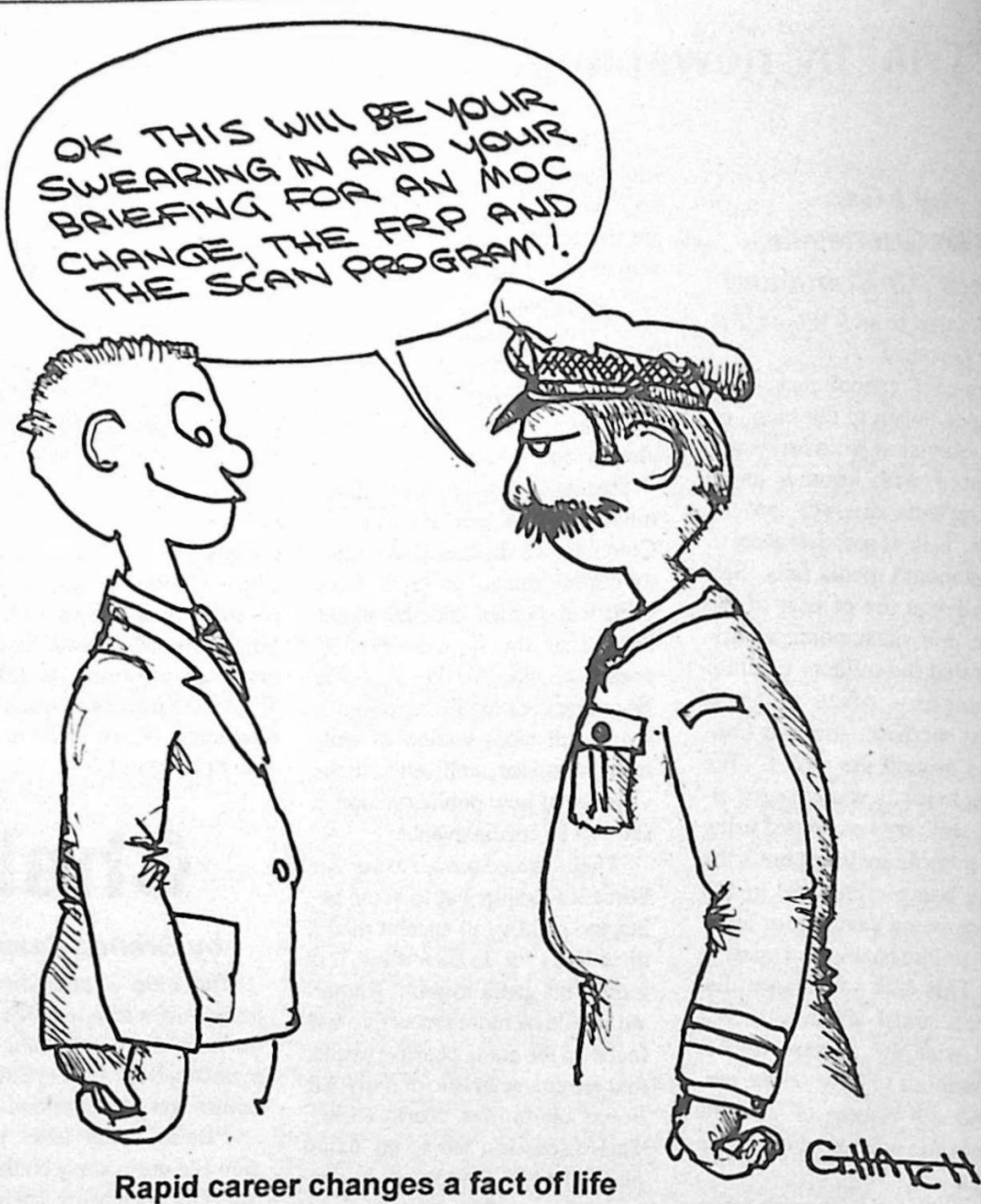
To those we came to know during this ordeal; the men and women of Canada's great Search and Rescue team from Comox and Victoria and other points, who were at once kind and helpful and absolute professionals, always helpful search coordinators Brent and Brenda Lee, Pat Severyn and Steve Bank of Nelson City Police, Bob Perry and Steve Small of the RCMP; deepest thanks for being the kind of people that make our world a better

place. Heartfelt thanks to Fred von Hardenburg of Mission, B.C. for his thoughtfulness and sharp eyes. The care and kindnesses of the ambulance crews and the Kootenay Lake Hospital staff will always be remembered, as will all the phone calls of support and many wonderful, thoughtful deeds of our friends and families.

We will above all remember, in a very special place in our hearts, the volunteers who gave so much of themselves to help find our dear children. We grieve very deeply for the families of Rick Dendys and William Bing of Nelson and Richard Ayotte of Trail, fine human beings who are true heroes, men who cared, who gave of themselves. The world will miss especially men such as they. MAY GOD BLESS YOU ALL.

Yours sincerely,  
The families of Trevor Chambers, Jordan Lefley and David Agnew.

**NEXT DEADLINE  
9 AUGUST - NOON**



Rapid career changes a fact of life

Dear Sir;

During the weekend of 6-7 July, there were allegations in some news media reports concerning the Honourary Colonels Conference which was held in Goose Bay this past April. The allegations referred to the conference as a "party" and addressed the cost to Canadian taxpayers of transporting the honouraries to Goose Bay in one of our CC-150 Polar aircraft.

As you know, our honouraries play an important role not only in the unit to which they are appointed but they are also an important link to the civilian community. This distinguished and influential group of Canadians collectively bring the Air Force the "civilian" perspective on important issues which impact on all. To be effective, however, they must understand the policies and tasks that guide the activities of the Air Force. By bringing them together once a year, the Air Force has the opportunity to update them on those issues affecting the Air Force. In turn, the honouraries can pool their wisdom in advising the Air Force on matters that are of importance to them and Canadians at large.

The conference was *not* a party. It was held at Goose Bay in April and the honouraries gave up their weekend to be there. All of

the attendees stayed in military accommodations on the base and took their meals in the combined mess. The two days of the conference were filled with briefings and discussions concerning the whole range of issues facing the Air Force today. They were all formal working sessions that included an update on: all aspects of FP97, the impact of Budget 96, and the development of a five point communication plan which is designed to help the Air Force deal more effectively with negative media of the kind this is all about. The Honourary Colonels have taken the lead in developing these five themes. During the conference, the opportunity was taken to have a mess dinner during which we marked the awarding on all. To be effective, however, they must understand the policies and tasks that guide the activities of the Air Force. By bringing them together once a year, the Air Force has the opportunity to update them on those issues affecting the Air Force. In turn, the honouraries can pool their wisdom in advising the Air Force on matters that are of importance to them and Canadians at large.

On the second point concerning the use of the CC-150 to transport the HCOLs to Goose Bay, it should be noted this was a normal authorized tasking for the aircraft and within the approved FY 96/97 yearly flying rate.

Please ensure our people are widely briefed on this. I am certain they understand a weekend in Goose Bay in April is not a boon-doggle.

Commander, Air Command

Dear Sir;

Re the Heritage article on page 8 of your 20 June edition: this item had a few errors. The picture "Beacon of Liberty" presented to Maj Clarkson of the Comox Air Force Museum was donated by the artist, Rich Thistle, of Stratford, Ontario and was framed and presented by the Wartime Group of 442 Squadron, not the West Coast Chapter of the CFPA. There is no West Coast chapter -

it is the Western Wing of the CFPA, which includes the four western provinces.

Similarly, the print presented to the present-day CO of 442 Sqn was bought, framed and presented by the Wartime Group of 442 Squadron. Squadron Leader Mitch Johnston, the last wartime CO of 442 Squadron, made the presentation.

Yours truly,  
John Mallandaine

(The following letter was received by Col B.B. MacLean.)

Dear Col MacLean;  
On behalf of the Courtenay July 1st Committee, I would like to say thank you to yourself and the personnel of the Canadian Forces Base Comox for taking such a large part at our Canada Day celebrations. In particular, the men and women who took part in the parade and the opening ceremonies helped to bring home the Canada Day, "Sharing Our Heritage" theme.

Thank you for being such good neighbours, and have a good year. We hope to be sharing our Canada Day celebrations with you again next year.

Yours truly,  
Ron Crowther, Chairman  
Once again, our Honour Guard has done the Wing proud with yet another fine showing at the 1996 Courtenay Canada Day celebrations. The men and women who have served on our Guard, both past and present, have shown the Comox Valley, time after time, a team of professionals of whom we all at 19 Wing can be very proud. Their strong efforts and dedication to the task at hand have not gone unnoticed, for the above letter of thanks is but one of the many I receive each year from the local communities. The positive image our Guard displays to fellow Canadians, in support of both days of celebration as well as the days of remembrance goes a long way to instilling a sense of confidence and pride in their military.

We all thank you, the Guard members, for the extra time you put in on practices and doing the actual events (usually on the weekends). Our Honour Guard continues to seize upon these limited opportunities to enhance our public image - WELL DONE.

Col B.B. MacLean

## CAF says thanks

(The following letter has been received by Col B.B. MacLean.)

Dear Col MacLean;  
In behalf of the Arizona Wing Staff and members, I wish to thank you for the hospitality provided our "Sentimental Journey" and her crew. The arrangements made by you and your staff were outstanding. All of the several Canadian hosts are much appreciated for their efforts and enthusiastic reception of our group.

Enclosed is a Confederate Air Force patch. We would be proud if you decide to display it in any appropriate way.

Elton Dyal, our member who provided valuable liaison activities to help make this exciting, and important, visit to your base a success, advised me that our crew was received and treated "Royally" - for this the Wing thanks you.

Again, I convey my personal thanks for your assistance, Col. MacLean.

Best regards,  
R.L. Exler  
Adjutant & Tour Coordinator  
Confederate Air Force  
My personal thanks to all Base and 888 Wing members who worked to make this event a success. Well done, folks!  
B.B. MacLean, Wing Comd.

## Cadets hold inspection parade

by Ken Dougan

386 (Komox) Sqn, Royal Canadian Air Cadets held their Annual Inspection Parade, on Saturday, 22 June at Glacier Gardens. Major General Robert L. Mortimer (retd) was the Reviewing Officer as the cadets were put through their paces. Several awards and medals were presented, including the Lord Strathcona Medal, and the Royal Canadian Legion Medal of Excellence.



Maj Gen Mortimer pins Lord Strathcona medal on Sgt Colin Campbell. (Photo by Mel Cameron.)



Marjorie Arnold, Comox Legion President, presents Medal of Excellence to WO2 Jeffery Jedras. (Photo by Mel Cameron.)

Address correspondence to:  
The Editor, Totem Times,  
CFB Comox, Lazo, B.C.  
V0R 2K0

SUBSCRIPTION RATE  
\$10.70 per year, GST included.

The TOTEM TIMES is an unofficial publication of 19 Wing CFB Comox, B.C. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF, or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Material may be reprinted with attribution. Published 22 times a year with permission of the Wing Commander, 19 Wing CFB Comox, B.C. Publications Mail Registration No. 4098. Printed by Ladysmith Printing, Ladysmith, B.C.

OFFICE HOURS  
Thursday 0900 - 1600  
Deadline Friday 0830 - 1600  
Monday 0830 - 1600  
Tuesday 0830 - 1200

## 125th Anniversary Royal Regiment of Canadian Artillery by Col J.C. Muise

On behalf of all ranks of the Communications and Electronics Branch, may I congratulate all members, serving, released, and retired, of the Royal Regiment of Canadian Artillery on your 125th Anniversary.

We recognize that Canada's regular force began with the formation of A and B Batteries at Fort Frontenac in Kingston, Ontario, and at the Citadel in Quebec City, Quebec, respectively. These two batteries also provided schools of gunnery and uniform standards of evaluation and inspection for the already-existing militia artillery units, establishing the first all-Canadian professional military training system.

Both Gunners and Communicators have the pleasure of sharing common roots in Kingston. We also feel a special kinship due to the close working of Gunners and Army Signallers together since the first World War and our shared sacrifices for this great country.

As you celebrate your many events across Canada, please note that many members of the C and E Branch and their families will be attending to celebrate with you. I am sure that these events will be popular and memorable.

Once again, best wishes to all of our members on this special anniversary.  
Velox Versutus Vigilans

## Thunderbird Challenge (cont'd from page 3)

"You learn how to work and operate as a fire team during the movement phase, using tactical hand signals and formations. During the rifle phase, you learn to stick together and to keep an eye on your teammates," said Capt Rob "Hollywood" Delaney, from 15 Wing Moose Jaw.

According to Maj Dave Shuster, the combat rifle competition is the most important in terms of preparing Canadian participants for the Peacekeeper Challenge, held annually at Kirtland AFB, New Mexico, because it is premised on the ability to shoot a rifle. At Peacekeeper, participants compete in combat rifle, grenade launcher, and machine gun competitions.

## Thunderbird Challenge 96 results

Canadian MP Association Award for Esprit de Corps - 19 Wing Comox; Leadership Award - Cpl Smithman, 4 Wing Cold Lake; Top Gun Award - 2Lt Bell, 4 Wing Cold Lake. Obstacle Course (Team): 1st 17 Wing Winnipeg, 2nd 22 Wing



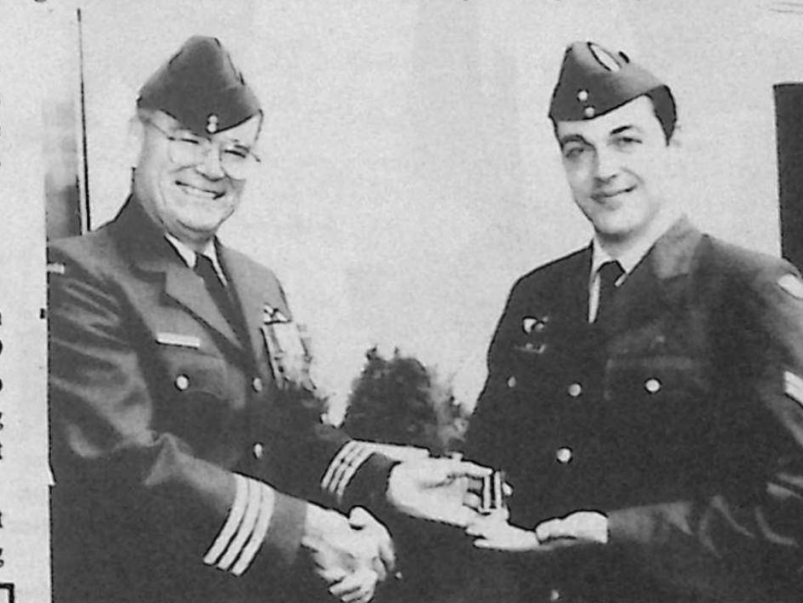
LCol Terry Burt bids a fond farewell to M. Antoinette Bryant who is leaving DND after 25 years of faithful service. M. Antoinette will be missed by all Wing personnel but especially by the folks at 442 Sqn where she has become both fixture and friend to the men and women of the Snakes.



Mrs. Darlene Clark being presented with her retirement certificate by LCol Drover, WOPO. Mrs. Clark is retiring after 23 years combined service in the RCAF and the civil service.



Cpl Darrel Fournier gets the "For Professionalism" award. Way to go Darrel! CO 442 LCol Rick Hardy is the proud presenter.



WLogO, LCol Abbott presents Cpl Dean Vey with his Special Service Medal.

North Bay, 3rd 15 Wing Moose Jaw.

Obstacle Course (Individual): 1st MCl Murphy, 17 Wing Winnipeg; 2nd Capt Delaney, 15 Wing Moose Jaw; 3rd Cpl Dwyer, 22 Wing North Bay.

Handgun Competition (Team): 1st 7 Wing Trenton, 2nd 22 Wing North Bay, 3rd 17 Wing Winnipeg.

Combat Rifle Competition (Team): 1st 22 Wing North Bay, 2nd 17 Wing Winnipeg, 3rd 4 Wing Cold Lake.

"Serving The  
Military  
Community  
With Personal  
Experience"

**REALTY WORLD**  
Coast Country Realty

Maureen Davidson  
Sales Associate  
(604) 334-3124  
#121-750 Comox Road, Courtenay, B.C. V9N 3P6  
Each office is independently owned and operated

**REALTY WORLD™**  
Res. 339-9987  
Fax (604) 334-1901



## 407 wins Commander's Baton

by MCpl John Surch

As you all know, in keeping with tradition, 407 once again entered a team in this year's Comox Valley 24-hour Relay Race. As in the past, our team was extremely successful. In total, over the 24-hour duration, the team ran 295 km which, in easier terms, would be from Comox to Victoria and back to Nanaimo. This feat qualified as a very respectable 4th overall.

Although this statistic is impressive, the main drive of this race was to raise money for St. Joseph's Hospital Pulmonary Lab, and that's where we excelled. Due to the generosity of this squadron and the commitment of all the team members, we managed to collect \$1,084 for the cause. This was enough to win the fourth consecutive Wing Commander's Baton. For those who don't know this is an award given by the Relay Committee to the military team with the most pledges collected. The fact that we're the only recipients of this award since its inception has to say something about the team spirit and generosity exemplified by this squadron.

As team captain, I would like to recognize those involved with this very worthwhile cause and thank the squadron as a whole for its support. This year's team members were: MCpl John Surch (Team Captain), Capt Francis Laplante, Capt Craig Browne, Lt Curtis Wright, Lt John Dietrich, MCpl Ted Konrath, Cpl John Johnson, Cpl Paul MacMillan, Cpl Liz Howe, Cpl Pierette Ledrew, Cpl Don Brenson, Cpl Dawn Meier, Cpl Kelly Christensen.

A special thanks goes out to Kirsty Hales who came out with John Dietrich and ran 25 km for us, and to Penny Surch for both her support and participation. Once again, to all those involved BZ. See you next year!



LCol Burt congratulates Sgt Al Lirette on his well-deserved promotion to WO. With the promotion comes a posting back to his occupation, as he moves to WOPs Sqn to resume Air Traffic Control duties in late July. The WCWO's office will miss Al's smile.

**WIN'S SILKS 339-7195**

LOCAL & ISLAND MADE CRAFTS

Jewelry • Candles • Soaps  
Dish Cloths • Snowmen  
CV Mugs • Fimo Bunnies  
Cherubs •

Four Rooms  
in all to Browse  
Through

1440 Ryan Road, By the Base HRS: 10-5 Tue-Sat

## MAG Commander's Commendation awarded

by Sgt D.I. Vincent

BGen B.N. Cameron presented MCpl Tracy Reid (CRS Tech) of 407 Sqn with the Maritime Air Group Commander's Commendation on 11 July at the 407 Sqn Change of Command Parade. This award is given in recognition of significant contributions to the Maritime Air Group. Tracy is an exceptionally dedicated and resourceful individual who has realized many outstanding achievements and significant contributions to 407 Sqn and the Canadian Armed Forces.

Recognizing the operational significance of the Global Positioning System, he personally supervised the timely and flawless installation of this modification on the CP140 aircraft. He has continuously provided professional and enthusiastic support to many visiting field representatives in connection with the Prime Mission Vehicle-System Test Program Software Evaluation, the Industry Canada Installation Project, and the West Coast Auxiliary Communication Improvement Project.

As a member of the 407 Sqn Process Design Team, Tracy was

instrumental in developing many insightful recommendations for squadron reengineering. In addition to wholeheartedly promoting design proposals, he provided concise debriefs and answered many questions concerning squadron operations.

This enthusiastic serviceman consistently seeks learning and teaching opportunities. On his own initiative and with no previous experience, he has acquired an exceptional knowledge and skill in computer operations. As ADP rep, he has been invaluable in providing assistance to squadron personnel requiring instruction on computer operations. Employing his acquired skills, Tracy has and continues to develop computer data base programs which provide invaluable support for day-to-day squadron operations. Tracy's enthusiasm for learning is highly visible in a noteworthy command of his second language (French), for which he is currently in progress of obtaining his second language profile. He achieved top student status on the OIC course and then went on to volunteer and teach the IOC course.

MCpl Reid is held in high esteem for his impeccable conduct and cooperation on all temporary duties, exercises and responsibilities outside his section. He has received letters of appreciation for his participation on the UNITAS Deployment, and for his contribution toward the Aeronautical Engineer Professional Development Program, Wing Non-Public Fund Stocktaking Board and Operation SHARP GUARD.

MCpl Reid is a stalwart contributor of time and effort to the Comox Air Force Museum. He received accolades for his high level of professionalism and dedicated work ethics as he participated in the preparation, dismantling, transportation, and reassembly of a CF101 Voodoo



## Cops Corner

### Police Pass-Ons

It's three o'clock in the morning and, as you drive through the quiet streets, the radio bolted to the floor next to you comes to life. "Bravo Two, Control, please respond to a domestic dispute at 13 Vimy Street. There is an assault in progress and it is unknown at this time if alcohol is involved, or if there are any firearms in the residence. Respond with caution, Bravo Three will attend as back-up when he clears from his last detail."

Welcome to the world of the Military Police patrolman. The patrol section is the part of the guardhouse which everyone seems to know. They're the ones you see all the time, in the marked patrol vehicles, and are the backbone of any MP section.

All MPs, with the exception of our officers, are trained to be, and have been employed as, a patrolman. In our trade it is the one thing that we all have in common.

Today the MP QL-3 course, our basic qualification, is 24 weeks long and is run at the Canadian Forces School of Intelligence and Security, at CFB Borden, Ontario. This course runs the gamut of law enforcement education, as well as areas which are the specific domain of the MPs, such as Field Policing (conducting map/route reces, route signing, etc.).

The patrolman's basic training involves, but is not limited to, such areas as: Community Relations, Stationary/Moving Radar, Enforce Federal and Provincial Traffic Regulations, Investigate Security Violations, Police Officer Safety, Weapons Retention, Arrest and Restraint Techniques, Process Impaired Drivers, CPR, and Advanced First Aid.

As members spend time with the Patrol Section, many receive specialty training to supplement their numerous basic qualifications. Some of these specialties are: Evidentiary Breathalyzer Technician, Interview/Interrogation Techniques, Defensive Tactics Instructor, Pressure Point Control Techniques Instructor, Basic/Advanced Traffic Accident Investigator, and Hostage Negotiator, to name a few. These qualifications are obtained at a number of locations. In addition to our own school at CFB Borden, many MPs attend courses with local RCMP detachments, local city police forces, at establishments such as the Ontario Police College, or even with agencies such as Social Services and provincial Departments of Correction.

As you can see, if the need arises for you to require the help of a member of the Patrol Section, we have a very diverse base knowledge and qualifications to draw from in our attempt to aid you.

Next issue: we will look at another sub-section of our guardhouse, one which you may not even realize exists, our Criminal Investigations Section.

aircraft, from Royal Roads Military College to the Comox Air Park. He also achieved distinction for his very successful efforts in the restoration and mounting of the museum's CP107 Argus aircraft. As chairperson of the Comox Heritage Aircraft Committee, he continues to actively participate in other aircraft restoration projects.

Further evidence of MCpl Reid's public spiritedness is evident in his participation and contribution to the Canada World Youth Program. This exchange program is for countries that have been newly introduced to the

democratic system of government. He and his spouse, Isabelle, have sponsored two Hungarian students by providing room and board during their stay in Canada. Tracy went out of his way to expose these youths to our way of life and provided them with an extremely positive outlook on Canadian lifestyle and culture.

Tracy is a highly respected and most capable member of 407 Sqn. He is an excellent serviceman and an outstanding Canadian citizen, and thus a worthy recipient of the Maritime Air Group Commander's Commendation.

**Tri-City Boot Repair & Sales**



TOP QUALITY  
Shoe & Leather Repairs

Cliffe Ave & 8th St.

Next to Subway

Tues-Sat. 9:00 - 5:50



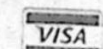
**Dogwood Insurance Services Ltd.**

FOR ALL YOUR INSURANCE NEEDS

Homeowners, Tenants,  
Camper & Trailer, Mobile,  
Marine, Business,  
Life And Travel

**Autoplan**

OUT OF PROVINCE TRANSFERS/PERMITS  
Courtenay: 470 Puntledge Road



(opposite Block Buster Video)  
Phone: 338-6766 Fax: 338-2324  
Cumberland office: 336-8524



## 407 Sqn Demon Doins

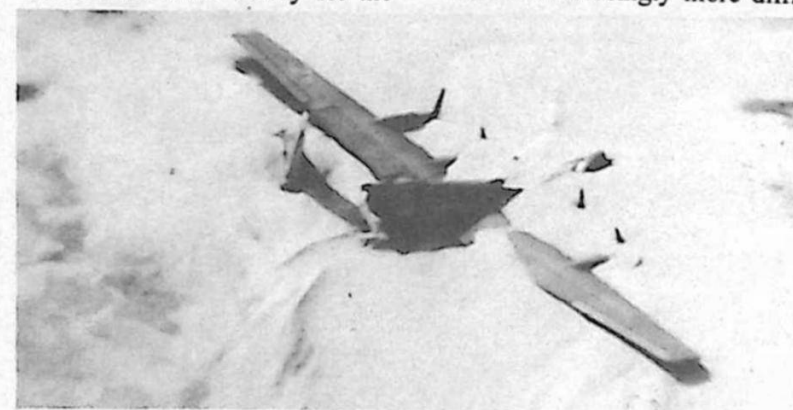
Snow, wind, rain and temperatures around five degrees are images that you wouldn't normally associate with summer. They are, however, part of Thule, Greenland where we, Crew 6, were deployed last month. The change in climate was drastic for us but so was the dramatic beauty of the glacial ice fields that cover almost all of Greenland. These glaciers feed off the ice cap which can be up to 10,000 feet thick in its centre. The drama is in the glaciers' break up as they reach the sea.

Thule is located at an interruption of this display between glaciers and the Greenland Sea. There isn't much to say for the

darkness of winter, with winds up to 120 mph. You can see the extraordinary effects of the winds on the building and fuel bunkers. Most of the buildings are made of tin and have pock marks from flying gravel as if they were shot by a shotgun and all of the bunkers have bent inward in the predominant direction of the wind.

As far as mixed company, I found that there were, at the most, about half a dozen females on a base that houses up to 500 people on a permanent basis. So, unless these guys get a lot of time off to go home, I can see it being a veery long winter.

The nine days that we spent there were long enough for us and, thankfully, we were kept busy. We flew a total of six missions, which were predominantly to locate and track a US nuclear submarine as it transited north off the east coast of Greenland. This became increasingly more diffi-



B-29 lies burnt and broken.

place, except that it is a barren, shrubless, waste of land that houses extraordinarily large and fat rabbits (I have no idea what they eat) and equally colourful civilian Danes and US military personnel. Most are posted there by their free will for about a year and a few are granted a longer stay. The money has to be good because I can think of no other reason to put up with the eternal

cult as she steamed north under thicker ice. The farther north she went the harder she became to track as breaks in the ice, to drop our sonobuoys into, became scarce. This is where Crew 6's pilot's bombing expertise came in handy. Maybe we deserve a new name since only four ended up on top of the ice near their marks in the four ASW missions that we had. One can be claimed by the

TACNAV for forgetting we were flying over ice and not open water.

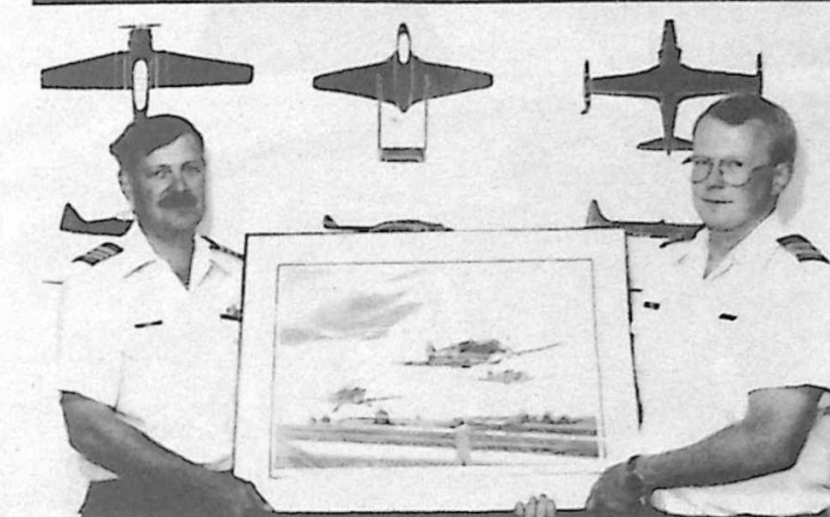
Our other missions were familiarization flights for the navigators to learn to deal with INS problems near the North Pole. Naturally, we left our letters to Santa and what other artifacts we could find in the aircraft, such as credit cards, stickers, and can openers for those intrepid arctic explorers that seem to venture into the area every summer. Who knows, maybe some guy forgot and left his can opener at home! Then again, there isn't much you can do with a credit card at the Pole.

As I said before, we were kept busy so we didn't have a lot of time off. This was fine with us since there isn't a lot to do there. Bowling, tubing and skinny dipping was about all you could do there. Bowling was more fun that I expected, especially when we started playing beer rounds. Mike Fielding and "Q" showed us how to play and "Bowling Burneau" showed us how to play well with his very impressive score of 197 on his last game. I'm not sure if he sharked us or if he was just plain lucky.

Tubbing in broad daylight at three in the morning certainly ranks up there with some of the more interesting experiences I've had. It wasn't nearly as interesting as a Witch Burning Party that we crashed one night. The Danes have an annual ritual where they burn an effigy of a witch in keeping with an ancient European tradition. Having nothing better to do we decided to show up after a long day of bowling. Whilst the witch burnt, a couple of us decided to draw attention to ourselves by having a Polar Bear swim. It wasn't enough to save the witch but it was fun all the same.



MCpl Haight is shown receiving his new rank from LCol G.B. Lewis, CO 407 (MP) Sqn. His well-deserved promotion comes with a posting to Shearwater. Best of luck on the East Coast.



It's hard to say Goodbye

CO 442 Sqn, LCol Rick Hardy (left) has had his eye on this painting for three years, so the squadron finally gave it to him in honour of his tenure as squadron CO. LCol Hardy prepares to leave for his new posting in Ottawa. Maj Appels was the presenter.

During one of our missions we flew by the infamous B-29. You may recall stories of this aircraft, locked in ice since 1953. Last year attempts to recover it were made. The aeroplane was relatively undamaged during its first crash landing and it only required minor repairs to fly it out. After all the work was completed, including preparing a take off sur-

face, the aeroplane suffered an unfortunate incident. Whilst taxiing out to takeoff a fire erupted in its tail, destroying the plane and killing one of its engineers.

In conclusion, I would like to welcome a new Terminator to the world. Kaelyn Ashley Quinn was born on 29 May. Congratulations to Sherri and Steve.

**J.R. MESS**

**FISHING DERBY**

**AUG 15-29**

**OVER \$1500 IN PRIZES**

**5 CATEGORIES**

**BIGGEST SPRING**

**BIGGEST COHO**

**BIGGEST TROUT**

**BIGGEST BOTTOM FISH**

**BIGGEST 1 DAY 4 SALMON**

**WEIGHT TOTAL**

**REGISTRATION FEE \$15 PER PERSON \$25 PER COUPLE**

**REGISTRATION OPEN 1st to 14TH AUGUST**

**RULES AND REGULATIONS** available during registration at the JRM Mess Mgr's Office from 0800 - 1200 hrs. Cash or by Aquittance Roll. Prizes awarded on 30th Aug at 1630 hrs. Also a TGIF will follow: Food is BBQ steaks, \$2 ea, followed by a special Fishing Competition for CASH.





Above: Martin Mars water bomber demonstrates its awesome ability to deliver tons of water to any fire site.



The Airbus tours were very popular with the crowd, and well worth the wait.



Above right: Large crowd shows interest in an Atlantique maritime patrol aircraft flown in by the Germans.



Below right: Canadian Astronaut Chris Hadfield was on hand to explain the details of space travel.

(Photos by MCpl E. Cuerrier & Cpl D. McIntyre.)



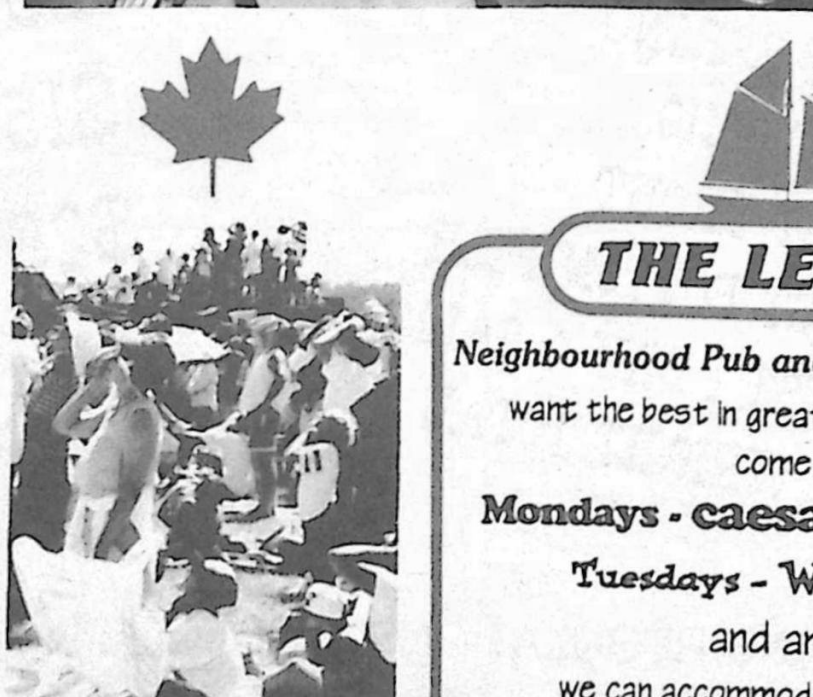
Hello! Anybody home?



HMCS Quadra band parades onto the tarmac to open the show.



Concessions were very popular.



Above: Delighted spectators strained to catch every last second of the dazzling aerial displays.

## THE LEEWARD

Neighbourhood Pub and Cold Beer & Wine Store  
want the best in great food & great service?  
come join us!

**Mondays - caesar! caesar! night**

**Tuesdays - WING NIGHT**

and anytime -

we can accommodate up to 50 guests  
for your next celebration or group meeting.

649 Anderton, Comox 339-5400



The ever-popular salute to the ladies.



Perfect, simply perfect!



442 Sqn goes trolling with a Sar Tech.



John Breen coordinates all from on high.

## DRIVE THE BEST BUY



### Bill's Special of the Week

1993 CUTLAS SUPREME SL, 2 Dr Sdn.  
53,000 KMS, PW's, PDL's, Tilt Steering,  
Cruise Control, Auto. Climate Control,  
Head Up Display (HUD) & more...  
Immaculate, STK# 7276A

Price: \$16,495.00

To View Call BILL at... 334-2425 Bill Snow CDI



**BRIAN McLEAN**

CHEVROLET - GEO - OLDSMOBILE LTD.

2145 Cliffe Avenue Courtenay B.C.  
334-2425 Mon-Thurs: 9-5 Fri & Sat: 9-30 DEALER NO. 8379



T  
H  
E

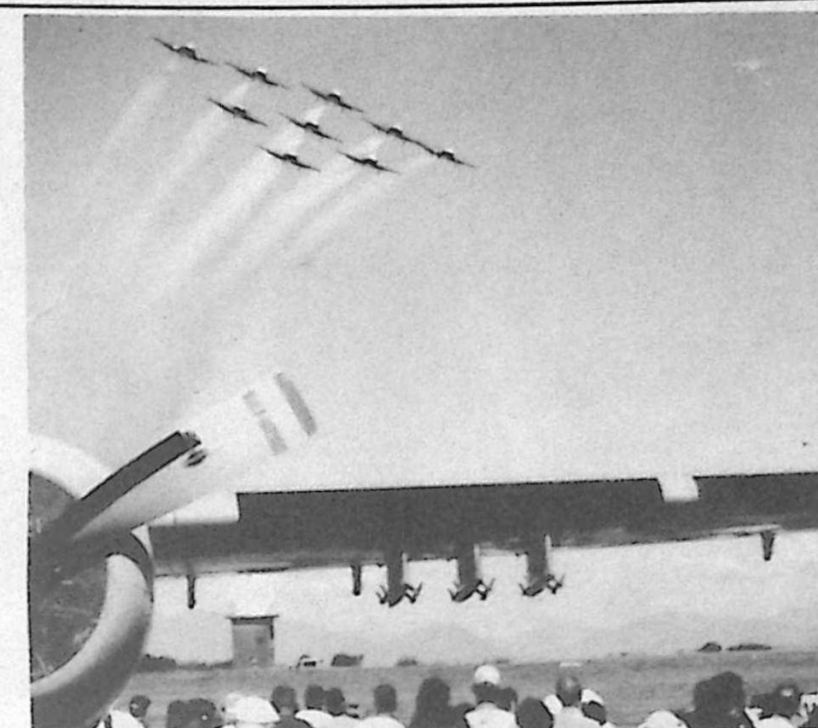
F  
I  
N  
A  
L

S  
H  
O  
W  
?

(Photos by MCpl E. Cuerrier & Cpl D. McIntyre.)



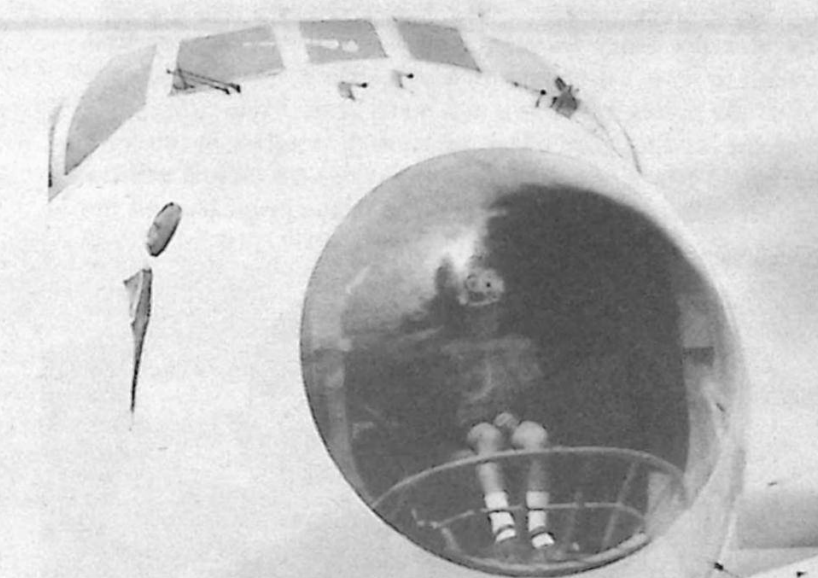
A future astronaut?



"A final flypast?"



Vintage big iron.



A room with a view.



C-5 Galaxy opens its cavernous fuselage for walk-through inspections.

## Country Village Kitchen Bin

With This Coupon Get  
**20% off**  
Tee & Sweat Shirts

BEANS TO YOU  
GOURMET COFFEE  
We Serve The Service



"Our Business is a Grind!"  
190 PORT AUGUSTA, COMOX MALL DON GATES.....339-7313

Overwaitea

**Driftwood Mall**  
40 STORES TO SERVE YOU



## Scale event a hit

How do you take something like an Air Force Museum and advertise the fact that you have one of the finest research libraries in the land? Well, you can either pay a fortune in advertising and reach a very limited audience, or you can sponsor a radio controlled scale aircraft competition, open your research facilities to all of the contestants, attract thousands of spectators and have a lot of fun to boot. And that is exactly what happened on the base on Saturday, 21 July.

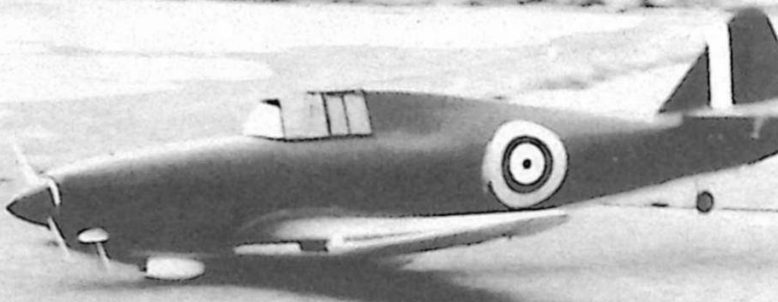
Back in August 95, the Air Force Museum Committee was kicking around ways to advertise the Rowe Library without spending a lot of advertising dollars in the process. The museum chairman, being an avid scale model fan, noticed that a number of the displays in the museum contained former radio controlled models that had been donated by people over the years. Knowing that a lot of the fanatical scale modellers turn to museums for their research, it seemed a natural to marry up the radio control modellers with the Rowe Library collection and get a lot of public exposure at the same time. And thus was born the Comox Air Force Museum Standoff Scale Radio Controlled Aircraft Competition.

On Friday and Saturday, the whole event came to fruition. And what an event it was. The crowd of spectators was far in excess of the museum's expectations and the level of competition was marvellous. Contestants from Victoria, Nanaimo, Port Hardy, Halfmoon Bay, Campbell River and the Comox Valley put on an awesome display of flying ability that had the crowd breaking into full applause on numerous occasions. The Wing Commander, Colonel MacLean, along with the Wing Chief, CWO Dupuis were gracious enough to take time out from their busy Airshow schedule to open the event. The whole show went well thanks in large part to the volunteers from the Aeronautical Association and 888 Wing of the Air Force Association.

Rob Ritter of Campbell River was the eventual grand prize winner, flying an F-16c that was clearly a crowd favourite. Ray McDougall was second overall with his Nieuport 17 (flown by Mike McCrindle of (Merville) scaled after the one flown by Billy



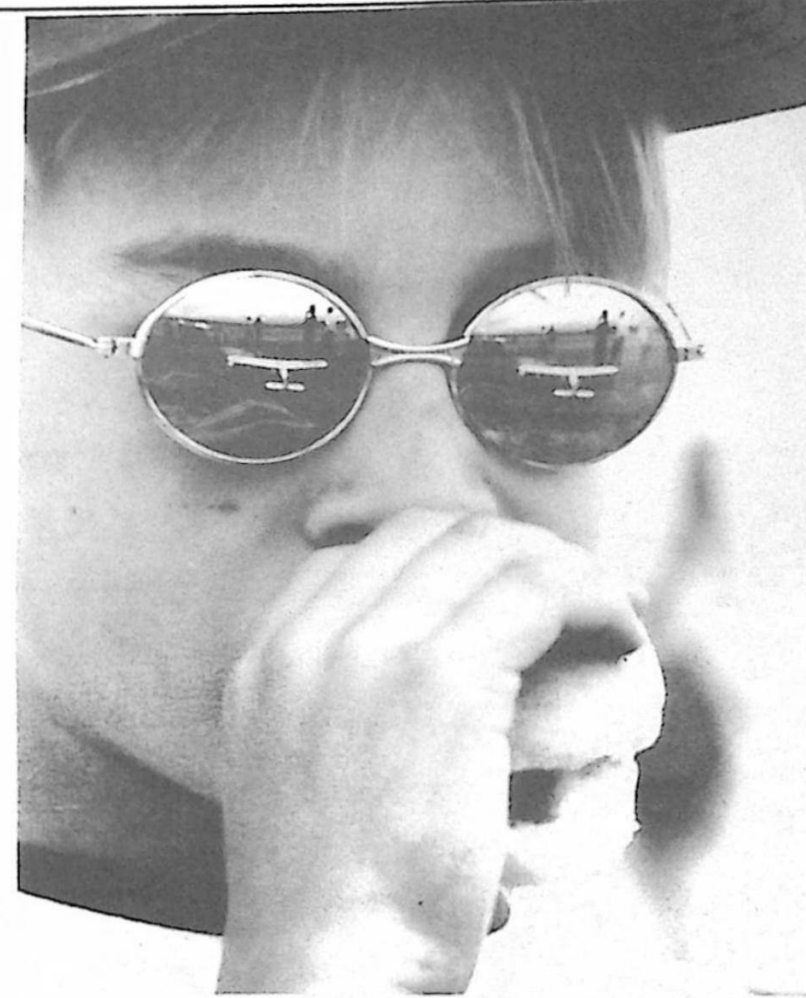
Rob Ritter of Campbell River was the theme scale winner and best overall. His F-16c was modelled after an actual aircraft from Hill AFB and he flew it to perfection during the contest.



The museum entry Boulton Paul Defiant was the very first aircraft to fly in the competition and, since it was ineligible for any of the prizes, was flown as a demo only. Proper thing too, since the landing gear folded on landing resulting in this very short field effort. An air leak in flight was the culprit and the aircraft suffered only minor damage to the propeller and the pilot's ego.



The Wes Lightburn team discusses their flight strategy. The Nanaimo team flew a scale F-18 and were very competitive till an engine failure in the second round forced them out.



Dog Day Afternoon. The contest flight line is reflected in the sunglasses of a most interested spectator.



P-47 "Expected Goose" cruises in for an effortless landing. Flown by Frank McCrindle, this aircraft placed third overall and was voted most popular by the spectators. It is owned by Al Wardell of Campbell River.



Peter Smith of Halfmoon Bay works feverishly to ready his Spitfire for a second attempt.

Bishop in World War I. Al Wardell of Campbell River placed third overall with his P-47 (flown by Frank McCrindle of Merville) and Ivan Galloway of Courtenay placed fourth with his DeHavilland Beaver (flown by Ken Browning of Courtenay).

## The Comox Air Force Museum



gratefully acknowledges the sponsors and volunteers who worked so hard to make this event a success:

Overwaitea  
Radio Control Aeronautical Assn  
Amateur Radio Club  
888 Wing Air Force Association  
Nuts Hobbies  
Flite Supply  
Village Foods

## Scale event cont'd



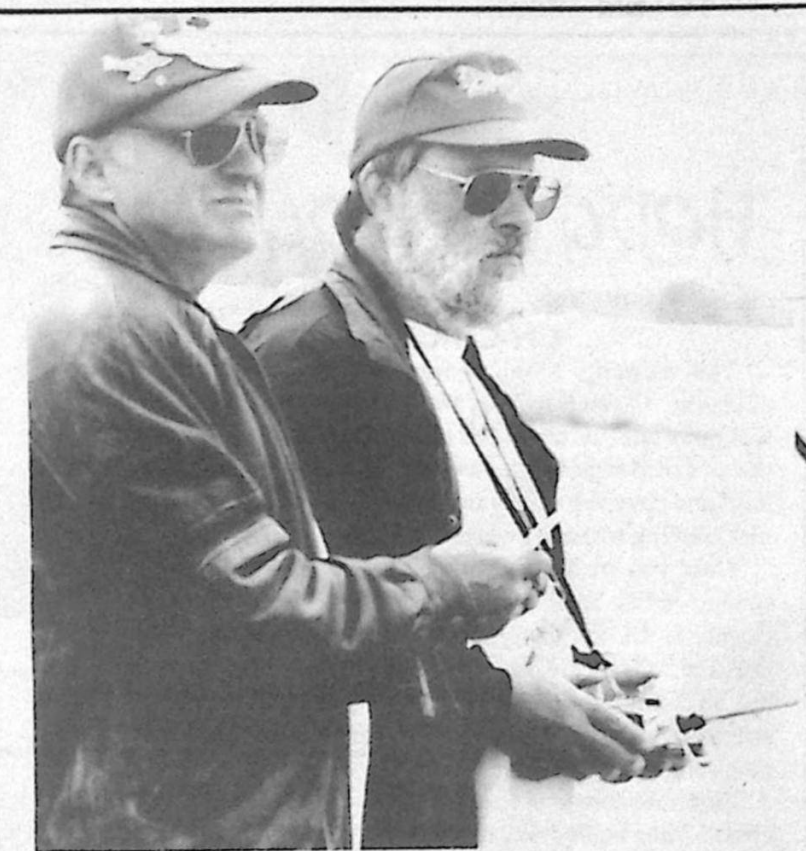
Left: A crowd of well over a thousand viewed the competition of military scale aircraft on the Saturday preceding Airshow 96.

Right: Ralph Kuhnoff of Comox gives a few last minute adjustments to his J-3 Cub. The aircraft was flown by Mike McCrindle as a demonstration only since Mr. Kuhnoff had recently suffered an injury to his arm after contact with the propeller!



Left: Rick Bodenmann of Campbell River took the trophy for most spectacular flight. His engine was turning some 22,000 rpm and his F-18 was in full flight when the propeller disintegrated. The resultant crash ended his chances.

Right: Major Clarkston explains some of the military cutbacks to Colonel MacLean. Most of the fighters will have to be reduced to 1/6 their original size.



Above: Frank McCrindle flies while Al Wardell calls out the manoeuvres for the judges. Mr. McCrindle was ahead in the competition by a good margin flying a scale Spitfire till his engine overheated and seized halfway through the second round. He subsequently flew the P-47 of Al Wardell to third place honours.



Above: Slow and steady wins the race. Ivan Galloway of Courtenay brings up his scale DeHavilland Beaver. Flown by Ken Browning, also of Courtenay, this entry performed to a consistent high standard and won fourth place overall.

(Photos by Sgt R. Trombley.)



## ELECTRO AUDIO VIDEO

REPAIR & SERVICE  
OF  
AUDIO/VIDEO COMPONENTS

POPULAR BRAND WARRANTY  
DEPOT

Sears, RCA, GE, ProScan,  
Goldstar, Hitachi, Kenwood,  
and Samsung

"Herve Thibodeau" 334-4224

4927 Island Hwy. N. Courtenay B.C.

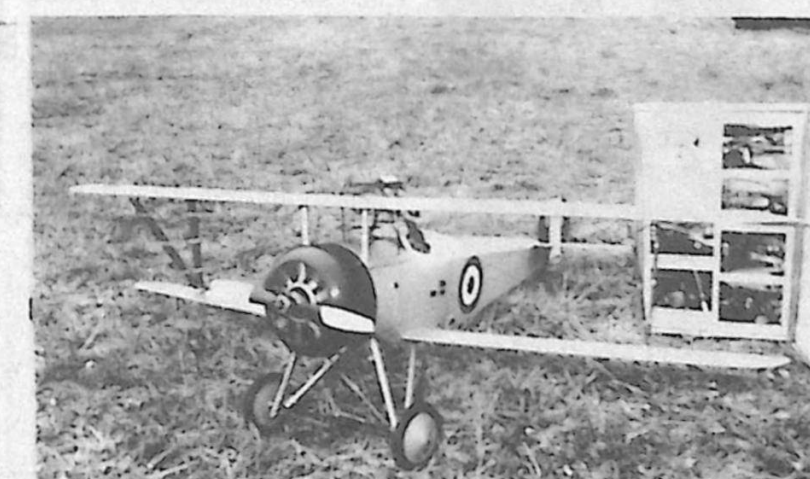
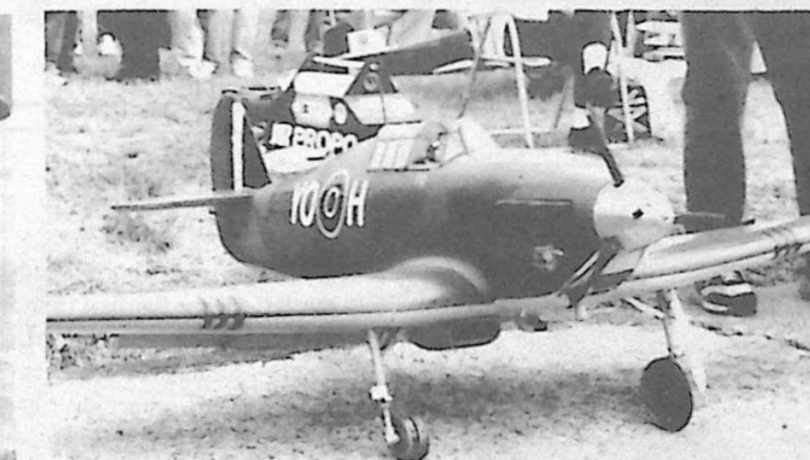


• Services For Men & Women • Essential Facials  
• Electrolysis • Personal Skin Care & Haircare Systems  
• Stress Relieving Manicures & Pedicures

AVEDA

AROMALOGY—THE ART AND SCIENCE  
OF PURE FLOWER AND PLANT ESSENCES

220 Mulholland Dr., Comox  
(Off Lazo Rd., One Block Past Butcher Rd.)  
339-7611



Above: The beautiful replica of Billy Bishop's Nieuport 17. This aircraft was entered by Ray McDougall of Victoria and took second place overall. It was also voted most popular by all the contestants.

Left: The low point of the show occurred when the beautiful Hurricane submitted by Roy Hillman of Comox and Terry Andersov of Campbell River suffered a stuck throttle in flight. This problem was compounded by a Tower call to land immediately since there was a conflict with an actual aircraft about to do a low pass down runway 11-29. The team attempted to comply and tried to put it down in the grass under full throttle. The \$3,600 Hurricane suffered major structural damage.

Hope to  
see you  
all  
back  
next  
year!!!!

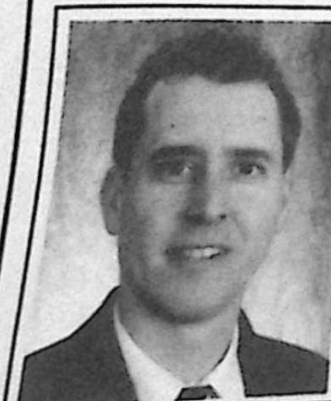


Job Search - Career Change - Tran\$ition Planning

15 AUGUST! Now What? TAKE CHARGE!  
Call Don Irvine And Get Started.

1994 Comox Ave, Comox  
(Corner of Anderton Road) 339-3860

Local Professional  
Giving You Your Best!



ANDERTON  
NURSERY

"Growers of Quality Plants"

BEDDING PLANT SPECIALISTS

Perennials, Trees & Shrubs, Geraniums, Fuschia  
Bulbs, Seeds, Garden Supplies, Hanging Baskets

2012 Anderton Road, Comox 339-4726





## CH-CH-CHANGES!!!

This morning, a bird flying overhead particularly caught my attention. Given how busy the skies are over this area, something was quite unusual about this one. I recognized the body shape to be that of a bald eagle, but this bird was really working at flight, flapping hard and covering very little distance. This was a very young bird, just learning to use its wings.

Now, you are all wondering where I am going with this. Every change is like re-discovering your wings and (goodness knows!) change is the one thing that we can always expect as part of "the package." The cold, hard, reality is that some of the changes may not be comfortable. Thus enters the need of a way to manage the stress of change. There are more resources available than you may be aware of.

First and foremost, is your most critical change management circle - your family. Each change affects each family member in a unique way. It is essential that the lines of communication remain open in order for fears and concerns to be dealt with. Members - be gentle with your spouses and children. Uprooting affects their lives most profoundly.

Your friends are your second line of defense. They are most knowledgeable and sympathetic to your station in life and may offer insight as to how to cope just a little bit better. A strong network of friends can provide a "safety net" when you are feeling most vulnerable. You might be amazed at how a coffee outing or a walk on the beach can change your perspective.

The Family Resource Centre is a tool which is often under-utilized. You may not find the help you need directly, but they are invaluable as a referral centre. At the Family Resource Centre you will find books, resource material, and some caring people who are in-the-know in the community.

Change may cause you to look within on a spiritual level. You may find some sense of peace in speaking with one of the chaplains. They have a great deal of insight and you don't have to be in a tailspin before trying to find some inner calm.

There is no right or wrong way of handling change. Know that you are an individual and you will find your own way to deal with the changes in your life. If that means using all resources at hand, so be it. At some point in time, something will just "feel right" and you will be ready to attack the next challenge.

Like the young eagle at the beginning of the column, you may find yourself flying a little awkwardly at times. If your flying skills seem a little shaky, ask for more instruction. And keep asking for more until you are, once again, soaring!

## CE Does it Again



After all the fanfare over the CE-built training office and wardroom at HMCS Quadra, the section had another facility to cheer about: the new 442 Sqn joint servicing and operations centre. The grand opening was observed recently by (L-R): 442 CO LCol Rick Hardy, Acting WComd LCol Terry Burt, and the president of Local 1007 Union of National Defence Employees, Mr. Keith MacKenzie.

**REGAL CAPITAL PLANNERS LTD.**  
Serving the financial needs of Canadians since 1968

Roberta (Birdie) Pilon  
Investment Representative

334-9300  
Fax 897-3600

Anne Davis  
Chartered Financial Planner

Paladin Professional Building  
201 - 576 England Avenue, Courtenay

**WE OFFER:**

- Mutual Funds
- GIC'S
- Tax Saving Program
- Investment Services
- Financial Planning
- Insurance Services
- Group RRSP's
- Tax prep. Services

**Call Today for your NO Cost, NO Obligation Financial Analysis**

## Wallace Gardens

## The Krusaders Have Returned

Wow! It has been an exciting week. This past week the children created a time machine and began to prepare for an exciting trip of time travel to both the Hidden Island and then into Space. In our travels to the Hidden Island the children shared the huge responsibility to guard our remote control Key that starts the time machine. On Wednesday we boarded our land cruisers and headed to the beach. It was hot and the travel was challenging, but the Summer Krusaders persevered and continued their exploration of the Hidden Island in search of Treasure! The Crusaders also explored the sea life found at the beach. Our remote control key was kidnapped by the Natives of the Island. We were devastated. How would we get off the Island? Would

we ever see home again? The children were given a list of activities that had to be completed in order to get the Remote back. They created a treasure box, decoded the secret message and filled up the gas tank. Our hard work seemed to pay off when the remote control was safely returned back to us. We were relieved, and headed off to space. The Krusaders designed and created their own robots. We were lucky to make it back to our own time zone, as we were very low on gas. Everyday the Krusaders prepared physically for exploration by going swimming and playing a variety of games. Our time travel was a great success and we look forward to next week when the Krusaders will prepare and take part in the Krusader Olympics. The Children will participate in a

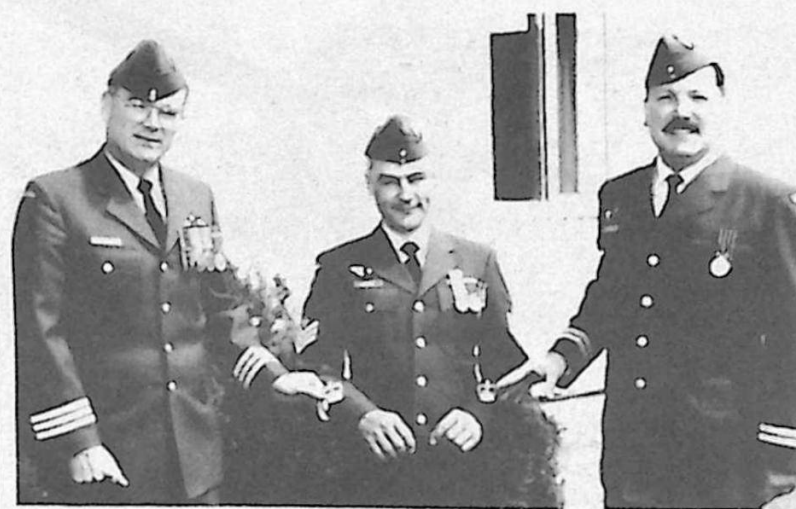
variety of events and will explore different countries. Look out for our next report of the events of the Summer Krusaders.

(The Summer Krusaders is a summer program for children between the ages of 6 and 12. Made possible by the joint efforts of the Comox Military Family Resource Centre and the Wallace Gardens Community Association. The program is funded by the Summer Career Placement Program. Summer Career Placement Program is a part of the federal government's Youth Employment and Learning Strategy, which prepares young people for the workforce. For more information and to register phone 339-5051.

## "On this date"

25 July 1925

Parachutes were introduced into the RCAF for the first time. Late in 1924 F/O A. Carter, MM, and Cpl A. Anderson had been detailed to take a parachute riggers course at the U.S. Air Services Technical School, Rantoul, Ill. On their return to Canada parachute training courses were conducted at Vancouver, High River and Camp Borden and seven officers and nine airmen were trained. Thirty-five practice jumps were made during the year.



LCol Abbott and Capt Pattison present WO Paul Lacasse with his new rank.



WO Stan Uhrn from the Forecast Centre receives his promotion to MWO from LCol P. Drover, WOpsO.

**Harreson's Military Store & Outdoor Supplies Inc.**  
Bay #1-7381 Island Hwy, Merville B.C.  
1-604-337-8299  
FAX 604-337-8296

Military clothing/Uniforms  
Combat boots & Uniforms  
Cap badges-ensignias-Knives  
Tents • Medals • Pepper spray  
Outdoor supplies • Nato • Cdn  
U.S. Sleeping bags • Tents  
Medals • Ribbons-mounting  
Raingear-military & civilian  
new/used • Sunglasses • Flags  
Parachutes • Packsacks,  
Webbing • Camo uniforms,  
Everything for the outdoors,  
We Also BUY Military Items

## Totems' second winning streak

by K.J. Saunders

The July long weekend saw the Totems in a tournament hosted by Matsubara in Cumberland. The Ts went four rounds in tournament play with two wins and two losses. In the first game, the Totems racked up a win against the Nads with a score of 5-2. In the next game, the Hitmen took their revenge and served the Totems with a 7-0 shut out. Battling back Sunday afternoon, the Totems faced Powell River and won a close game with a score of 4-3. This put the Totems into the semi-finals. In semi-final play, the Totems were unable to produce any runs and lost to Powell River 8-0. Throughout tournament play, Rick Patterson demonstrated consistent batting skills. In all, a good turnout by all Totem players.

In league play, the Totems increased their seasonal stats to 13 and 1 with a game against Matsubara on 3 July. Both Rick Patterson and pitcher Bob McCulley had 3 RBIs, Bobby with a home run in the top of the third. TJ Harrison went 4 for 4 at the plate, and Rick Patterson and Bob McCulley were 3 for 4. Bob's 12 Ks certainly helped the Totems to their 6-4 win over Matsubara.

The boys finally had a week-end off a few weeks back. Most of the guys spent it recuperating from various baseball injuries and overtaxed livers, others, well - why break a long-standing habit?

On 15 July, the Totems were at home to the Sports Traders. The boys came on strong in the first inning, scoring 5 runs. RBIs go

to Patterson, Boudreau, Smith and Thomas (2). The Sports Traders saved themselves from a shutout when a run was scored in the top of the 5th inning. The Ts maintained the lead throughout the game and punctuated the fact by scoring another 6 runs in the bottom of the 5th. The mercy rule ended the game after 5 innings with a score of 11-1. The Totems have increased their league stats to 14 and 1. Big names in the individual stats department go to McCulley (3 for 3), Patterson (2 for 3), with 2 RBIs, Thomas (3 for 3) with 2 RBIs, Boudreau (3 for 3) with 2 RBIs, and Bellamy HR and 2 RBIs.

The Totems faced Coast Country at Lewis Park on 17 July and the bats were hot throughout the whole game! After 40 minutes of play the score was 8-3 in the bottom of the 3rd inning for the Totems. The Totems scored another 7 runs by the top of the 5th inning and were able to hold onto their lead by game end, but not before Coast Country cashed in 6 runs in the bottom of the 5th. The final score was 15-10 for the Totems. RBIs go to Lonigro (4), Patterson (1), Thomas (1), Waugh (3), Warren (2), Marshall (2), Boudreau (1) and Bellamy (1). Pitcher Dale Warren threw 4 Ks and helped his cause in a big way by going 4 for 4 with two doubles, a single and a triple and 2 RBIs. With four league games remaining, the Totems are 15 and 1.

The Totems would like to thank Rick Penner and the Arbuckle Pub for the support this season.



Capt Jon Burbee (AEF Comd) recently received, from LCol Abbott, his "Diploma of Achievement" for successfully completing all his OPDPs. Bravo Zulu to the keen, young captain for his prompt completion of the package!

## Why the men's fastball team is on such a huge winning streak (read: how the team is motivated)



by K.J. Saunders

The Totems are 15 and 1 in league play this season (as at 17 July). This time last year the stats were somewhere around 7 and 8. How is it that the Totems have improved so dramatically in just one season? Could it be the superb coaching skills of the coaching duo - TJ Harrison and Steve Thomas? Maybe. (Perhaps you should ask the guys that Q.) Could it be that the boys are actually looking down third base and picking up and playing the signals? Possibly. (Ask Steve that Q - he's sure to have a different answer.) Could it be the improved weather over last year - warmer and brighter afternoons? Perhaps, but not likely. Maybe it has to do with the new blood - talents brought to the team by such players as fielder Dennis Bellamy, short stop Troy MacDonald, pitcher Rick Patterson, catcher Kirk Waugh and fielder Michel Brisebois. Certainly that could explain the Totems' long winning streak. Maybe it's the motivating scorekeeper/No. 1 fan (complete with goose bumps) that's continually cheering them on rain or

shine. Or maybe it's something entirely different - say - the mighty dollar!

The Totems have a unique and effective method of ensuring that mental errors and just plain stupid errors do not occur as often as they otherwise might. The boys have to throw a Loonie into the team's fund every time they are caught looking on a third strike, whenever an error is made on the field, or whenever the scorekeeper/No. 1 fan says so. (There's not as much liberty with the last one as you would think - it has to be "voted" in by the other players.) But talk about motivation! Hit 'em right where it hurts - in

the wallet!

A resounding "Buck Up" can be heard from the whole bench whenever an unfortunate batter gets caught with his bat on his shoulder on the third strike. Such humility, such shame, and to have to cough up money to boot! As you can well guess, the boys' bats are a-swingin'. Even the pickups to the team have to adhere to the policy and buck up accordingly! (No one is exempt, although there are two Totem players who have not incurred any expenses in this department.) The average dollar value of most games is around \$2-\$3, but the big money maker games are at the tournaments - maybe it's all the fresh air and refreshments that give the boys such a hard time on the weekends!

To date, the "Buck Up" bucket is approximately \$45. Generous donations to the worthy cause (a season-end party) have been made by: Dennis Bellamy, Rick Smith, Dave Boudreau and Bob McCulley. The scorekeeper/No. 1 fan is trying to instigate a new clause in the Buck Up policy... but only for Mike Lonigro. The next time he goes "0 for" at bat - he's buckin' up! Count on it Mike! You're gonna pay! And no more shirking off your errors on TJ. (Maybe you can get Bobbie to Buck Up for every time that he throws the ball into the dirt or 10 feet over your head when you call "Balls In... Comin' Down!")

So that's it. That's the secret to the boys' success this season. (OK, maybe it has to do with their exceptional skills and talents - but let's not tell them that.) Keep up the good work boys, and don't forget to bring your wallets... I'm not keen on IOUs.

Junior Ranks Mess  
UPCOMING EVENTS

Friday 26 July TGIF Sports BBQ steaks (\$2) 1700 start Games: Crib starts 1815

15-29 August Fishing Derby Registration and rules available at JR Ranks Mess Manager's office from 1-14 August, 0800-1200. See flyer for more details.

Don't forget our Movie Night every Sunday at 20:00 hours.

Pacific Divers Scuba Club  
Dive trips

Tofino: 1-3 August HAS BEEN CANCELLED due to reasons beyond the club's control. REPLACEMENT: Gabriola Island across from Nanaimo. Contact Cpl Mike Lafleur at loc 8834 so we can book camping spots. Shore dive and peace.

Belaclava: 23-25 August  
California: October

Opportunity: The Esquimalt Dive Club has invited members (temporary and regular) to dive with them off their boat 23-24 August. This is NOT a Pacific Divers Club dive yet it has been organized. Contact Mike Lafleur at loc 8834 as he is the liaison with Esquimalt.

Auto  
Parts Plus

**HARTMAN AUTO SUPPLY LTD.**  
Serving the Comox Valley Since 1946



338-7261

480 Puntledge Rd. Courtenay V9N 3R1

Domestic &amp; Import

Fast Service &amp; Delivery • Compare Our Prices

**COURTENAY  
mazda  
SERVICE**

## WE SERVICE MAZDA &amp; MORE

- Latest Snap-on & Bear Diagnostic Equipment
- Provincial Safety Inspections
- Brake Inspection & Renew
- Transmissions
- Tune Ups, Gas & Propane
- Competitive Rates
- Suspension Repairs
- Estimates Gladly Given

OPEN  
7:30 am TO  
6 PM Daily

1325 Comox Road  
Courtenay, DL#10154

338-5777



Getting there is more than  
half the fun....

Next to the 5th Street Bridge

## BIKE RENTALS

Rentals • Guided Tours  
Trailers & Racks • Babyseats

**20% OFF**  
All Rentals for  
DND & Military  
Employees

334-BIKE

The Fishing  
Report

sponsored by King Coho  
Resort  
339-2039

The fishing continues to be hot around the Comox Valley. There is even evidence that the Pinks have arrived. The lure of the month - "the scud" continues to do well out fishing the traditional hoochies three to one. The outlook for weather/winds is quite positive. The weekend should be enjoyable for all. See ya on the water. Tight lines.



# The Bulletin Board

Free Classified Advertising for members of 19 Wing and their families.

Ads must be 25 words or less, legible and either hand delivered or dropped in the base mail. No phone ins please.

## FOR SALE

21' Bayliner. This boat is fully loaded including all the safety & fishing gear. Must be seen. Excellent price. Must sell. 338-1956.

## WANTED

Mature, reliable, non-smoking babysitter wanted in our Comox home to care for two children ages 18 months and 6 months. Part-time with occasional full time periods. Starting in Sept. Must have own transportation. Call Donna at 339-3692. <2/2>

## For Rent

Comox Valley 3-bedroom waterfront rancher, fantastic view, privacy, 2 bathrooms, ensuite, five appliances incl. dishwasher and built-in vacuum, enclosed carport, outbuilding for storage. Available September 1. \$1,000 monthly. Call 286-3171.

## STARTER/RETIREMENT HOME

1225 sq.ft., 3 bedrm, no GST, landscaped/fenced, 3 appliances, balance of new home warranty. Priced to sell 897-1993. NO agents please. <2/2>

## FOR SALE

18ft. hardwall tandem axle trailer, furnace, stove, fridge, freezer, toilet, battery, water tank, awning, mirrors, new radials, sleeps 5. Was \$7,900. Asking \$5,000. 338-0284 evenings. <2/2>

**CUSTOM PRINT  
ENHANCEMENT  
NEEDLEPOINT  
PHOTO FOCUS**  
338-1956

## FOR SALE

1982 Yamaha 550 Maxim motorcycle, 6 speed trans, 26,000km, red, runs well. \$1,500. 339-3518. <2/2>

## FOR SALE

Yamaha organ. Great shape - \$150.00. Treadle sewing machine. Antique. Woodon cabinet needs work. \$20.00. 339-2108, Mary. <2/2>

## FOR RENT

1-Bedroom waterfront cabin Kye Bay. Year round rental. \$450.00/mo. 339-2108 - Mary. <2/2>

## FOR RENT

Bonair 1700 trailer. Sleeps 6, 3-way fridge, 3 burner stove, furnace & toilet. Reasonable rates. Opening available in August. 897-1648. <1/2>

## FOR SALE

7-1/2 ft. Okanagan import camper. Fridge, stove, furnace, jacks. \$2,000. o.b.o. Bob 339-9915. <2/2>

## FOR SALE

Car top fiberglass storage unit 51"x38" \$70. Camperboat loader \$150. New fiberglass truck tool box \$90. Hal 338-1581. <2/2>

## FOR SALE

1989 Harley Davidson. Fast, lots of extras, clean, well maintained. \$15,000. Len 334-1976. <1/2>

## Must Sell

For sale camper: 7 ft. Okanagan Import camper, stove, furnace, 3-way fridge, hydraulic jack. Good condition. \$2,950.00. 286-3171.

## FOR SALE

40 HP Mercury outboard for parts or overhaul. Scott 334-1937. <1/2>

## FOR SALE

1993 36' Kingsley 5th wheeler. Complete with 2 slideouts, dishwasher & much, much more. Comes with a 2 ton GMC Top Kick custom made truck. Both in mint condition. \$82,900 will take all. For serious inquiries please contact Jim at 339-8211, loc 8483.

## FOR SALE

1984 Camaro Z28, 5.0 Ltr, 5 speed standard, T-tops, air cond, grey. \$3,500. 339-3518. <2/2>

## FOR SALE

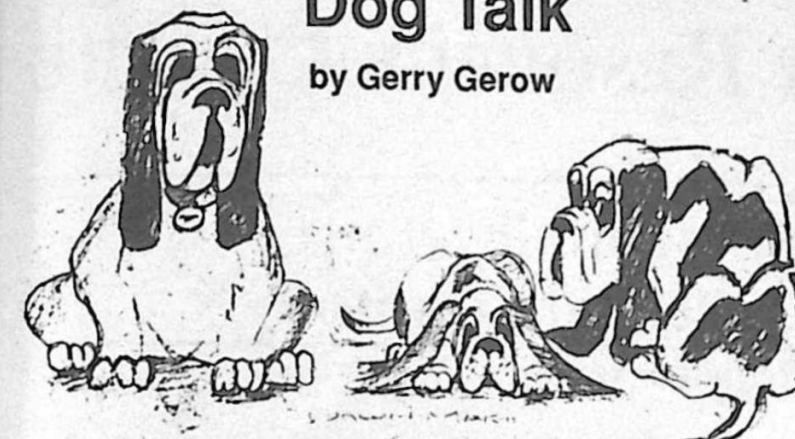
1981 Class C 23' motorhome P6/PS/tilt/DA/good condition. \$12,500 obo. 339-2559. <1/2>

## FOR SALE

1986 Frontier Import camper, 3-way fridge, 3 burner stove, furnace, water tank, hydraulic jacks, sleeps 4. Good condition, very clean. \$4,800. 334-4195. <1/2>

## Dog Talk

by Gerry Gerow



This week a book that is a little different from most of the others I have done reviews of: *The Animals in My Life*, subtitled *Stories of a Country Vet*, by Grant Kendall, Howell Book House, Macmillan Publishing, New York. US \$22.95.

This is an excellent coffee table book, chock full of amusing stories of his life as a veterinarian in Kentucky. With wit and sensitivity that is second to none, Kendall conveys the love and empathy he feels towards the cats, geese, horses, dogs and just about every other animal imaginable that he cares for. Each story in the book will touch you in some way, making you relish each moment you have to spend with the animals in your life.

This is a hard cover, 224 page edition which will be a joy to any animal lover. Ask the book store to order it for you.

Reading through the pages of this book reminds me of my life with my dogs. I got my first German Shorthaired Pointer in 1979 while based in Germany. *Hella* was a solid liver, bred to hunt, and hunt she did. She never really reached her full potential because I was too inexperienced. But she was my hunting companion for many years until she passed on at the age of 13. She had two litters, each of only one pup. She was shot by a careless hunter in Germany, but recovered, and carried the lead pellets from this accident

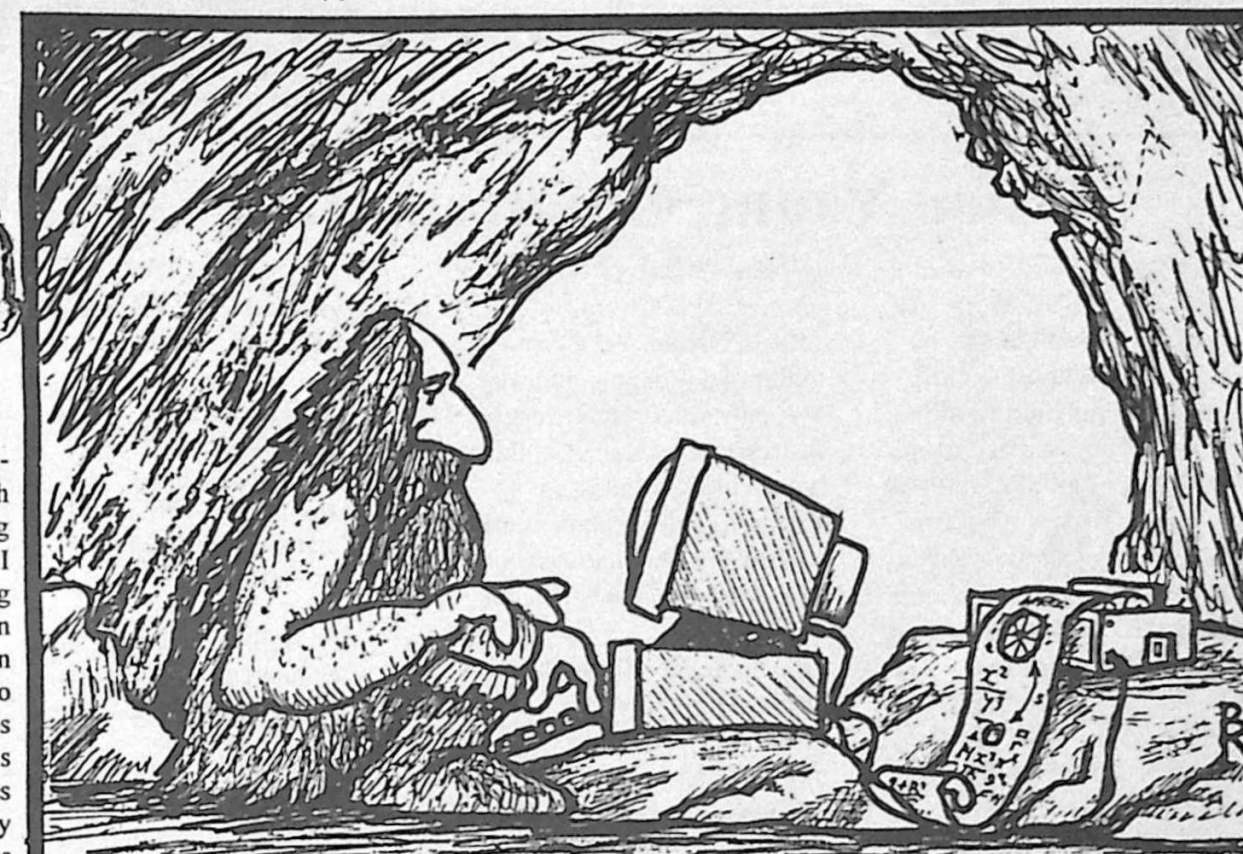
her entire life.

Her second pup, *Princess*, another solid liver dog, is still with us and is my primary hunting dog at age 11. She has the best nose I have ever seen in a pointing dog and makes the other hunters green with envy when they see her in action. She has given me two litters, the first one was three pups and the second five. Now she is old and a little grey, but still goes crazy if she sees me pick up my shotgun. Hunting is what she was born to do and it is her sole passion. She has also been an excellent family pet down through the years.

From her second litter we kept a solid liver (with a white chest blaze) female named *Heidi*. *Heidi* is everything one could want in a pet - very obedient, and no slouch in the field either. She will be five next month and, hopefully, will be bred in December, to carry on the line. I take particular pleasure in knowing that my dogs are a direct line.

Living with two dogs, I have trouble understanding how anyone could not have a pet in their home. They make a person laugh and break up the little tensions that are bound to arrive in domestic life. They generally wake us up in the morning, asking to be fed and let out to relieve themselves. Then they follow us around from morning to night, just to be with us. During a recent trip across western Canada, my

## FREAKSHOW



## How The Wheel was invented

wife remarked that it was much easier travelling with the dogs than with kids.

So, in conclusion, get yourself a dog if you don't have one. You'll be glad you did and, like me, you'll wonder how you got along without one.



## Comox cyclist gears up for Trek 96

A Comox resident is putting her wheels in motion by preparing for the B.C. Lung Association's 200-km Bicycle Trek for Life & Breath, September 7-8.

Trek fills up every year and Comox cyclist Joan Carson has registered early to have more time to collect the minimum \$375 required in donations before Trek. She will be among 300 cyclists taking a leisurely ride through the Fraser Valley and northwestern Washington state. The two-day Trek offers cyclists scenic country roads, an overnight stay at Cultus Lake and lots of fun.

The fundraising goal for the 12th annual Trek is \$285,000 to help fund medical research, lung health education and other association programs in B.C.

Trekkers, on their own or part of a team, earn incentive awards for fundraising beyond the minimum requirement. Prizes include mountain bikes, cycling clothing, resort packages, ski passes, fitness gift certificates, a four week wine making kit, and two tickets to a European or Caribbean destination from Air Canada.

More than 60 companies have donated products and services, and major sponsors are Air Canada, Norco, Dunbar Cycles, UTV, Buy & Sell Press and 97-KISS-FM.

Trekkers receive: meals, refreshments and accommodation and entertainment at Cultus Lake. The Lung Association transports sleeping bags and personal gear and provides detailed maps and

## TODAY'S CROSSWORD PUZZLE

### ACROSS

1 Bar orders  
5 Advice  
10 "— Was a  
Rollin' Stone"  
14 Small brook  
15 Forest animal  
16 Verve  
17 Windstorm  
18 Pop artist —  
Max  
19 Part of speech  
20 Citrus fruits  
22 Fearsome vampire

52 Understood  
56 Device for applying patterns  
60 Bluebird's residence  
61 Raw fish dish  
63 Tiny amount  
64 Poker stake  
65 Nevada lake  
66 Distort  
67 Wash-and-  
68 Crazier  
69 Alters (a skirt)

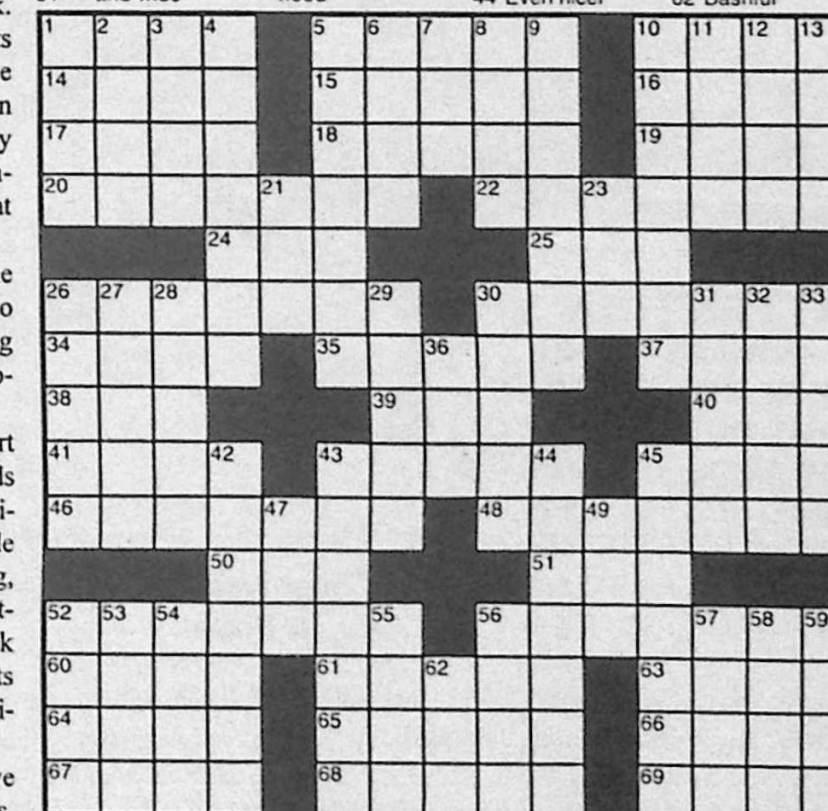
### DOWN

1 Golden Fleeca ship  
2 Storyteller  
3 Singer  
4 Like Cindy Crawford  
5 Driving force  
6 Negative votes  
7 Cook's vessel  
8 Utilized  
9 Ground  
10 Solvers' tools  
11 Malt of baseball  
12 Singer  
13 — Karenina  
21 Mass  
23 Rock-concert need  
44 Even nicer

### PREVIOUS PUZZLE SOLVED

CITE LASTS CAST  
AREA IDAHO ALTO  
GASGUZZLER PLUM  
ENTER KIT ROD  
RACK RELIC  
SPILLANE DECAL  
PUNY VEST GETUP  
ERS BASEL ICE  
DROSS DENY BORE  
SLEEP STRAINER  
EXTRA SELF  
MAYE OVA MICOLA  
ARTE BACKPACKED  
TILT ESTES ARNO  
MAYS STINT LADS

2-2-96 © 1996 United Feature Syndicate



mechanical support enroute. When it is all over, trekkers are invited to celebrate their achievements at a free wrap-up party in November.

For information or to register, call the Lung Association's Trek Department at 731-5864 or outside the Lower Mainland, toll-free to 1-800-665-5864.

Overwatea

Professional Photo Finishing

Overwatea

## NEXT DEADLINE 9 AUGUST 1996 — NOON

### Public & Personal Announcements

#### Comox Valley Amateur Radio Club

The Comox Valley Amateur Radio Club meets at 1930 hours on the fourth Thursday of every month (July, August and December excepted) at the Kin Hut, Courtenay (behind the curling rink). For information on Ham Radio Courses call Jack at 339-5868 or Don at 338-8537.

#### ATTENTION

ALL ANIMALS IN MQs MUST BE REGISTERED. AT THAT TIME YOU MUST SHOW PROOF OF YOUR ANIMAL HAVING HAD THEIR NEEDLES. IF YOU HAVE QUESTIONS PLEASE CALL LINDA AT 339-8311, LOC 8571 OR THE ANIMAL CONTROL OFFICER AT 339-3715 OR 339-8211, LOC 8527.

#### Paddlers Meeting

Komox Valley Paddlers Canoe and Kayak Club meeting will be held at 6:30 p.m. on 2 August in the upstairs meeting room at the Edgewater Pub. For more info call Betty at 339-6475.

#### Attention all Former Terns

Maritime Proving and Evaluation Unit is seeking your help and input for two projects - a book on the unit and the updating of our Alumni List. What we need are humorous anecdotes, pictures, serious stuff, silly stuff - anything pertaining to the unit and the people therein. We need to know something about you too, such as your address, telephone number, name of spouse and position you held, i.e. CO, AESOP, Tech, etc. Any pictures, cuttings, etc., submitted will be returned to you provided a clear and legible name and return address are submitted with them.

Put on your thinking caps and send us your input. Our fax number is AVN 568-5449 or Commercial (902) 765-1494, ext. 5449. Any queries can be directed to the Orderly Room at AVN 568-5335 or Commercial (902) 765-1494, ext. 5335.

#### FOUND ON BASE

Girl's mountain bike. To identify call 339 - 4114

#### Closure of Canadian Forces Officer Candidate School

After 26 years of operation, the Canadian Forces Officer Candidate School will close at the end of August. To mark this occasion a formal closure ceremony will be held on Thursday, 15 August. All previous members of the CFOCS staff and their families are invited to participate in these ceremonies.

The day will begin with a historical briefing at 1000 hours, followed by a tour of current Officer Candidate School. After lunch, participants will assemble at the parade square to observe the graduation parade of the final basic officer training course and a short closure ceremony. A reception in the "Gunroom" will follow.

The cost to participants will be \$12.00 per person. Limited accommodation is available on base for the nights of 1 and 18 August at no cost, although meals in the appropriate mess must be purchased at the individual's own expense.

Anyone wishing to attend is requested to register by writing to: Reception Committee, CFOCS, CFB Chilliwack, Chilliwack, B.C., V0X 2E0. Fax: (604)858-1084 (CSN252-1084). For additional information, phone (604)858-1507 (CSN252-1507).

#### \*IMPORTANT NOTICE\*

For students planning to apply for admission to the Faculty of Arts at the University of Manitoba: the cut-off date for receipt of applications to the Faculty of Arts has been changed from 2 Jul 96 to 30 Aug 96! Applicants should note, however, that since correspondence courses begin 4 Sep 96, they should apply as early as possible to avoid delays in receiving course materials.

Students should call the Canadian Forces University Program if they have any questions concerning degree programs. You can contact the WPSO's office at 339-8211, local 8293 for further information.

#### Send a message to Haiti

Those with spouses serving in Haiti can send them messages on the internet. The Air Command home page has just opened up a sub-page which enables military spouses to send E-mail directly to their husband or wife. The internet may be accessed at the Military Family Resource Centre from 0830 to 1600 hrs. The Air Command home page can be found at:

Http://www.achg.dnd.ca/ and the Haiti subsection is entitled "Peacekeepers home page."

#### ATTENTION MILITARY REC PASS HOLDERS

Has Base Fund got a deal for you! The Glacier Greens Golf Course is offering discount green fees to service personnel with Rec Passes. The golf passes are available through the gymnasium sport stores during normal working hours at a cost of \$10. The following rules apply:

- Available to Military Rec Pass holders only;
- Passes are good for Mon to Fri, NOT including holidays;
- Passes cannot be used for unit sports afternoon, special events, etc;
- Passes must be used on the day purchased, unless rained out and then on the next day;
- Maximum of four passes sold per day; and
- Limit of one pass, per person, per month.

A priority system will be in effect as follows:

1. Junior NCMs (Pte, Cpl and MCpls), OCdts and 2 Lts;
2. Senior NCMs and officers (Lt and above); and

Personnel wishing to reserve a golf pass must have a tee time booked at Glacier Greens prior to purchase.

Sport Stores is open from Mon to Fri from 0900-1230 hrs and 1330-1600 hrs.

GENERAL • GOODRICH • DAYTON • ARMSTRONG • FIRESTONE • YOKOHAMA

**KINGSWAY  
AUTO CENTRE**

Wheel Alignment • Balancing • Brakes  
Tires • Custom Wheels • Tune-Ups  
Complete Auto Repairs  
Licenced Mechanic

370 PUNTLEDGE RD., COURTENAY PH: 338-6505

CONTINENTAL • UNIROYAL • HANKOOK • PIRELLI

**Braidwood  
PHOTO & FRAMING**

FREE 5 X 7 OR 6 X 8 ENLARGEMENT  
WITH EVERY FILM PROCESS

#7 - 204 N. Island Hwy.  
Courtenay, B.C.  
(next to Canadian Tire)

(604) 334-1606

**Captain's Seafoods**

Quality Fresh & Frozen  
Seafood

319-4th Street, Courtenay, B.C.  
897-1001

Select Seafood & Custom Smoking

Captain's Greens & Grocery  
1745 Comox Ave., Comox B.C.  
339-4331





# COMOX MILITARY FAMILY RESOURCE CENTRE

phone: 339-8290

## When Young Children Move

Taking three children aged 9 months, 5 years and 2.5 years on a flight from Halifax to Victoria on a house hunting trip was simply not feasible for one young married couple. So all three children were left with close friends who lived just two blocks away. When their parents returned after a successful week of house hunting, Kindergarten Kimmie gave them a joyful reception, and baby Brian who was initially rather aloof, soon warmed to the situation. But Allison's reaction was distressing, the toddler turned away when her parents arrived and struggled from her mother's lap to rejoin her neighbour. When parents leave for long periods to search for a new residence, the separation raises the potential of young children's worst fear- abandonment by primary caregivers. If children feel deserted, they often respond in much the same way as adults who have been deeply hurt by someone whom they love. Mature individuals typically say they "don't want to get involved again." Children use the same basic strategy to protect themselves from further emotional suffering, but instead of expressing their

resentment verbally, they enact it, like Allison, by refusing to make eye contact and pushing the parent away. Not only can preschoolers be distressed by changes in their home environment or in family life, they can be upset by new social situations, such as change in schools (Ziegler, 1985).

Of course, not all of the effects of moving are negative. Geographic mobility can result in a free beginning or increased opportunity. However any appreciation of these presumed advantages requires some basis for making comparisons. Young children are often not sufficiently experienced to assess whether a new neighbourhood or school is better or worse than before. Initially, young children often feel overwhelmed and intimidated by new people and new surroundings. In response, they may withdraw, react negatively, avoid frightening situations, and backslide developmentally. Fortunately there are strategies that adults can use to make moving less traumatic and less likely to cause children to use these defence mechanisms.

### Strategies to Help Children Adjust to Moving

- Acknowledge that preschoolers are affected by moving. Keep them informed and involved. Be patient and understanding.
- Be flexible. Give children time to observe before they participate.
- Be alert and sensitive to verbal and non verbal expressions of feelings. Treat newcomers warmly and courteously.
- Emphasize the similarities between the new and old environments.
- Promote peer interaction. Have the new child arrive a few minutes early so others join the newcomer.
- Use children's literature to show how others cope with moving.

*Adapted from an article of the same title by Mary Renck Jalongo. Printed with the permission of the National Association for the Education of Young Children.*

## Kinnikinnik Child Care Centre Register Now!

Day care (ages 3-5 years)

Toddler Care (ages 15 -36 months)

Out of School Care ( ages 6-9 years)

- Open 7 am - 5:30 pm  
Monday - Friday  
Full, Part-time and Drop-In spaces available

### September Preschool

- Monday, Wednesday and Friday  
8:45 - 11:45 am or 12:00 - 2:30 pm
- Tuesday and Thursday (with intro to French)  
12:00 - 2:30 pm

### September Toddler Playgroup (ages 15 - 36 months)

- Tuesday  
8:45 - 11:15 am

## Youth Activities

### Any One For Tennis?

Do you want to improve your hand to eye coordination? Come and join us for a game of tennis and some fun.

Date: July 23th, 25th, 30th and August 1st

Time: 10:00 - 11:30am

Location: Base Tennis Courts

Registration: CMFRC 339-8290

### Beach Day with the CRA

A fun filled evening of beach volleyball and tasty BBQ await all who attend!

Date: August 21st

Time: 5:30 - 11:00pm

Location: Airforce Beach

Registration: CMFRC 339-8290

### Baseball Challenge

Baseball fanatics come on out and play. Teams of adults welcome. The coordinator for this event is Jamie Marshall.

Date: Tentative Aug 7th

Time: 9:30 - 11:30am

Location: Base Playing Fields

Registration: CMFRC 339-8290

## Special Events

### Aromatherapy - a sensory delight!

An evening chock full of information, techniques and the "how to" of aromatherapy. This course includes uses and effects; blending and experiencing scents. Learn how to use essential oils for personal growth, health, and enjoyment.

Facilitator: Marina Quilty-Peters

Date: August 7th

Time: 6:30 - 9:30 pm

Location: CMFRC

Registration: Call 339-8290

Fee: \$10.00, due at time of registration

### Family Dance, Potluck Dinner & BBQ

Bring your family and friends out for the afternoon. We will be sharing our favorite foods with each other and then burning off the meal by dancing to some good tunes. Music will be provided by Leo Phillips, professional DJ, for your dancing enjoyment. Bring a dish to share and whatever your family wishes to BBQ. The WGCC and the CMFRC are pleased to be co-sponsoring this event.

Date: August 10th

Time: 4:00 - 6:00 pm

Location: Airforce Beach

Registration: Call 339-8290, by August 2nd

Fee: A potluck dish to share!

## Big Splash Raises \$182.56 !



### "Bushwacked" & Pizza

Teen volunteer Jamie and Elaine Marshall hosted a video and pizza party. The teens choose the movie "Bushwacked" and everyone had a fun and relaxing time. Elaine said: "I was very impressed with the way the teens helped clean up after the pizza party. A big thanks to Elaine and Jamie for opening their home to The Crows, and big thanks to Panagopolis Pizza for supporting the teen club by giving them a discount of their pizzas."

### Goodbye Teens

Goodbye to Nick Lamonte and Ryan Kirby who have contributed a lot of time and ideas to the Crows Teens Club. They will be sincerely missed by all. We wish them all the best in the future.

