



# TOTEM TIMES

THURSDAY 16 JULY 1998

The Comox Valley's Oldest Newspaper

VOL. 40 NO. 12

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One  
back  
on  
roost**  
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**Time  
flies**

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Col.  
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## Summit to Summit

by Sgt J. Warden

Recently, Sgt Warden, a SAR tech with 442 Sqn, conquered two important summits, one of which was Mt. McKinley, North America's highest peak. Here is his firsthand account of this remarkable experience.

Recently, North American topography brought on a whole new meaning as the summits of two very distinct mountains were attained by two very diverse methods.

Early May weather brought on yet another climbing season to North America's highest peak, Mt. McKinley, or, as it is better known by its Athabascan name, Denali. At 20,320 ft. it is a mountain that experiences many climbers and, due to its altitude, many rescues. The Denali National Park service operates rescue camps at 7,000 and 14,000 ft. with a team of six rescuers at each camp. The rescuers; a park ranger, a doctor, and four volunteers, all have an extensive background in mountain climbing and medical expertise.

This season, as with others, saw tragedy on the mountain and, from the beginning, the team was involved in search and rescue missions with tragic results for both the rescuers and the victims. Within the first five days of the patrol, three climbers had fallen to their deaths, one of them being a park ranger volunteer.

The weather on the mountain this season has been exceptionally bad, with only two successful ascents this year so far. It was during this bad weather that the tragedies occurred, as is usually the case on Denali. During the search for the third victim, I found myself maintaining a rescue camp at 17,000 ft. when the weather abated for a 24-hour period. As the search for the victim had been called off and I had been thoroughly acclimatized, the Head Park Ranger gave me the O.K., via radio, for a summit bid.

Without going into detail, the summit was attained after an eight hour slog under ideal conditions. Once on the summit, the whole valley all the way to sea level



could be seen below. Each patrol lasts three weeks and, with the busiest week being the first, the last two weeks saw rescues with better results. Climbers with high

(Continued on page 2)

## 19 Wing Military Policemen receive Achievement Medal

19 Wing Military Policemen Sgt Lunge and Cpl Perry received the (US) Army Achievement Award during Exercise Provost United '98.

For the first time since the Korean War in the 1950s, a Company level strength of over 100 Canadian Military Police deployed outside of the country. This number represents over 10% of the entire MP complement within the Canadian Forces and consisted of both Regular and Reserve elements from across the country. Of this number were 48 MPs from the Airfield Security Force (ASF), representing five different Air Force Wings from Central and Western Canada. Fourteen MPs took home the (US) Army Achievement Medal for excellence. Similar recognition was

given to other Canadian MPs that took part in the exercise.

The accolades showered on the medal recipients were for a wide range of professional and personal attributes. The common theme throughout, however, is that their actions contributed to the overall battle efficiency of the composite Flights/Platoons to which they were assigned. Of note, is that the Platoons of the 46th Company were made up of both US Army National Guard and Canadian ASF personnel.

Sgt Lunge was singled out by evaluating staff as demonstrating "technical competence and leadership prowess well beyond his rank," when he organized and operated a highly efficient Platoon Command Post.

Cpl Perry showed himself to

be the warrior's warrior, when he took control of two squads of MPs and led them to repeated victories in extremely difficult exercise scenarios.

Exercise PROVOST UNITED '98 was the first of its kind with the 177th US Army MP Brigade of the Michigan National Guard. The purpose of the two-week exercise was to integrate and introduce Canadian and US Military Police personnel to coalition doctrine, operations, equipment and weapons. The ASF was attached to the 46th Company, 210th MP Battalion, and given the specific task of conducting base/base cluster security, coordination, and defence in rear area battle security operations.

(List of medal recipients, on page 2.)



## Canada Day Birthday Bash a success

by Sgt Leo Phillips

Canada Day celebrations at Airforce Beach, sponsored by the Wallace Gardens Community Association and 19 Wing Comox, was another outstanding success. Approximately 100 volunteers teamed up to ensure that Canada's 131st Birthday bash was enjoyed by all.

Preparation for this event began back in January with the establishment of a committee which met on a monthly basis up until two days prior to the actual event. Tuesday June 30 witnessed approximately 20 volunteers transforming Airforce Beach parking lot into a mini activity village to ensure a successful birthday party.

Approximately 2,000 people participated in the myriad of activities throughout the day: Family Fun bingo, face painting, water slides, fish pond, Bounce-A-Mania, food booths and more.

Continued on page 15...

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### Having a ball

Wing Commander Col Brian MacLean and wife Mary proceed through a Royal Canadian Mounted Police Guard to attend the recent RCMP Regimental Ball, held at the 19 Wing Officers' Mess. Resplendent in his Navy mess kit (Col MacLean originally joined the RCN), the colonel joined a host of other dignitaries on Saturday June 20 to help the local RCMP detachment celebrate the 125th anniversary of Canada's national police force. (Photo by W. Img)

### Summit to Summit (continued from front page)

altitude pulmonary edema and cerebral edema were treated almost daily, and the occasional crevasse rescue made up the remainder of the two weeks. On 14 June, my patrol flew out of the 7,000 ft. camp back to Talkeetna, the park service headquarters.

With this summit out of the way, it was on to another involving a joint exercise carried out by 442 Sqn and the Canadian Coast Guard. However, this summit required something unusual - a descent. There exists a mountain 120 nautical miles southwest of the Queen Charlotte Islands that rises some 10,000 feet from the ocean floor. This seamount, as it is known, is called the Bowie seamount and is an extinct volcano with its summit hovering a mere 75 ft. below the surface of the Pacific Ocean. The volcano is slowly sinking and, at one time

during the Pleistocene period, was actually a young island for a brief period of time.

The possibility of Sar techs jumping out to sea has always existed, however, combining that with a dive had never been tested that far out to sea. With the cooperation of the Coast Guard, plans were made to jump to the seamount with the coast guard vessel *Narwhal* providing a dive platform. Early on 8 July, four Sartechns, including myself, departed Comox bound for the Bowie seamount. Once on scene, a stop drop had to be called while we awaited better weather.

After refuelling in Sandspit and getting a favourable report from the *Narwhal*, which remained on scene, Buffalo 462 returned two hours later and we parachuted into the ocean at the seamount. After exchanging chutes for dive tanks, the Sar

techs proceeded to the GPS position of the pinnacle. Once this location had been determined, the Sar techs geared up and carried out the dive. After a descent of 60 ft. the pinnacle came into view, revealing the multitude of sea life that makes the Bowie its home. All divers surfaced with wide eyes and huge grins, boasting about the dive of a lifetime and vowing to return.

Once back on board the *Narwhal*, the divers relaxed for the 12-hour trip back to the continent and their rendez-vous with the Buffalo crew at CFS Masset.

Although both summits experience extreme conditions unfit for human presence most of the year, they occasionally permit the odd summiteer to experience the raw, awesome beauty that exists on their flanks and makes their existence the primary reason for human conquest.

### ASF recipients of the (US) Army Achievement Medal (Continued from page 1)

4 Wing Cold Lake: Sgt S. Rice, MCpl G. Cook, Cpl G. Repesee.  
8 Wing Trenton: Sgt B.G. Gallant, MCpl J.W. Dwyer, Cpl T.D. Richard, Cpl D.A. Grubber, Cpl K.W. Carlile, Cpl Bradshaw.  
17 Wing Winnipeg: MCpl D.L. Parkin.  
19 Wing Comox: Sgt M.L. Lunge, Cpl F.B. Perry.  
22 Wing North Bay: Cpl J.E.R. Perron, Cpl W.P. Sutton.

The MPs from the ASF grabbed the lion's share of the awards in the 46th Company. These outstanding individuals are representative of the quality and flexibility of the ASF. As our American cousins are fond of saying, "MP stands for 'Multi-Purpose'."

## Summer's here take stock

by Pat Allan,  
CFCN Coordinator

It's hard to think about school when the big question of the day is whether to take a picnic lunch to the beach or buy KFC. We all need a break from the pressure of life's long-term issues, and that's what summer is all about. It's also a good time to gain some perspective on those issues, and to come to decisions that we all procrastinate about at times.

If you've considered going back to school to take some courses, or even a complete program, the easy feeling of summer is a good opportunity to review what you really want for yourself. Many people find taking courses an interesting thing to do, but others are very intimidated about going back into the classroom after being away from formal education for 10 or 20 years. If you are in the second group, a little information about modern colleges may be helpful.

Colleges are very concerned about your success. They really want their students to succeed. After all, if a lot of their students are unsuccessful, it doesn't make them look good. They have a lot of resources available to help you, especially if you are returning to school after a long absence. Everything from advising before you even start courses, to help with study skills. The key thing to remember is that if you don't ask for help, they won't be able to offer it to you. Although they have many support services, they

have no way to identify you unless you approach them.

Then there's the problem of sticking out like a sore thumb among those bright, energetic high school graduates. Actually, if you were to take a look around a college campus on a regular day, you would see many, many adults who have returned to school. It's no longer the exception. And all of them had to face the same decision as you do, and had to deal with figuring out the college system. However, most of them did not have the CFCN to help them.

The Canadian Forces Community College Network is a support service just for members of the defence Team and their families. We offer counselling and information about education opportunities, both locally and by distance learning, from colleges across Canada. We work closely with the WPSO to ensure you have current and relevant information. We'll ask you questions and give you resources and ideas. Once you have made your decision, we'll make sure you know how to proceed.

Military, reserve, civilian and NPF employees and their families are all welcome to contact Pat Allan, the local Coordinator at 339-8211, local 8889. While you're basking in the sun, consider what you'd like to do in the fall - then give me a call and let's make it happen for you.

### Standard First Aid and Cardio Pulmonary Resuscitation Level A (One person adult rescuer)

Dates: Mon & Tues 20-21 July 0730-1530 hours  
Mon & Tues 27-28 July 0730-1530 hours  
Mon & Tues 17-18 August 0730-1530 hours  
Pre-requisites:  
• Minimum age 15 years old.  
• Open to all military dependants.  
• Maximum number of students per course - 14.  
• Books will be issued at commencement of course  
• Qualification valid for 3 years.  
• Students are to submit their names by telephoning Sgt Leo Phillips, extension 8748.  
• Free admission - no financial cost to the students.  
Location: Building 22, First Aid Classroom, 19 Wing Comox.

### Cardio Pulmonary Resuscitation Level C (Two person adult rescuer) (Infant rescuer/choking) (Child rescuer/choking)

Dates: Friday 30 July 0800-1530 hours  
Friday 28 August 0800-1530 hours  
Pre-requisites:  
• Must have taken a CPR Level "A" within the last 3 years.  
• Minimum age 15 years.  
• Open to all military dependants.  
• Maximum number of students per course - 14.  
• Books will be issued at commencement of course.  
• Qualification valid for 1 year.  
• Students are to submit their names by telephoning Sgt Leo Phillips, extension 8748.  
• Free admission - no financial cost to the students.  
Location: Building 22, First Aid Classroom, 19 Wing Comox.

## Cyberspace

by Cpl E. Niclaes,  
SAMP IT Security

The Ultra Free Speech nature of the Internet has raised some concerns over the Internet in the workplace. As a result, the Government of Canada and the DND has become increasingly involved in the development of strict regulations governing the connection of and access to the World Wide Web site. They have taken numerous steps to stop the illegal and unauthorized use of Internet Web sites.

In the earlier part of this year some members of 19 Wing were found to be using Base LAN inappropriately, passing sexually offensive jokes through the system. After an investigation by members of the Military Police, those involved were charged and found guilty of "Conduct Prejudicial to the Good Order and Discipline."

Threats to the DIN or Internet are not solely the work of outsiders, statistics have shown that people you work with are the greatest threat to the integrity of the networks and cause the most damage to our systems.

The Internet began in the late 1960s as a research project of the U.S. government which was experimenting with the concept of linking computers via a network. Now, the Internet (World Wide Web) is a normal part of our lives with more than 75 million people accessing Cyberspace each day through E-mail, File Transfer Protocol (FTP) or just searching for information.

As the every day mission of the Canadian Forces/Department of National Defence is becoming more complex, the need for information that can be accessed through the Internet is ever increasing.

WATCH OUT! Someone may be stalking your PC and it is not the expensive hardware they're after. It's your data. New stories, such as intruders tinkering with the CIA, US Department of Justice and the NASA computer systems are only a few of many being hacked into on a regular basis and DND/CF is no exception.

The Department of National Defence Internet (DIN) is an essential tool of our day to day operations, and therefore must be used appropriately in order to provide us with the information and programs to further improve the operations of the CF/DND and the professional development of our people.

In closing, it is recommended that you are vigilant and should you suspect anything wrong or illegal on the DIN, Internet or other LANs, report it to the Military Police.

## Victoria Air- show '98

The combined efforts of the Officers' Mess Ladies Club and the Warrant and Sergeants' Mess Ladies Social Club have produced a cook book of favourite recipes. The book costs \$10, with all proceeds going to Lill House which is a shelter open to women and children living with abuse. This shelter is always in need of funds

as they turn no one away.

The cook book is available on base at the Museum, at Canex Customer Service or at the Resource Centre.

Any group, organization or person wishing to help out by either buying or helping us sell the cook book can call 339-0216.



(L-R): Sandra Dupuis, Honorary President WOs' & Sgts' Ladies Social Club; Barb Pattison, President OMLC; Carla Calmes President WOs' & Sgts' L.S.C.

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## Clipped



In aid of the Military Police Blind Children's Fund, Mr. Ken Bell, Manager of the 7-Eleven, Cliffe Avenue, Courtenay volunteered to have his head shaved by Mr. Larry Cooper, Canex Barber Shop, at the 14th Annual Military Police Golf Tournament. Mr. Bell raised \$260.00 for the blind children.

### CF marathon runners come out on top

They just kept going and going. Like the Energizer bunny, CF marathon runners keep up an impressive pace this May at this year's running of the National Capital Marathon along the picturesque Rideau Canal. The military division was hotly contested. After over two and a half hours of racing, only six minutes separated the top CF runners.

Sgt Maurice Charron of 4 Wing Cold Lake was the first military runner across the line, covering the 42 kms in a time of 2 hours 37 minutes and 5 seconds. "I am very pleased," said an elated, yet tired, Charron after the race. "My goal is to make the CF

team for the CISM World Military Games in Croatia next year. This win was a confidence builder towards that goal." Charron was followed three minutes later by CFB Valcartier's Capt Romain Ouellet. Third place went to masters runner LCdr Don Switzer of CFSU(O) in 2 hours 42 minutes and 48 seconds. The Canadian Forces record for the National Capital Marathon (2 hours and 27 minutes) is still held by CWO (Ret'd) Ken Doucette who set it in 1979.

The ladies' division was won by Cpl Tammy Hiscock of CFB Petawawa in 3 hours 25 minutes and 57 seconds.

## Congratulations!



Rick Dozois was the winner of the BBQ from Canex on an entry from the purchase of a fishing reel. The draw was held 15 June.

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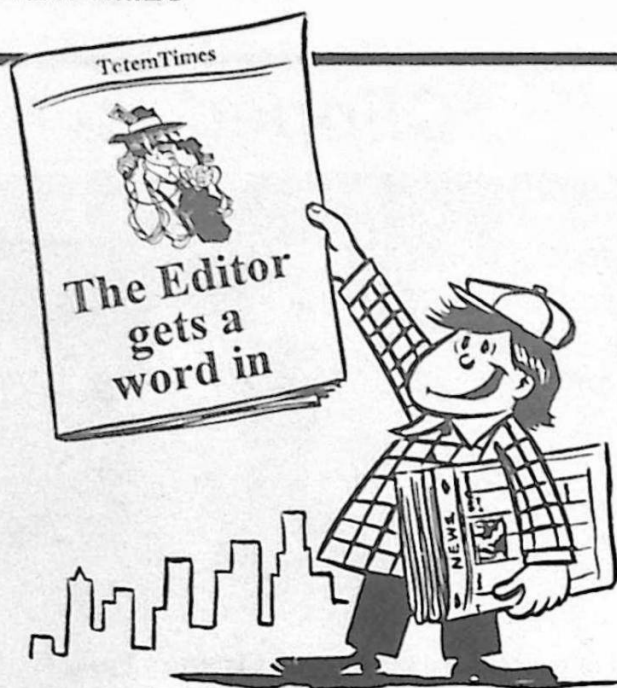
**PLUS Early Bird Draw for \$1,000 on August 3  
at the Filberg Craft Festival, Comox**

Tickets are \$5.00 each for three for \$10.00 and are available from Cpl Bouchard 339-8211, loc 8349.

All proceeds to the Canadian National Institute for the Blind, Vancouver Island Division. They will help the CNIB to pay for counselling services provided to people who are blind or visually impaired.

Thank you for your support





As the managing editor of the Totem Times, I attended a workshop in Edmonton back in May.

A group of base newspaper editors from western Canada attended training sessions led by the managing editor of the Maple Leaf (the news magazine of DND/CF), Capt Fabbro. His presentations and insights, as well as the discussions that ensued, were very informative.

Yours truly posed with Chris Stumpf and Corina DeGuire, managing editors of The Shilo Stag and the Esquimalt Lookout, respectively, at the entrance to CFB Edmonton where most of the sessions were held.

While there, some discussions took place regarding the formation of a CF Newspaper Association. Chris and Corina are the driving forces behind the idea and are actively pursuing it.

I found the workshop to be very beneficial and look forward to more contact with other CF newspaper editors.

Since my return, I have put in practice some of the suggestions that were made to me. It is my hope that you, our readers, will ultimately benefit from them through our production of a better Totem Times.

MCpl Edith Cuerrier



(Photo courtesy of the Shilo Stag, and digitally retouched and enhanced by Wing Imaging Section.)

## Air Force News Flash

On 6 April, a contract was awarded to EH Industries for the delivery of 15 new SAR helicopters. Staffing activities have commenced for the introduction of these aircraft into the CF inventory. As part of this process, the

"Cormorant" has been selected as the popular name for this new aircraft and CH149 has been identified as the aircraft type designation.

Henceforth the CSH will be known as the CH149 Cormorant.



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## Letters to the Editor

Dear Sir,

On July 4, 1998, Nene Van Volsen and Mike Parkinson were married in a beautiful ceremony officiated by Padre Rick Gilbert. The reception was held at the WO/Sgts Mess at CFB Comox.

Terry and Maureen Parkinson and I would like to say "thank you" to a number of personnel on the base for the excellent services they provided to help us make this a memorable occasion.

To Wayne Aichele, Manager WO/Sgts Mess, many thanks for all your assistance in helping us to plan Nene and Mike's reception. You welcomed us and displayed a very professional manner in providing information and answering our questions.

To Guy Robitaille, WO W. Foods - thank you for making up the menu and recommending the most convenient means of serving the dinner. The meal was delicious and everything was great. Your professionalism is a credit to CFB Comox.

Special thanks to all who cooked and served the dinner: Cooks Guy Robitaille, Colin Chellew, Jean Pierre Dubois, Mathew Wakisan, Waitress Supervisor Mary McAvany, Waiting staff Janice Tomlin, Margaret Gagne, Debbie Dubois, June Mew, Carl Robitaille and Paul Chellew.

Thank you also to the Bar Staff: Norm, Wayne, Heather and Laurie. The services you pro-

vided were very much appreciated by all who attended the dinner and reception.

Sincerely,  
 Sharon Van Volsen

Dear Totem Times,  
 On behalf of the members and persons listed below, we wish to extend all our thanks to all the members of 19 Wing Comox 442 T&R SAR-Tec Sqn for all the training and new friendships that came out of your rope rescue training trip to Gold River.

Sincerely,  
 Fred Put, John Put, Dennis Mossey, Mike Richardson, Ron Bateman, Shane Wesner, Don Brosseau, Wesley Chapman - Gold River Fire Dept.

Dear Totem Times,  
 The support and promotion that your whole staff contributed to Courtenay's celebration of Canada's Birthday was fantastic!

We understand and appreciate the many and varied events that take place in the Comox Valley and Totem Times shows a commitment to our community that is greatly appreciated.

Thank you again and a special thank you to Mike O'Leary of Pacific Rim Publication, for being so supportive of me in my small part in this big event!

Karen Whitworth,  
 Promotions and Advertising July 1st Committee



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**OFFICE HOURS - Mon to Fri**  
 7:30 - 11:30 a.m.  
 1:00 - 3:30 p.m.

## Alcohol: first drug of choice for the young

(The following is the fourth in a series of drug related articles, reprinted with permission, which appeared recently in the Comox Valley Echo.)

by Ian Lidster, Echo Staff

How many readers of adult years have ever been stopped in front of the liquor store, or beer-and-wine store and been asked by a kid, or group of kids, to make a purchase for them?

Likely most have. Hopefully you have declined. If you didn't, even once, then you immediately became part of the problem, rather than part of the solution. You let yourself be a bootlegger. And bootlegging, in the Comox Valley, as in most other communities, is a crime to be noted for remarkably lenient penalties, and equally remarkably few convictions, according to the RCMP.

Of all the drugs in the spectrum we have considered in this series of articles, alcohol is the most pervasive. Mainly because it is the easiest substance to obtain, and because it falls into a category of social acceptability - the majority of adults a young person comes into contact with - parents, teachers, even clergy - imbibe alcohol, some excessively - and most important of all, booze is legal.

While it is not legal for minors, there are virtually no penalties for being a minor in possession of alcohol.

Furthermore, service providers report, parents are inclined to be relieved if they find out a child is using alcohol, or if the child even gets drunk. "Thank God it's only liquor, and not drugs." A drug is a drug. And alcohol is a

drug.

But, it's part of our culture. TV bombards kids with the message that beer is an acceptable accompaniment to sporting events and social occasions. Family gatherings (except in cultures of religious groups where it is taboo) usually involve alcohol indulgence. Mom and Dad have cocktail hour on a regular, often daily basis, where a drink or three is seen as a natural reward for a hard day's work. Indeed, most kids have their first drink at home; often with the full knowledge of parents.

Alcohol, according to Comox Valley service providers, remains the drug of choice, especially in the 13 to 14 years age group. Again because of easy access, and because the risk is low.

Booze is surreptitiously lifted from the home. If alcohol is a big factor in the home, and if one or both parents are practising alcoholics, it is so much easier.

There's lots of it, and close scrutiny of supply isn't always the case. Alcoholics have a habit of forgetting how much they have and kids know it.

If it cannot be obtained at home, it can from bootleggers. Bootleggers will actually make deliveries to the home. And, the kids who hang around the liquor stores also know who will bootleg to them. As mentioned, the penalty for supplying alcohol to minors is slight - a fine of \$150, upon conviction.

While all the drugs mentioned in this series run the demographic gamut of the community, alcohol remains the big-time means of mood alteration for all ages.

Alcohol overlaps other drugs, too. It is often used in tandem with

other drugs, especially prescription drugs, like tranquilizers. Dual-addictions are common, with alcohol being one of the villains in the picture.

Another disturbing reality, as one service provider notes, is that alcohol all too often gets glossed over in dealing with the total health picture of a community.

Aside from the obvious situations, such as impaired driving, witness the litany of tales in which alcohol abuse is not mentioned, but is all too often involved. A friend or relative is stricken with or even succumbs to a stroke or coronary. How much of a factor was alcohol abuse?

The role booze plays in traffic accidents is common knowledge, but it is a big factor in industrial mishaps, where the victim is either intoxicated, or suffering the after-effects of a binge. Alcohol is almost invariably the active ingredient in major domestic disputes, and especially the violent ones. Parental drinking plays an important role in the underachievement or maladjustment of school kids, not to mention youthful early involvement with alcohol and other drugs. Indeed, the drain of alcohol abuse on our social, judicial and medical services is so great, it has never really been tallied.

It fills the coffers of those in the alcohol purveying trade, but then drains it at the other end, as taxpayers and citizens pick up the tabs - and sometimes the corpses.

But, maybe we don't want to see the full picture. Alcohol is so pervasive, and so 'acceptable' that most of us cannot imagine a social function that isn't spiked.

Welcome to the wide world of the drug that affects us all.

## Environment Week



Environment Week is held each year during the first week of June to promote environmental awareness and to herald Air Force accomplishments.

This year, Elise Boisjoli, an Environmental sciences Program Co-op student in the 1 CAD Environmental Cell set up a display in the 1 CAD atrium and also used the opportunity to present our Commander, MGen L. Campbell with the Environment Week

Quiz. Later the Commander verified his answers by visiting the new 1 CAD Environment Web Site on the DIN at:

[http://winnipeg.d-wnp.dnd.ca/din\\_locl/1cad\\_carr/Org/A4Sp/A4Ae/A4Env/Titlepg.html](http://winnipeg.d-wnp.dnd.ca/din_locl/1cad_carr/Org/A4Sp/A4Ae/A4Env/Titlepg.html)

The Environment Week questionnaire and answers will remain on the new web site for a short while longer to encourage others to browse and to also get involved in environmental stewardship.

## Alcohol abuse: Immeasurable toll

We may enjoy our tipples, and not give too much thought to that end-of-the-day beer, or scotch on the rocks. And, if we don't drink at a problem level, there is little reason to be concerned.

But, as is the case with that other popular recreational drug, marijuana, the use of alcohol is fraught with misconception and myth. Certain facts should be realized, such as: alcohol stands alone as a toxin among popular social drugs, and is ultimately the most debilitating. More feared drugs, like heroin and marijuana are, in fact, less clinically dangerous, and physical damage, depending on its extent, plays a key role in alcoholic behaviour, and in the progression of the illness.

Consumption of alcohol at the abuse level affects the liver, kidneys, pancreas, heart, and even the brain, with stroke, and with Korsakov's syndrome, which can mask such conditions as early onset Alzheimer's.

In small amounts, alcohol is an exhilarating stimulant (although, ironically, it is a central nervous system depressant). In larger amounts, it acts as a sedative, and ultimately as a toxic agent. When taken in very large amounts over a protracted period of time, this combination chemical and drug can be damaging to cells, tissues and organs.

Whatever effects alcohol may have on the older, more experienced drinker, the impact of alcohol on a youthful body is magnified.

A common effect of alcohol on the inexperienced person is nausea and vomiting. For youthful alcohol imbibers, a relatively significant cause of death is suffocating in their sleep. The drinker drinks to a passing out stage then, when temporarily comatose, re-gurgitates and chokes to death on his or her own vomit.

Valley service providers point out that the threat of young people literally drinking themselves to death is not unheard of. It won't be reported in the papers as a cause of death, but the simple fact is, alcohol toxemia among those who have no concept of how much alcohol to consume, and drink it like water or soda pop, happens, even in the 'nicest' homes.

Once again, however, service providers emphasize there is as much ignorance by parents and others in positions of responsibility about youthful alcohol use, as there is about other drugs.

Parents will express almost relief to find out that a son or daughter has been picked up in a drunken state, finding solace in the fact the kid wasn't using 'drugs.'

The kid was using drugs. He or she was using a drug they see used around them all the time.

## FIGHTING BACK

How does a community battle a major drug scourge? It fights back. Comox Valley service providers suggest that solutions lie in the hands of the citizens of a community.

A community can, and must reclaim ownership. Other communities in North America have done so. They have developed strategies; they have created task forces of community leaders, health professionals, clergy, school officials, parents, law enforcement officers and other concerned citizens.

Do you have some ideas that can lead towards possible solutions? If so, there is a number you can call. Anonymity will be guaranteed, if so desired. Please call 897-1703. If nobody is available to take your call, leave a message and number where you can be contacted on voice mail.

## CALENDAR OF EVENTS

For  
JULY  
at  
the



**14 - 19 JULY** Jean Loui L'Ecuyer  
**WILD LIFE MUSEUM featuring...**  
 North American Bears - Excellent Educational Display for all the family.

**22 - 26 JULY** WESTERN DAYS SIDEWALK SALE.  
 Lots of bargains in every store.

**31 JULY** CUSTOMER APPRECIATION  
 AFTERNOON TEA - 1:30 - 4:00 pm

**JULY & AUGUST**  
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## Operation Hurricane: Launch the transport Buffalo

On 15 June a 442 Sqn Buffalo, commanded by Capt "Don't Spare the Gas" Ridler, ventured north into the Arctic Wastes to support Op Hurricane in Eureka, North West Territories. As many of the crew would discover, the Arctic is not a wasteland but a beautiful and austere landscape that supports many of our hardier residents. To survive in this Arctic desert, many of those residents have adapted common survival characteristics such as stunted growth, plentiful hair, and a tendency to avoid situations where they can't keep their nose into the wind. Upon arriving at Eureka during a time of water conservation, we found many of the current camp occupants had adopted those survival characteristics.

This mission provided a tremendous opportunity for the pilots to hone their skills at austere field landings and takeoffs. It also challenged the navigators in grid navigation and kept our flight engineers hopping as we all laboured to put the "transport" back into 442 (T & R) Sqn. The majority of sorties flown by the Buffalo consisted of departing Eureka with a 7000 lb. cargo of fuel

10 degrees Celsius during our stay, although many of the crew did wish that someone would turn out that big light in the sky so they could get some sleep. Twenty-four hours of sunshine did have its advantages; not one crew member complained of banging their toes against any of our steel bunk beds when they were required to make a midnight run to the privy.

Once the maison chef and chief engineer MCpl Chris Wilson, figured out how to Herkify the Buff, the 350 lb. fuel drums became mere toys for Harold "the Hulk" Mulder as he reverted from the Chief of Navigational Standards into "Loadie Extraordinaire." The redoubtable support cast of "Oh darn, I can't see any seals" Tyldesley, "Catch and Release" Lavigne, "This SATCOM's a SITCOM" Klassen, and that oh-so-witty socialite, Brad "a Real Engineer" Marriot all provided supportive grunts and groans so that this labour of love was successful.

Not all our time was spent humping barrels around Ellesmere Island. We did manage to socialize with the rest of the Op Hurricane tribe, enjoyed some

through an acclimation process brought on by the extreme heat and humidity in the barracks and the cold and cheap beer in the local pubs.

Mission number two required us to carry men and equipment from Winnipeg to Little Grande Rapids in support of a 1 CEU building project on that small native reservation. This airstrip had achieved some notoriety earlier in the year when 435 Sqn were unable to medevac crash victims out of the strip during some very nasty weather. Posing a severe challenge to Herc operators even in good weather, it was an easy mission for the Buff.

The challenge of this mission proved not to be the landing or takeoff from the gravel strip, but the summertime prairie weather which forced us to abort two days in a row. Finally, after having been faced with low ceiling alternating with thunderstorms, we managed to make two supply runs into the airport.

Between loading and unloading the 1 CEU equipment, the aircrew had to fend off some very large and persistent bugs as well as some equally persistent fisher-

### 407 Sqn



### Demon Doin's

by Sgt Espenberg

Summer has arrived and a busy one it will be. There are some folks on leave with the ones left behind to pick up the slack. On top of the normal patrols, there are airshows to contend with, plus a large exercise - RIM PAC - out of Hawaii. There are four crews participating in the exercise along with maintainers and a Det staff.

Congratulations are in order to newly promoted Maj Jim Benninger. Not bad for a guy whose flight suit is made by Oshkosh. His flight helmet has a Fisher Price sticker on it. I'm not saying he's short but his room assignment onboard the USS Coronado is in the small arms locker. In any case, the Sqn received your permission slip and you are good to go to Hawaii.

The big crew shuffle took place on July 1. There are a lot of old faces in new places. Crew 1 has taken on some new challenges and is promising wonderful things in the fall.

Crews 2 and 3 are preparing for RIM PAC at the end of the month. Crew 4 is taking part in operation block leave. Crews 5 and 6 are already in Hawaii to start the exercise. I would like to take a moment to bid farewell to Crew 7, the Moosemen, who have been disbanded. They are dispersed throughout the squadron but the crew antlers are down. During their farewell deployment and despite the unserviceabilities, a driftnet out of Midway was rewarded with a successful tuna BBQ. WO Ken "Yalla" Bedford showed us the fine art of calming the wild gooney birds. They required calming because of the sudden trauma they experienced when Capt "Bigfoot" Bouchard stepped on them.

The maintainers have been very busy with more than their share of snags. There are a few techs that are eligible to vote in the State of Hawaii. They have been there quite a while.

Farewell to CWO Steve Perry who bids us adieu as he sets off to Shearwater. Thanks, and a safe trip to your new posting. You should get a good mileage rate going by canoe with a trailer. Also, goodbye to Capt Rick "Watch out for the prop" East who is just moving down the hall to Wing Ops. The wait is over. Good luck Rick.

I would like to take this opportunity to welcome all new arrivals to the squadron and a "so long" to those departing. Keep safe and have a great summer.

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## Cops Corner

by Cpl Steven Card

Each year, the 19 Wing Comox Military Police Section receives reports of Lost Property and many items of Found Property. The value of the property, lost or found, can range from a few dollars up to hundreds of dollars. The following is a guideline on how you can report lost/found property and the handling procedure that the MP section takes.

If you have lost an article, contact the 19 Wing MP section and report your loss. The Patrol Section will require your personal information, date item was lost, description of the article and where it was lost. This information will be placed in the Register for Lost Articles, which will be used as a cross-reference when found property is turned in.

When you find a piece of property, may it be jewellery, clothing, electronic equipment or a bicycle, check the area that you are in to see if it belongs to someone nearby. If you efforts fail in locating the owner, bring the item to the MP section or, if it is too large to transport, contact the MP section for pickup. The patrol person will take your personal information, all info pertaining to the item. The found property will then be tagged and registered in the Found Property Register. Each year a list of the Found Property is printed in Routine Orders and, if the owners are not located, the items are turned over to the Wing Property Custodian who places them in a public auction.

The following is a list and brief description of the Found Property articles that have been received at this section in the past year:

Register #	Description of Item(s)
2/97	Set of contacts with cleaning case
5/97	Child's bike helmet, green T-shirt, blue jacket ('Liam' written inside)
8/97	Screwdriver set and small vice grips
11/97	Rawlings ball glove
12/97	Hockey Medallion "Commander's Cup"
20/97	Set of wrenches (9-12mm)
21/97	12-speed bike and helmet
22/97	Ball glove with initials 'D.B.'
23/97	Westinghouse electric motor
26/97	Pink bike frame
27/97	Red batting helmet
28/97	Air Force wedge cap size 7-1/2
29/97	Set of keys (Honda vehicle) with pocket case
32/97	Nouveau 18-speed mountain bike
35/97	Lady's watch with brown wristband
03/98	120 piece tool set
K2/98	Green toddler's track pants
08/98	Book of recipes
09/98	Heart shaped key tag (Riverboat) with two keys
11/98	Yellow safety helmet
12/98	Man's watch with green wristband.

If any one of the above items belongs to you, feel free to visit the Military Police Section for further information/identification. If you have any questions regarding lost/found property, please contact Cpl Steven Card, Military Police Property Custodian at 8237.



MCpl Tim Kerr is an ATIS technician who works for the Radar and Communication system section, located on the airfield by the ATC tower. He is the NCO i/c TRACS. These systems are computers which control all radar and communication data in support of ATC.



Cpl Marc Bouffard is an ATIS technician who also works for the RCS section. He is a shift worker who maintains all Radar and Landing Aids systems in support of local flying.

(Photos by WImg)

## The Dirty Dozen



Front row (L-R): Sgt Calmès, Instructor Trainer/Monitor (19 AMS); Capt Harlin Price (WOPS) provided lots of coffee and the space; MCpl Aeichele, Instructor Trainer/Monitor (W Per Serv). Back row (L-R): Cpl Frank Perry (W SAMP), Cpl Dan Coutu (WFH), MCpl Trevor Harris (W Hosp), MCpl Mike Sharp (19 AMS), Capt Mel Bush (WPSO), Cpl Christine McCorrison (19 AMS), MS Rick Dozois (W Per Serv), Cpl Julia Morash (W Hosp), Cpl Sean Adrian (442 Sqn), Cpl Jim Dodge (WFH), Cpl Derek McGowan (W SAMP) and Cpl Robert Dumonceau (442 Sqn). Notice who's smiling and who's not. (Photo by WImg)

by Sgt Jacques Calmès

It's a first at the Wing. I mean the first time a First Aid Instructor Trainer course (FAIT) has been conducted at the Wing. Sgt Phillips, Sgt Calmès and MCpl Aeichele developed the course in accordance with the St. John National Instructor Training and Development Program (NITDP) including coordination with NDHQ Special Centre. The two new Instructor Trainers (ITs), Sgt Calmès from 19 AMS and MCpl Aeichele from W Per Serv, conducted the course in the First Aid classroom at WNBCD. Twelve would-be First Aid Instructors from the Wing attended this course from 25-29 May.

Why such a large course and why all from this Wing? A need for new First Aid Instructors was identified when the Wing First Aid instructor pool diminished due to postings, unavailability of instructors as a result of operational requirements and loss of qualification. Although a Wing secondary duty, instructors cannot always commit themselves when required due to a variety of

reasons, the most obvious being operational requirements. In addition, one must instruct a minimum of three complete courses per year to retain the qualification. Hence the need for this course.

What used to be a three-week First Aid Instructor course at Borden is now a two phase course, conducted at wings and bases. After students complete a one week initial course (phase one) and are recommended to advance, they then must successfully complete phase two, which is team teach with a qualified instructor a predetermined number of times prior to being monitored by an IT and qualified to instruct First Aid.

This first course was very intense with a great deal of information and material for student instructors to assimilate. The first day comprised of presentations by Sgt Phillips, Sgt Calmès, Sgt Stone and MCpl Aeichele on everything relating to the CF First Aid Program to all the ABCs of conducting a First Aid Course.

For the next five days each student was responsible for presenting several lessons to their

classmates using lesson plans from the St. John First Aid Instructor guide. Sgt Calmès and MCpl Aeichele, the ITs, monitored, assessed, debriefed each presentation, provided feedback and demonstrated some of the most effective First Aid delivery techniques.

"It sure is different and a lot harder when you're up there in front of the class trying to teach and get the students to learn the stuff, than just sitting there being a student" was one of the most common comments voiced throughout the course. Just like many courses, this one turned out to be an eye opener for most and a serious challenge for others.

By the end of the course, the majority were becoming more familiar with the program and, most importantly, having fun with the material. Let's face it, if the material is interesting and fun you learn faster and retention is better.

So, those of you who will require First Aid training in the future can expect to see some new instructor faces standing in front of the class teaching you all that ABC stuff again. See you there.

## WTIS exposed



by Sgt W. Oliver

Have you ever looked over the runways and wondered "why is there a giant KFC beach ball beside the runway" or "that's got to be the world's largest golf ball and tee?" These sites, as well as the other buildings on the airfield, house equipment which forms an integral part of the base.

Wing TIS Airfield Maintenance technicians are the primary maintainers of this equipment. The Airfield Maintenance section provides technical support for the air traffic control, weather reporting and all navigational aids at CFB Comox.

The equipment associated with this task includes all air-

ground-air (AGA) radios, surveillance radar systems, approach radar, instrument landing systems, navigation beacons, weather radar, atmosphere measuring equipment and the various associated computerized processing systems. In short, everything the controllers and pilots use to launch, locate and recover our planes.

Reminder to everyone: if you experience any communication equipment failure, including data and voice circuits, PC's or software application problems, please call the Helpdesk at 8841 or send an E-mail to the Helpdesk by placing "Open Call" in the subject line.

### Celebrate Canada! Q & A

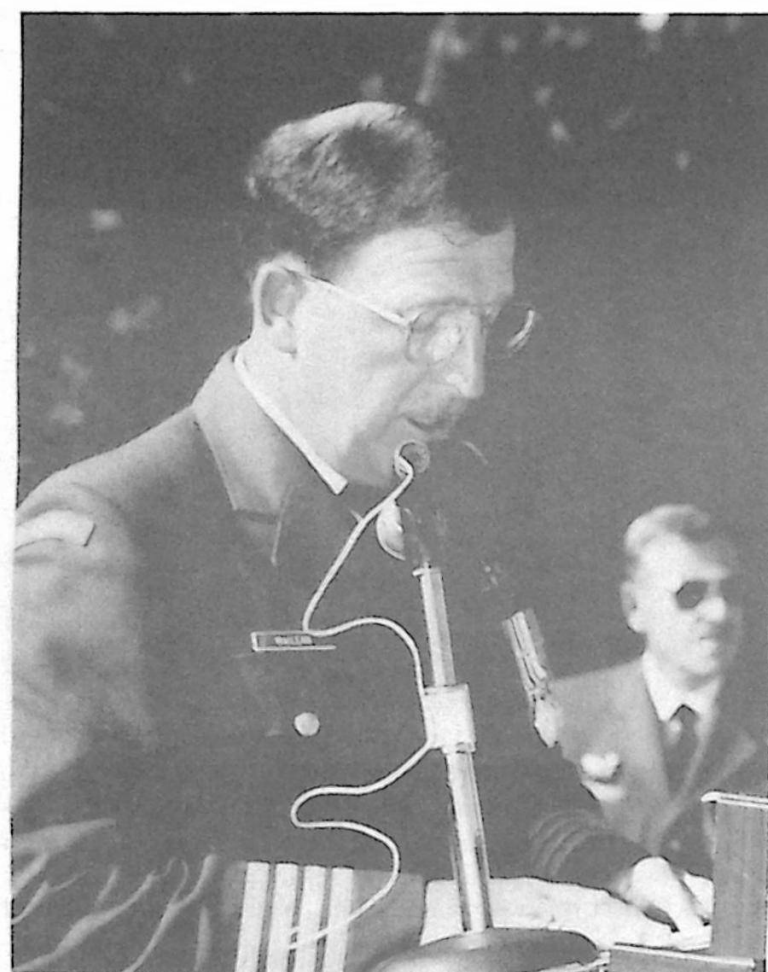


- In 1783, after the American Revolution, 14,000 refugees came to the north shore of the Bay of Fundy. Who were they?  
a) 1950 b) 1970 c) 1994
- When did Canada ratify the International Convention on the Elimination of All Forms of Discrimination?  
a) 1950 b) 1970 c) 1994
- French Canadian fur traders had two distinctive names. Name one.
- In 1867, what names did Canada East and Canada West take?
- When did Canada first celebrate a long Labour Day weekend?  
a) 1867 b) 1894 c) 1960
- What document became part of the Constitution in 1982?  
a) 1867 b) 1894 c) 1960

NC

Answers: 1. United Empire Loyalists; 2. (a) 1970; 3. Voyageurs and Coureurs de bois; 4. Quebec and Ontario; 5. (a) 1867; 6. The Constitution Act, 1982.





## Col Brian B. MacLean, CD

- Born in Moncton, N.B. in 1946
- Joined the RCN in 1965 under the Venture Plan
- Received his wings in October 1966
- Flew from the aircraft carrier *Bonaventure*
- In November 1975, he commenced conversion training on the Argus aircraft at 449 Sqn and joined 405 Sqn in Greenwood
- Promoted to the rank of major in August 1981
- In September 1981, he attended Acadia University under the UTPO programme. Upon graduation in May 1983, with a BSc Degree, he was posted to Command and Staff College Course 10
- Posted on exchange to the training staff of Commander Patrol Wing Pacific Fleet at NAS Moffett Field, CA
- Promoted to lieutenant-colonel in August 1986 and assigned to the post of Base Administration Officer at CFB Shearwater
- Wing Operations Officer at 14 Wing Greenwood
- Appointed Base/Wing Commander of CFB Comox, 19 Wing in July 1995
- In 1998, posted to the Canadian Forces Language School in Ottawa in preparation for a tour of duty in Cairo, Egypt as the Canadian Forces Attaché.



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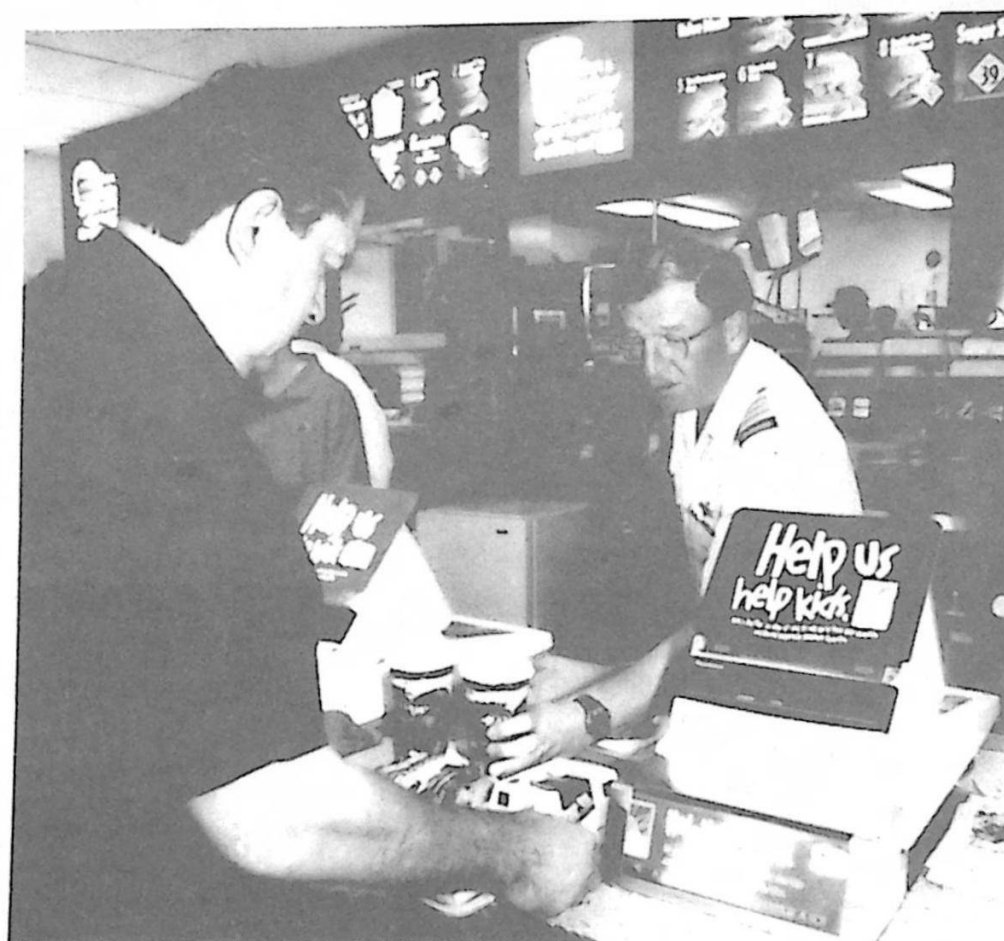
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# Salute and farewell to Col MacLean

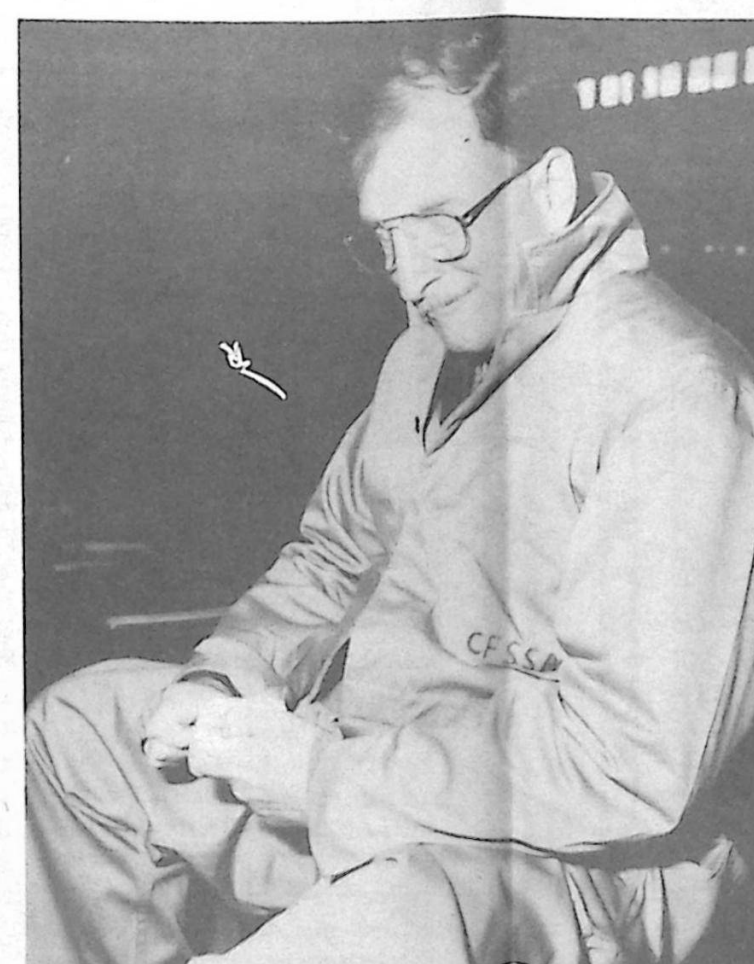


The last Totem Times issue reminisced mostly on the serious accomplishments of our WComd. This time, we chose to show our readers some of the lighter moments of Col B. MacLean's three year tour at 19 Wing.

He has been seen helping a child light up the MP Blind Fund Christmas Tree, peeling potatoes in a jail cell for United Way, riding the giant bicycle for the Heart and Stroke Foundation, or serving Big Macs for children's charities. Through it all, it was always 'service with a smile.'

Seen one minute shaking hands with a minister or Governor General and the next with Santa or Snowy the Winter Carnival Mascot, he handled all situations graciously. Whether dropping the first puck at a hockey competition or 'smoking' the opening tee at a golf tournament, Col B. MacLean has been a good sport.

We hope, Sir, that you enjoyed your tour as much as we enjoyed having you here.



Photos by  
W Imaging



### Change of Command Ceremony for

Colonel Brian B. MacLean, CD and Colonel William J. Neumann, CD

Tuesday 28 July 1998

10:00 hrs

(Please be seated by 09:45 hrs)

Open to the members of the military and public at large.  
Dress: DEU 1A / Civilian: Jacket and tie



## Silver Totems Hockey clinic

Although most people are probably glad hockey is finally over, for the CFB Silver Totems another season has already begun. The ice may not be in at the local arena but plans are well under way for the third annual Silver Totems Hockey Clinic at the Glacier Gardens Arena from August 16 - 22.

The clinic starts on Sunday, August 16 at 2:00 p.m. with a two hour open skate and registration. This allows the kids to pick up their jerseys and try out any new gear prior to classes starting on the Monday morning. This also gives the Silver Totems a chance to meet the parents and answer any last minute questions.

The format will be the same as last year with classes starting as early as 6:30 a.m. and continuing through to 8:00 p.m. The daily routine includes three periods on ice, two periods of video instruction, and two periods of dry land training each day. Monday through to Friday, the children are under constant supervision for the whole day. This allows the parents to forego a mid-day visit and lunch can be brought from home or purchased at the arena. Each instructor is assigned to a specific age group and remains with them for the entire week.

"Our most popular aspect is the amount of ice time the kids receive" says Kurt Patrick, this year's chairman. "With three separate sessions a day, the interest level is easily maintained.

Combine that with all the other activities and most parents are treated to some quiet evenings come Wednesday."

The first on-ice class each day will be "power skating," instructed by Peter Lang of Nanaimo. Peter is known locally with the Comox Valley Figure Skating Club and coached the local Junior Pairs team all the way to the Canadian National finals. "Peter is really good with the kids," says Jeff Hogan of the Sil-



ver Totems. "He takes the time to explain each drill and the kids willingly listen to him."

After each ice session, it is time to stretch out the muscles prior to heading for dry land training. The dry land sessions include soccer and baseball at the sports field and floor hockey, indoor baseball and swimming at the Base Recreation Centre.

From the sports field, we head to the classroom for training vid-

eos and a question and answer period. The video classes include subjects such as skating, puck handling, deking, passing and teamwork. After each class the kids get a chance to practice what they just saw on video, without their hockey gear, prior to going back on the ice to start the whole cycle again. "It's a well-paced schedule, which allows plenty of time to prepare for the next session without pushing the kids," says Patrick.

On Saturday, the clinic concludes with inter-squad matches from each age group. Most parents are unable to attend the ice session throughout the week so the stands are usually full. This is a highlight for the kids and they seem to give a little more knowing that mom and dad are in the stands.

"The Silver Totems' approach to the school is pretty basic," says Jim Cahill, last year's clinic chair. "We provide as much ice as possible without overloading the kids, hoping to keep their interest levels high."

We don't have any superstars, big names or fancy facilities but what we do have is an instruction staff that gives their all for the entire week, keeping the kids concerned at the forefront. After all, they are the reason we're here."

If you wish to register your child, or have any questions, you can contact Jim Cahill at 339-9986, Kurt Patrick at 339-6839, or Jeff Hogan at 338-9587.



### 1998 SUMMER SWIMMING PROGRAM

Second Session (20 to 31 Jul 98)  
Registration: 16 & 17 Jul 98  
Time: 0830-1130 hrs

Third Session (4 to 14 Aug 98)  
Registration: 30 & 31 Jul 98  
Time: 0830-1130 hrs

Fourth Session (17 to 28 Aug 98)  
Registration: 13 & 14 Aug 98  
Time: 0830-1130 hrs

Cost: Level 1 to 6 \$26.00  
Level 7 to 9 \$32.00  
Level 10 to 12 \$42.00

Lesson: All lessons will be held between 0830 to 1130 hrs, from Monday to Friday at the Base Rec Centre Swimming Pool.

Registration: All registrations will take place at the Base Recreation Centre.

\* For more info, contact J.C. Fromont at 339-8211 Local 8315.

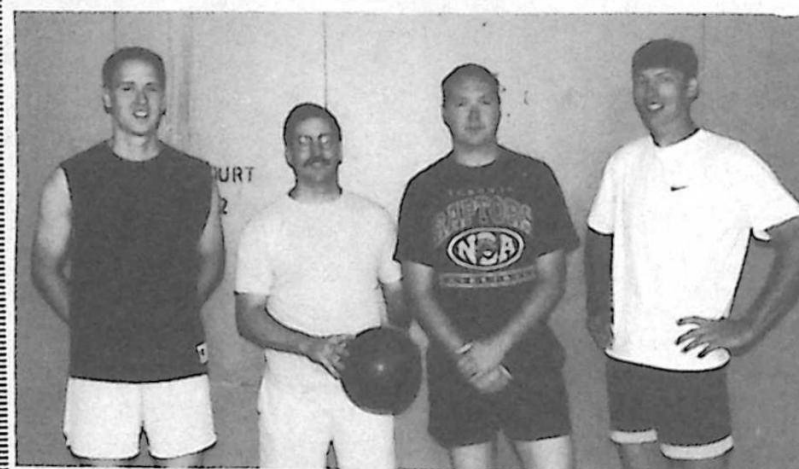
## W Comd's Cup Basketball finals:

## W Log are Champs

(Photos by Wlmg)

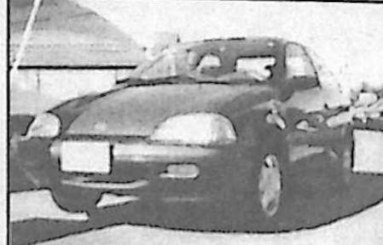


Col B.B. MacLean throws up the jump ball to officially start the Commander's Cup Basketball Tournament. Between the ball are (L) Dan McIver of 407 Sqn and (R) John Burbee of Wing Log.



Wing Log wins Commander's Cup Basketball.

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## COMOX BUILDERS' PRO-AM 24 JULY '98

by Scott Fraser

With the first season of the Comox Builders' Junior Tour well under way, the planning for the 1999 tour has already started. The first step to making the 1999 tour work is hosting the 1998 Comox Builders' Charity Pro-Am. This takes place on Friday, 24 July at 12 noon.

Last year, the tournament raised over \$11,000 with approximately \$7,000 going to the Junior Tour. This year, the tournament is hoping to raise over \$8,000 with ALL the money going to the Junior Tour. Monies will be raised in a variety of ways: there will be a Calcutta party on Thursday night, July 23, along with a fishing derby and fun casino in the clubhouse. Also, there will be Mulligans sold the day of the tournament, along with a silent auction of some great golf packages for the Vancouver Island area. Finally, there will be a 50/50 draw at the prize presentations.

The Comox Builders Junior Tour has received a lot of praise from both competitors and organizers. With over \$2,000 to be given out in scholarships this year for players, we are excited to see the interest we have already had. The Comox Builders Junior Tour is about more than great golf. Consideration is also given to community service and academics for the kids. Not only are we trying to develop great golfers, we are also trying to raise great citizens.

Bruce Kehler of Comox Builders is excited about what is going on and has re-affirmed the company's commitment. The ongoing support of Comox Builders over the past five years has single-handedly made this whole tour possible. In days of restraint and hard times, it's nice to see valley companies stepping up and taking an active interest in the valley's future through youth support.

## LARGE CROWD AT GG MEN'S NIGHT

by Len Doyle

Tuesday, July 7 saw 76 members and guests out. The format was Team Scramble with a one drive per player required.

First place and gift certificates went to Burt Graham, Larry Blais, Norm Fellbaum, Ralph Glass and Wayne Mabee at minus six. The team of Jim Larocque, Ted Gibbon, Richard Martin, Stan Mills and John Herie were count-back winners over Martin Truchan, Chuck Kennedy, Vic Crisp, Stan Frohler and Mark Blanchard at minus five. Eight teams were tied at minus four and countbacks were required to decide fourth, fifth and sixth places - also gift certificate winners.

Ted Gibbon won a Panagopoulos Pizza for his second shot KP on hole #3. A Cosmos Pizza and chicken certificate went to Lorne Gjesdal for his KP on hole #4. Burt Corahan was the recipient of a Canadian 2 for 1 pizza for his second shot KP on hole #8. As well as the pizzas, each of the above and their team members received a coveted GG Men's Club golf ball.

*I would like to say a big thank you to all the people and companies who sponsored me in my Golf - a Then Drive:*

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Bobby Howard, W Rec  
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Airport PetroCan  
Terry - Canex Manager  
Ron Webber, Mayor of Courtenay  
Bob Melnik, Bar None Cafe  
Comox Builders "Nailers" girls ball team  
Mr. Mike Merritt  
Joel Clarkston, Air Force Museum Chairman  
My Dad

*Thank you all for your pledges. Matt Tremblay.*

## MEN'S QUOTA GAME STARTS AT GG

Rain and wind failed to keep 48 members and guests from participating in the new Quota Game on Saturday, July 4.

For the past two months, all men's morning scores have been catalogued being a revised Stableford scoring method i.e. Bird (3 pts), Par (2 pts), and Bogie (1 pt). This established weekly quota points for each player. The quota points for the last five games are totalled and divided by five establishing a quota goal for the next game. Members and guests without five scores subtract their handicap from 36, giving them a temporary quota point goal. Until five games are recorded, the best they can score is plus two.

Saturdays results and recipients of Pro-Shop gift certificates were Ferg Webster (+7.4), Len Doyle (+4.8), Wayne Ogilvie (+4.6), Ralph Glass (+4.4) and Doug Slauenwhite was count-back winner over Andy Clark as both had (+3.4).

Very special congratulations to Dave Brooker for his first ever "Hole in One" on hole #15. Well done, Dave. Dave treated the gang to a little something from the well.



## Wallace Gardens Community Association Newsletter

### W.G.C.A. SUMMER BASEBALL

WHEN: TUESDAYS AND THURSDAYS FROM 0930 HRS TILL 1200 HRS BEGINNING JULY 9.

WHERE: AIRPORT SCHOOL DIAMOND, ELM ST. SIDE

WHO: ANYONE INTERESTED FROM THE AGE OF 7 TO THE AGE OF 12

COST: FREE

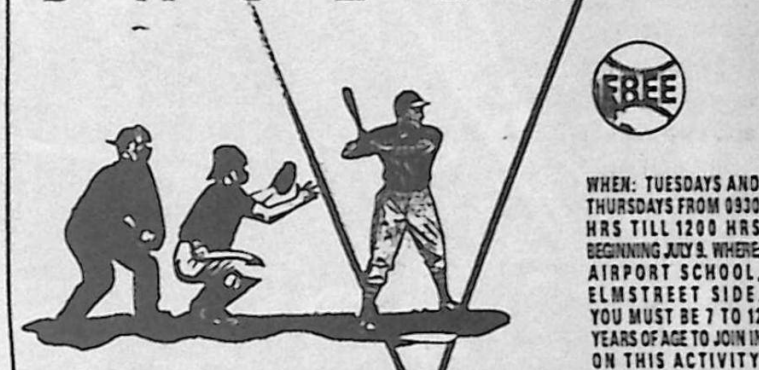
NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

B.C. CARE # \_\_\_\_\_

PARENTS SIGNATURE \_\_\_\_\_

WALLACE GARDENS  
COMMUNITY  
ASSOCIATION  
BASEBALL



YOU MUST BE A MEMBER OF THE WALLACE GARDENS COMMUNITY ASSOCIATION (COST \$3.21 PER FAMILY PER MONTH). THIS IS A FUN LEAGUE AND IT IS FREE TO MEMBERS. IF YOU HAVE ANY QUESTIONS PLEASE CALL LINDA AT 339-8211 LOCAL 8871 OR WILL BECH AT 3 3 9 - 4 5 7 0

WHEN: TUESDAYS AND THURSDAYS FROM 0930 HRS TILL 1200 HRS BEGINNING JULY 9. WHERE: AIRPORT SCHOOL, ELM STREET SIDE. YOU MUST BE 7 TO 12 YEARS OF AGE TO JOIN IN THIS ACTIVITY.

## Healthy refreshing drinks

by Capt Caroline Chartier, D.L.P.

You want to impress your guests or just want to enjoy a nice summer's day? I have a number of suggestions for summer drinks that are easy to digest, very tasty, contain vitamins and minerals and are healthy! They don't take long to prepare and add a bit of sun to your habitual beverage. Cheers!

### Honey melon drink

(2-3 servings)

750 ml honey melon, cut in cubes  
175 ml softened vanilla ice cream  
175 ml milk  
30 ml lemon juice  
In a mixer or food processor, reduce all the ingredients to a puree. Serve very cold.

### Sparkling rose

(8 servings)

300g fresh or frozen raspberries  
625 ml milk  
10 ml sugar  
175 ml softened vanilla ice cream  
250 ml lemon-lime pop  
In mixer or food processor, reduce all ingredients (except the pop) to a puree. Add the pop. Serve very cold.

### Summer cocktail

(2-3 servings)

250 ml cranberry cocktail  
250 ml grape juice (preferably white)  
500 ml orange juice  
Mix and serve with ice cubes.

### Cantaloupe and mint milk shake

(2-3 servings)

500 ml cantaloupe  
125 ml vanilla frozen yogourt (softened vanilla ice cream can be substituted)  
250 ml milk  
Touch of mint extract  
Ice cubes  
Mix all ingredient in a blender. Add the ice. Serve cold.

### Velvet Yogourt

(2-3 servings)

3 peaches, peeled and quartered  
1 sliced banana  
125 ml plain yogourt  
250 ml milk  
10 ml honey  
Mix all ingredients in a blender. Serve very cold.

### Creamy banana and peach drink

(2 servings)

2 bananas, peeled and sliced  
2 peaches, peeled and quartered  
500 ml milk  
Mix in blender and serve cold.

### Paradise drink

(1 serving)

250 ml pink grapefruit juice  
1 fresh mango, peeled and cut in cubes  
Mix and serve cold.

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610 Anderton Ave., Courtenay



# Restoration of Hawk One

by Capt Bouchard

The restoration of the Voodoo aircraft near the main gate is finally complete. Many have probably noticed that the Voodoo finally reappeared with an improved, but classic, look. Following a massive effort by members of almost all 19 Wing Comox units, the Voodoo has now been restored to its past splendour.

The first phase of the restoration project culminated 30 April when the Crash Guard & Salvage team, W Transport and WCE

moved the aircraft from the front gate pedestal to the QRA. The fact that the Voodoo does not have landing gear made the move simply more interesting and required ingenuity from all involved to put the aircraft on jacks in the hangar. Overall, the first move went very smoothly and safely without damaging the aircraft.

In the QRA, the aircraft was completely restored by a team of dynamic and talented individuals. First, the extensive corrosion had

to be dealt with. The restoration team replaced panels, sand blasted doors, and sanded the whole aircraft to get rid of as much corrosion as possible. Additionally, metal work had to be completed to repair some badly damaged areas. The aircraft was then washed and wiped in preparation of the painting phase. In order to reproduce the same paint scheme as the original Hawk One, the restoration team worked countless hours taping, masking,

painting and retaping, remasking, painting..... The restoration phase also involved CE personnel who worked on the electrical system.

On 2 July, the aircraft moving team picked up a shiny Hawk One at the QRA and placed it back on the pedestal. The whole moving process was completed under the watchful eyes of the restoration team who wanted to make sure that "their aircraft" would not be damaged. After some tense moments, the aircraft was moved

without a scratch and placed safely on its pedestal.

The Hawk One restoration project was a great teamwork success. The whole project was completed within the timeline allocated with minimum disruption to 19 Wing activities. For their efforts, all the personnel who participated in the project were awarded a group 'No Retreat Award' by the Wing Commander. Thank you to all personnel who supported this project.



Photos by  
W Imaging



Clockwise from top left: "Big Jock" (the mobile crane) does its best to position the Voodoo prior to its placement on the pedestal, MCpl Franke and Cpl Coles-Webb grapple with the sling, Cpl Malone single-handedly places the aircraft on its mount. "Little to the left, little to the right... make up your mind!!!" say the Crash Guard and Salvage Team.

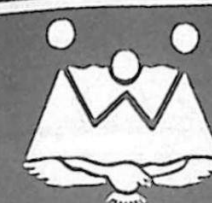
**Xcalibur**  
Computer Enterprises  
Your Comox Computer Centre  
339-1347

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Intel P11 233, 32 MB RAM, 32Y Panasonic,  
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## COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

### CMFRC Teen Summer Activities

July 1998

Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20 Mountain Biking CMFRC 4:00-6:00pm	21	22 Teen Gym night 6:30-8:30pm	23	24	25
26 Hike to Paradise Meadows 9:00am-5:00pm	27 Kayak Tree Island Kayaks 6-9pm	28	29 Teen Gym night 6:30-8:30pm	30	31	

### CMFRC Pre-teen Summer Activities

July 1998

Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20	21 Overnight-Camping Airforce Beach 2:30pm	22 Camping Cont. 11:00am	23	24	25
26	27	28 Road Hockey Airport El. 2:30-4pm	29 Open Swim Base Pool 2:30-4pm	30	31	32

### Desperately Seeking Parent Volunteers!

Hello! My name is Jill Sturrock and I am the Youth Coordinator at the Comox Military Family Resource Centre. This summer ten pre-teens, some parents and myself designed a fun, action packed summer program to take full advantage of these long hot days. The pre-teens are really excited about the activities and we are all having a great time.

At this time 15 to 25 pre-teens are attending the activities. As there is such a positive response to these events, I could really use some parent or volunteer help. If you have a few hours to spare on a Tuesday or Wednesday from 2:30-4:30pm, or would like to help out at the overnight camps at Airforce Beach I would love to hear from you. Below is a brief description of activities that are in need of volunteer participation.

**Pre-teen Camp over at Airforce Beach**  
Four or five parents are needed to help set up tents, sleep over at Airforce beach, supervise

the beach games, fire building and cooking.  
**Date:** July 21st, 22nd and August 4th and 5th  
**Time:** Starts at 2:30pm and ends at 11:00am the next day

**Pre-teen Road Hockey, Soccer, Football and Baseball**  
**Dates:** July 28th, August 19th, 25th and 26th  
**Time:** 2:30 - 4:00  
**Location:** Airport Elementary School

**Pre-teen Arts and Crafts at the CMFRC**  
**Date:** August 18th  
**Time:** 2:30 - 4:00pm

To volunteer for these events please call 339-8290. Thankyou, and I look forward to meeting you all!

Jill Sturrock

### Discover the Comox Valley with the CMFRC

Sponsored by the CMFRC Welcoming Committee

Be a tourist in your own town! Come out and join the CMFRC as we discover some of the main attractions in the local area. This will be a great chance for those new to 19 Wing to meet new friends and discover some of the many beautiful sites the area has to offer. Contact the CMFRC for additional information!

#### Discover Mount Washington

Known for its spectacular ocean to alpine views, Mt. Washington has developed into one of British Columbia's finest ski and summer alpine destinations. A restaurant, gift shop, art gallery and interpretive centre complement the summer chair lift ride to one mile above the Straight of Georgia. There are plenty of opportunities to see wildlife in this high-alpine setting.

**Date:** July 29th  
**Time:** 9:00am - 3:00pm  
**Fee:** \$12 (includes lunch in the Mt. Washington Restaurant, and a ride on the ski chair.) Limited free child care available

#### Miracle Beach Mini Golf Adventure

Come out and practice that golf swing of yours as we head up island for mini-golf and a BBQ at Miracle Beach!

**Date:** August 12th  
**Time:** 9:00am - 2:30pm  
**Fee:** \$6  
**Lunch:** Pot Luck BBQ at the beach  
Limited free child care available

#### Explore Historic Cumberland

Once Canada's smallest and most western city, Cumberland remained a bustling mining community from 1888 to 1966. Miners came from Europe, China and Japan, and established distinct ethnic settlements, making this small town a mosaic of cultures and shared histories. Join us and discover some of the fascinating history as we visit the Cumberland Museum, and take a walk through the past!

**Date:** August 26th  
**Time:** 9:00am - 3:00pm  
**Fee:** \$3  
**Lunch:** Pot luck picnic at beautiful Comox Lake  
Limited free child care available

### Summer Day Camp '98 at the Kinnikinnik Child Care Centre

Spaces are still available in the August Session of the Summer Day Camp at the Kinnikinnik Child Care Centre. Children attending elementary school are invited to attend. Activities includes crafts, arts, sports, science projects, computers, field trips, and overnight camps. For more information and registration call the Kinnikinnik Child Care Centre at 339-5051.

only  
\$75/week





### HARBOUR WOOD

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Comox

Conveniently located close to shops, schools and services, Harbour Wood is a residential complex offering 3 and 4 bedroom duplexes for rent. Completely renovated, the one level units offer new kitchen appliances, thermal window, separate laundry room, gas furnace and hot water tank, new kitchen and bathroom fixtures. Some lawn maintenance included. One small pet permitted per household. One year lease. Please contact the Resident Manager at 339-1110 for more details. Ask about our washer/dryer rentals and discount for military personnel.

### For Sale

1978 28-ft. Security 5th wheel, 2-way fridge/stove/furnace, full bath w/shower, loads of cupboards, deep cycle battery. \$4,100 o.b.o. 337-5844. <2/2>

1973 MGB - ANSA exhaust system, WEBER carburetor, mag rims, roll bar, many new & spare parts. \$4,500 invested - all offers considered. 339-1984. <2/2>



1988 MAZDA RXZ 5 speed, sunroof, ex.cond. 87,000 Km \$9,500. Brian or Mary 339-5210. <2/2>

16" youth bike for boy or girl. Dark purple/black. Nathalie 897-1080 or loc 8557. <2/2>

Portable Westinghouse dishwasher, white, 3 yrs old, purchased at Trenton Canex. Still has protective plastic. Asking \$300. Tracy 334-4581. <2/2>

Queen size waterbed, dark stain finish, 12 baffle mattress, bookshelf headboard \$150. Bedroom furniture, 6 drawer dresser w/mirror, 4 drawer dresser, 2 drawer night stand \$200. Contact Darin 897-0367 <1/2>

White Crosley fridge, 18 cu.ft. large freezer compartment, lots of storage, 3 yrs. old, \$500 firm. (\$950 new.) 338-2787 <2/2>

Sears Kenmore heavy duty dryer, less than 1 yr. old, (\$450.00 new), \$300 firm. 338-2787 <2/2>

Dog carrier for large dog. 338-2787. <2/2>

1994 17-ft Maxum, 115 Merc, bow rider for water skiing or fishing, like new. Contact PO2 Tom Harrison loc 8792, evenings at 337-8162. <1/2>

1983 Yamaha Maxim 400, runs good, new chain/rear tire, 26000 km, \$425. Contact Al at 8373 or 338-2813. <1/2>

'85 Terrel 5-speed \$2,800 o.b.o. Loc 8783 or 339-5783. <1/2>

### Reunion 507 Sqn RCAirC

The 507 Lions Air Cadet Sqn in Kentville Nova Scotia is planning its 50th anniversary reunion for May 1999. To develop a contact list, any past members, officers and associates are urged to contact Sgt R. McMahon at 902-765-1494 ext 3840, or Fax 902-765-1522 or E-mail 434sqn@glinx.com, attn: Sgt McMahon.

### Lunch, fun & games celebration!

Tuesday, July 28  
11:00 a.m. - 2:00 p.m.

Lunch, three sets of superb entertainment, raffles, draws, garden produce, plant, bake, book, 'White Elephant' sales, games of chance, and more! Advance sale tickets available at the Filberg Centre: \$4.00 (\$5.00 at the door) to the **Seniors Helping Seniors Celebration** (open to everyone); put on by the Evergreen Seniors to assist members attending the 1998 B.C. Seniors Games in Port Alberni (Aug 26-29). For specific information regarding this celebration, call 338-1000.

### Selkirk, MB reunion

In the summer of 1999, Selkirk, Manitoba will be filled with thousands of people of all ages who are coming back to their roots. Anybody who has ever gone to school in Selkirk over the past century has been invited back to the town, whether they live down the street from their old school, in the next city, or halfway across the world.

From July 8 to 11, the 99 Years of Class reunion will bring old and new friends together with exciting activities such as paddle-wheel boat cruises, baseball and golf tournaments, a family picnic, pancake breakfasts, tours of local sites, dances and much more. Organizers have already been planning for more than three years to make this the biggest and best reunion held in Canada or even the world!

Former students are being asked to register in advance for the reunion. For more information, check out the 99 Years of Class website at: [www.sor.mb.ca/99yofc](http://www.sor.mb.ca/99yofc) or call the hotline at (204) 482-1999.

### Mammogram screening

Are you missing out on a life-saving test? Screening mammograms can detect early breast cancer, often two to three years before a woman can feel any changes. Early detection means the cancer is more likely to be small and less likely to have spread. This can mean simpler treatment and a better chance of a cure.

If you are a woman in your 50s, 60s and 70s, a mammogram offers every two years your best defense against breast cancer. There is no charge for this test and you do not need a doctor's referral. If you have never had a mammogram or it's been a while since your last one, please call the Screening Mammography Program of BC toll-free at 1-800-663-9203 to book an appointment.

## TODAY'S CROSSWORD PUZZLE

ACROSS

1 Berge  
5 Boxing matches  
10 "It Romantic?"  
14 Writer Harte  
15 Own up  
16 Not far  
17 Una, e.g.  
18 Upside down  
20 Advertisers  
23 Honey factories  
23 Some children  
23 Tersest  
26 Hindu ascetics  
29 Sukes  
30 Raise in status  
31 Underneath  
32 Elev.  
35 "fair in love -"  
36 Muslim holy book  
37 Beseech  
38 Type of shirt  
39 Sandwich shops  
40 Canned  
41 Author Stephen Vincent  
42 Withdraw formally  
43 Stresses  
46 Songbird  
47 Window covering  
48 Enlarges  
52 Golden Gate, for one

DOWN

1 Wanes  
2 Harvest  
3 Gambling city  
4 Forks and spoons  
5 Conductors' sticks  
6 Smells  
7 Ballpark officials  
8 "the season"  
9 Pigpen  
10 Arctic people  
11 Act like a waiter  
12 Cathedral parts  
13 Romantic appointment  
19 Pitched  
21 Kind  
24 Soft drinks  
25 "Once - a time"  
26 Great achievement  
27 Wheel part  
28 Leafy vegetable

PREVIOUS PUZZLE SOLVED

4-4-98 © 1998, United Feature Syndicate

Position	Name	Location	Phone
Wg Fin Counsellor	Capt John Lalonde	WHQ/WCompt	8464
Deputy Wg & Unit			
Fin Counsellor	Lt Denise Meilleur	414 Sqn PAdmO	8215
Unit Fin Couns.	Capt Dean King	WOPs/ATC	8421
Unit Fin Couns.	Lt(N) Duncan Green	442 Sqn PAdmO	8742
Unit Fin Couns.	MWO Al Houston	WOPs / 7 Hgr	8527
Unit Fin Couns.	WO Jana Bristol	19 AMS/ 7 Hgr	8831
Unit Fin Couns.	Capt John Pumphrey	WOPs/SAMPO	8235

### 25th Anniversary

Otter Sqn of RMC will be hosting the 25th anniversary celebration of the UTPNCM program of both the military and civilian universities in Canada from 7-9 May, 1999. All UT graduates should forward their current address and particulars via one of the following to receive further info:

L'escadron Otter du CMR organise une réunion pour célébrer le 25<sup>ème</sup> anniversaire du programme des PFUNOs dans les collèges militaires et les universités civiles, du 7 au 9 Mai, 1999. Pour plus d'information, tous devraient envoyer leur adresse par la suite:

Phone: (613) 541-6000 ext 6084 or Ocld Tourond (613) 549-4356.

CSN: 270-5011 ext 6084.  
E-mail: [utclub@rmc.ca](mailto:utclub@rmc.ca)  
Fax: (613) 353-7394

### Banff Cadet Camp to hold reunion

The Banff National Army Cadet Summer Training Centre will be holding a reunion for all graduates, former military and civilian staff July 24-26. The Training Centre, which began as the Special Dominion Cadet Camp in 1948, has also been known as the Banff National Army Cadet Camp and has seen over 10,000 cadets and staff pass through its program in 50 years.

### For further information:

Internet - [www.banff.net/bnac](http://www.banff.net/bnac)  
Mail - Dann Oliver, BNAC Brigade Major, Box 99630, 1095 O'Connor Drive, Toronto, Ontario, M4B 3M9 or

BNACC Reunion, Banff National Army Cadet Summer Training Centre, Banff, AB, T0L 0C0.

## Book reviews

by Gerry Gerow

### Doglopaedia

by J.M. Evans & Kay White

(Howell Book House, New York. US\$20.95)

This is a doggy medical book and a darned good one. Evans is a veterinary surgeon and White is a well known and very prolific journalist. They have teamed up to bring you this excellent book which contains the answers to just about any question you may have about your dog's health.

This book is excellently indexed and all the various terms you may hear from your veterinarian are described in layman's language so that dummies like myself can understand them.

It is a 264 page soft cover book which is very well illustrated with some humorous cartoons and a lot of serious line drawings to help you understand the text. It is highly recommended for all dog owners. This is certainly one of the best medical books in my dog library.

### How to Photograph Dogs

by Kerrin Winter & Dale Churchill

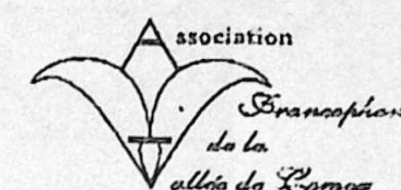
(Howell Book House, New York. US\$25.95)

This is a book whose time has come. At least so far as I am concerned. Taking good doggy pictures is a very difficult task. All the pitfalls are dealt with here in this excellent comprehensive guide. It is chock full of excellent black and white photographs with a 16 page colour photo insert.

Topics addressed include: head studies, finding the right facial angle, getting the expression, vertical or horizontal, planning the shoot, working with dogs of all ages, choosing a camera, lighting and lots more.

A look at the photographs in the book will quickly convince you that the writers know what they are talking about. They are a professional dog photography team who have received numerous awards for their work. They have a website on the Internet at [www.dogphoto.com](http://www.dogphoto.com). In fact, you can order this book right off their website.

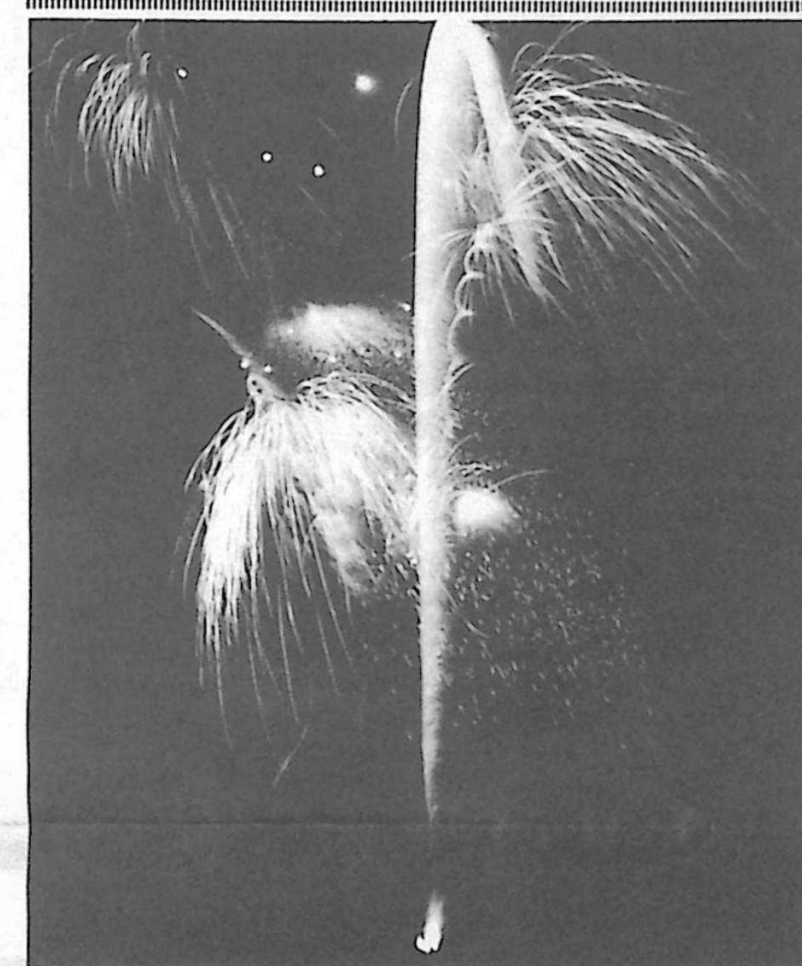
Photographing dogs well is very difficult and I know this book will help me, personally, immensely. It is a well indexed 193 page paperback that has only just been issued. Have your book store order it for you, or check it out on the internet and order from there.



### Advanced French course

There are still openings in the advanced French course which will begin on July 20 and finish August 14. This class will be on Tuesdays and Wednesdays, from 9:00 a.m. to 2:00 p.m. Cost is \$120.00 for 40 hours. Place: Francophone Association office. For registration phone 334-8884.

Il y a encore des places disponibles pour ceux qui désirent joindre le cours de français avancé qui débutera le 21 juillet pour se terminer le 14 août 1998. Les classes seront les mardis et mercredis de 9:00 à 14:00 hre. à l'Association Francophone. Le coût est de \$120.00 pour 40 heures. Pour de plus amples renseignements, composez le 334-8884, ou passez au 1491 McPhee, Unité #2, entre 12:00 et 4:30.



(Photo by Sgt Redding, W Img)

### Canada Day

(cont'd from front page)

The evening activities saw the crowds multiply to approximately 8,000 people. Local duo Claude and Steve, now known as "Spindrift," entertained the crowds with their fantastic musical talents. They played a variety of music, including a large array of Canadian songs.

It was deemed essential that Canada's 131st Birthday bash in the Comox Valley end with a spectacular fireworks display. On a budget of less than \$8,000 Fireworks Coordinator Jon Scotton of Omega Effects and his volunteers delivered a show of awesome colour, sound effects that were heard for miles, nighttime glamour and surprises (Giant Fireball). A minor technical malfunction shortened the show by a few moments but, other than that, it was a very crowd-pleasing display. Discussions are already in progress in an attempt to raise enough funds for next year's display that would average 30 minutes in duration.

utes in duration.

All funds for the fireworks display are generated through a variety of fundraising events held by the Wallace Gardens Community Council. Although many misinformed people refused to donate for the parking services because they were under the assumption that the three communities (Comox, Courtenay, Cumberland) had donated large sums of money towards this event, the overall majority of the parking facility users kindly donated a minimum \$1.00 per car.

On July 2 volunteers showed up again with energy and enthusiasm to tear down the mini birthday village and return the parking lots back to their original clean and tidy condition.

To the many volunteers, media, businesses and especially 19 Wing Comox who so gladly contributed to this very special day, thank you kindly for your outstanding efforts.



## New CO for Air Cadets

Members of 386 (Komox) Royal Canadian Air Cadet Sqn held their 53rd Annual Ceremonial Parade on Saturday, 13 June. The parade included a Change of Command ceremony to welcome a new commanding officer.

Approximately 200 parents, family, friends and special guests were treated to the inspection of the cadets, followed by a demonstration by the 22-piece squadron band and the nine member drill team. Awards and medals were presented to the deserving cadets and special presentations made.

The ceremony marked the retirement of Capt Victor Simonson, who has served as Commanding Officer since 19 December 1993. The new Commanding Officer, Capt Colum Canavan, has been the band officer since joining the squadron in 1991.



## Legion Log

### BRANCH 17 COURTENAY (334-4322)

Fax: 334-3613 Service Officer: 338-2153  
Members & bona fide guests welcome

### DANCES (every Friday, 8:00 p.m.):

17 July ... Vested Interest  
24 July ... Rob Petrie  
31 July ... 50th Parallel

### SPECIAL EVENTS

• Fun Golf Tournament at Longlands: Sat 18 July at 2:30 p.m. \$12.00 for golf and prizes. BBQ to follow at the Legion. Sign up at the bar.  
• Games Day: Sun 19 July. Registration 12:30 p.m. Euchre, darts and crib followed by BBQ (4:00 - 6:00 p.m.)

### BRANCH 160 COMOX (339-2022)

### ENTERTAINMENT:

Fri July 17 ... Country Cousins  
Fri July 24 ... Nite Life  
Fri July 31 ... Eldorado

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414 Sqn is more than rumoured to be downsizing soon. Will one of those spare T-33s end up in the Heritage Air Park?

## Heritage Happenings

by Maj Joel Clarkston

### 101057 Refinished

The VooDoo at the entrance to 19 Wing Comox received a new coat of paint and a restoration of some exterior fixtures at the hands of 19 AMS and the refinishers. 057 once again shines as it should and the whole project was accomplished in record time. This was a base project but there was some consulting work done by the museum staff and members of the Heritage Restoration Committee. Capt Bob Richter and Rob Roy assisted in the removal and replacement of 057 on the pedestal at the main gate. They also participated in the post-project celebrations.

### Mig safe

The Mig 21 acquired by the Air Force Museum in January of this year is now on display at the Heritage Air Park. There was considerable concern over the ejection seat in this aircraft since it appeared to be armed with the explosive charges in place and, until it could be proved that the seat was safe, the Mig remained quarantined on the abandoned taxiway near the Tower.

After some correspondence between the museum and the Canadian Defence Attaché in Prague, it was determined that the Czech Air Force had made the aircraft look "authentic" for display purposes and, in fact, the charges were not in place. The

aircraft did indeed look authentic in all respects and this made the staff a bit nervous since there was no accompanying documentation to certify that all of the dangerous bits had been secured. A member of the base explosive ordinance team opened up several of the seat actuators and determined, to everyone's satisfaction, that the seat is indeed safe.

### Museum Model Event July 25 and 26

It's airshow time again on the base, and since the real thing has been postponed until this time next year, in recognition of the 75th anniversary of the Air Force, the Museum's Radio Controlled Scale Aircraft Event will have to do. On the weekend of 25 and 26 July, there will be a display of flying model aircraft at the abandoned taxiway in front of the control tower.

The gate at Tee Pee Park is the access point and it will be open at 9:00 a.m. to the general public and the flying will continue till 4:00 p.m. each day. There is no admission charge and some bleachers will be available for seating as well as a concession stand manned by the Military Family Resource Centre.

This is the third year that the museum has sponsored this event which has been very popular with the public. Weather permitting, this year promises to be the best yet with many entrants from Victoria and the Lower Mainland.



Small brass plaque surrounding a piece of rock. The caption reads "Acquired Sept 1972 from the Kremlin Wall Moscow USSR." Anybody know where this came from?

### Who put that rock there?

The strangest things come to light when you start to renovate. I received a call from an interested party on a piece of rock that was found on a renovation project on the base. The workman was in the process of sizing up some rock work for demolition or reconstruction and came upon a small plaque imbedded in the old work. Shined up a little, it had the following inscription, "Acquired Sept 1972 from the Kremlin Wall Moscow USSR." I do not know

the history behind this plaque and would appreciate hearing from anyone who does. It has been suggested that since few Canadians served in Moscow during the Cold War, that perhaps the small piece of the Kremlin Wall was brought here by an American posted in with 5 Detachment, the people who used to guard the nuclear capable bomb dumps. If anyone knows the story on this plaque, or can shed some light on the story behind the acquisition of the piece of the Kremlin Wall, would they please contact the museum at local 8162.



## COMOX AIR FORCE MUSEUM

### and the Radio Control Aeronautical Association

present a Standoff Scale Radio Controlled Military Aircraft Competition, Saturday July 26 & Sunday July 27. Come out and see large scale flying models of a:

Open to the public  
No spectator entry fee  
Enter by Tee Pee Park  
Campground at CFB Comox

Spitfire Mk IX  
Harvard  
Japanese Zero  
Hurricane Mk XII  
Defiant  
Mustang Mk I  
AVRO Arrow  
P-47 Thunderbolt  
Helicopter  
Sukhoi  
Extra 300, and much, much, more.

Gate opens at 9:00 a.m.  
Saturday & Sunday.  
Demonstrations continue till 4:00 p.m.  
Look for directing signs on Ryan and Little River roads