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The Comox Valley's Oldest Newspaper.



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 37 NO 10

THURSDAY 13 JULY 1995

COST: PRICELESS

Good Luck in Victoria Terry!

Project Glacier

by Col T.B. Rogers, WComd

Mr. Rogers' neighbourhood is under review. In fact, most of 19 Wing is under review. If you are a member of the Wing and are not yet involved in some sort of study, review, evaluation or restructure, wait for it - you probably will be sooner than later.

The reason for all this activity is that we simply cannot afford to operate in the same manner as we have in the past. In the next four years 19 Wing will experience significant reductions in personnel and funding but still be expected to maintain operational capability. The only way this will be possible is to restructure our work processes to optimize effort, eliminate duplication and focus on relevant activities.

With this in mind, various units of 19 Wing have engaged in initiatives to undertake some sort of renewal of their organizations. While none of the renewal projects have been completed, areas with significant potential for savings have been identified. However, it is evident that because of the interdependence of the units on base, these initiatives will not realize the best possible results if they are conducted in isolation. What is required is a project with a broader focus to look at all work processes as they relate to the accomplishment of the 19 Wing mission. Hence Project Glacier.

Project Glacier will encompass all aspects of our operations, aircraft maintenance and related support activities. It is intended to provide a framework for complete renewal to eliminate unnecessary duplication and to achieve dramatic cost reductions and efficiency improvements. It will redefine existing organizational boundaries where necessary and will integrate existing initiatives

where integration makes sense.

With so much at stake, it is essential that all organizations at 19 Wing be represented and participate in Project Glacier. The project will be directed by a Steering Committee responsible for the development of objectives, the establishment of ground rules and the evaluation of recommendations. Members of this committee are the commanding officers whose resources are on the table.

The tough business of actually conducting critical reviews of the work processes has been assigned to a design team. The design team is comprised of a select group of key individuals from various units at the Wing who have the requisite experience and background to do justice to this challenging assignment. Each of these members is totally committed to the process, is a forward thinker and can truly be called a champion of change.

The design team is empowered to evaluate any and all work processes which contribute to the accomplishment of the 19 Wing mission. The design team is not limited by traditional organizational boundaries and traditional functional groupings. It has the latitude to conduct its evaluations without the encumbrance of restrictions imposed by current structures. All personnel at 19 Wing need to cooperate fully in the process if we hope to achieve our assigned goals.

So for the next several months the design team will be fanning out to look at every aspect of 19 Wing. However, regardless of the experience and desire of the design team members, their frustration factor and their stress level will be higher than necessary without the involvement and the support of everyone at 19 Wing. The observations, ideas, sugges-



Posted to CFB Esquimalt as Chief of Staff Operations for Maritime Forces Pacific, Colonel Rogers will also act as Maritime Air Group Detachment Commander. He will hand over command of 19 Wing CFB Comox to Colonel Brian McLean on July 25.

tions and opinions of each and every member is vitally important to the process. Who is better positioned to evaluate work processes than those actually involved in the delivery of a product?

Already we have reaped the benefits of spirited participation from all levels at the Wing as the

D2000 Suggestion program and ACES initiatives program have shown much promise and delivered successful solutions. Many bright ideas have come forward which have resulted in more efficient, effective ways of doing business. The potential for more far reaching and significant re-

sults is there, but we will all have to think hard and communicate our ideas in order to achieve the maximum result.

This is not going to be an easy undertaking. A critical analysis of the way we are accustomed to operating requires an open mind

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On & Off the Base

More Glacier

Continued from page 1

and innovative thinking. Perhaps the most difficult part of the process is the acceptance of the notion that we have to let go of the traditional ways of doing business if we are to survive.

I have every confidence that we can and will succeed. During my time as WCWO I have been continually impressed by the talent and resourcefulness of the personnel at this Wing. More than any time in the past we will draw on the talent and resourcefulness

of our dedicated personnel as we define our posture for the future.

During the coming weeks, we will use this newspaper to report on the status of Project Glacier, highly significant achievements and profile the people behind the activities. Participation is an important aspect of this process and your involvement is strongly encouraged so that 19 Wing can successfully adjust to the changing world in which we live.

1995 Military Police Bicycle Safety Rodeo

On 2 June, the 19 Wing Security and Military Police hosted the Annual Bicycle Safety Rodeo at Airport Elementary School. The event, which took all day, was well received by the 300 plus students. After completing a "True or False" questionnaire, each participant had to have his or her bicycle inspected for soundness, after which time a series of riding skill stations had to be negotiated. Each participant was scored on his or her riding ability. In the afternoon all students gathered outside and anxiously waited to find out who the most skilled riders would be.

The Wing Commander, Col Rogers and the MQ Mayor, Capt Lloyd, later presented the lucky students with numerous awards

and prizes but, of course, everyone was a winner. The Security and Military Police and Airport Elementary School would like to thank the following sponsors who again have made this successful event possible:

Overwaita Foods and Drugs, Safeway, Thrifty Foods, Zellers, Superstore, Canadian Tire, CIBC, Black's Cycle, Sarah's Bicycle Shop, Pedal Pushers and employees, McDonald's Restaurant, A & W Restaurant, Dairy Queen, Taco Time and Wendy's.

A special thanks goes to the teachers and parents who have volunteered their services for this event and to the MQ Association for another generous funding.



Col Rogers presented Merle Buck with Kindergarten Grade 2 Top Score Award.

A Little Piece of the Coast on the Bald Prairie



WCWO, WCDR, Acting CO CFSSAR and SWO pose in front of 19 Wing's newest detachment. The latest batch of CF restructuring has left 19 Wing Comox with a strange detachment. The Canadian Forces School of Survival and Rescue is now a detachment of the Wing. Col Rogers and CWO Sarty recently flew to Edmonton to take possession of their new charges.

An insider's view of Critical Incident Stress Management When the Bubble Bursts

by MCpl Al Banky, SAR Tech

Anyone interested in CISD, or CISD training should contact the Wing Social Worker Officer, Capt Kathy Segriff, at Loc 8148.

Throughout our military careers, we are taught how to deal with the stresses that confront us. Whether it's a simple task like building a rope bridge on a leadership course, or wading through the piles of paperwork we face daily, we are taught, and in turn develop the abilities to function as productive members of a military team. We form bubbles around ourselves.

Nine years in the combat arms, three of them as a sergeant, prepared me well for the stresses involved in SAR. Despite regular exposure to disturbing scenes, my first three years as a SAR Tech added to my bubble of security. I thought I was prepared for almost anything.

On April 30, 1992, in the few seconds it took for the Labrador helicopter I was flying in to roll 500 feet down the side of a snow covered mountain, the bubble I had worked 12 years to form burst.

Although I was deeply hurt by the death of my friend, Cpl Phil Young, what I perceived to be a lack of support from my military family affected me in a more devastating way.

Those who met the flight that brought me home from hospital appeared to have little understanding of the psychological injuries I had suffered. Despite their obvious empathy, they had little understanding of how to deal with injuries they could not see. Although my psychological state might be attributed to my inexperience

in SAR, the experiences of the other two surviving 311 SAR Techs, both former infantry section commanders, one a veteran of a British Army tour in Northern Ireland, are almost identical.

The fact that three highly trained, experienced, aggressive, professional NCMs with combat arms backgrounds could suffer from Critical Incident Stress should be an indication that no one is immune.

Despite the good intentions of the base Critical Incident Stress Debriefing (CISD) team, formed in 1990, their post-crash stress debriefing was ineffectual; contrary to the recommendations of civilian experts, the team had no representation from the SAR community it was attempting to help. Our "peer support personnel," the most critical element of the team, included a transport officer and a supply officer; they attended the debriefing in their dress uniforms, leaving the impression that they were there in an official capacity, rather than as our peers. This introduces them to the fact that the process is one of healing, rather than confrontation.

The Squadron CISD team has now reached the point where it has not only credibility, but respect amongst the members of the SAR community, the direct result of having active aircrew participation.

Incidents like the crash of 311 show that the only way to deal effectively with a critical incident is prior preparation. No one can predict when the bubble will burst, but we can prepare for when it does.

The 442 Sqn CISD team, formed in 1993, now consists of 11 members: a Lab pilot, a Buff pilot, a flight engineer, two technicians, four SAR Techs, the Base Personnel Selections Officer and the Squadron Padre. Experience

levels range from no exposure, to several years of training. Many members of the team also belong to the base team.

The team was formed with several objectives in mind: to identify problems within the squadron at an early stage; to be an intermediary between squadron personnel and dedicated mental health professions (other trained CISD teams); to carry on the process of mental healing once the formal CISD process is complete; to be available as a resource to other squadrons should they need to use a team; and, most importantly, to provide squadron members with education and training on CISD. Other than for administrative matters, the team has no connection with the chain of command and is rank neutral.

The team's training takes the form of out of service courses, followed by regular simulated defusings and debriefings. The simulations are used as an education medium where air and ground crews act out the roles of CIS victims. This introduces them to the fact that the process is one of healing, rather than confrontation.

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1995 Western Canada MP/RCMP Golf Tourney & Fishing Derby

by Ted Sauve
Tournament Chairman

The 19 Wing Comox Military Police Section hosted the 12th Annual Western Canada Military Police & RCMP Golf Tournament and Fishing Derby from 25 - 27 May. MP participation included, 19 Wing Comox, 4 Wing Cold Lake, CFB Calgary, CFB Esquimalt, SIU Vancouver and SIU Victoria. RCMP members attended from Courtenay, Campbell River, Parksville, Nanaimo, Duncan, Victoria, Vancouver, Powell River, Quesnel, Surrey, Richmond and Grand Cache Alberta. Civilian police attended from Esquimalt, Victoria and Vancouver. Retired members attended from Comox, Courtenay, Cumberland, Nanoose, Nanaimo, Duncan, Brentwood Bay, Port Hardy, Victoria, Vancouver and Washington State.

At 0730 hrs, and 1330 hrs, 26 May, under sunny skies, 186 golfers teed off in two shotgun starts at the Glacier Greens Golf Course. Prize presentations and a BBQ were held at the Glacier Greens Social Centre and, when the scores were totalled up, the Canadian Military Police Association (CMPA) Net Team Trophy was awarded to CFB Esquimalt with a score of 295. We congratulate the team of Jacques Ellyson, Wes Cochrane, Louie Leclerc and Darryle Bean. Individual awards

were also presented in five other categories:

Military Police: Low Gross Winner - Cpl Sly Bolduc (77) 4 Wing Cold Lake, runner-up - WO Court Murphy (80) SIU Victoria. Low Net Winner - MCpl Brian Chasse (73) 19 Wing Comox, Runner-up - WO Wes Cochrane (73) CFB Esquimalt.

Retired Military Police: Low Gross Winner - Ted Sauve (75), Runner-up - Lloyd Billings (79). Low Net Winner - Grant Arsenault, Runner-up - Bob Currie.

RCMP: Low Gross Winner - Marty Stoner (73) Victoria, Runner-up - Dan Plamondon (76) Campbell River. Low Net Winner - Gary Usher (70) Courtenay, Runner-up Willy Mineault (72) Victoria.

Sponsors: Low Gross Winner - Hal Fraser (76) 19 Wing Photo Section, Runner-up - Scott Fraser (77) Glacier Greens. Low Net Winner - George Kjenner (70) Nite-Eyes Security, Campbell River, Runner-up - Jim Douglas (71) The Beacon Hill Drive Inn, Victoria.

Guests: Low Gross Winner - John Webber (76), Runner-up - Al Walsh (77). Low Net Winner - Leo Lamothe (70), Runner-up - Nick Stolarchuk (71).

The Men's Longest Drive on Holes 6 or 15 went to Sly Bolduc in the morning and Mike Paroshy

in the afternoon. Ladies Longest Drive on Holes 8 or 17 Danielle Hatch. Closest to the Pin on Holes 4 or 13 Ted Sauve in the morning and Pete Smith in the afternoon. Closest to Pin on Holes 7 or 16 Lefty Nelson. The Most Honest Golfer - Chris Garner with a max of 144. The AIR BC Trip for Two was won by Larry Blais. Winners of MP/RCMP Golf Raffle were: 1st Gord Nelson - set of graphite woods, 2nd Bill Ford - rain suit, 3rd Phil Ryan - golf pullcart. The Winner of Spot #7 was Cpl Mike Rogers 19 Wing Comox.

MP/RCMP Fishing Derby

This year we had a 3-day Fishing Derby with 74 entrants. The weather was just grand for the three days, however the fish forgot to show up this year and most fishermen came up empty. There were a few Springs caught and most won trophies for their catch. The Largest Salmon was a 12-1/2 lb. Spring caught by Troy Weed, the Total Weight Winner was Pete Smith with a single 11-1/2 lb. Spring, the Largest Non-Salmon went to Pete Holt with a 3-1/2 lb. Rock Cod. The Golf/Fish Trophy was won by John Beckett with a net 66.5. Winner of a Fishing Trip for Two to Lupin NWT was Brenda Douglas.

Continued on page 13

On & Off the Base

TOP SALESMAN



Bill Snow, CD

Brian McLean is proud to recognize Bill Snow as Top Salesperson for the month of June. Bill would like to take this opportunity to invite all past and present customers to drop in and view the world's most successful cars ... Chevrolet, Geo, Oldsmobile and Chevy Trucks at 2145 Cliffe Avenue.

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Bring your Teddy, pack a picnic lunch, don't forget a blanket to sit on and come and join in at our Teddy Bears Picnic Event.

11:30	Teddy Repair and Bear Chute Ride. Have your Ted fixed and then let him ride on the parachute.
12:00 noon	Ed the Ted entertains.
12:30	Picnic Lunch.
1:00	Lulu Bear entertains.
1:30	Join Lulu on a parade around the Mall.

Saturday 15 July

11:00 - 3:00	Teddy Bear Repair, Bear Chute and Bear-lof-Fun. Make a puppet of your own and have lots of fun.
11:30	Teds walk-a-bout.
1:00	The Main Show - The Teddy Bear Frolic
3:00	Teds walk-a-bout.

275 CLIFFE AVENUE,
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Editorial

In preparation for departure

by

Padre Fraser Harvey

I have forgotten how often I have heard a flight attendant make this announcement as I begin another journey. This time, as I get ready to take off again, it is not a flight attendant making the announcement but a message that says "Possible Deployment OP Pivot Roto 1." I know that I am not the only one at 19 Wing who got one of these "get ready" messages.

Getting ready to takeoff in an airplane is a lot easier; put your seat and tray in the upright position stow all luggage in the bins, etc. We all know the drill. Preparing for a UN deployment is not as easy. There are so many things to consider. How do I explain to the children? Are my finances in order? What about my will and Power of Attorney?

Now to add to all of the running around trying to put affairs into order, there is the emotional turmoil going on inside of us (and our families). On one hand I am looking forward to the challenge of ministry in Haiti and at the same time I do not relish the prolonged separation from my spouse and children. Each of us as we get ready to depart will probably go through a separation syndrome which is not unlike the grieving process when someone dies.

This grieving is a perfectly normal process and it will affect all persons involved - you, as you get ready to deploy, your spouse, your children and any other significant person in your life. Be it a death in the family, or the death of a friend, a legal separation or divorce, or separation because of work, we all grieve. As with physical problems, some suffer more than others and in different ways, so it is with grieving. Each of us is different in how we feel and express this grief. And just as we all express and experience the grief differently, we will cope with it differently. Being forewarned about this process can

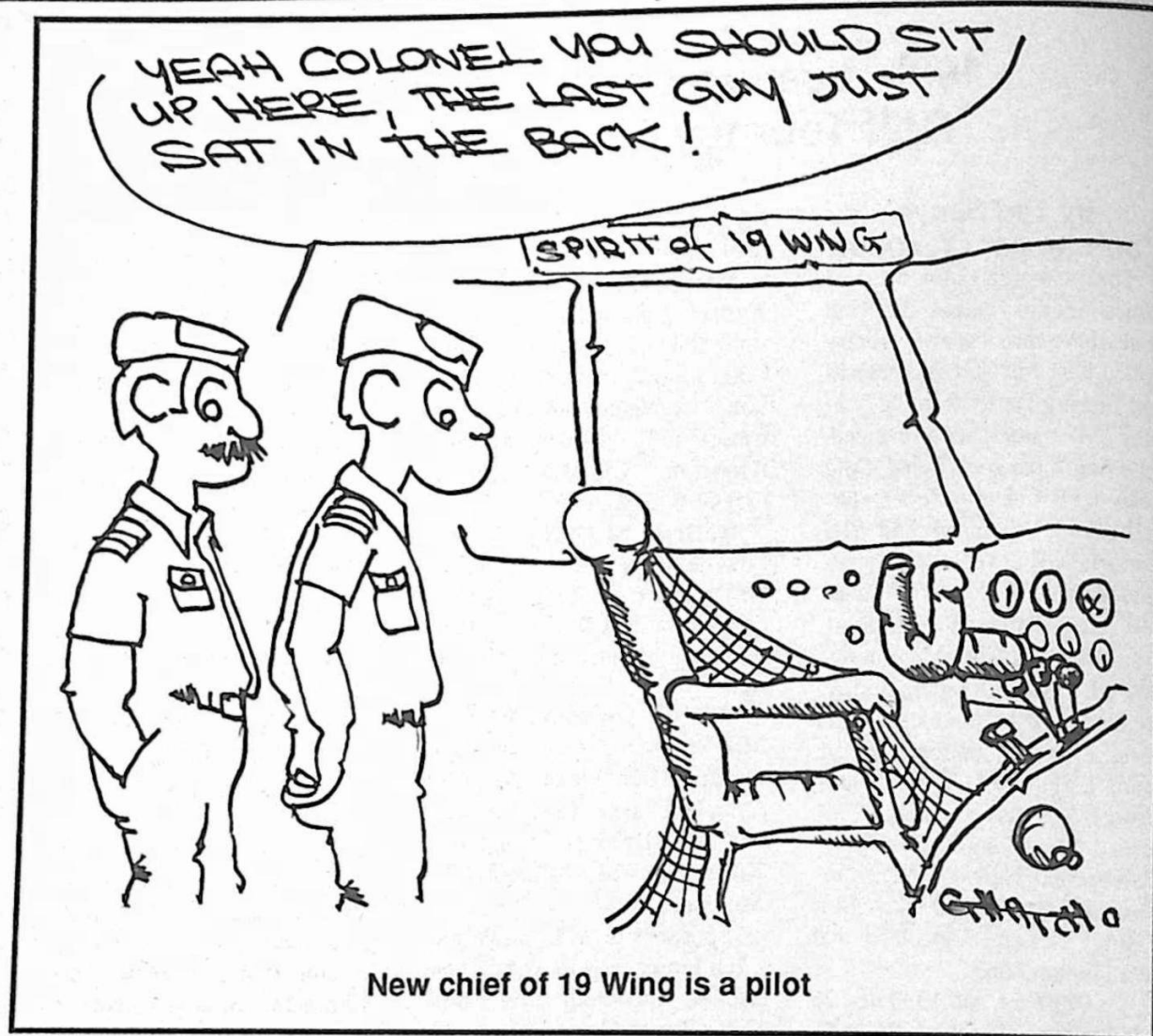
help us cope with the emotions of separation. An ounce of prevention is worth a pound of cure.

There may be some physical reactions to this anticipated separation. But by far the greatest reactions are emotional. What are some of the feelings that you and your family will experience?

- Feelings of unreality - is this really happening to me?
- Restlessness and anxiety.
- Resentment - anger - hostility - rage toward the one who is leaving and toward those responsible for the absence. You want vindication and revenge.
- You feel guilt and shame for your reaction.
- You feel deserted, rejected, emotionally starved.
- You have feelings of doubt and a loss of trust in your spouse.
- You feel for your own basic welfare and safety and survival and for the welfare and safety of your spouse who is leaving.
- You feel hurt and you suffer shock.
- You deny and suppress your feelings and your reactions and refuse to accept the reality of the situation, and
- You have a sense of being totally alone - your dependency object is gone. And you feel that you are the only one who is feeling this way.

If you are anticipating the separation, some of the real shock and numbness of the grief process starts and occurs long before the actual separation begins. Dealing with these feelings now, acknowledging that they are real, normal and talking about them is an essential part of coping. And it is much easier to start dealing with them now while loved ones are close and you can talk with them than when you have deployed.

In the next issue I will make some suggestions to help you and your family cope during deployment. In the meantime, please do not hesitate to contact me at Loc 8275 if you would like more information or to just talk.



New chief of 19 Wing is a pilot

407 Sqn takes US Navy ASW Award

by

Capt David Krayden, Wing PAFO

After the crushing disappointment of not winning this year's O'Brien Competition, despite superb tactics, 407 Sqn has something to cheer about. The 19 Wing unit was the big winner at Exercise Rodeo Wolfhant, held at Naval Air Station North Island, in San Diego, June 21-22. Crew 7 took the award for best VP (maritime patrol) unit and was part of the winning battle group. The Canadian contingent was asked to accept this second award on behalf of the entire group.

It was the first time that the Canadians had been asked to participate in the massive anti-submarine warfare competition which involved U.S. Navy and Marine Corps units from California and Hawaii. All but two of the winning crew flew down to San Diego last week to accept their awards and bask in some well-deserved praise.

In the hypothetical battle scenario, the allied units had to respond to escalating aggression

from a nation that is seeking to expand its control and influence over the Pacific Rim in general and a chain of islands in particular. Using dozens of maritime patrol planes, helicopters, submarines and aircraft carriers, the exercise sought to minimize the threat of submarines.

In his closing remarks, USN RAdm Lee Gunn, commander of the third amphibious naval group, underlined the continuing importance of ASW. "My ships are carrying a vital cargo: thousands of sailors and marines and equipment that is very valuable. One undetected submarine can sink that ship to the bottom of the ocean with the loss of precious life and equipment. You are guarding ships that are noisy, slow and valuable." Gunn, described Rodeo Wolfhant as "practical" in today's world because aspects of it concentrated on shallow water ASW and not the traditional blue or deep water search.

As one of the key participants of the contest, described it, "This isn't O'Brien. This isn't looking for one submarine in a big ocean. Wolfhant incorporates more variables into a different sort of battle area. I don't want to say the level of sophistication is higher but the number of participants certainly is," said Capt Jon Rothwell of 407 Standards and Training.

Competition organizers repeatedly cited the Magnetic Anomaly Detector (MAD) located on the tail of the Aurora as a significant factor in locating sub-surface threats. During one particular phase of the exercise, the Canadian Aurora successfully used the MAD on 15 different occasions while their American counterparts only managed three.

407 CO, LCol Bruce Lewis, said he was very pleased with the competition in general and his squadron's performance in it. He especially approved of the closing remarks at the debrief. "It is refreshing to hear an officer of such senior rank and operational importance (RAdm Gunn) express such support for ASW," said Lewis. "This is good news for all of us serving in maritime patrol."

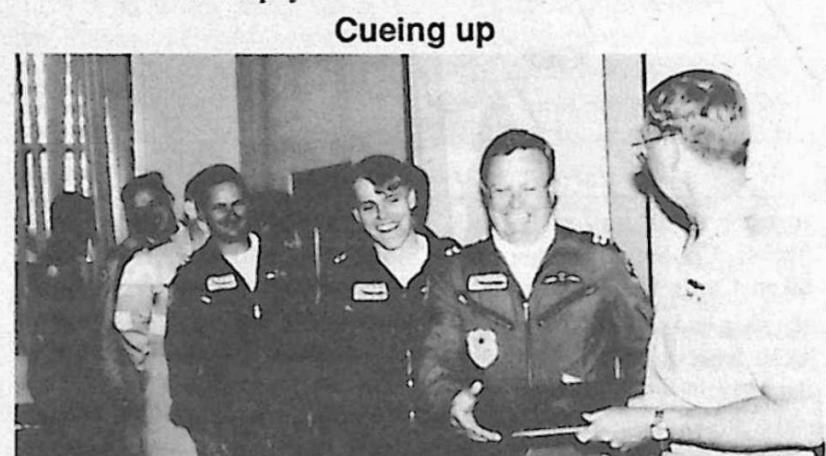
Pictures on page 5

On & Off the Base



That Winning Smile

Capt Jon Rothwell (in flight suit) stands by to accept the Rodeo Wolfhant Best Battle Group award. Rothwell's 407 Sqn crew also won top maritime patrol honours at the US Navy anti-submarine warfare competition, winning the best VP unit award. The exercise took place at Naval Air Station North Island, near San Diego, with participation from Navy, Marine Corps units and - for the first time - Canadian assets. With trophy in hand is RAdm Lee Gunn, the commander of the US Navy's 3rd Amphibious Force, who heartily congratulated the squadron for its win but reminded them that they "had to leave the trophy here."



Cueing up

Members of 407 Sqn line up to accept their certificates as best VP unit in the Rodeo Wolfhant exercise, held at Naval Air Station North Island. It was the first time a Canadian unit had been invited to participate in the massive US Navy/Marine exercise and 407 showed their best, also accepting the trophy as best battle group.

New Leader for 888 Wing

K.D. Macdonald, former Air Traffic Controller in the Canadian Forces, is the new President of 888 (Komox) Wing, Royal Canadian Air Force Association. He succeeds air historian Tet Walton, a WWII Spitfire pilot, as the head of Canada's largest branch of the air veterans association.



K.D. Macdonald

Macdonald enlisted in the RCAF in 1947 as an air traffic controller assistant. He later transferred to GCA (Ground Controlled Approach) controller in 1951. In 1961, he was commissioned from the rank of Flight Sergeant and served as an Air Traffic Controller in Germany, Goose Bay Labrador, Portage LaPrairie Manitoba, and at Air Defence Command in North Bay, Ontario, before retiring at CFB Comox in Dec 1982, with the rank of Major, completing 35 years' service. In 1982 he was awarded the Order of Military Merit.

Base Firefighter Honoured

by
Capt David Krayden, Wing P AFO

A CFB Comox firefighter has received an official commendation from the Force Commander of the United Nations Mission in Haiti (UNMIH). In a letter, US Army MajGen Joseph Kinzer singles out Sgt J.P.G. Desruisseaux for "helping avert a possible disaster." Desruisseaux, who was serving with the Canadian-American Engineer Battalion, "quickly and correctly" assessed the seriousness of a fire that had erupted at a Haitian paper product factory on Apr 4. The Comox serviceman directed both military

and civilian firefighters as they successfully used outdated fire fighting equipment to contain the fire and save a nearby textile plant from destruction.

This February, the Canadian Government announced that it would send 500 Air Force peacekeepers to Haiti. Of these, 17 personnel, both officers and non-commissioned, are from 19 Wing Comox. Their mission: to provide logistical and construction engineering support to UNMIH operations as Haiti moves towards a stable government and economy. Along with firefighters, Comox also sent cooks, drivers and military police.

EME Exercises

or how we brought six canoes into the wilderness & back again



MCpl Seymour - cook extraordinaire - and Capt Sardana, OC EMW Workshop - with the best EME birthday cake we've ever seen!

with their first taste of IMPs. All we were missing were the marshmallows to go with John Osterholm's Tales from the Combat Leaders Course (hooah!). Overheard: "Dave, did you bring our tent?"

"Oops...!" It's a good thing that Stacy had his bivvy bag... The next day dawned with a beautiful sunrise to inspire us as we traversed Horseshoe, Nanton, Ireland and Dodd Lakes and completed the next two portages of 2.4 km and 0.7 km each. That evening the stories were a bit shorter around the campfire as we put our weary bones to rest just after nightfall.

In the morning we loaded our gear into the canoes and headed off across Windsor Lake towards the very scenic and very large mountains on the other side. This last portage was straight up 1.2 km of mountain and straight down another 1.2 km. Undaunted, we shouldered our packs and hefted our Battle Canoes (which, to put it politely, were @#! heavy) and set off. You will be reassured to know that despite the rigours of the trail, we still had our SIX canoes, all without any extra holes, dents or unfortunate mishaps. Finally, the last canoeheads emerged from the forest and, happy to have finished the last portage, we climbed back aboard the canoe across Goat

Lake and onto Powell Lake.

As we turned the corner from Goat Lake and entered Powell Lake, the breeze picked up just a little and every now and then just barely heard snippets of conversation drifting across the water:

"Should the waves be crashing over the bow this way?"

"Damn, my cigarettes are soaked!"

"We've been paddling hard for the past 15 minutes, so how come that cabin is still in the same place?"

"Maybe now is a good time for a coffee?"

Eventually the intrepid canoeists paddled their way to the last campsite, safe and sound. The last morning was somewhat less breezy and we enjoyed the last 12 km of Powell Lake. All too soon it was over and we and our SIX canoes were on the ferry back home.

Thanks to MCpls Cyr and Macleod for their time as "temporary Supply techs" and also to MCpl Jeff Warden from 442 Sqn who joined us to even out the canoe crews and who kept our spirits up with visions of provisions from heaven! Finally, thanks to our OC, Capt Sardana, whose scouting skills kept us on the great circle of the Powell Forest Canoe Route.

ARTE ET MARTE

NEXT DEADLINE 11 AUG.

Bored with Barracks?
Nothing on the Tube?

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Baseball Donation Project 17-18-19-July

To make a child's dream come true, the opportunity is here for you. Children playing in the PMQ Baseball League would like you to help them by donating your used baseball equipment.

Deposit Areas: Hangar #3 for 442 Sqn; Base Firehall; MP HQ; Hangar #7, for 407 Sqn, 414 Sqn and tunnel; Main Gate; Base Hospital, and Canex Store.

NEXT DEADLINE 11 AUG.
NOON

TOTEM TIMES

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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.
Published 16 times a year with permission of the Wing Commander, 19 Wing CFB Comox, B.C. Publications Mail Registration No.4098. Printed by Ladysmith Printing, Ladysmith, B.C.
Office Hours: **Deadline Friday;** 0830 - 1600
Monday; 0830 - 1600
Tuesday; 0830 - 1200



Section News

Demon Doins

There's More than One Way to Skin a Haggis

The Joint Maritime Course, a major NATO naval exercise, is held three times each year at RAF Kinloss in Scotland. Several NATO countries including Britain, Germany, Italy, Norway, France and, of course, Canada send naval vessels or maritime patrol aircraft to participate. Canada was represented by two Aurora crews, one from Greenwood and the Crew 4 Icemen from 407 Sqn right here in Comox.

After several weeks of intense planning and preparation the crew left the sunny skies of B.C. for the damp and dreary Scottish Highlands. Fifteen hours and eight time zones later we arrived tired and thirsty at our respective hotels, the ground crew at the Victoria and the aircrew at the Carlton Hotel in downtown Forres. Our hosts and in fact most of the inhabitants of this historic town made us feel immediately at home and their hospitality was simply incredible for the duration of the exercise.

After several days of briefings and meetings with the exercise planners we were ready to commence flying operations. The exercise provided plenty of excellent training opportunities for the whole crew. Practicing anti-surface and anti-submarine warfare in an extremely crowded and busy environment with our NATO allies proved challenging and rewarding for all involved. The schedule of mostly night flying, combined with the time change, took its toll on everyone's internal clocks but we were able, with the excellent support of our ground crew, to launch every mission as scheduled.

After the final mission was flown it was time to face the most feared aspect of the trip. The proprietor of the Carlton Hotel had been promising the aircrew a traditional Haggis dinner since our arrival and it appeared that there would be no denying this friendly but enormous ex London Bobby. After fortifying ourselves with a few wee drams, the main course of various, undisclosed sheeps innards with a side of neeps and tatties (potatoes and turnips) was placed before us. After careful inspection the more daring of the crew sampled the fare and declared it...delicious! Our fears of

the legendary Highland entree had proved groundless and with the accompanying bagpipe music provided by a piper in traditional dress the crew schnarfed the lot down in the blink of an eye.

The following night was the traditional farewell Moosemilk party hosted by the Canadian contingent. This rich and creamy beverage has apparently taken on legendary status in Forres as it seemed the entire town, along with all the exercise participants, showed up to help empty the barrel. The Icemen, in a display of kinship with their Scottish hosts, donned (rented) kilts and sporrans for the event and braved a rather cool and drafty walk to the party where we were greeted with cheers and laughter (they were laughing with us, not at us, no matter what anyone says). A good time was had by all and it was an excellent finish to an excellent deployment.

Back on the home front, the Crew 5 Vikings and supporting maintenance personnel were in Greenwood challenging for the O'Brien Cup, Canada's ASW competition. From all reports they demonstrated superior ASW skills and team spirit and had it not been for an extraordinary piece of good luck on the part of one of the Greenwood crews they would have returned to Comox with the cup. They did, however, prove the value of having a base in a part of the country where golf can be practiced 12 months a year as they left little doubt about who is the finest squadron on the course. The Vikings competition detachment also proved that they can follow the rules of an exercise better than any other crew around. When the order said dress for the final dinner was jacket and tie, that's what they wore - jacket and tie. The raves are still coming in for Sgt Frank Wilson's red socks and tanned knees. Well done to Crew 5 on an excellent competition.

The list of deployments for the summer seems endless with several crews off trotting the globe at any one time. At time of writing, Crew 3 has just departed for a two week exercise in Australia, Crew 7 is taking part in an ASW competition in San Diego and Crew 6 is in Greenwood gearing up for a

month long deployment to Sigonella, Sicily in support of the United Nations arms embargo against the former Yugoslavia. In the coming months, the schedule will remain hectic with several driftnet patrol deployments, Northern Patrols and numerous trips in support of airshows around western North America. All this while maintaining our regular local patrol and training schedule, summer block leave periods, and the impact of the active posting season has left our scheduling staff breathless. Lots of action this summer in the orderly room with Sgt Ernie Bugutsky retiring after 26 years of service and Cpls Cheryl Trescher and Tammy Ross returning from a three week stint in Halifax as drivers for the G-Seven Summit Conference.

As usual, annual posting season brings with it a lot of hellos and goodbyes. Welcome aboard to Capt Craig Browne, Lts Rick Vinet, Rick Smith, Greg Whyte, John Klatt and Lynne Moore. A fond farewell to those posted out this summer: Maj's Steve Bannister and Andy Clark; Capt's Chris Bullis, Rick Ihaksi, Dale Harlos, Dave Stephan, Neils Roggenkamp, Graham Dennison, Dave Taylor, Steve McDonnell, Richard Jasmin, John Brennan; MWO Gus Mullaley, WOs Barry Yhard, Jack Hardy, Mike Schnabel and Dan

bel and Dan Finney; Sgts Andy Sweet, Craig Chislett and Jeff Cox; and MCpls Dan Arden, Larry Robertson and Jean Martel. Best of luck to retiring squadron members Maj Don Irvine; Capt's Kevin Kimpinski, Dave Carter, Glen Gordon and Ken Zinck; CWO Dave Landry; MWO Bob Edwards; WOs Wayne Robertson, Ian Murray and Barry Doubleday; and Sgt Ted Brown. Congratulations to newly promoted WOs Jimmy House and Jack Hardy. Special congratulations go out to two newly hitched couples: Capt Dave Proteau and his wife Monica, and WO Mike Schnabel and his wife Karen. Good luck and best wishes to you all.

With that I'll sign off this extended version of Demon Doins' with the usual...Nuff said!

Demonic Maintenance

407 Engine Bay/ Armament

by Sgt Cahill

Greetings from the new AMSO organization. This little group has only been formed for two months and already we have grown teeth with lots of bite. Hopefully we won't leave any scars as we continue to bite ourselves.

The last couple of months have been quite busy here at 407 Sqn as we have been preparing for the AMIT inspection. It all started sometime in March with the Pre-Mini-AMIT. This was the first of many inspections, and probably

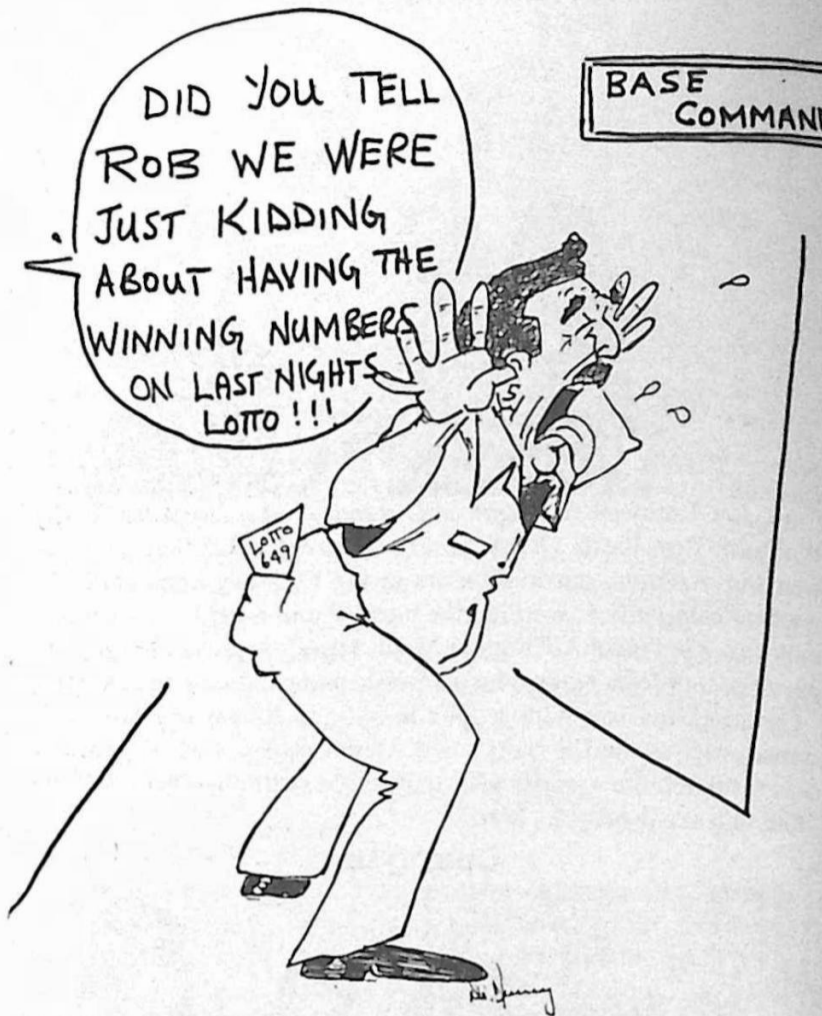
our best. The Mini-AMIT was next and went a little worse as we started to dig a little deeper to find faults and, sure enough, they were there. Shortly thereafter was the Post-Mini-AMIT which brought to light some serious concerns but, as a whole, went quite well. This was followed by the Post-Post-Mini-AMIT, sometimes referred to as the Pre-AMIT. At this point we were beginning to fall behind in our work but that wasn't really serious as we could always work overtime to catch up, and besides all the shops were neat and tidy.

By the time the AMIT Team arrived, everything was in tip-top

shape and our inspection went smooth as silk. On the bright side, we should be finished with that for a couple of months.

On the serious side, the Engine Bay/Armament Shop seems to be settled now and, although not everyone is happy with the situation, work is getting done.

In the Engine portion of our new and improved shop, Cpl Kevin Berry is posted to Trenton. He seems to be happy to be going there even though their engines are mounted on the aircraft upside down. Best of luck in your new job Kevin. Cpl Curtis Hann is in Greenwood on his conversion training and will be back shortly



to teach us all how to be AVN Techs. Cpl Steve Waddams has taken Curtis Hann's position in the shop and seems to be fitting in well. It only took him a couple of days to realize what Andy's rules and regulations were and what he expected from him.

In the Armament portion of our shop, MCpl Tony Wells has been transferred to servicing to replace Sgt Dimock and MCpl MacNeill. His expertise is greatly missed in the aircraft maintenance portion of the armament shop but MCpl Buck seems to be handling the workload quite

well and has even managed to get Sgt Cahill into coveralls. Bucky also went out to get a special haircut which he says prevents him from pulling out his hair.

In closing, I would just like to point out that although some people might think differently we are definitely the most vital section in 407 Sqn. If you don't agree, just let my final words stew for a while and I'm sure you will change your mind: "Without Armament it's just another flying club" and "Without engines it's just another static display."

407 Photo Processing

by MCpl Vattheuer

The summer is finally here, and all of our photo baby makin' machines have returned. Three brand new little bundles are now the happy members of our photo families. Congrats to Luc Germain and Ruth Keays for having Vivian; Josee Menard and Roger Giguere for having Veronique; and last but not least Gary and Kathy Blinn for having Stephanie Kay. Bravo Zulu you baby makers.

Returning to our happy workplace is Cpl Josee Menard after her well deserved maternity leave but, unfortunately for Josee, the forces of gravity have once again worked against her. She recently fell off her bicycle and broke her elbow. Remember, the wheels are supposed to remain on the ground, Josee!

Leaving for a short period is

407 Aircraft Repair

by Cpl Johnson

Wasn't it just a couple of weeks ago we couldn't remember what blue sky looked like? Or were we all just pretending to be in Greenwood? Speaking of our eastern counterpart, about half our squadron has been hanging around there over the last few months. Between the IOS courses for the recently designed

Cpl Luc Germain. He is leaving us to go to the big U.S. of A for his intense three month Quality Control Course in Rochester NY. Good luck Luc - you'll need it.

This summer, WO Dan Finney is saying farewell to 407 Photo to join the members of the photo Cool Pool in Cold Lake and, of course, to be joined finally with his better half, Al Finney. Good luck and take care Dan, from all of us at 407 Photo.

Congrats to all of our OTs to the new avionics trade: Cpl Gary Blinn, Cpl Sue Hendricks, Cpl Colin Kelley, Cpl Leona Colebank and Sgt Val Berube.

Our Photo Processing Section has definitely increased in size as we now have a colour processing/printing capability. The future doesn't look as bleak as it did last week.

AVS and AVN trades, the new aircraft type courses, and all the restructure committees sent to iron out the wrinkles and transitional headaches, there has been quite the reduction of familiar faces around here. This is a trend that is sure to continue for some time.

There are many changes on the horizon. Continued on page 10



442 Sqn

Dining with the Snakes

by MCpl Al Banky, 442 Sqn SAR Tech Another Burrito?

"On final - your aircraft." "Left Left - Steady." "Stand by to drop - drop now." As I turned my head towards the open ramp of the Buffalo, I heard the metallic clink of the buckle releasing the 200lb. training toboggan. With a push it began to slide off the ramp, initiating the sequence that would inflate the parachute and drop the toboggan gently to the Oliver airstrip.

All in all it had been a good day. The second day of a trip to upgrade a pilot to Aircraft Commander. I had packed my parachute in a Castlegar hotel lobby before breakfast; planned on jumping it into Oliver. It would be a simple sequence: overhead the target at 500 feet; drop some streamers; fly into wind and drop the toboggan, and then climb to 2000 feet for a quick jump.

I craned my neck to see the falling toboggan. The static line pulled open the parachute bag and yanked out the neatly folded nylon. As the chute began to fill with air the timber extension started to unfold from its covered stowage. Everything was working as advertised. Looked like it would be a good drop.

The hairs on the back of my neck shot straight out as the timber extension snapped tight, stopping the falling...OOPS!!!

It took me a second to realize that hanging beneath the inflated parachute and timber extension was...NOTHING. I wrenched my body to the full length of my safety harness and caught a glimpse of the toboggan, now void of its load, rocketing toward

the ground. Ahead of it, in tight formation, were the eight large chunks of rubber used to give it weight.

I shook my head in disbelief as I watched the load hit the ground, digging a neat 20 foot furrow; the toboggan hammered in behind it. The parachute and timber extension - as if defiantly flipping me the finger - floated gracefully to the ground in front of the hotel and restaurant. I thought it wise to opt out of the jump and instead take my chances with lunch.

The Southwind

Oliver is located at the south end of the Okanagan Valley. It's a small town, known for its orchards and vineyards; at 442 Sqn it's known for its tricky runway - 3200 feet long, but only 50 feet wide - and its food.

The Southwind Motor Inn conveniently borders the airfield's south end; it's surrounded on three sides by orchards. The restaurant is centrally located in the hotel with a view of its vine-draped patio courtyard, the hotel pool and the airfield.

The importance of the airfield in the restaurant's operations are highlighted by the large number of historical aircraft photos on display. In the summer, with the daytime temperature hovering around 30 degrees, the patio is the place to sit. The courtyard's a good place to pack your parachute, if you're so inclined.

The menu at the restaurant is Californian, and includes a wide assortment of local specialties (in season). I always begin my meal with a cold glass of iced tea. For lunch, the Mexican dishes always attract me, lots of stuffing, cheese and tangy salsa. The servings are

large and well worth the money. Even a poor, "underpaid," penny pinching Buffalo pilot can afford to eat. I've been lucky enough to spend the night at the Southwind, and their supper specials are fantastic.

The staff and the restaurant cater to the "fly in" crowd. Service is quick, friendly and helpful. The hotel management has been known to turn a blind eye to SAR crews taking a quick refreshing dip in the pool.

Each year the restaurant hosts several epicurean events in conjunction with other Okanagan restaurants, offering a "Taste of the Okanagan" - more wine than a flight engineer scheduling meeting.

Getting There

If you fly to Oliver in a Labrador or Buffalo, fuel up in Penticton first, then do the 10 minute hop south; no jet fuel in them thar tanks. If you're getting to the airfield via parachute, the thermals will keep you in the air for longer than you might expect, so aim short or you'll probably land long. If you plan on flying to Oliver in an Aurora, T-33, F-18, or any other cement grey airplane, sorry, because of the runway length, if you're lucky enough to survive the landing, you'll be so busy picking pieces of apple tree out of your hair that you won't have time to eat.

It turned out that one of the straps holding the toboggan together ripped apart when the parachute opened. In hindsight I probably should have skipped the toboggan drop and gone for lunch earlier. I would have had time for another Burrito; it's a sure thing!

Snake Scenes - see "Bubble Bursts" on page 2



Section News

Fishing Derby Junior Ranks Mess 15 to 31 Aug 95

\$1,000 in Prizes \$10.00 Per Person

Cash or Acquittance at the Mess Mgr. Office Registration 24 July to 11 Aug

5 CATEGORIES IN EACH TROUT, SPRING, COHO, & BOTTOM-FISH

Weigh Stations King Coho, Bates Beach, and Wing Fire Hall

Numerous Draw Prizes Presentations 16:00 Sept 1st at the JR's Lounge Sponsors

Gene Fishing (Nanaimo), Happys Sporting Goods (Cour), Peters Sport Shop (Cour), Home Store (Cumb), Teds Trolling and Marine Supplies (Comox), Mohawk Courtenay Service, Lucky Jig Ent. (Comox), Buzz Bomb Lure Company (Cour), King Coho Resort (Comox), Bates Beach Boat House (Cour), Wayne Jorgow Taxidermy (City), Parker Marine (Comox), Port Augusta Motel (Comox), Derwentone Charters (Comox), Canadian Tire (Cour)

Open to JR Members & Significant Other

JUNIOR RANKS MESS

FUN GOLF TOURNAMENT

25 JULY 95

AT GLACIER GREENS GOLF CLUB

FUN

TEE OFF AT 12:30 HRS.

9 HOLES

OPEN FOR 48 GOLFERS

A LOT OF PRIZES

REGISTRATION: 11-21 JULY AT NOON

\$15.00 NON GOLF COURSE MEMBERS

\$3.00 FOR GOLF COURSE MEMBERS

NOW OPEN

AGREVIEW DENTAL CLINIC

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Courtenay

FAMILY DENTISTRY

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Hours: Mon-Fri 9 am to 10 pm
Saturday 9 am-3 pm

Call 338-9085 for advance appointments
8 am-10 pm Mon-Fri, & Sat 9 am-3pm

NEW PATIENTS AND WALK-INS WELCOME

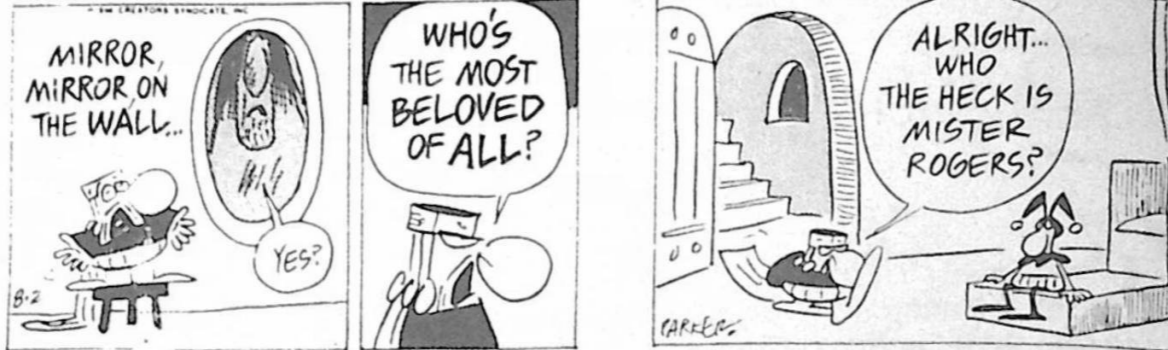
Feature

Singin'



Children sang at Child Care Centre ground-breaking. Smilin'

WIZARD of ID



Walkabout



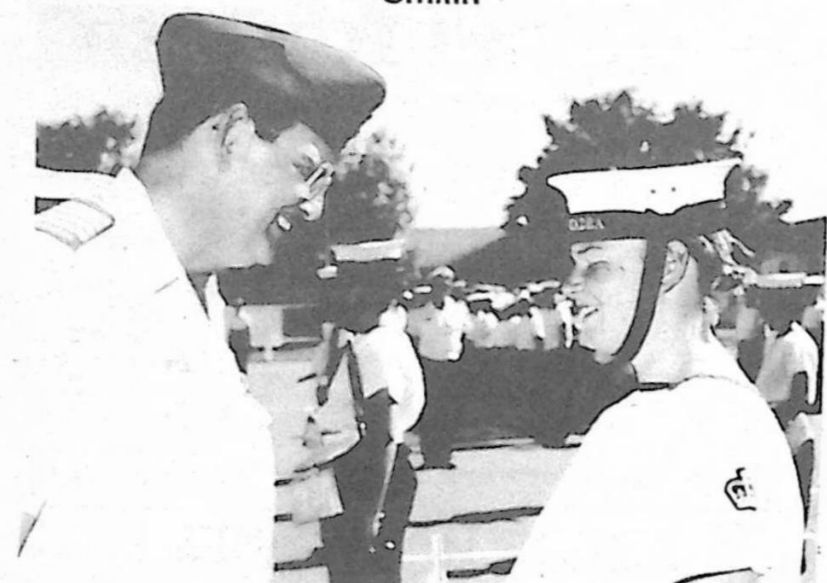
The highlight of Col Rogers tour of duty was visit of H.M. Queen Elizabeth II in 1994. Whackin' (1)



At Glacier Greens. Huggin'



You name it, Col Rogers did it. Hobnobbin'



An ex-RMC cadet himself, the Colonel enjoys a chat with sea cadet, HMCS Quadra.

Laughin'



The Boss must have heard a good one.

Diggin'



Turning the sod with MLA Margaret Lord for Child Care Centre



With actress (Mrs.) Heather Rogers.

Whackin' (2)



Opening new squash courts.



You meet nice people, like TV actress Gail O'Grady, in this job.

Presentin'



Presentations are a big part of a WComd's duties.

On the Base

19 AMS

Greetings from 19 AMS Refinishing

Hello again from the world of Refinishing! It's been a while since our last chat together and the past months have brought about quite a few changes from last year. To start, a fond farewell to Bruce Doggett and family, who are off to sunny Cold Lake and a warm welcome to our new Sgt. John Naugler and his wife Norma.

This year is progressing at a busier pace than normal, particularly with the implementation of the 565 ACS Training. A section of 10 personnel (including one ARAF), we are constantly shuffling people around to accommodate the hectic workload and training commitments. Cpl John Ferguson "Tracker Man" has completed the 565 ACS Conversion Training and is now carrying out OJT in the Machine Shop while Cpl Gatean Morency "Worm" is currently undergoing the Refinishing portion of his OJT. Both are doing very well and are looking forward to their Metals Tech Training in the fall.

Cpl Wilf Hannas "Abner" is presently partaking of his 565 ACS Conversion Training at CFB Borden from June through September. Good Luck, Wilf! MCpl Mel Carmichael "Badger" has just completed a Dash 8/Challenger Advanced Composite Course and is finally qualified to use the glue gun; things will never be the same!

Sgt John Naugler recently completed a strenuous NDT 6 Maintenance Managers Course at CFB Trenton and is now informed enough to be dangerous to the NDT people. Will this training never end? Unfortunately for us the end is a long way off. While continuously maintaining the 565 ACS Training for who knows how long down the road, we still manage to meet all Operational requirements for 19 AMS.

Cpl John Blackmore "Link" can be found kicking up dust and overspray on three or four of 414 Sqn's Inspection A/C while you can find Cpl Don Morin "Buzzard" hanging off the tail section changing L/E tape of 407 Sqn's A/C. Cpl Brian Hocquard "Crow" has been busy shooting up the countryside, in different colours with his paint ball gun; if only he could shoot some paint on the A/C of 442 Sqn!

Mister Mum, Cpl Dan Goulet, "Doughboy" has been given a reprieve for the summer, his two kids are summer vacationing in Quebec. Congratulations go out to Dan's wife Linda, who successfully completed her 3-year RNA course with Honour marks! MCpl Tony Arcand "Louigi" has been busy at the helm controlling work orders and priorities in the Paints & Fabric Shops. A never-ending job.

Last but not forgotten is Sgt (R) John Nicholson or, as everyone knows him, "Slave." The

Ref Section had been fortunate enough to employ him for extra man-days this year. He's a welcome asset, even if he does tell some tall fish tales!

All in all the 19 AMS Refinishers are a very busy section and, with all its expertise, we can overcome any obstacle to carry on the professional and dedicated workmanship to meet the challenge of the forthcoming transitions of the future 500 series restructure.

Air Trivia and other features

Due to lack of space caused by our reduction to sixteen pages, we have been unable to run Air Trivia and other regular features, such as Doctor Bob and Dog Talk. We will return them to the Fishwrapper when space is available. Meanwhile, please limit your written contributions to two pages of typewritten material and one or two photographs. When taking your own photos, remember our rules: Close up, good light, good focus, people facing the camera, action shots where possible.

Former OC Visits



F/O V.E. Mahoney was second Officer Commanding RAF Comox 14 Aug-27 Sep 1942. Seen here with then President 888 Wing, Tet Walston, and former BComd and CO 409 Sqn, Irish Ireland, he visited 19 and 888 Wings recently.

HOW DO YOU GET THE RIGHT TRAINING FOR TODAY'S JOB MARKET?



"There's a demand in this industry for technical training. That's where I figure my future is." - Eugene Soga, labourer.

"With the skills and training, I will definitely have a better future." - Pam, social assistance recipient.

"Because of this program, I've already started on my apprenticeship." - Chrissie Hipwell, grade 11 student.

"If we work smarter, in ten years we'll be a world leader." - Tony Zweirs, Canadian Woodworker.

"Things get really busy up here at the clinic. I should know, I used to be the receptionist." - Anita Davis, Certified Dental Assistant.

ASK A PANEL OF EXPERTS.

The biggest question in B.C. today is about jobs: how do you find one; how do you get the right training, and how do you keep one?

It's not easy to answer, but Chrissie Pam, Eugene, Anita and Tony have found one solution. It's called Skills Now. A program that's working with business, local communities and education to train people to get into and stay in today's job market.

For high school students like Chrissie Hipwell, Skills Now provides the pre-apprenticeship training to get her foot in the door of her chosen career.

For Anita Davis, it meant the training to go from being the receptionist to a certified dental assistant in New Aiyansh, B.C.

And to help retrain workers like Eugene Soga, technical training is available to get a better job in their field.

Skills Now also offers opportunities like hands-on carpentry training for people like Pam, a single mom and social assistance recipient with two young children.

And at Canadian Woodworks, a wood manufacturing plant in Prince George, Tony Zweirs and his employees received the necessary upgrading in training to improve their productivity and compete in the global market.

It's a program that's making a difference in B.C. by providing the training to create a more skilled workforce, to help people get off welfare and to better prepare B.C. students for the job market.

It's worked for hundreds of British Columbians, and it can work for you.

For more information call 1-800-63-SKILL.

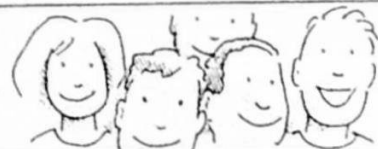


SKILLS NOW
1-800-63-SKILL

Investing In Our Future.
A Plan For B.C.

Health Fitness & Leisure

HEALTH & HAPPINESS



Our lifestyle habits — from healthy eating and active living to responsible drinking and our approach to smoking — all have an effect on our health. The choices we make about them every day make a difference — for better or for worse.

Healthy habits are essential for good health. However, there are other less-tangible things that are just as important such as "mental health" and "emotional well-being."

Health and happiness are related, and they build on one another. Happiness, for example, can come from the simple pleasure of enjoying physical activity. And it can come from the "good feeling" that good health brings.

Happiness also comes from a sense of contentment, a sense of belonging, and a sense of purpose, which relate to attitude and involvement.

Our attitude toward work in the CF and the satisfaction we derive from it contribute to our happiness ... and health. Satisfaction comes from striving to do things well and accomplishing what we set out to do.

It also comes from the feedback we get for our efforts. Encouragement and thanks for a job well done mean a lot. Even constructive criticism is good because it provides an opportunity to improve next time. Therefore, it is important to ask for feedback if it isn't given on a regular basis. (Conversely, if your position in the CF means you have subordinates, be sure to give them positive comments and tips for improvement regularly.)

There's more to life than work, of course. Active community involvement and a network of friends also contribute to positive health.

Involvement in the community can take many forms. It might mean coaching your daughter's soccer team or helping to organize a community clean-up campaign. It might be joining a group, taking a class, attending a public lecture, or enjoying a concert. Involvement means cultivating friendships and having at least one close friend in whom you can confide.

Attitude is another key factor. We all know (and are inspired by!) people with a "No worries!" approach to life. These people, no matter their circumstances, have a certain hardness to them. They go through life with a sense of hope and optimism — generally seeing the brighter side of any situation. They live for today. They do not dwell on the past, which can't be changed, nor do they worry about things in the future over which they have no control.

This special attitude also involves an openness — to new people, new ideas, and new experiences. It means planning, setting goals, and looking forward to new challenges. The late, great baseball pitcher, Satchel Paige, captured this attitude toward life (in his own special way) in his now famous Rules for Living. In Rule #6 he said, "Don't look back, something may be gaining on you."

STRENGTHENING THE FORCES



Comox Yacht Club/CFSA News

Harbour Day

Bad weather kept the crowds to a minimum, but our Comox Harbour Day concession stand was still a success. According to Ray Uhl, who organized the June 4 fundraiser, two teams of eight worked in shifts to sling bratwurst, hamburgers and hot dogs to the hungry masses. Unfortunately, due to uncharacteristically bad weather, profits were down from last year. Naturally our hardy mariners still had a good time.

Basic Cruising Course
The Basic Cruising Course leading to CYA certification pro-

vides beginner sailors with the skills and knowledge to cruise safely by day in local waters, in moderate wind and sea conditions, as skipper or crew of a 20-30 foot sloop-rigged keelboat. The club offers this course two to three times annually; the second course was conducted on 7, 8, 9 July. The next and probably last course of the year is planned for the early fall.

New Club House

Construction of the new club house is planned to start on 9 July as a joint project between CE and the Air National Guard. If all goes according to plan, the club expects to take possession of its new home some time in September.

Wind Surfing/Board Sailing

The Wind Surfing Club has amalgamated with the Yacht Club/CFSA and now comprises the Board Sailing Division within the club. A variety of board sailing equipment and wetsuits are available for use by club members.

If you are interested in learning to sail, whether on a board (windsurfing) or in an Albacore, or in a keelboat, give us a call at the numbers listed below. The more interest we have, the more courses we can run!

Commodore - Nishika Sardana, loc 8550 or 338-4046.
Vice Commodore - Doug McElwee, loc 8606 or 338-6924.

More 407

Continued from page 6

way. Of course the changes that military personnel see the most are postings and crew changes. The ARO, ArmPO, 407 Photo, Engine Bay, to name a few, have all been streamlined into the new AMSO. 407 Armament is integrating into Engine Bay and Maintenance. Some of the 407 Photo techs are participating in the AVS trade restructure program. We even have some techs sent to Greenwood, receiving training as IOS instructors. Once complete, they'll return to Comox

for teaching positions. Times are changing all around us and 407 Sqn is increasing its own ability for change.

A few events have happened around the squadron which are as diverse as things can get. At the lowest end of the spectrum has been the unfortunate and very sudden illness of Cpl Richard Wand. All of us around 407 and everyone who knows Richard are hoping for a speedy and FULL recovery. On the other end of the scale is the presentation of the

"No Retreat Award" to MCpl Martel, for his restructure and vast improvement of the Tool Crib. Well done, Daryll. Another group of people have been working long and hard in preparation for the upcoming O'Brien Cup in Greenwood. Once again, our squadron will be well represented by both air and ground crews.

Give 'em Hell Demons!

Have a safe summer everybody.

News from the AMCRO Excalibres

by Sgt Vincent

The "AMCRO Excalibres" welcome Capt Terry Barton, formerly ASO, to his new appointment as AMCRO. Capt Glen Gordon, Terry's predecessor, elected to take the FRP offer and is pursuing further educational opportunities. Being an enthusiastic and conscientious individual, Terry has dedicated himself to helping Sgt Kurt Patrick get rid of some "extra baggage" by playing squash. (Does this have anything to do with the Certificate of Award for Sleeping on the Job recently presented to Kurt?)
MCpl Pierrette Maier has returned to AMCRO after a lengthy

absence. We are very happy to report that Pierrette is much improved in health and is glad to have her back on the team.

MCpl Darla Periard-Lair will be leaving us in June for several months. Darla and her husband, Pierre, are soon expecting the arrival of their second child. The AMCRO team send their best wishes to Darla and her family.

On 15 July, Sgt Kurt Patrick will be leaving us to take up his new position in Servicing. Kurt has been with AMCRO since Feb 1994 and we are appreciative of his support and many contributions to the section.
MCpl Les Quines will also be

leaving us this summer as he has been selected for Continuous French Training in Winnipeg. Les and his wife, Rose-Marie, have been in Comox for the past eight years, and look forward to their new posting in central Canada.

Oh where, oh where has our Tracy Reid gone? Oh where, oh where can he be? Rumour has it that he is out searching for vintage aircraft at Pearl Harbour! Could this be true? Stay tuned for the answer to this and other bizarre questions in the next report from the AMCRO Excalibres. T.S.L.S.I.R.



W Telecom Promotion

LCol P.G. Abbott, WLogO and MWO C. Rodgers, Tel WO, present WO Corriveau with his new rank.

19 Wing Comox Swimming Pool Summer Hours/Prices Commencing 3 June 1995

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

*NEW Prices for Open, Family & Adult Swim Times
Children (15 and under).....\$1.50
Adults.....\$2.00
Summer Swim Program will commence 4 Jul 95 (more details to follow).

888 (KOMOX) WING RCAF

CALENDAR OF EVENTS - 1995

BBQs every Saturday 5:30 - 7:30 pm
Tickets available Wednesdays at the Bar.

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

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On & Off the Base

Pacific Divers Scuba Club

Camping, Currents and Seven Inch Guns

by Paul Harman

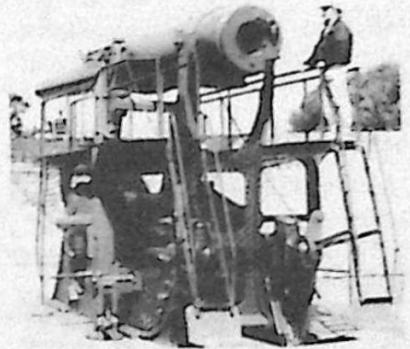
How can you tell it's been 10 months since I've written an article? Well, for one thing it has taken me 20 minutes just to come up with a title and an opening sentence. Second, I'm just finishing my first paragraph and have already developed a cramp from making 32 grammatical corrections!

NAS Whidbey Island was the target for a successful 20-person invasion over the long weekend in May. 19 Wing PDSC descended upon the station, and its surrounding populace, with 12 highly trained recreation-ready divers. Armament included Coleman stoves, modular dome tents, urban assault vehicles (UAV's), and one box of Cap'n Crunch.

Secured objectives consisted of the divers taking 7500 square yards of beachhead at Keystone Point and the Artillery embankment of Fort Casey in a two day campaign. Covert operations of the SSO (Spousal/Significant Other Forces) rendered all discount shoe stores within credit card range utterly defenceless.

In recognition of his extreme determination and perseverance to reach the Keystone Point breakwater, despite strong alternating currents and the fact he thought his dive buddy was nuts, Cpl John Sims was recommended for a Conduct Medal. Honourable Mention goes to Cpl Laffleur and Lt Howard, even if they did bug out and head for shore. Exemplary displays of counter-intelligence (read that as "luck") and diplomacy were demonstrated by Cpls Scott and Parker, in securing highly reduced prices on gear and airfills, as well as our own copy of Diveopoly.

All manoeuvres were completed without the incursion of casualties or prisoners. Battle damage resulted in one speeding ticket issued to our side. On-site repairs were attempted without success ("Honest, Mr. Shore Patrol, Elvis was trying to teleport my passenger onto the mother-ship and the only way to save her was to exceed the speed limit by 10 MPH!") A further attest to our prowess was the fact it took a total of six Shore Patrol, three vehicles,



Author stands victorious over captured 7-inch gun.

and a K-9 to issue a ticket to one dashing PDSC member, his off-road worthy Jeep YJ and his alluring, yet lethal, coyot. Evidently writing articles on early-shift enhances one's creative process!

19 Wing PDSC wishes to extend its thanks to all those who made this trip such a success. We would also like to invite all of our members to our next organized trip - God's Pocket in August. Watch for details in the Totem Times and ROs for advertisements about trips, courses, and Diveopoly nights. Until next time, Dive Safe.

Legion Log

BRANCH 17 COURTENAY 334-4322

REGULAR ACTIVITIES

BINGO.....every Thur, Fri & Sun 7:00 pm
MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
DANCE.....every Friday night, 8:00 pm
07 July.....WILDRIVER
14 July.....HEARTHLAND
21 July.....ELDORADO
28 July.....VESTED INTEREST

FUN CRIB.....every Wednesday, 8:00 pm
FUN DARTS: 6 & 20 July.....7:00 pm
"BARGAIN DAY".....every Wednesday, ALL DAY
"BBQ LUNCH SPECIALS".....every Weds & Fri, 11:30-1:30 pm

****SPECIAL EVENTS****

Steak BBQ 15 July (5-7 pm)
\$7.00 each. Games to follow
Golf at Longlands 30 July (10:00 am)
Tickets at Bar \$8.00. Followed by BBQ (hamburger) \$2.00

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BRANCH 160 COMOX 339-2022

ENTERTAINMENT

July 7.....NORM'S COMBO
July 9.....Sun afternoon - music by Vested Interest from 2-6 pm in the Lounge
July 14.....HIGHWAY 19
July 21.....ALLEYCATS
July 28.....ELDORADO
Aug 4.....NORM'S COMBO
Aug 11.....To be announced
Aug 18.....WILD RIVER
Aug 20.....Sun afternoon - music by Vested Interest from 2-6 pm in the Lounge.
Aug 25.....ALLEYCATS
Aug 27.....Sun afternoon - music by Wylie & The Other Guy from 4-8 pm in the Lounge.

REGULAR EVENTS

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 PM
MONDAYS.....L.A. Drop-In Bingo, Upper Hall, 7:00 PM
Monday Night Men's Dart League, recessed to Sept 11.
TUESDAYS.....Ladies Crib League, Lounge, recessed until Sept. Mixed Dart League, recessed to Sept 12. Fun Darts, mixed, 7:30 pm Navy Room June, July & Aug.
WEDNESDAYS.....Navy League Drop-In Bingo Upper Hall, 7:00 PM
Comox Valley Men's Crib League, recessed to Oct 5.
THURSDAYS.....*1st Br.160 Exec. Mtg. Upper Hall, 7:30 PM
*1st L.A. Executive Meeting (as required) 7:30 PM
*2nd L.A. General Meeting, Upper Hall, 8:00 PM
*3rd Branch 160 General Meeting, Upper Hall, 8:00 PM
FRIDAYS.....TGIF in Lounge
Meat Draws in Lounge, 3:00 to 6:00 PM
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 3:00 to 6:00 PM

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

Junior Ranks Mess UPCOMING EVENTS

Fri 21 Jul TGIF Sports. Chinese Foods supper starts 1730 hrs. Shufflecan at 1815 hrs.
Tue 25 Jul JRM Golf Tournament. Registration Tue 11Jul to noon Fri 21 Jul, at JRM Mgr. office. Entry: \$3.00 plus green fees (see ad this paper). Open to 48 golfers only.
15-31 Aug JRM Fishing Derby. Registration from 24 Jul to 11 Aug at JRM office, NO LATER. Entry fee \$10.00. Open to JR members and dependants (see ad this paper).
NOTE: TGIF Sports for August are CANCELLED due to the Bar renovations.
STARTING IN SEPT THERE WILL BE A MOVIE NIGHT EVERY SUNDAY!

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NEXT DEADLINE 11 AUG.

On & Off the Base

19 Wing Dominates at Ball Hockey Finals

Once again 19 Wing was the host of yet another Regional sport competition, this time it was Ball Hockey. 19 Wing hosted the tournament from 28 May - 2 June.

19 Wing PERI staff and the Men's Ball Hockey Team welcomed teams from CFS Masset, CFS Aldergrove and three-peat champs CFB Chilliwack.

The tournament kicked off as the A/WComd, LCol Burt, handled the official ball drop. The tournament was a single round robin format with the top three teams advancing to medal rounds.

The first day Chilliwack handed a 5-1 loss to Masset and 19 Wing trounced Aldergrove 14-0. On the second day Chilliwack handed Aldergrove their second loss of 14-0 and 19 Wing blanked Masset 3-0. Chilliwack and Comox were now even with two wins apiece.

The final day of the round robin saw Masset pepper the Aldergrove keeper with 68 shots, beating them 21-3 and bumping Aldergrove from the tournament.

The second game of the day, arch rivals Chilliwack and 19 Wing locked horns to decide who would get the bye in the semis. Chilliwack got on the board first but Comox answered with a pair before the end of the first period.

Chilliwack evened the score in the middle of the second. It was deadlocked at two as Comox keeper (MCpl Dan Smith) denied Chilliwack attackers on a number of tries.

Both teams exchanged scoring chances but were unsuccessful until 9:34 of the third period when MCpl "Caz" Casanova put Comox's third in the back of the Warrior's goal.

The Comox Wings held off the

Warrior tries and were awarded the bye into the final round.

The semi-final round saw the third place Masset Eagles matched up with the second place Chilliwack Warriors. It looked as if Chilliwack had the game in the bag as the Warriors beat Masset in the round robin match up 5-1. But Joe Bedard and his team were well prepared.

Bill Bailey slipped in on a break-away coming from the penalty box to put Masset up 1-0. Both teams exchanged goals as the game was tied 2-2 at the end of the first. The Chilliwack team was starting to feel the pressure as Masset denied all attempts in the second, still tied at two. Masset just wan't getting the bounces as they hit two goalposts and a cross bar all in one shift. A late third period goal by Dave Irvine during a scramble in front of the Masset net advanced Chilliwack to the final for a fourth consecutive year.

The Warriors knew that they had their work cut out for them. The well rested Comox team was waiting to dethrone the reigning champs. The final was set between the arch rivals, undefeated Comox Wings against the reigning Chilliwack Warriors.

The Comox squad came out flying trying to outleg the tired Chilliwack team. The game was intense from the start which lead into an aggressive first and second period, both teams refusing to step down. Comox held the upper hand as the clock read 5-2 at the second intermission. It looked as if Comox would upset the exhausted Chilliwack squad.

The ball was dropped to start the third. The Warriors started to turn it up and, with the Comox

club getting into penalty trouble, the inevitable happened. The game was all tied up at five. Killing off what was left of the penalties, Comox was on the attack once more. With half the period gone Comox worked the ball around the Warriors' zone. Gregg Carr feathered a pass to the slot and defenseman Jeff Clairmont one-timed a blast by the Chilliwack net minder.

Chilliwack, not sitting back, answered with another equalizer by forward Kevin Kiley. The third period ended in a draw as both teams headed for overtime.

Both teams traded offensive rushes but unfortunately for the Chilliwack squad, Comox's goal-tender was RED HOT. MCpl Gene MacLeod robbed the Chilliwack forwards on all attempts as he knew this was overtime. At 8:06 of the first overtime period Comox assistant captain, Tim Mamye danced through a slipping Warrior defence and fed Craig "Stump" Saunders who buried the overtime winner for 19 Wing. The Wings took the tournament without a loss and put an end to the Chilliwack reign.

A big "congratulations" goes out to our team and a big thanks to the coach, Cpl Jay MacDonald, for putting up with 15 big kids. Also a special thanks to the referees, Jury of Appeal and minor officials who made this year's tournament a big success.

The 19 Wing Men's Ball Hockey Team now have their sights set on the CV Men's Ball Hockey League Trophy. Playoffs start 25 June at Glacier Gardens. Come out and enjoy the game and root for your team.

Fire Hall Golf Tourney

by Jerry Snook

On June 24 the Base Fire Dept held its annual Golf Tournament. The event took place at Mulligans and the golfers were greeted with blue skies and big greens.

A total of 18 golfers took part in the event and scores both high and low were recorded. The eventual winners were Darlene Bannered and Michaela Staples who turned in identical low scores. The high score went to Rhonda Snook. The winners of the KPs were: 1st hole Jerry Snook; 5th hole Michelle Lazarov; 7th hole Dave Staples.

Afterwards a social was held at the Base Fire Hall where prizes were given out to the winners and all of the other golfers. The golfers and family members were also treated to a buffet of K.F.C. which all enjoyed.

The event was a success and fun was had by all. Congratulations to the winners and to all who attended for making a fun event. See you next year.

Fore!



Pat Kirke.

First Lazo Scout Group

by Rusty

First, I'd like to thank all who donated bottles, canned goods, time, money, well wishes and smiles to our Scout Group. This includes Scouts, Cubs & Beavers. It has been a very good year, considering the political and economic climate, which seems not to have affected the warmth in people's hearts. Throughout this very interesting year, many things have become apparent and you, the reader, can help with at least one...

Needed: one Club Leader
Prerequisites: (1) must be FEMALE; (2) must be patient; (3) must like kids; (4) must be willing

to have fun. If you feel you or anyone you know fits this description please phone, or tell them to... call 339-3914 and ask for Rusty... I guarantee, you'll have a lot of fun.

Again, thank you to the members of the committee, the leaders and the youth for all of your devotion, hard work and faith in First Lazo Scouts. Parents, you play a big part as well; because of you, your child wishes to keep coming to his or her meeting. Remember an extra pair of hands is always welcome. Please ask your child's leader how you can help. See you in the Fall...

International Employment Opportunities - SCAN Employment Information System

1. The WPSO has a listing of 789 positions for one year contracts in Bahrain, Saudi Arabia, Kuwait, and The United Arab Emirates. Opportunities lie within the manufacturing, processing and construction sectors. Positions include engineers, drivers, computer programmers, clerical, facilities manager, logistics, instrument technicians, and many more.
2. Work hours are 90 days on with two weeks off. Interviews will be conducted in Jul and Aug for employment start date in Sep. For additional information contact the WPSO office at 339-8293.

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COMOX MILITARY FAMILY RESOURCE CENTRE

Sailing Day Excursion!

On June 3rd, 1995, eight-teen youth (ages 13-18 years) from the Comox Military Family Resource Centre enjoyed a windy day sailing with the Canadian Forces Sailing Association at HMCS Quadra. Doug McElwee from the sailing club along with Jill Sturrock, the CMFRC Youth Worker cooperatively organized the event for the teens. The Barbeque, sponsored by the sailing club, was really appreciated by all the hungry teens especially after being out on the water all day.

The weather was fantastic with wind and sun, and the youths thoroughly enjoyed themselves. The following is some of the written comments given at the end of the day: "It was the best time of my life. I hope I can do it again next time!!" - Kari H.

"It was a blast. Worked out great, hope to do it again sometime." - Nadine
"Fun, Dangerous, I'd do it again" - Daryl V.C.
"Excellent time, recommend it again." - Natalie B.
"We should do this again soon and continue during the summer." - Dereck C.

Some of the teens rode in the safety boat and they had a lot of fun too!
"I want to save more people. It was fun, rad, awesome." - Tony D.
"The motorboat was funner (it didn't sink)" Jason A.
Overall the day was a wonderful success and we hope to do it again.



We Regret to Inform You that the Family Beach Day Sunday July 16th 1995 Has Been Cancelled

Albacore Adventure

White Sails at the Spit

by Marcel Gassner

They should have called it "Wet Sails 1, 2 & 3." At least that was my amateurish opinion after spending a few evenings out on the water with the club's latest White Sails dinghy course.

Training

Designed and taught by Paul Armstrong (who, by the way, volunteers his time), the course took about a dozen of us through the rudiments of dinghy sailing. The syllabus was divided into two mutually inclusive parts: theory and practical. Neither was valid without the verification of the other. (Dinghy theory covers much the same material as the CYA Coastal Cruising course: parts of the boat, handling procedures, wind and weather, emergency drills, etc. Once the material is grasped in the classroom, it's time to meet the boat.)

The popular Albacore dinghy seats two or three, and is sloop rigged (main sail and jib). In place of a keel a centreboard is pushed up or down, depending on

the point of sail. It takes no more than an inopportune shift of weight to send it turtling.

The pre-sail rigging sessions were mostly exercises in controlled chaos, which Paul nevertheless expertly supervised. We students crept, clambered, or hauled ourselves over and into our boats in an attempt to avoid entering the deep, dark chuck, and possibly rig a sail.

Once rigged, we would sail to the end of the spit, where Paul (and his assistant John) usually set up a "course" around which we would have to sail. This way, it was hoped, we would absorb the important sailing techniques.

Capsizing

The first thing we absorbed was lots of seawater, and laughter from fellow sailors. When Paul said that dinghies tip over all the time, he wasn't kidding. We all sort of hoped he was, but he wasn't. After practising capsizing in controlled, supervised conditions, we were expected to recover from an actual capsize or

Upcoming Events!

Information Session: Parents Together

If you have a Teenager or are going to have one plan on attending this info session. Parents Together is a self-help support program for parents. The group is volunteer led / professionally supported and one of the parents will be here to share with us the groups philosophy and structure and some of the experiences of parents before and after Parents Together.

Date: July 20th
Time: 7:00 pm
Location: CMFRC
Registration: Call 339-8290

Computer Familiarization Workshop

This workshop introduces participants to computer usage and is designed for people who have no computer experience. It provides hands on familiarization with DOS operating system, windows and word processing applications.

Date: TBA (Sometime in Aug)
Time: 7:00 - 9:00 pm
Location: Bldg 22 Rm 5
Cost: No Fee
Registration: Call 339-8290

Opening in September 1995!
Kinnikinnik Child Care Centre
(located at 118 Kinnikinnik, Lazo)
Register now for
Preschool (ages 3-5 years)
Daycare (ages 15mths-5years)
Out of School Care (ages 6-12 years)
Registrations are taken at the
Comox Military Family Resource Centre
119 Kinnikinnik, Lazo,
phone 339-8290

Youth Activities

- **Horne Lake Caves Day Trip**
Monday July 17th An opportunity to go spelunking and see some truly phenomenal caves. We may also go swimming so bring your bathing suit and towel. Cost is \$12.00 / person plus bring your own lunch. For more information call Jill Sturrock at 339-8290
- **Video / Camcorder Workshop**
Come and learn how to operate the CMFRC's camcorder. Also find out some tips on how to get the best pictures and results. Perhaps you and your friends could put together a video about the Comox Valley for any other teens who may be posted into the area. **Monday July 24th from 7:00 - 9:00pm.** Please call the CMFRC to register at 339-8290.



19 WING COMOX

Standing (L-R): Coach Cpl J. MacDonald, MCpl Adams, MCpl Morrissey, Cpl Jameson, MCpl Earle, MCpl Cormier, Cpl St. John, MCpl Casanova, Lt Nogue, Asst Capt Cpl Mamye, MCpl Saunders, WAdminO LCol Burt. Sitting (L-R): Asst Capt Cpl Carr, Goaltender MCpl MacLeod, Team Capt Cpl Giese, Goaltender, MCpl Smith, Cpl Clairmont. Missing: Sgt Moon.

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More Derby

The 19 Wing Comox MP Section would like to thank those MP, RCMP members, Retired Police, guests and sponsors who made this year's event another success. We will be hosting the event again next year in Late May 96, so plan

Continued from page 3

to attend and make it another successful Branch Event. A special thanks goes out to all the sponsors who generously supported this year's event with prizes or gift certificates for our prize table.

Summer Hours

10 am to 4 pm

Wed to Sun & Holidays

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Public Announcements

Take Off Pounds Sensibly
TOPS #BC3454, Lazo, meets every Wednesday at the Base Rec. Centre at 6:30 p.m. For information call Wendy at 339-9851 or Elaine at 338-1200.

Avis
Groupe de soutien pour familles francophones centrer sur l'étude de la parole de Dieu. Rencontre tous les mercredi de 1900 - 2030. Pour information contacter Jacques ou Sylvie Fortin 339-6377.

CF Softball Nats - Volunteers Needed

19 Wing Comox is hosting the CF National Softball Championships from 10-15 Sept 95. Ten teams consisting of approximately 150 competitors (male/female) and 12 umpires from bases all across Canada will attend this prestigious competition. Due to the size of this event, the 19 Wing PERI staff are looking for volunteers to assist in hosting the participants. Volunteer hosting duties include:

- Scorekeeping;
 - Personal Team Host or Hostess;
 - Organizing transport and welcoming teams;
 - Food preparation;
 - Diamond preparation and maintenance; and
 - Assist PERI staff in general hosting duties.
- All personnel wishing to assist in the Nationals are to contact the SR PERI, loc 8690.

Did You Know???

The Wallace Gardens Community Council is sponsoring roller blade skating at the Glacier Gardens Ice Arena every Friday night, starting May 12, from 1800 - 2200 hrs. This will be carried on throughout the summer. There will be a cost of 50 cents per person. If you have any questions, please call Sharla Hunter (339-2568) or Linda Jeffrey (339-8211, ext 8571).

Aerobics
Co-Ed Aerobics are available at the Base Gym aerobic room Mon thru Fri 1130-1215 hrs. For further info contact Karen at local 8442.

19 Wing Men's Soccer Team Practices
When: Mon & Weds 1630 hrs
Where: Glacier Field
All interested are encouraged to attend. For more info contact Cpl Ken Roy 8924.

Gym Hours

Mon-Fri: 0600 - 2100 hrs.
Sat: 1300 - 1700 hrs.
Sun : 1300 - 2100 hrs.
Mon-Fri
1100-1300 military and DND employees only
Sat
1300-1700 casual use
Sun
1300-2100 casual use

Squash Court

Bookings available from 0730-2100 hrs daily
Mon-Fri
1100-1300 military and DND employees only
1600-2100 casual use
Sat
1300-1700 casual use
Sun
1300-2100 casual use
All squash court bookings will be done 24 hrs in advance only. Phone Loc 8782 After 1600, Loc 8315

ARENA ANNOUNCEMENTS

Summer Arena Happenings

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

Dependant Use of Base Gym Facilities

All dependants using the Base Gym facilities must produce their Dependants Pass in order to enter the gym. Dependants under the age of 12 must remain in the company of their guardian.

On & Off the Base

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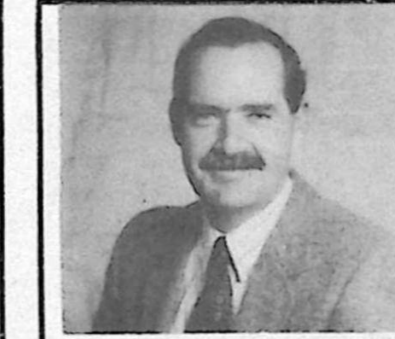
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7. Phoenix Odyssey.....Henrich
8. First Offence.....Rosenberg
9. Dream Catcher.....Johnston
10. Charade.....Browne



Cpl D.J. Johnson has been awarded the prestigious Chief of Defence Staff commendation. During a UN tour in Bosnia, the military mechanic provided first aid to a civilian under fire. In doing so, Cpl Johnson risked his life and successfully saved the life of another.



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All ranks welcome

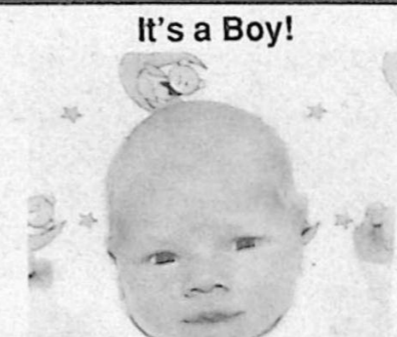
Drop in for breakfast, lunch or after work. We have a snack bar & bar for your convenience. Call ahead and pre-order for lunch, so it is ready when you arrive.

Banquet room available for your parties
For more information call Diane at
Local 8163

Bulletin Board

Pool Hours
9:00 am - 5:30 pm

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



It's a Boy!

Warren and Diana Wade are pleased to announce the birth of their son, Benjamin George, born on 25 Jan 95. Their daughter Haley was ecstatic.

BUILDING MATERIALS
Lumber & Plywood
Panelling - Arborite
Doors & Windows
Builders Hardware - Tools, etc
Electrical & Plumbing Supplies
Paints & Finishes
Roofing - Siding
Cement Department
Truck Delivery
Customer Financing

CENTRAL BUILDERS
610 Anderton Avenue
Phone: 334-4416

Blue Wedgie Found
Near Field Sawmills
Has woven wire CF badge
Owner can claim by calling 338-0259

Commander's Cup Softball Meeting
WHEN: 1 Aug, 1100 hrs.
WHERE: Rec Centre,
Conference Room

All teams, team reps, umpires and volunteers interested in participating in the '95 Commanders' Cup are encouraged to attend. For more info contact Cpl Carr, Mil Sports, loc 8783.



It's a Girl!

Chris and Marlene Ricard are proud to announce the birth of their second daughter, a sister for Emily. Danielle Victoria, born 1 June 95 at 2134 hours, weight 9lbs. 1oz. Her proud grandparents are Robert and Andree Ricard and Mary May Moffatt.

Found
Man's wrist watch after May 26 at Glacier Greens Golf Course CFB Comox.
Ph. 338-1676

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SHOE AND LEATHER REPAIRS

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THE LEEWARD

Introducing the Valley's first, famous and only...

caesar! caesar! night

every monday
the best caesar salads in town
(we use fresh, italian parmesan)
for the incredible low price of
3.25
caesar drinks, too!

and don't forget...
WING NIGHT every Tuesday ...
all you can eat Chicken Wings
for the amazingly low price of
.25 each!

649 Anderton, Comox 339-5400

NEXT DEADLINE 11 AUG

NEXT DEADLINE 11 AUG

On & Off the Base

Canada Day at Air Force Beach

The Wallace Gardens Community Association Canada Day Celebration was a day full of fun for the whole family. Five to six hundred people flocked to Air Force beach to participate in the festivities. This day would not have been possible without the support of the following local sponsors:

Buck or Two, The Real Canadian Superstore, 24 Video, Zellers, Home Hardware, The Inkwell, Comox Builders' Supply, Canadian Tire, Dairy Queen, McDonald's, Wendy's, A & W, Pizza Hut, Royal Canadian Legion Courtenay, Royal Canadian Legion Comox, Royal Canadian Legion Cumberland, 888 Royal Canadian Air Force Association.

We would also like to thank 19 Wing sections for their assistance and support:

Wing Transport, Wing Telecom, 442 Squadron, Wing Supply, Fire Hall, Wing Military Police and CE Roads and Grounds.

Essay Contest winners for their submissions on "What Canada Means to Me" were:

5 years and under - Teri Allaby

6-9 years - Tasha Allaby

10-12 years - Tara Allaby

13 and up - Sarah Trombley

Bike raffle winners - Matthew Kilpatrick and Dianne Traille.

Events such as these can only occur with the help of many volunteers giving of their time and talents. We were fortunate to have many people come forward to lend a hand on Canada Day and we thank them one and all. Watch for the Family Fun Fair in September. More help will be needed.

Have a great summer!

Now Hear This!



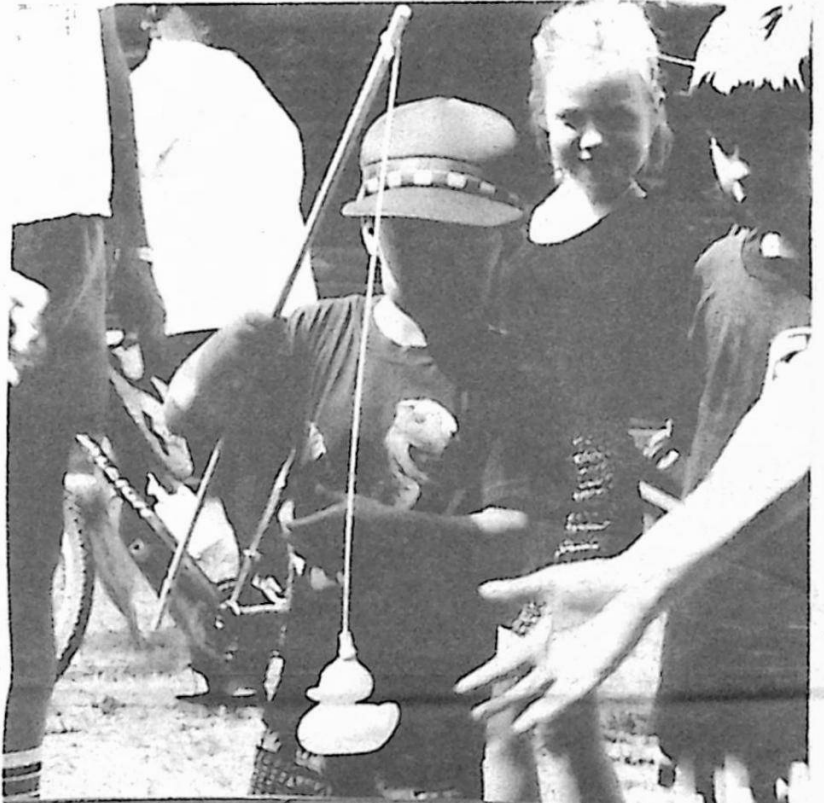
Announcer calls out the afternoon's programme.

Flag-Face



Volunteer face-painters decorated hundreds of children.

Catch a Duck - Win a Prize!



Enthusiastic kids took turns at the Duck Pond.

Splash-Down!



50-foot waterslide was a huge success.

Getting Help from Dad



Moppet receives help with her sandcastle.



888 (Komox) Wing Royal Canadian Air Force Association

Regular Membership: Who is eligible?

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

Associate Membership: Who is eligible?

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

For more information contact either:

Cec Donovan - 339-7292 or
Alan Scott - 339-4035

NEXT DEADLINE 11 AUGUST 1995 - NOON