



Free Classifieds

...see page 14 for details

Wing Chief

What's he up to now?
...page 7



The Comox Valley's Oldest Newspaper.



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 38 NO 1

THURSDAY 11 JANUARY 1996

COST: PRICELESS



A Lancaster's one million poppies descend on the Mall at the VJ Day commemoration ceremony held in front of Buckingham Palace, 19 August 1995. Approximately 50 of these poppies were recently donated to the Base and they are on display at the Comox Air Force Museum.

Airshow 96 - Sign up before it's too late

by Maj Chuck Fast

Yes it's true, 19 Wing will be hosting an air show for 1996. The date has been set for 21 July to insure we get the Snowbirds for our show. The show will honour Canadian accomplishments in space and we are calling it "The Final Frontier."

The Air Show Committee has not worked out all of the details but one of the ideas we are con-

templating is a Star Trek theme with free admission for all guests showing up in costume. We have invited LCol Chris Hadfield, Canada's latest astronaut, and Michael Dorn, Star Trek's "Worf" as official guests of the air show. "Worf" established ties with the CF last year at Abbotsford when he flew in the CF-18. Since that time 414 Sqn has flown with Michael Dorn, who owns his own

T-33, and offered him some pointers on formation flying.

The **big change** for this show will be concessions. 19 Wing is no longer under contract with *Umbrella* for concessions; as we all remember, concessions was a huge drain on manpower. This year the air show will charge a nominal fee to those persons interested in providing concession booths, they will provide their own food/merchandise, equipment and **manpower**; however, all profits will remain with the concession providers. As we are expecting a lot of interest, the

number of concessions will be limited and the priority will be given to charities, NPF clubs and military organizations, and then commercial enterprise.

Remember, all military personnel will be on duty that weekend. Those providing a concession for their NPF club or squadron will be considered to be fulfilling their duty. (Naturally we reserve the right to limit quantities while supplies last.) Interested parties should start planning their activity right away. The air show has a few concessions that require manpower only

(Lomechevak-Snowbird stuff, air show T-shirts, sponsor merchandise) if your club wishes to man a logistics free concession. More details to follow!

This year the air show will be more of a community based event - it will host those activities that the community shows interest in. A craft area, an antique car show, and new car display are all possibilities. An Aircraft Pull for the benefit of the Cancer Society is already planned, the organizers

....page 11



Legion Log

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Jan 05 ...	HIGHWAY 19
Jan 12 ...	CONTINENTALS
Jan 19 ...	ALLEYCATS
Jan 26 ...	WILD RIVER
Feb 02 ...	VESTED INTEREST
Feb 09 ...	T.B.A.
Feb 16 ...	ALLEYCATS
Feb 23 ...	NORM'S COMBO

SPECIAL EVENTS

Sat 20 Jan - Annual Burns Dinner in the branch Upper Hall. Watch for further details.

Sat 3 Feb - Joint Installation of Officers - Upper Hall. No host bar 6-7 pm. Dinner 7 pm. Ceremonies 8 pm. Dancing to the "Continental" to follow. Limited number of tickets available at the bar or office. Cost \$7.50 per person.

Sat 10 Feb - Valentine's Dance featuring "Karoake Sound Stage" in Lounge.

Sun 18 Feb - Music in Lounge by "Wylie & the Other Guy" from 3-7 pm.

REGULAR EVENTS:

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 pm

MONDAYS.....LA Drop-In Bingo, Upper Hall, 7:00 pm

WEDNESDAYS.....Navy League Drop-In Bingo, 7:00 pm

THURSDAYS.....*1st Br.160 Exec. Mtg. Upper Hall, 7:30 pm

*1st L.A. Executive Meeting (as required) 7:30 pm

*2nd L.A. General Meeting, Upper Hall, 8:00 pm

*3rd Branch 160 General Meeting, Upper Hall, 8:00 pm

FRIDAYS.....TGIF, Meat Draws in Lounge, 3:00 - 6:00 pm

Dance (normally downstairs unless advised)

SATURDAYS.....Meat Draws in Lounge, 3:00 - 6:00 pm

Hall Rentals or requests for Special Functions: Please contact

Ken Seymour in office, Mon - Fri, at 339-2022.

BRANCH 17 COURTENAY 334-4322

REGULAR EVENTS:

BINGO.....every Thur, Fri & Sun 7:00 pm

MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm

DANCE.....every Friday night, 8:00 pm

TONY POLLON.....Jan 5

WILD RIVER.....Jan 12

SAGE.....Jan 19

NORM'S COMBO.....Jan 26

EUCHRE.....every Monday night 7:00 pm

PUB DARTS.....every Tuesday night 7:30 pm

FUN CRIB.....every Wednesday night 8:00 pm

FUN DARTS.....every Thursday night 7:00 pm

SUNDAY CRIB.....Sun. 28 January at 1:00 pm

BARGAIN DAY.....every Wednesday, all day

BBQ LUNCH SPECIALS.....every Weds & Fri 11:30 am - 1:30 pm

GENERAL MEETING: Tuesday, 23 January, 7:30 pm

SPECIAL EVENTS:

Branch 17 & the L.A. Installation of Officers - Sat 20 Jan.

Cocktails 6:00 pm, dinner 7:00 pm, Installation 8:00 pm. Music by

Stage (9:30 - 01:00). Tickets \$7.50 each, on sale at the Bar.

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Office: 334-4322 Service Officer: 334-3613

19 Wing Values

- Everyone is a valued member of the team.
- We will promote the concept of one military family where every one is a valued member of the team.
- We will encourage participation in our decision making processes.
- All members of 19 Wing understand the mission and are committed to its accomplishment.
- We will embrace the ethical values of the Air Force through integrity, trust, justice and honesty.
- Service with pride and respect for others.



Rumours

ADM (PER) directed DPCA to conduct a thorough analysis of the cases of all members who were:

- Awarded a medical category of G4, 04 or lower, and
- the subject of a CRB(M) prior to Oct 94.

Universality of service, unlimited liability and Canada's involvement in peacekeeping and enforcement missions necessitate the requirement to have a medically fit military force. This requirement is more pressing today as a result of personnel reductions. Compromise could endanger the safety of the member and others, and could ultimately affect the success of the mission.

In addition, it would be unfair to those medically fit members (and their families) to continue sending them on OP missions, simply because other members have restrictive employment limitations that prevent such service.

Accordingly, DPCA will analyze cases in chronological order by date of CRB(M) (from the oldest to the most recent case) and the review will focus on the original CRB(M) decision and the employment limitations assigned to each case.

In some cases, DPCA will direct through the unit commanding officer that the member undergo a full medical examination and that a CP 2088 be processed through DHTS in accordance with the applicable CFAO. Upon receipt of the CF 2088, DPCA 5 will initiate the CRP(W) process.

It is estimated that this review will be effected at a rate of 10 cases per month over a three year period.

Totem Times is returning to two issues per month. Be sure to check the revised schedule for new deadline dates.



Capt Gary Woodroffe and Mr. Ted Dennis gaze on in amazement as members of the Heritage Aircraft Restoration Committee attempt to erect a work shelter during some very nasty weather. The committee worked for two Saturdays during hail, freezing rain and sleet before giving it a rest for the holiday season. Work on the shelter will continue on Saturday 13 January, weather permitting.

A letter to the Wing Commander

Letter received from Wing Commander T. Kirkhope, RAF Royal Air Force Kinloss, Forres Morayshire, England.

Dear Colonel MacLean,
With our apologies for such a late reply, the Station Commander has asked me to thank you for your message of condolence to Royal Air Force Kinloss, Number 120 Squadron, and the families and friends of those airmen who so tragically lost their lives in Toronto on 2 September 1995. Although we have now held the Memorial Service for our lost friends and colleagues, they will not be forgotten.

We have all been extremely moved by the genuine messages of sympathy and support that have arrived from all over the world. Our loss has clearly been felt deeply throughout the wider Service community and I wish you to know that your support has helped us enormously to deal with the pain of the loss of seven fine airmen. Your message of condolence has been placed in the Book of Remembrance on Number 120 Squadron. This book is seen by the relatives, friends and colleagues of those who lost their lives and is giving great comfort.

On behalf of all personnel at Royal Air Force Kinloss, may I thank you for your kind thoughts and prayers which have helped so much during this difficult time.

Yours sincerely,
T. Kirkhope.

FRP*

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Lida Osborne
J. Kevin Dobbeltstein



FRP Questions??

The following questions have been received by various FRP Admin cells in NDHQ and are published as they may be applicable to other service members.

Question: Many personnel took leave without pay on enrolment for maternity, spousal accompaniment, schooling, etc. Can these people count this time towards total years of service for FRP eligibility?

Answer: Yes. These individuals should submit a memo with their applications stating the time taken on LWOP and if that time plus years of service taken from the RBE date qualifies them for an FRP window their FRP application will be processed.

Question: I don't meet the requirements for FRP 96. Can I apply anyway?

Answer: No. FRP target groups and windows have been set based on service needs. COs should not sign or forward requests of personnel who do not meet the criteria as detailed at Refs.

Question: Can MPHIL personnel apply for FRP?

Answer: Yes, if they meet eligibility criteria at Refs, have not been given a notification of release, and unless in the processing period of the member's FRP application, the releasing authority determines that the member should be released under a more suitable item.

Question: How can a member know if there will be an IPS offer before applying for FRP?

Answer: Call your career manager (CM). He/she can tell you if you are in the window for an IPS offer. After all FRP requests are processed, we will be consulting CMS to see if there are personnel in the IPS windows who have opted for FRP. That will allow a scroll-down to pick up more personnel for IPS offers.

Make sure that you fill out the applicable box on your Ref B Annex F application form indicating whether or not you wish an IPS offer if one becomes available.

Question: If I am on my first BE and in my third year of service, how many days of FRP leave am I entitled to, i.e. is that considered my last year of service?

Answer: You get 60 days FRP leave if your BE expires in 1997. You get zero FRP benefits if your BE expires in 1996 because under the Refs you are ineligible for FRP.

Question: A person is approaching the end of an IE which expires in 97. Can he/she get FRP?

Answer: See answer to question above. FRP is not a rewards program. FRP is granted to those personnel who are asking to leave before the end of the current terms of service (TOS). Personnel leaving at the end of their TOS need no incentive to leave - they are leaving anyway (with the benefits that go with the end of a TOS (possible unreduced annuity, etc.).

Question: I did not qualify for FRP last year because I have specialty training. This year my MOC is not eligible for FRP. Can I apply?

Answer: No. FRP is based on service needs. We could not let you go last year and we cannot let you go this year.

Question: Can I relinquish my rank to accept FRP?

Answer: No. Once again, FRP is not a rewards program. If your rank and years of service group are not in the target group, we cannot afford to let you take FRP. If the rank below you is open for FRP applications, it is

overborne which is why we are asking people to leave. Relinquishment of rank must be approved as stated in OR 0 11.12.

Question: I have obligatory service for both undergraduate and post graduate training. In my MOC, obligatory service for undergraduate training has been waived. Can I apply the time I have paid back for my undergraduate training to what I owe for post grad? If the answer to the previous question is "No," can I buy out what I owe for post grad and take FRP?

Answer: No you cannot transfer credit from one obligatory service commitment to the other. You can, however, request permission to buy out your remaining obligatory service. Follow the CFAC 15.7 instruction and if you are successful, you may apply for FRP.

Question: Can time served with the RCMP, public service or the British Armed Forces be counted toward FRP YOS criteria?

Answer: No, no and maybe. Only CF regular force and full time reserve service counts towards YOS criteria for FRP. The exception is personnel who served in any Commonwealth Armed Forces who elected to buy back that service for CF pension purposes. That election would back off their RBE date. If, based on that new RBE date, they are in an FRP target group they may apply.

Question: I am acting WO. My MOC is not open for FRP at the WO rank, but it is at the Sgt rank. Can I apply for FRP as a Sgt?

Answer: No. FRP targets were based on known position cuts and the people filling them. You are, for FRP purposes, a WO in a WO billet, and may only apply if WO is open for FRP.

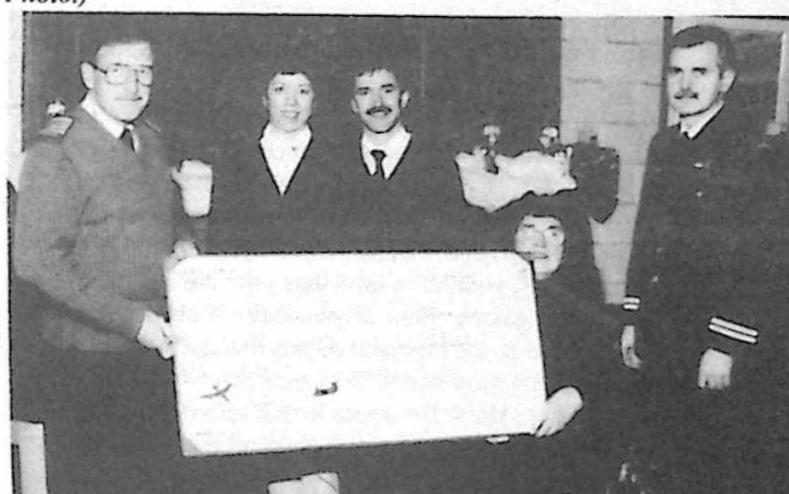
Question: Will there be another FRP in 1997?

Answer: We don't know. If the service continues to diminish in size, we may need another FRP. Whether or not one will be approved cannot be determined at this time.

Achieving the Goal

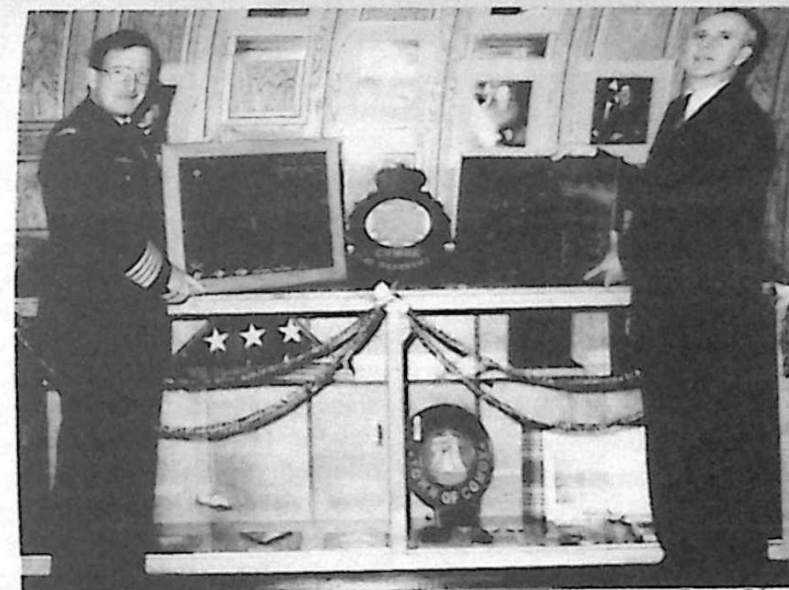


Personnel at 19 Wing Comox raised \$2,429.47 for the Salvation Army's Christmas Cheer Campaign, the largest single donation the local Sally Ann received. The base-wide drive was initiated this year by Cpl John Sims and Cpl Paul Rioux of 19 Air Maintenance Squadron, who managed to involve people from the various squadrons and sections. Money raised from the campaign was used to buy Christmas dinners and toys for needy families in the Comox Valley. (L-R): Cpl Rioux, Wing Comd Col Brian MacLean, Salvation Army business manager Bob Cole and Cpl Sims. (Photo by Cpl Luc Germain, 19 Wing Photo.)



19 Wing Commander Col B.B. MacLean presents the Comox Valley United Way with a cheque in the amount of \$20,030.65. The '95 campaign was a great success with the base personnel participating at their usual high level. With Col MacLean (L-R): Ms. Marilyn Homer, C-V United Way President; Mr. Rob Green, '95 Campaign Chairman; Mrs. Marie Gordon, Executive Director and Capt Norm Potvin, 19 Wing Campaign Chairman. (Photo by Luc Germain.)

A Safe Wing



WComd Col Brian MacLean and WGSO Mr. Ken Ilitski show off the safety awards recently presented to 19 Wing. The base finished second overall and first in the federal work place category in last year's Canadian Occupational Health and Safety Week competition. The contest is sponsored each year by Human Resources Development Canada and applauds corporate safety initiatives. The organizers were impressed with the events Mr. Ilitski planned for the 1995 National Safety Week, which included extensive seminars, presentations and displays.

Officers' Mess Ladies' Club

invites you to

Home Decorating Night
Something new for 1996!

Raffle - door prize - refreshments

Date: Wednesday, 17 January

Time: 7:00 pm for 7:30 pm

Place: Officers' Mess Lounge

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The New Editor



Get to know the Issues

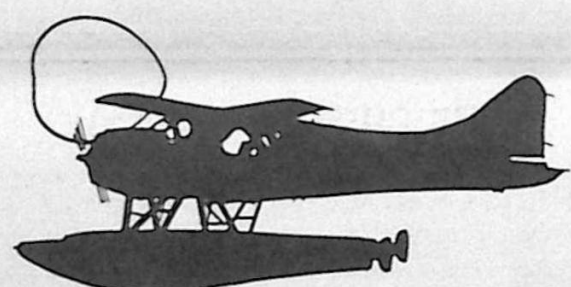
Money! How we would all like to have too much of it and not worry about that particular little fact of life. Upon browsing through the latest base survey, I noticed that one of the dissatisfiers is the fact that we haven't had a pay increase in what seems like a number of years. It's that money thing again, just not enough of it to make it between paycheques.

There are, of course, two sides to the equation. There is the income on one side, and the outflow on the other. As long as the income is not exceeded by the outflow, then we at least have a balanced budget (governments at any level understand this). If we are to succeed in balancing our personal budgets with a fixed income ie: no pay raise and little promotion, then we must have a hard look at the outflow side of the equation.

Inflation, growing families, taxes, etc. all take their turn in making sure that the outflow of money is a continual problem. Some of these increases we do not have the ability to control, some we do. Tax increases at the local level, for instance, that we are asked to vote on, qualify as something that we can control. Since the majority of us live on the economy and are registered voters we should be aware that there is a taxing bylaw referendum to be held on 27 January. If you live anywhere outside the boundaries of Comox, Cumberland and Courtenay, within Areas A, B and C, your taxes (and thus your outflow) are going to increase if the bylaw passes. How do you know if you live in Area A, B or C? If you work on the base and do not live in Courtenay, Comox or Cumberland, then there is a 98% chance that you live in one of the affected areas. Get to know the issues in this referendum and if they are something you want to support, then by all means do so. Just don't sit by and watch while others decide where your money is spent.

If there's no increase in the income, you've got to get involved with the outflow. January 27 is the day to vote.

Joel Clarkston



Letters to the Editor

Dear Editor,
It was with considerable interest that I read in the 7 December issue of your recent appointment. That changed to dismay, however, when after a couple of pages of good articles I was confronted with the Supply article in the "Section News." I was astounded to see that not only was the caption of the three corporals receiving their CDs completely wrong, but the caption which accompanied Sgt Dixon's review of our give-away table was also completely changed. The four other pictures which had been submitted - with captions - were nowhere to be found.

I debated how to approach this: with humour perhaps - Supply truly merged into Transport; save space, save money, merge! - but conveying the right message in humour is a gift I do not possess. Therefore I will attempt to address my concerns in a straightforward manner:

a) Cpl Jay MacDonald, Kevin Lane and Scott Crawford were presented CDs by LCol Abbott (with two t's) as indicated with the photo provided. It is particularly distressing that the names were incorrectly reported as we have been stressing the themes of the importance of people during this time of change and the impor-

tance of the 19 Wing Mission, which includes contingency operations. Cpl MacDonald has since deployed to the Golan Heights, Cpl Lane has recently returned from Haiti, and Cpl Crawford has served tours in both Cyprus and Rwanda. With the paper's front page articles highlighting peacekeepers and "our friends...who are required to be on duty far from home," this unfortunate mistake does not help convince people that we care.

b) The caption provided with the picture of the "SALE OF THE WEEK" sign was designed to inform readers of a change in practice. While not earth-shattering, it was news and deliberately written to be informative. The "editing" performed resulted in a caption closer to the National Enquirer than to a reputable journal. We are attempting to provide very short articles, with the meat of our news contained in longer captions. We feel this "sound-bite" approach will be more interesting and reach a wider audience.

c) Four other pictures and captions submitted were not printed. It is certainly understandable that there is not space for every picture and article submitted - especially when there is sufficient material to double the number of editions - and every editorial decision is

Sir,
In my final editorial (7 December edition) I thanked most but, unfortunately, not all of the contributing writers who give the Totem Times its unique appeal. How I forgot to include John Novak escapes me. John, with his encyclopaedic knowledge of aircraft and their history, explained our air heritage better than anyone I know. We never really stumped him for an Air Trivia answer (except for badly photographed, obscure aeroplanes from prehistoric China, et al), and he challenged all of us in return, with his air quizzes.

My apologies to John, and I hope he continues to illuminate the pages of the Fishwrapper with his valuable material.

Sincerely,
Norm Blondel

Dear Sir,
We thought we had better send you a letter to let you know just how successful our 18th Annual Toy Parade was on Saturday, 2 December.

Not only did we have great co-operation from the weatherman (with clear blue skies) but we also collected over eight heaping truck loads of new and used toys,

"Sale of the Week"



MCpl Lavalley displays his bargain table. Stop by the warehouse to barter with Pierre and the gang.

mentary and for taking the time out of his busy schedule to write us a two page letter, as well as place numerous phone calls on behalf of himself and his section. The corrected picture is contained within the paper. Spot the changes!...Ed.

The 7 December issue is history, but correction of the errors is still required. Therefore, I request that in your next edition the two pictures previously printed be rerun with the appropriate captions. I further request that the other four pictures and their captions be published in the near future. Further, I suspect that the fine people at Transport - especially Cpls Grant, Barnes and Lawless would appreciate seeing their picture published with the correction caption.

Should you wish to discuss this matter, I am available at your convenience.

Yours truly,
B.G. O'Neill, WSUPO

Congratulations! Maj O'Kneel has correctly identified the big mistake that appears in each and every edition of the Totem Times. The staff and I would like to take this opportunity to thank the good major for his thoughtful and inciteful com-

teddy bears and bicycles which we delivered to Santa's Toy Shop, located this year in the old Free Press building on McPhee. Last year almost 1000 underprivileged children benefited from everyone's assistance.

Your participation with us has been an exceptionally large part of the huge success of this year's Santa's Toy Parade. As in the past years, the inclusion of your antique fire truck has not only been a great novelty vehicle but has also doubled as "Santa's Sleigh," providing him and Mrs. Claus with a unique mode of transportation for the day.

I would also like to acknowledge Cpl Jerry Snook who has been not only the volunteer driver of the fire truck for the past few years, but he has also been most co-operative and enthusiastic about our whole cause. Hopefully his efforts do not go unnoticed.

We thank you for the inclusion of your fire truck in our parade and hopefully our teamwork will continue to support the underprivileged for many years to come.

Yours truly,
Wendel Lamb, Santa's Helper



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OFFICE HOURS

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

Canadian Forces Decorations



LCol Abbott presents CF decoration to (L-R): Cpl Jay MacDonald, Cpl Kevin Lane and Cpl Scott Crawford.

The FRP application reply date has been extended to 26 Jan 96. Personnel will be advised by 23 Feb if their application has been accepted

ATTITUDE

The longer I live
The more I realize the
impact of attitude on life.

Attitude to me,
is more important
than the past,
than education,
than money,
than circumstances,
than failures,
than success,
than what other people
think, or say, or do.

It is more important
than appearance,
giftedness, or skill.
It will make or break an organization,
a school, a home.

The remarkable thing is
we have a choice every day
regarding the attitude we
will embrace for that day.

We cannot change our past...
we cannot change the
fact that people will
act in a certain way.
We cannot change the inevitable.
The only thing that we can do
is play on the one string we have,
and that is our attitude...
I am convinced that life is 10%
what happens to me
and 90% how I react to it.

And so it is with you...

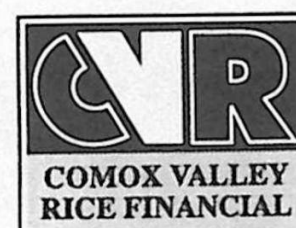
Charles Swindoll

This poem was submitted by WO Knight-Adams through the WAdmin O. They, and we think that it captures the essence of the spirit necessary to keep a positive outlook during these times of change... Ed.

FRP - CRP
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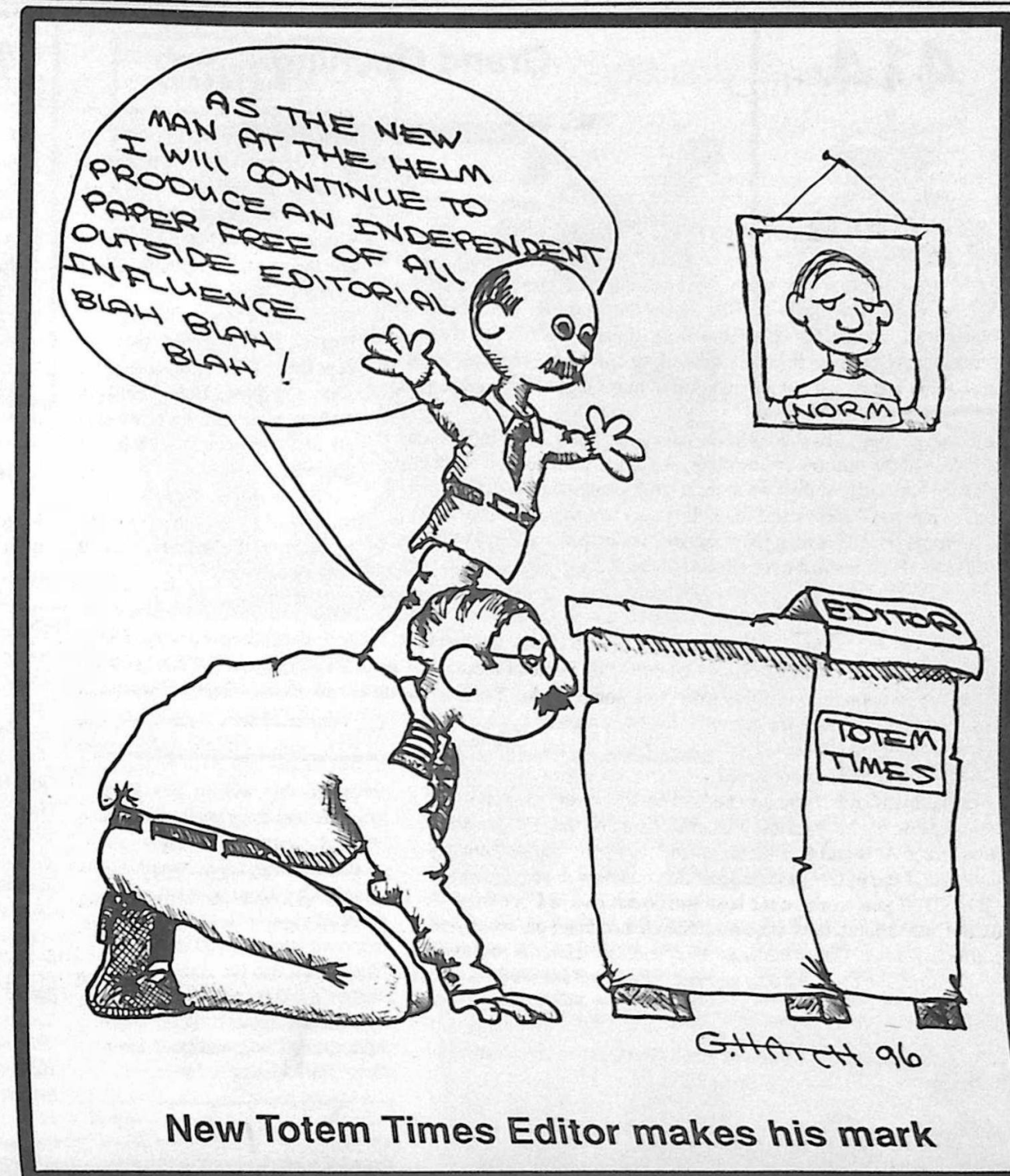
Officers' Mess Ladies Club
1996 Entertainment Schedule

Jan 17 Home decorating
Feb 21 Pizza and Game Night
Mar 20 Appetizer tasting
Apr 17 Fashion Show
May 15 Farewell evening

All events 7 pm for 7:30 pm at the Officers' Mess Lounge

PMQ Rents Are Going Down

Yes it's true: there will be a \$10.00 reduction in most PMQ rents effective 1 Feb 96. The good news is the result of the efforts made by the Wing Accommodation Officer, Capt Tillison. Rents at other bases across the country continue to rise as pay rises and most promotions are on hold.



New Totem Times Editor makes his mark

(Rumours, Rumours)

A senior Review Board has been established for the Conditions of Service Monitoring System with a mandate to identify and address quality-of-life issues in the Canadian Forces. DCOS PERS and the CCWO represent the Air Force on this board. The purpose of this article is to provide a synopsis of the various issues under consideration and the current status of the initiatives being taken to address them. The proposed solutions are still in the developmental stage and must be approved by senior levels of DND and by Treasury Board, and are therefore subject to change or non-acceptance.

Of primary concern to all personnel is the issue of pay. The CF is continuing in its attempt to obtain pay parity with the Public Service Commission by means of a submission to the MND. An article explaining the process will appear in an upcoming personnel newsletter.

Approval is being sought for an operations allowance to replace the current foreign duty allowance. The allowance would provide equitable compensation for members taking part in operations outside Canada, commensurate with degree of hardship, risk and time out of country. Home leave travel is another initiative under review which is intended to provide a more equitable entitlement to leave travel for personnel deployed on operational missions.

The Accumulated Leave Cashout project was addressed in detail previously.

A requirement for 100 new married quarters at Comox has been identified. The newly formed Canadian Forces Housing Agency is conducting a study concerning the feasibility of constructing these units prior to submitting a recommendation to Treasury Board.

A requirement to reduce the administrative burden associated with the collection of maternity benefits has been identified and various methods of streamlining the process are under investigation. Additionally, methods of assisting parents on operational missions with extraordinary day care costs and the provision of UIC training benefits after release are being explored. These initiatives are in their infancy stages and short-term resolutions are not anticipated.

From the Reserves perspective, compensation initiatives currently being staffed include: pay comparability, vacation and statutory holiday pay, an increased number of pay incentive categories and specialist pay.

It must be emphasized that the proposed remedies have not, repeat not, been approved and are subject to change. The information is provided to ensure that Air Command personnel are aware that conditions of service are being addressed.

NEXT DEADLINE 19 JAN.

NOON

414



by Capt Hamilton

A Happy New Year to all from 414 Sqn. Before we turn all our attention to the new year and the challenges it will bring, the Knights would like to underscore some recent past events.

December ushered in a new era for 414 Sqn as the Construction Engineering and Wing Telecom totally refurbished our office spaces. Over the month of November the artisans and artificers laboured to create modern and professional looking work spaces. A great many thanks are owed to all the personnel involved in that project.

Although all the squadron festivities over the holiday season were a great success, a special mention must be made of the Sticky Floor party on 22 December. During the course of events,

Grand Opening



Top row (L-R): Peter Cartwright, Isaac Lucas, Glen Hendry, Col MacLean, MGen Kinsman, Joe Albert, LCol Hunter, Ed Kingston, Collin Thatcher and Al Oelke. Bottom row (L-R): Terry Simpson and Ken McKenzie.

courtesy Base Photo

LCol Hunter presented Cpl Stephan Couturier with an award from the Suggestion Award Program. During Cpl Couturier's posting to 4 Wing Cold Lake, where he worked on the CF18 aircraft, he made a wise and valid suggestion to repair certain wiring harnesses rather than to replace them. Since the suggestion was implemented, the effective-

ness of this action has been tracked and determined to have offered significant savings. As part of the Suggestion Award Program, Cpl Couturier was presented with a cheque of approximately \$3000.00 to help thank him for his dedication to duty.

Fondest wishes to all the members of 19 Wing and their families! Totis Viribus.

getting in and out of tight places, because it can hover motionless in the air at the machine's vertical ceiling, or a few feet above the ground, and can land on a platform twenty feet square.

The Sikorsky helicopter is flown much like any other plane. The stick controls the pitch of the overhead rotor blades and is used with the throttle to direct ascent and descent. "Rudder" pedals control the pitch of the small vertical tail rotor, which replaces the normal rudder, to turn the plane in any direction.

Though present models are in the "light aircraft" classification, United States authorities believe that a helicopter of 6,000 pounds gross weight, carrying a useful load of nearly 50 per cent weight and flying at more than 100 mph, could now be designed.

Newspaper reports say helicopters are already being used to combat submarines in mid-Atlantic, taking off and landing from the decks of ships. Because there is no propeller noise, and exhaust could easily be muffled, the new craft should be invaluable for behind-the-lines work, supplying airborne troops, etc. Other suggested military uses include evacuation of wounded near front lines, limited bombing assignments, photo-reconnaissance and unreeling communication wires over rugged terrain.

backward and sideways, or spin around like a top.

Officials at AFHQ announce that the six helicopters will be spotted strategically about the country for use in locating and rescuing personnel from aircraft forced down where terrain makes overland travel slow and difficult and prevents a landing by ordinary "frozen wing" aircraft. The helicopter makes a specialty of

442 Sqn



SAREX for Missing Children

by Katherin Henry

Yes this is for real, it is not an exercise. Little Casey is actually missing. If you have seen him please contact the nearest detachment of the RCMP. What is SAREX for Missing Children and what does this exercise have to do with little Casey?

It stands for Search and Rescue Exercise for Missing Children...and what an exercise it is!! Five Search and Rescue Technicians (SAR Techs) from five different bases across Canada will be cycling from coast to coast - 8,000 km to be exact! Why are SAR Techs doing this? Because these men care deeply about a cause that hits everyone of us in our own communities. The monumental cycle is to raise money and awareness for the foundation of Victims of Violence Canadian Centre for Missing Children.

The team of men will begin cycling from Comox, B.C. to St. John's, Nfld. The trek will take 47 gruelling days to complete. It will begin on 19 May 96 in B.C. and will reach its completion in Newfoundland on 6 July. The team itself consists of SAR Techs who have worked to save lives

from the frozen Arctic to the West Coast and across Canada to the East Coast. This is a group that gives its all to save the lives of others.

Please give your all in supporting this worthwhile cause! Better yet, start up your own community challenge and do your part. Be sure to come out and meet these gallant young men as they pass through your community. Please show your support in helping keep violence out of your community and help to continue to raise awareness for all the missing children. These SAR Techs stand by their motto "THAT OTHERS MAY LIVE."

Anyone wishing to make a charitable donation to this worthy cause may forward their cheque or money order to: CO 413 SAR Sqn., Attn: Sgt Mike Maltais, 14 Wing Greenwood, Greenwood, N.S., BOP 1N0 or to Victims of Violence Canadian Centre for Missing Children, 211 Pretoria Avenue, Ottawa, Ontario, K1S 1X1.

Victims of Violence Canadian Centre for Missing Children was founded by Sharon and Gary Rosenfeldt whose son was abducted, sexually assaulted and murdered in 1981 along with 10 other children, by a man named Clifford Olson. Since then, they have dedicated their lives to stamping out violence against children and to help find missing children. Their organization started small in their home, from there to the Edmonton Court House, and then to Ottawa. It is now an international organization which operates in Canada and the US. The Ottawa headquarters is run by highly motivated, dedicated volunteers. They have offices or contacts across Canada and in the US.



CASEY BOHUN

BORN / NÉ: 07/18/86

MISSING / DISPARU: 08/06/89

FROM / DE: SURREY, B.C., CANADA



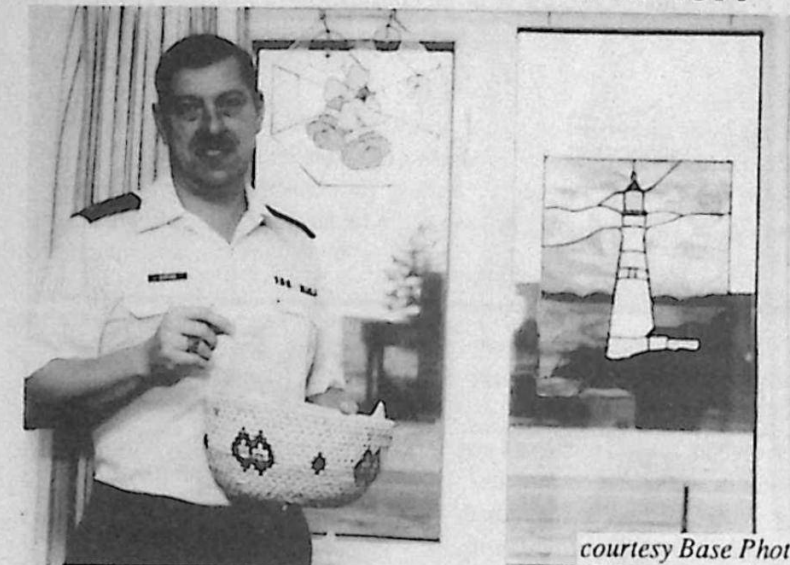
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Wing Chief Picks a Winner!



courtesy Base Photo

The first of three draws in the annual 19 ARAF Retirement Dinner Raffle took place on Friday, 15 December. The winning ticket, drawn by CWO Dupuis, was purchased by WO (Ret.) Marc Ouellet. The next draw, for a Circle of Hearts, will be drawn on Valentine's Day, 14 February and the grand prize draw of a Lighthouse Scene will take place on 15 March. The stained glass prizes are on display at the 19 ARAF Orderly Room.

Tickets available in the 19 ARAF Or - 3 for \$1.00

You could be the next winner!

19 AMS Maytag Repair Men

Happy New Year 19 Wing. Did anybody have the opportunity to wander through 7 Hangar during the holidays? If you did then you can imagine the daily unwanted loneliness that faces each DIAC tech. Stop by the DIAC Maintenance section, 7 Hangar, second floor, room 150 and you may find an empty facility. On the other hand you may find a lonely couple of techs waiting for some Maytag to give up the ghost or maybe just waiting for someone to drop in and visit.

In fact, DIAC Maintenance has become so lonely it has driven us up to the AVS labs to join them in their desolation.

Down in Building 64, the

DIAC training centre, AVS IOC training is ongoing and will end in February. In March DIAC Trg will start their engines again, training technicians from across the country in the intricate idiosyncrasies of the Maytags (DIAC equipment).

Some of our DIAC techs have opted to take the latest FRP offer. This will reduce our trained techs by 50% come the summer. Whether these positions will be re-filled or deleted is yet to be determined. Although loneliness may increase, the spirits remain high!! Hope to see you in the new year.

Signed, The Maytag Repairman

CD Presentation



Cpl Pat Horkey receives his First Clasp to the Canadian Decoration (CD) for 22 years of dedicated service from the WLogO, LCol Peter Abbott, at Transportation Flight. Cpl Horkey is a dedicated member of the 19 Wing team, employed in the special purpose vehicle section in direct support of flying operations.

courtesy Base Photo

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Supply Signals



CMTT Changes

by Sgt Dixon

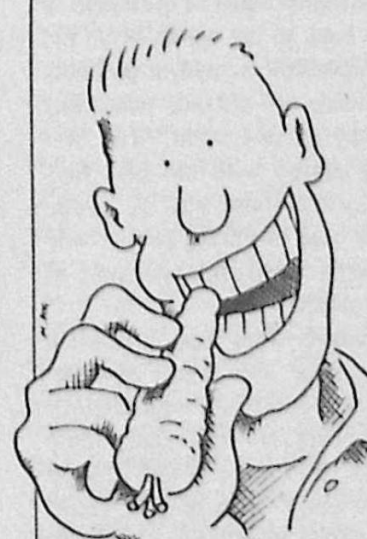
The great experiment all started on 1 November. The concept was to combine certain elements of both Supply and Traffic Flights into one cohesive unit in an effort to reduce the overhauling of freight being received by 19 Wing Comox.

In the first very hectic month, working within the guidelines laid down by the Glacier Project, and under the ever-watchful eye of not only the WSupO but the WTrnO as well, this new group known as the Material Distribution Team has been able to produce some dramatic results. Using the concept that all people have a say in how a section should run, this new team has been able to not only identify but rectify many areas where customer satisfaction was not being met. You may have noticed that some courier companies are now delivering direct to customer while we at

MDS have initiated a freight drop off system. Many changes are internal, but always with the primary goal of "the customer first" kept in mind.

Expect many more changes in the near future as the team at MDS continue to streamline the freight handling capabilities of this base.

Eating right: Fuel for performance.



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Supply Signals

by Tom J. Harrison, MS Trg/Projects

Now that we have reached the end of another year Supply Techs all over will be contemplating such questions as "Should I take FRP?" "What can I do to help restructuring?" and "Will the Canucks ever be a legitimate Stanley Cup contender?" Putting all those serious issues aside, it's been a very busy year for Supply and will continue to be so in the months and years ahead.

All our new people and their families are now settled into the valley and are enjoying their stay at CFB Wonderful. To all of you out there from us at Wing Supply - have a happy New Year.

Special Service Medal



courtesy Base Photo

LCol P.G. Abbott presenting Cpl C.G. Turcott of the Construction Engineering Section, Plumbing Shop, with his Canadian Forces Decoration.

CD Awarded



courtesy Base Photo

LCol P.G. Abbott presenting Cpl B.J. Campbell of the Construction Engineering Section, Central Heating Plant, with his Special Service medal for service with NATO.

Did you know???? - That the Associate members of the Officers' Mess now maintain the flower beds outside the Mess.

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Communications

Communications, or the lack of it, has been identified in many renewal efforts as the one area that needs the most attention, to ensure that all personnel are aware of changes and their implications. This is certainly true at 19 Wing as this excerpt from the recent base survey clearly indicates. The Fishwrapper staff will be publishing parts of the base survey in each edition until we, or you the readers, indicate that survey feedback is no longer required.

ther 25% were neutral. Only slightly more than half (54%) felt that they have the opportunity to share their ideas and suggestions for making their organization more effective. More than one quarter of junior NCMs (29%) and almost the same percentage of civilians (23%), disagreed with this statement.

Other questions dealt specifically with the communications through the traditional chain of command. Less than one quarter (21%) of respondents agreed that important information reaches them by military means in a timely manner. Almost two-thirds (60%) disagreed.

Only slightly more than half (56%) agreed that they tend to hear about organizational changes from their supervisor.

A few of the many comments that illustrate the communications problems are:

- For the most part, I have no idea what is going on. I was briefed on Project Glacier just before being given this survey.
- I have heard of but do not understand the objectives of Project Glacier.

ject Glacier. Too many unanswered questions and people unable to answer questions.

...where are we to submit our input, our ideas, our comments?

- Most of the information passed on is from the rumour mill.
- My barber has been the greatest source of information regarding changes.
- Most ideas reach us via the rumour mill, not from qualified staff.

- If you want to know something, just light up a smoke with the boys outside.
- The grapevine usually works better and is a lot more reliable than any information I receive from my supervisors. I don't bother to listen anymore.

- I am a shift worker so I tend to miss some of the day to day communications.
- ...information about restructuring does not flow from one squadron to another, even if it may affect you.
- The lack of communication throughout this whole project has been both insulting and demoralizing...if you want to succeed...

you must keep people informed and allow for direct input to the process.

- Example is the cash buy-out of accumulated leave - papers concerning it and replies demanded on the same day.
- Organizational changes are generally discovered by accident.
- Received this survey on 15 Nov 95 - just before the due date.

When personnel were asked to identify their most convenient forum to receive information, the results clearly indicate that members of 19 Wing prefer to receive information at a personal level.

A total of 1133 responses (from 624 questionnaires) indicated that briefings (27%) are the preferred mode, followed closely by supervisors (21%). Written information would be convenient to 38% of respondents, primarily in the form of newsletters and Totem Times.

Message: Communications must be improved.



A lot happened in the MQ Community - 1995

Wallace Gardens Community Council

Means to Me." There was a duck pond, homemade water slide, bouncers, bubble stations relay races and face painting. Hot dogs, hamburgers and drinks were the specialty of the house. It was back to the basics of an old fashioned picnic and, as probably realized, we did not make any money on this event. The evening ended with the best fireworks we could buy. A special thank you to all the people who helped in making this event so successful.

Family Fun Day: Held in September, this event saw the school grounds full with families registering for Fall events. Some of the clubs on the Wing had to go home early because they could not enroll any more members. Everyone took part in the many games and activities planned by your Community Council. There were many displays set up by the various organizations in our community. For young and old alike there was the dunk tank, clowns, and games as well as free hotdogs, hamburgers and drinks for all. We had the square dancers visit and a duck pond which the little ones really loved. Over 400 adults and children attended this event. The only words that can describe it are "Oh! What a day!"

Spring and Fall Garage Sale: As usual, we had our seasonal garage sale. Every year we offer this event for those who would

like to get rid of some items that have accumulated over the year. This is open to everyone. The Monday after the event, we try to have a garbage pick-up for all the items you cannot get rid of.

Roller Blade Skating: Held on Friday evenings and Saturday afternoons, roller blade skating got off to a slow start but, as the word got out, the event became popular quite quickly. The activity saw parents, youth and children of all ages wheeling around the arena. Again we would like to thank the parents who came out to assist us for this event.

Youth Activities: These are held on the first and third Saturday of the month. On the first Saturday the Youth and Parents Junior Bingos are held. Both children and adults seem to have an excellent time. This is not only a fun event but it is also a learning experience in getting the children to identify their numbers. Thank you to Karen Barton who is the OBI for this event.

Sock Hops and activities such as darts, board games, videos and Nintendo are a huge success. These activities are a place where your children can go and have full supervision. We usually have around 50-60 children attending every week. They come dressed for special event dances like the 50/60s (many raided Mom's closet and were amazed at the outfits they found), Beach Boys, and

Halloween (the costumes were unique).

Youth Groups: For all the volunteers who organize groups such as Beavers, Cubs, Scouts, Sparks, Brownies and Guides, the Wallace Gardens Community Council would like to take this moment to thank you for coming out at least once a week and putting on a program to help make these children feel special.

Bingo: Our first of kind "Bingo" was a huge success. We had over 175 adults come out and support the Wallace Gardens Community Association. We were able to buy enough shelving to store our inventory items on, a grill that the council badly needed and baseball equipment. Thank you to our community for coming out for this special event.

Santa Visit: We want to thank you for the wonderful response we received from the families on Base about the Santa Visit that took place last month. It is always nice to hear that you thought the evening was a huge success. If you sent word to the North Pole and requested a visit from the old gentleman, we made sure he came to see your children and had a small package and a candy cane for each child.

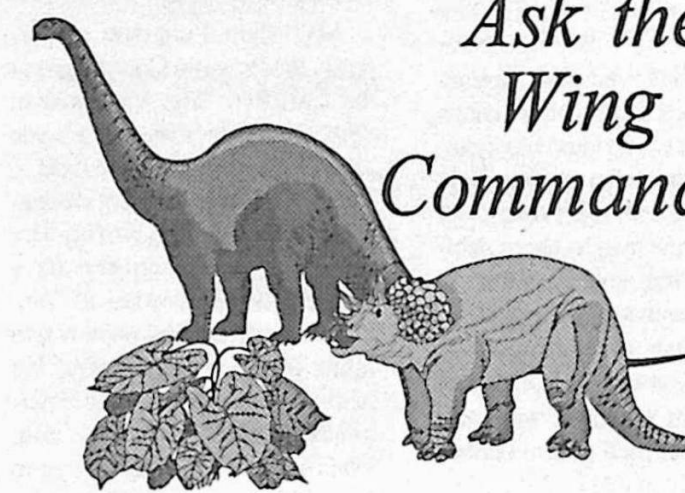
Skate with Santa: December 24 saw many children full of laughter and the Christmas spirit show up for the three hour skate

Continued on page 11

PROJECT GLACIER



Ask the
Wing
Commander



by Col Brian MacLean,
WComd

As I write this article, it is just prior to Christmas and our Flight Plan '97 Ground School Team, which I referred to in the previous article, has just returned from their three week training course. They are energetic and anxious to get on with the task of putting us all through the Ground School which is scheduled to start on 10 Jan 96 with the first class of 28 Wing personnel - including myself. As an aside, I received a call from the Deputy Commander of AIRCOM, who related that our Ground School team was the most enthusiastic and impressive group attending the training session. As you might imagine, it is a wonderful experience for a Wing Commander to have praise heaped upon his Wing and, more importantly, his personnel. Certainly, having met each of our team members, they are well deserving of this praise. We, as a Wing, are indeed fortunate to have such a team to conduct our Ground School.

As I promised in the previous article, I am going to highlight various units and sections who have achieved success through re-engineering. This will help to keep us all informed of what's going on around the Wing, as it is difficult to keep up with all the changes that are occurring. In this case, I want to celebrate the successes of our Wing Supply.

Any accusations about the supply system being too bureaucratic, unwieldy or inflexible are fast being put to rest by the concerted efforts to re-engineer, consolidate and centralize the activities at Wing Supply. Ultimately, workers are being given more control over their jobs and

we are all benefiting from this devolution of control.

The first sign of the re-engineering process is often the movement of people to one centralized location. As such, one major supply initiative has been the amalgamation of the Transport and Supply systems into a Material Distribution Section, now located in Building 171. In conjunction with this action, the high speed refuelling facility has been placed under the control of Wing Transport. Building upon this initiative is a proposal to consolidate packaged POL products within Building 171.

The Material Services Account has also been moved from Building 18 to 171. This will permit better flexibility to respond to changing demands, a reduction in total assets by consolidation and better customer services through co-location with Material Distribution. Reviews continue to examine the feasibility of eliminating services that are not essential to operations.

Re-engineering also means less bureaucracy: if procedures can be made quicker and easier, then they will be. Here Wing Supply can demonstrate less bureaucracy through the example of Clothing Stores, which has initiated less cumbersome clearance procedures. More items can remain with service personnel when they clear out of the base and move onto their next location. It reduces the transfer of items and the replication of a procedure. In addition, Clothing Stores no longer stocks some items that are rarely, if ever, required by an air force wing.

Budget devolution is another reality of re-engineering. This transformation has made units financially responsible for their



Project Glacier Suggestion Box comments

Suggestion	OPI	Update
1. We currently have 4 AMCRO sections on this Wing. They all do basically the same function. Therefore, why not combine them into one? You would generate the same level of service with a lot less personnel.	LCol Taylor Proj Glacier	Working Group for AMCRO study commencing 13 Dec 95
2. We currently have 4 Ops sections on this Wing: 407, 414, 442 Sqn & Wing Ops. They could all be combined into one Ops section which would better coordinate activities with a lot less personnel.	Maj Fast D W Ops O 8210	Forms integral part of WOL study and will be addressed in that working group.
3. Reduce/eliminate between meal supplements. At 414 Sqn BMS is used as a way to get a free lunch, or to avoid having to pay for food at the canteen. For 1.5 flight hours, planned in advance, there is little or no need to provide cookies, coffee and crackers. Also, it is strange to see that free coffee is provided for the air crew. It impairs the body, therefore it should be avoided before flying. Money can be much better spent than providing free coffee, cookies and crackers to aircrew.	Capt Angly Proj Glacier	-CFAO 65-8 which BMS procedures is being challenged -The BMS are being paid for out of Sqn budgets not W Foods, thus the Sqn could terminate the BMS if they chose. -Coffee & cookies are provided as coffee is a caffeinated beverage and counteracts drowsiness, cookies increase the blood sugar level.

supply needs. The question is not whether a unit wants or needs an item; that's up to the unit to decide because it must decide how to allocate its supply funds. If red pens are received in lieu of blue, the red pens are now sent back, instead of accumulating dust in a closet, and blue ones procured. It makes the system more rational, less wasteful. It's based on common sense. Financially it saves the Wing money because units are forced to implement annual business planning. Not surprisingly, some units are no longer demanding items which were once considered essential.

Perhaps more importantly, budget devolution has significantly empowered the individual behind the counter. It makes a Supply Tech a key part of the process, who can define his job in larger terms. Now Wing Supply can consider the best means of keeping their customers - the Wing units - supplied. They can shop around and find the most effective means of finding needed materials locally. This devolutionary process has continued with Wing Photo being given the responsibility for procuring photographic supplies. To no one's surprise, the change has worked remarkably well.

Change continues to shape and improve the function of Wing Supply. Funding has been obtained to build an addition to Building 171 in order to co-locate Customer Service and LPO with General Stores and Material Distribution. This will result in one-stop shopping and a system that not only offers more and varied items but also allows for better indexing and internal coordination. Other changes have transpired: REME Supply Group has taken over the responsibility for

vehicle fuel inventory with the budget devolution going to Transport; a re-engineering team is examining flight line requirements; cylinder storage requirements have been reviewed and drastically slashed; waste fuel has been cut; the management of hazardous material has been brought under greater scrutiny.

And it hasn't stopped there. Other projects are ongoing and, of course, the entire commitment to re-engineering is ongoing. Re-engineering doesn't stop. We can't become too satisfied that we have achieved all we can because then the system we have created becomes itself ossified, irrelevant and inefficient. Re-engineering constantly strives to improve, one step at a time.



A lot of hard work completed by Cpls Kevin Lane, Pete Morneau and Rob Morrow has paid off as the MSA gets ready to open at its new location at the back of General Stores. Phone Kevin for an appointment today!

Flight Plan 97

Openings still exist for instructors on FP 97. The next course is from 26 Feb till 1 Mar. If you're interested, submit your name through your supervisor to Capt Lorraine Angly, Proj Glacier, 1cl 8005.

Trainers ready to Launch

by Lt Kim Saunders

It was a dark and stormy night...no wait, that's not how it started. Rather, it was a warm (though rainy) Sunday morning in Comox. Eight eager Flight Plan 97 (FP 97) volunteers, ready to become Flight Plan 97 facilitators and instructors headed out to Winnipeg on 26 November for FP 97 Ground School training. The cold weather didn't scare us one bit (that was until we felt the record cold minus 50° temperatures - but that's another story).

So what was it that we did, and why is it so important? I'll tell you a little bit about it now, but you'll just have to take the course for yourself to get the full scoop.

Flight Plan 97 Ground School is a tool that will enable all Air Force members, civilian and military to deal with and manage change. As we are all well aware, the CF is going through a transition. The way in which we did business in the past is just that - in the past. We must revamp (notice I didn't say the other "R" word) our processes and procedures. We must align ourselves and the

work that we do in such a way so as to maintain our operational capability inside a continuously shrinking budget. Although this is a new and scary prospect to DND, it's not new to the Canadian economy, and it doesn't have to be scary either. Change can be managed, and believe it or not - change can be a good thing!

The Commander of Air Command, LGen DeQuetteville is the creator of Flight Plan 97 and is the "pilot" in the "lead plane." FP 97 will be the uniting force and plan for dealing with the inevitable change that is coming our way.

You may feel bombarded with all the change initiatives that are going on in the Air Force right now. Which way do we go, how and when? This course will enable all of us, individually and collectively to head in the same and right direction. The course is able to do this by focusing on individual and team skills - skills that we already possess, but that may require some fine tuning. Communication skills and the development of such, both at the individual and team level will be at the centre. By honing these



skills, we will be better prepared to manage change. It is a cultural revolution of sorts - an exciting, participatory and eye opening experience!

The FP 97 Ground School course is three days in length, running from 07:30 - 15:30 and creature comforts have been taken care of - coffee and lunch are provided for all students. Dress is acceptable, casual civilian attire. There are eight qualified instructors ready to lead you through the Ground School training, each one having taken three weeks of instruction at the "Train the Trainer" course in Winnipeg. You provide the open mind! So don't delay! Get on board and get ready for take off!! You can't afford not to get launched into the new era!

The Flight Plan instructors are as follows: Sgt Jim Cahill, WO Lawrence Goble, Cpl John Grant, Sgt Debbie Humble, Mr. Pat Landroche, Sgt Bill Moon, Capt John Pumphrey, and Lt Kim Saunders. For more info, contact the Flight Plan team, co-located with Project Glacier at local 8005.

The following winners are listed in order of finish (1st to 5th) and by age category:

Under Four - Jared James Shackleton, Cody Kazimer.
Four - Cailey Kaposvary, Cody Kazimer, Maro Chagnon.
Five - Ashley Wyatt, Billy Patterson, Maddi Malone, Christine Kazimer.

Six & Seven - Nathan Drumon, Gavin Kaposvary, Stephan Chagnon, Jessica Chagnon, Joey Malone.

Eight - Collin Esplen, Nicole Bondy, Kara Adams, David Taylor.

Nine - Nicky Messaoud, David Chagnon.

Poster Design 11 to 13 - Nathalie Messaoud, Tye Harlock, Jordon Dumond and Brigitte Messaoud.

Lifeskills

by Sgt Brian Buttner,
Wing Drug Education
Coordinator

The Lifeskills course is a unique program sponsored jointly by 19 Wing Comox and the Comox Military Family Resource Centre (CMFRC). Its purpose is to provide 19 Wing military personnel, their dependants, and DND employees with an opportunity for personal growth and development. The course is designed to identify positive life skills which will lead to solution focussed decision making and lifestyle choices needed to deal with the challenges that life offers. *Note: the Lifeskills course is not an Alcohol Rehabilitation Program (ARP), or an Intervention Education Course (I.E.C.).*

The Lifeskills course is for everyone. It is for people who want to examine and explore their lives, to see how they operate in the world and who want alternatives to assist them with decisions which affect individual lifestyles. This course is also an extremely valuable aid to supervisors. It provides information about decision making and is solution focussed so that participants can generate their own answers. A Lifeskills course is 3-1/2 days in length and is based upon the premise that each person is competent and capable.

Opportunities to explore and experience old/new ideas are presented. Knowledge and skills are the focus of the course and include:

- Identifying and operating from personal strengths;
- How we present ourselves to others;
- How beliefs and values affect how we operate;
- How we communicate and what gets in the way of communication;

nication;
• Different perceptions of the world around us and how that can affect our choices;
• Fitness and nutrition; and
• Personal Finances.

The facilitators for the Lifeskills course are: Ms. (Marge) Storey-Abrahamson and Ms. Mara Pungente. Marge comes to us with an extensive background in the field of social services. One of her many accomplishments has been designing and implementing Lifeskills programs throughout Western Canada. Included in this has been the co-designing and co-facilitating of the very successful Lifeskills program presently offered at 19 Wing Comox. She currently works full time for the Ministry of Health as well as offering her services as a private consultant.

Ms. Mara Pungente is currently the Program Coordinator at the CMFRC. She was hired in 1992, bringing with her a wide range of experience in the field of social work and excellent credentials. Prior to joining the CMFRC, Mara worked as a Medical Social Worker at Vancouver Hospital. Her work was in adult in-patient psychiatry, but also included work in the emergency and intensive care unit. Mara holds a Bachelor degree in Social Work from the University of British Columbia.

NOTE: The Lifeskills course is open for spouses of service members also.

The next course are being held from: 22-25 January and 26-29 February.

For more information please phone Sgt Brian Buttner at 339-8211, loc 8789 (please leave message if he is not in) or Ms. Mara Pungente at 339-8222, loc 8655.

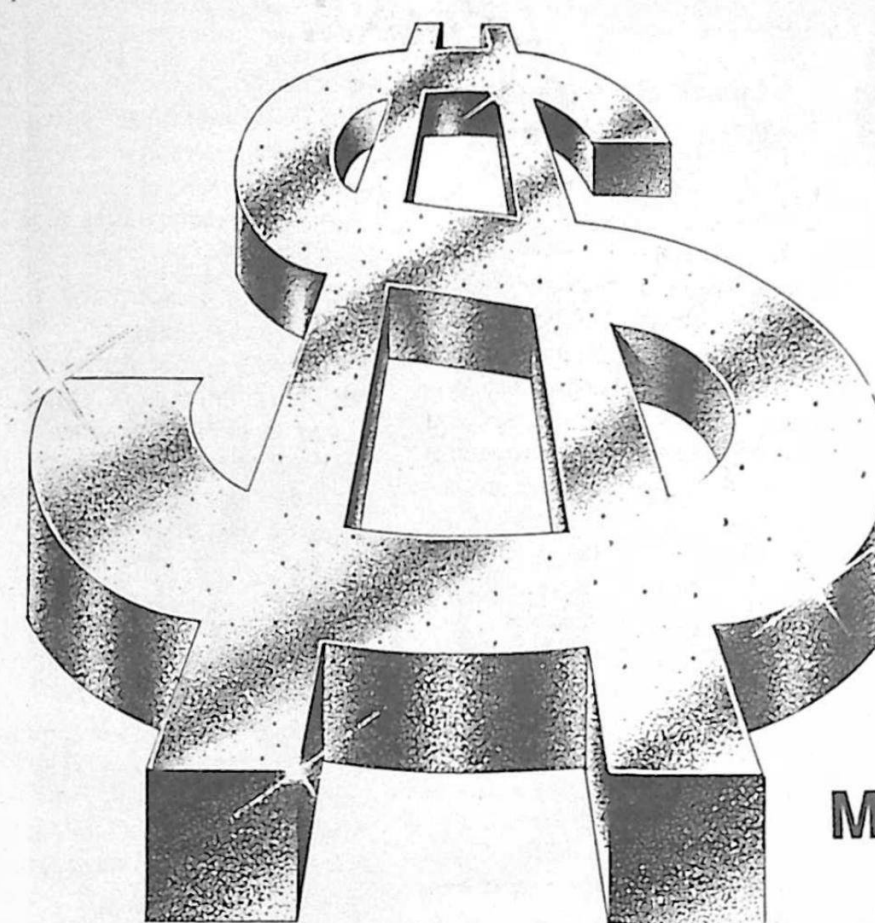
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VOLUME 38

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9	MAY 10	MAY 16	9
10	MAY 31	JUNE 06	10
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12	JULY 05	JULY 11	12
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19	NOVEMBER 1	NOVEMBER 07	19
20	NOVEMBER 15	NOVEMBER 21	20
21	NOVEMBER 29	DECEMBER 05	21
22	DECEMBER 13	DECEMBER 19	22

Money
Talks -
Dollars
&
Sense

Money Tips



by Capt John Lalonde

Did the headline catch your attention? Good, so why don't you give me a chance and read a bit farther and see if I can keep your attention! I'll try and keep the articles light and informative on how to stretch your Loonies or Doubloonies (as the new \$2.00 coin will likely be called). So let's drop the puck and get going...

Christmas is part of the holiday season when we run up the plastic; so January should be called the bankers' season because it is now time to pay the piper for all the spending we did over the holidays.

Some tips to stretch your dollar are:

- Look through the movie channel guide - find movies you want to watch and tape them on your VCR so you can watch them when it is convenient for you; rather than running to the video store and renting movies or, more expensive yet, going to the movie theatre which kisses \$20.00 goodbye for two people when you factor in the munchies from the

concession.

- For the munchies while watching the tube, why not try buying popcorn in bulk? It is an inexpensive and low cal snack compared to chips, nachos, etc.

- Avoid the corner store. Buy your gum, smokes, munchies, etc. when doing the family shopping at the grocery store where you can buy for much less by buying jumbo packs of gum, smokes by the carton, etc.

- Put the plastic away. Give your VISA or MC a rest - you don't want the numbers to wear off your card! If you can't pay with cash, then you can't afford it and probably don't need it.
- Pay all your bills on time and avoid additional interest charges for late payments.

- Try this simple method of tracking where your money goes in a month - carry a small note book with you and every time you buy something mark it down in your note book. At the end of the month, you'll be amazed at how and where the money goes between the corner store, video rent-

als, music/computer store, etc.

For those of you who HAVE NOT won a big lottery or inherited a locker full of money, please read on...

FINANCIAL SUCCESS - why not? It is possible if you just follow a series of simple and easy steps. In this article we'll take the first step and that is to "Know where you want to go!"

You must define your goals, determine their cost and know when you want to achieve them. Having done this, you can begin saving for your goals. Your finances are a family affair, involve your spouse to ensure you both agree on what your financial goals are. Below is a fun exercise to help you narrow down your goals. Please take a few minutes to complete the exercise and see if you and your spouse agree on your goals and the order of priority. You may find you have to negotiate and use a little give and take to reach three common goals in the same order of priority.

Airshow

(Cont'd from front page.)

are still trying to figure out how big an aircraft a team of people can pull. Canadian Airlines has been contacted for an aircraft and they do have some big ones!

The Comox Air Force Museum is hosting a military scale radio controlled flying competition that weekend. The competition is a two-day event; a winners fly and display is planned for the day of the air show.



Bookshelf Bestsellers

Pat Balen, Proprietor, 2731 Cliffe Ave., Driftwood Mall, Courtenay, B.C. V9C 2L8, 604-338-5943

10% off for mil pers - show ID. Get your Totem Times here.

Week ending 13 January

1. The Rainmaker.....Grisham
2. Heat from Another Sun.....Lindsey
3. Waiting to Exhale.....McMillan
4. From Fields of Gold.....Ripley
5. A Force to be Reckoned With.....Zelazny
6. The Standoff.....Hogan
7. Simisola.....Rendell
8. A Cold Day in Hell.....Johnston
9. More Than You Know.....Kelman
10. Rules of the Hunt.....O'Reilly

Wallace
Gardens

continued from page 8

with Santa and his Elf. As the Christmas music played on, Santa and his Elf skated with the adults and children. Hot chocolate and a candy toss only added to make this day very special in the eyes of your children.

Youth Dances: We now have once a month youth dances for the older children on base. This is a joint activity which is sponsored by the Wallace Gardens Community Council and the Family Resource Centre. It is a real hit and the youth seem to be enjoying it. Again, our thanks to the OPI for this event - Sgt Phillips.

Our Community Council works hard throughout the year. We have over 350 children and adults using the Community Hall every week. We are always in need of volunteers who are willing to help out or serve on the Wallace Gardens Community Association. A special thank you to Airport School which supports us continually throughout the year.

If you can spare a couple of hours a month to help your community, please give Linda Jeffrey a call at 339-8211, local 8571, or Capt Lloyd, who is our Mayor, at 339-8211, local 8675.

On behalf of your Council we wish to say "THANK YOU."

Winners of the Christmas Decorating Contest

Ward	Address	Name
Ward 1	3	Glenna & Stuart Anderson
Ward 2	E7	Kerry & Kevin Kilmury
Ward 3	23	Cherrie & Jon Scotton
Ward 4	32A	Sheila & Ed Trenholm
Ward 5	73	Lois & Ron Shauer
Ward 6	64	Karen & Terry Barton
Ward 7	102B	Tammy & Jeff Kilpatrick
Ward 8	109A	Sharla & Phil Hunter
Ward 9	114A	Marla & Paul Legroulx
1st Overall	E7	Kerry & Kevin Kilmury
2nd	32A	Sheila & Ed Trenholm
3rd	102B	Tammy & Jeff Kilpatrick

DEFINING YOUR GOALS EXERCISE

1. Read list.
2. Check three goals most important to you:
 - a) Pay off debts.
 - b) Buy a home.
 - c) Have a financial reserve (rainy day or emergency fund).
 - d) Have my own business.
 - e) Education (self, spouse and/or kids).
 - f) Buy a new or used car.
 - g) Enjoy travel, recreation...
 - h) Retire early.
 - i) Retire comfortably.
 - j) Assure my family's assets & income (see Wing SISIP rep).
 - k) Pay off mortgage early.
 - l) Insure my mortgage.
 - m) Save income tax.
 - n) Beat the cost of living.
 - o) Learn to manage money.
 - p) Learn to invest wisely.
 - q) Other: (you fill in).....

Great! You now have your goals established and in the next edition we can look at ways to help you reach those goals. Until next time, keep your stick on the ice!

The air show is fast approaching, planning has been on-going, but the majority of work is yet to be done. Get involved in the area that interests you! Remember, everyone will be tasked - you might as well get the task of your choice.

BURN
SMART

TO MINIMIZE AIR POLLUTION FROM YOUR WOODSTOVE: Watch for signs of incomplete burning such as visible smoke coming from your chimney or long, lazy flames in the firebox. When you see these signs, more air is needed to improve your fire. You must open the dampers to allow additional air into the stove.

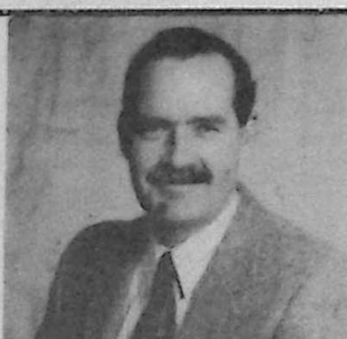
A message from the
BRITISH COLUMBIA
LUNG ASSOCIATION

Counter Attack
Poster Contest

CFB Comox held a DND dependant poster colouring/designing contest from 30 November to 18 December. The contest was held in support of the Drinking Driving Counter Attack Program. Participants ranged in age from 20 months to 13 years.

We would like to thank the following for their assistance: Totem Times (advertising), MCpl Peynburg (poster design), Sgt Tremblay (certificate design and production), Katie Wylie (typing), Gail Newhouse (duplicating), PO Adams (coffee and accessories for judge panel), the Family Support Centre (pick-up/drop off point), and the CFB Comox Drug Education Coordinators (UDECs) who helped by advertising and fundraising in their sections.

A special note of appreciation is extended to the judge panel who made time in their busy schedules to participate. The



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- * Combat uniforms
- * Cap badges - ensignias
- * Knives, pepper spray
- * Outdoor supplies
- * NATO, Cdn, U.S. sleeping bags
- * Tents
- * Medals, ribbons - mounting
- * Sunglasses (best price in valley)
- * Raingear - military & civilian, new & used
- * Flags, parachutes
- * Packsacks, webbing
- * Camo uniform, everything for the outdoors.

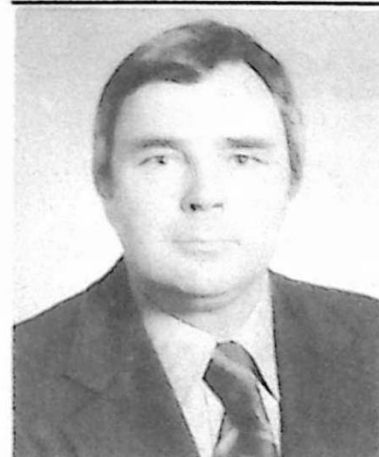
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by Alan Feil

This year, we celebrated the 50th anniversary of the Allied victories in Europe and the Far East. It has been a time for reflection by many people about the loss of friends and relatives, their wartime experiences and where they were and what they were doing at the moment of victory. Newspapers and magazines were full of their stories, but a letter in a Comox Valley newspaper caught my attention.

The correspondent was concerned about Indian land claims, and how much they would own or could claim if the many Canadians in two world wars had not given their all so that Canada could be a nation. The writer explained the loss of a relative in each of the world wars and humbly asked the Indian people to join all Canadians in making this country a wonderful place to live.

What bothered me about this letter was (a) Indians or First Nation Peoples were "not Canadians," and (b) the writer had little or no idea of their contribution to the war effort in both world wars.

During a recent visit to Ottawa, I met Fred Gaffen, the author of *Forgotten Soldiers* (Theytus Books, Penticton, B.C. 1985), and obtained permission to quote from his book. Fred Gaffen, Chief Historian at the Canadian War Museum, my friend and former colleague there, researched, funded and produced the book himself.

In World War I more than 3,500 treaty Indians enlisted, out of a population of 106,500. Many Indians who enlisted did not live on reserves. Indians who enlisted, particularly those from remote areas, faced a severe culture shock as they adapted to military life. Military dress and deportment were very foreign to their way of life but, once acclimatised, Indians generally were the ones who complained the least.

Two overseas battalions were made up largely of Indians: 114th Battalion "Brock's Rangers," mainly Six Nations from Brantford and Iroquois from Caughnawaga and St. Regis. Like many others, this battalion was broken

Forgotten Soldiers



up as reinforcements for other units, many of its Indian members going to the 107th Battalion. More than 500 Indians of different tribes served in the 107th, formed in the Winnipeg area, December 1915. Some non-Indians were added later.

The highest appointment ever attained by an Indian in either world war was that of Brigadier Oliver Milton Martin, a Mohawk from Brantford, who commanded an infantry brigade in the 6th and 7th Division, 1944-45. Very few Indians received commissions in WWI, due mainly to lack of formal education. Those who did commanded the respect of their fellow officers and the men who served under them. A few examples follow.

Lt Hugh John McDonald, MM: As a private soldier at Passchendaele, he won the Military Medal for conspicuous gallantry and was commissioned in the field. He was later twice wounded and died of influenza in England. Lt Gilbert Clarence Monture, OBE OC: Educated at Queens University, joined 72nd Battery, Canadian Engineers, served overseas, then completed his studies at Queens. Served for many years with Federal Government and was awarded the Vanier Medal and made an Officer of the Order of Canada.

Lt James David Moses and John Randolph Stacey: Both went overseas with the 114th Battalion and later joined the RFC. Lt Moses was shot down over enemy lines and died of wounds as a P.O.W. Lt Stacey, a friend of Billy Bishop, was killed in a flying accident in England.

Lt Alexander Smith, MC: Son of a Six Nations Chief, he won the Military Cross for Conspicuous Gallantry in action on the Somme, October 1916. He returned to Canada to become Chief of the Six Nations. A son, actor Jay Silverheels, was better known as "Tonto."

Many Indians who were not commissioned were noted for their fighting skills and bravery on fields of battle.

Cpl Joe Keeper, MM: A member of the 1912 Canadian Olympic team as a middle distance runner, was awarded the Military Medal for his courage on the battlefield.

L/Cpl Henry Norwest, MM and Bar: A Cree from Alberta,

one of the successful snipers, credited with 155 observed hits. Killed in August 1918. His Sgt described him as one of the finest men he had ever met.

Cpl Francis Pegahmagabow, MM and two Bars: An Ojibway of Parry Island Band, he carried a medicine bag which gave him a charmed life on the battlefield. He fought at Mount Sorrel 1916, at Passchendaele 1917 and at Amiens 1918. His iron nerves and superb marksmanship made him an outstanding sniper, and accounts of his kills go as high as 378. He returned to Parry Island after the war and served as Band Chief 1921-25.

Although Canada achieved autonomy with its fine war record, the sacrifice of Indians killed and wounded gained very little for them, politically, economically or socially.

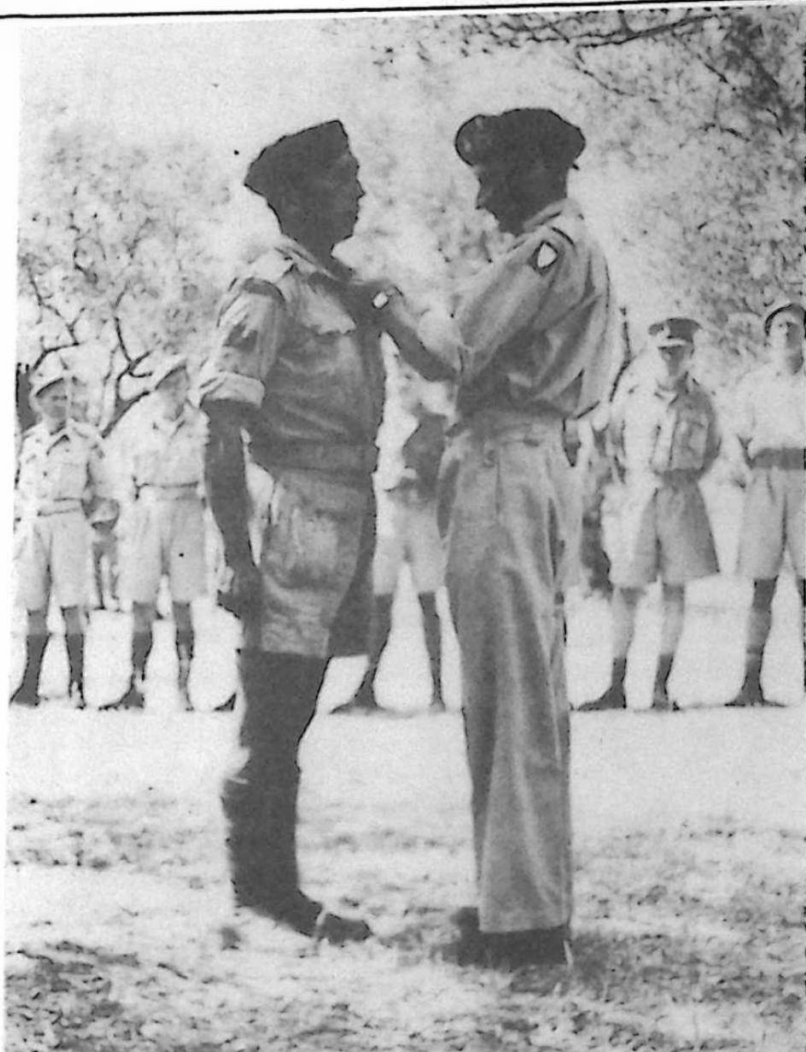
World War I Medals for Bravery: 25 Military Medals, 6 Distinguished Conduct Medals, 1 Military Cross, and 1 Cross of St. George 4th Class (Russian).



Lt V.A. Moore, M.C.
Rome, November 1944

During World War II, Indian and Metis saw action in all operations involving Canadian troops, at Hong Kong, Dieppe, Sicily, Italy and north-west Europe. In Hong Kong, at least 14 were captured. The horrors suffered by POWs while "guests" of Nippon are well documented. Only nine of the fourteen survived to return to Canada.

At Dieppe, five treaty Indians were known to have been killed and many captured; one, a Metis from Manitoba, escaped and spent the rest of the war fighting with the partisans. During the capture of Sicily, Pte Huron E. Brant won the military medal on 14 July, 1943. He was later killed



Private Huron E. Brant of the Hastings and Prince Edward Regiment receives the Military Medal from General Montgomery for bravery at Grammichele in Sicily. (Public Archives.)

in action near Rimini in north-east Italy, in October 1955. On July 28, 1943, Pte Frederick Webster from the Lytton agency in B.C. won the Military Medal. He served in the Seaforth Highlanders of Canada alongside Pte Earnest A. "Smokey" Smith V.C. of Vancouver who, looking back after the war, remembered "Dick" Webster as a "brave, brave man who was part of their social group, joining them in pubs and bars but on their return to Canada was refused entry to a cocktail lounge or beer parlour. After serving six years in the Canadian Army, he was again termed a second class citizen.

In Italy, Sgt George Alexander of Alberta won the Military Medal on 22 December, 1943, in Ortona. He was killed in action a few months later. Lt Victor A. Moore of Regina won the Military Cross near Rimini on 13 October, 1944. He had lost his younger brother Lloyd George Moore when HMCS St. Croix was torpedoed 20 September, 1943.

The campaign in north-west Europe caused many casualties among the Indian and Metis, but they won their share of awards - eight Military Medals, one DCM and an American Silver Star. Two outstanding soldiers, Sgt Charles

H. Byce and Sgt Thomas G. Prince each won two medals. As a Corporal, Charlie Byce won his Military Medal for unselfish gallantry and, six weeks later as a Sergeant, was awarded the Distinguished Conduct Medal for (quoting from the citation) "The magnificent courage and fighting

spirit displayed when faced with almost insuperable odds, are beyond all praise."

While most Indians served in the infantry, a few, both men and women, joined the Navy and the RCAF. P/O Willard Boldue, an air gunner, won the Distinguished Flying Cross flying with 15 Sqn RAF Bomber Command. At least six died in Bomber Command operations over Europe, most of them with RAF Squadrons.

Our native peoples were not forced to go to war, but went willingly. Their country was at war, and they wanted to serve.

This article is not meant for a forum on native land claims; this, I know little or nothing about. It is just a reminder of historic fact.



A.W. Margaret Pictou



Comox Pagans Rugby Club

The first half break of the North Vancouver Island Rugby Union sees the 19 Wing Comox Pagans RFC tied for second place with the Powell River Otago. With two losses in the first half, the Pagans and Otago trail the Cowichan RFC by only two points; our two losses coming against Powell River and Cowichan. Second half action begins in January, when the Pagans play the first of five home games (see schedule below).

As usual, the Pagans encourage any military personnel or dependents to come out and play. No experience needed, just a desire to learn, get in shape (coach is a slave driver), and have a bit of fun (after game socials). For more information call Cpl Tim Steel 8534/8417(W), 890-0209(H), or Cpl Brad Marriot 8534/8417(W), 339-2793(H).

North Vancouver Island Rugby Union standings (3rd Division)

	G	W	L	T	Pts
Cowichan	7	6	1	0	12
19 Wing Pagans	7	5	2	0	10
Powell River	7	5	2	0	10
Nanaimo	7	3	4	0	6
Parksville	7	3	4	0	6
Velox (Victoria)	6	2	4	0	4
Port Alberni	6	2	4	0	4
Campbell River	7	1	6	0	2
Oak Bay (Victoria)	Playing exhibition matches				
James Bay (Victoria)	Playing exhibition matches				

NOTE: Both James Bay and Oak Bay intend to enter the NVIRU 3rd Division next season.

19 Wing Pagans RFC second half schedule

Jan 21 vs Powell River Otago	Jan 28 vs James Bay (not confirmed)	
Feb 04 vs Port Alberni Black Sheep	Feb 11 at Nanaimo Hornets	Feb 18 vs Parksville Venturions
Mar 03 vs Cowichan	Mar 10 at Velox (Victoria)	Mar 17 at Campbell River

Playoff dates to be determined.

Smoking in the Movies

Sexy! Exciting! Romantic!

He draws deeply on his cigarette. His eyes wantonly meet the goddess of his dreams. "Your Porsche, sir." The valet hands him his keys. He seductively blows smoke as the goddess longingly saunters towards him. He skillfully flicks his butt as her face slowly draws closer to his and...she licks his ear? Stanley Ipkins (Jim Carrey) awakens as a non-smoking nerd with only his dog drooling in his ear.

Students Yusef Rashid, and Laura McKinney, along with others, remembered only two incidents of smoking in *The Mask* before participating in a pilot project of "Thumbs Up! Thumbs Down!" evaluation form, they were surprised at what they had not seen the first time - 30 to 40 episodes of smoking. They noticed that when Carrey's character was a nerd, he did not smoke, but he did smoke in his romantic dreams, or as the cool Mask.

For National Non-smoking Week (NNSW), January 15-21,

students across B.C. will be participating in the "Thumbs Up! Thumbs Down!" project. The goal is to raise young people's awareness about tobacco messages in the movies, videos, and television, and how they get there.

"I think it is important for kids to know how tobacco companies try to fool them into thinking smoking is cool and rebellious," said Rashid, a Burnaby grade eight "Class of 2000" student, who found participating in a pilot project an enlightening experience.

"It's gross how much smoking there is in some movies. I didn't realize it until I paid more attention," said Laura McKinney, of Port Moody, who will also graduate in the year 2000.

"Many movies and television shows portray smoking as sexy and exciting. We want young people to be aware that these messages are a form of manipulation," says Shirley Thompson, Chair of the B.C. Council on

Smoking and Health.

Leaked tobacco industry documents demonstrate that some movie stars have taken cash and merchandise, such as jewelry and automobiles to promote smoking. These documents are available on the internet at the web address <http://www.library.ucs.edu/tobacco/bw.html>.

The evaluation form and background materials for the "Thumbs Up! Thumbs Down!" program are also available on the Web at <http://www.xmission.com/~seer/AIRSPACE/>.

Your Project Glacier Team



LCol Terry Burt is the boss as far as the Project Glacier team is concerned. He reports directly to the WComd via the Steering Committee for all things related to base renewal. An avid sports fisherman and hunter, LCol Burt knows when the game is afoot and is not shy about bringing down the big ones. So if he gets you in his sights, be prepared to dance or he might just shoot

Pickleball Champs



(L-R): Men's Doubles - MCpl Adams/Cpl Pickering, WPERO Lt Howard, Ladies Singles champ - Jeannine Rodgers. Missing from photo: Men's Singles champ - PO2 Mike Priestly.

On 8 December the 19 Wing PERI staff hosted the annual Pickleball Tournament which was a huge success due to the large numbers in all categories, except mixed doubles.

Men's and Women's Singles categories started the tournament. The double elimination format thinned out the pack and in the Men's Final PO2 Mike Priestly defeated Capt Al Taylor to be the Men's Singles Champ. In the Ladies Final, Jeannine Rodgers defeated Annette Bugutsky and won her second crown as Reigning Champ.

With just the Open Doubles left to play, the competitors took a break to tune their racquets and find their partners. Capt Al Taylor and MCpl Don Cormier looked to be the team to beat. They didn't take a loss in the elimination round and sat waiting

to see who they would play in the final. MCpl Ian Adams and Cpl Maria Pickering battled their way through to gain the right to play Taylor/Cormier. Because Taylor/Cormier hadn't been beaten throughout the tournament, Pickering/Adams had to beat their opponents twice.

The Final was the best two of three games and Pickering/Adams took the first set two games to nil. So one more set had to be played to determine the winner. Due to some skillful shots, determination and a little luck, Ian Adams and Maria Pickering defeated Taylor/Cormier two games straight to win the Open Doubles title.

Congratulations to all competitors and a big thanks for making our tournament a great success.



THE KIDS ARE THERE.
DRIVE WITH CARE!



YOUR LOCAL
POLICE

Comox Air Force Museum

(located at the main entrance to CFB Comox)



Open 10:00
a.m.. till 4:00
p.m. Weekends
and Holidays.

Gift Shop is well stocked with
aviation related items.

The Heritage Section - brought to
you by The Comox Air Force Museum

Country Village Kitchen Bin



Beans to You
Our new gourmet coffee bar
We serve the Service

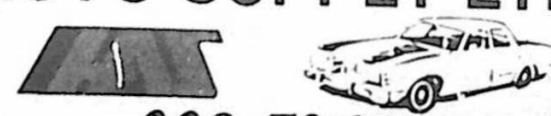
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HOME OWNERS & AUTO PLAN INSURANCE

Classified Advertising

Free Classified Ads to Military Members for the next six issues!!!

Your ad must be 25 words or less, you must be a member of 19 Wing (civilian or military) and your ad must be type written and hand delivered or sent via military mail to the Totem Times office. No phone in ads please.

WANTED

Volunteers to help with the Comox Valley Girl Guides. Must be willing to endure:

Fun! Friendship! Adventure!

**Contact Ruth
339-0688**



Stained Glass by Rudy Preus. Suncatchers, Window Hangings, Glass Aircraft. Great gifts for all occasions. Stellar Images Studio is now open at 888 Sandpines Crescent. 339-0364

To Give Away to a good home

Two Air Force Blue tunics with Navigator Wings. Always been operational so not worn much. Hat size is small but uniform is for person of average stature. Contact Capt Bob Richter, loc 8734 or (H)338-6361

Apartment Rentals St. Brelades Court

146 Back Road
Under new management. New large luxury suites with ensuite laundry. Five appliances, carpets, blinds and ensuite storage. 2 & 3 bedrooms available immediately. Rents from \$650 to \$850. Children and small pets welcome. Ask about our incentives.
Phone: 338-0622

For Sale

Computer AST 486S x 33 (1-1/2 years old), fully upgradeable. Has 4MB RAM, SVGA 14" color monitor, keyboard, mouse, sound blaster, 16 bit card, 2 x CD ROM multi media. Tons of software. \$1,100. Phone 339-2268.

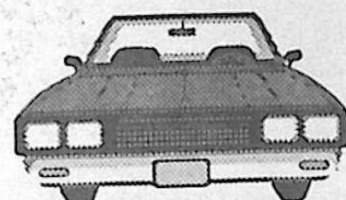
For Sale

•Two 185/70 x 13" radial Michelin winter tires on Honda rims.
•Compaq Notebook computer. 386/25 6MB RAM 120 HD. Phone Rick 339-1634.

Washer for Sale

Kenmore automatic washer - white. Kenmore automatic dryer - white. \$350.00/pair or \$200.00 each. Phone 338-0259.

BEST DEAL AROUND FOR SALE



1983 Chevrolet Cavalier Stn Wagon. Not running but suitable for parts or can be made to run by a handy mechanic. Good engine and drive train. Five speed manual. Body has some rust at bottom of doors.

**Asking \$300
OBO Call Mary
at 339-2108**

FOR SALE

2 Night Tables - \$20.00 each.
Double Bed Headboard - \$25.00.
4 Drawer Dresser - \$25.00.
12Vlt Water Circulation Pump - \$40.00. Call 339-0364

For Sale

Montgomery Ward woodburning kitchen stove, circa 1930-40. Needs some metal work. Finish is good. Asking \$100.00 OBO. Contact Joel at loc 8145.

For Sale

Jennings Compound Archery Bow, quiver mounted on bow, broadhead and target arrows, finger and arm guard. Very good condition \$80.00 firm. Call 890-0304 after 6 pm.

Did you know????

...that NPF stocktaking will no longer be done by uniformed members. All future stocktaking will be done by persons hired by NPF and the money will come from Base Fund.

Public & Personal Announcements

Comox Little Children Nursery School

Located on Comox Marina Park • large playground • walks and field trips • experienced certified staff • non-profit society • run by a parent board • on-going registration • visitors welcome • Monday to Friday 9:00-11:30am. 1801A Beaufort Avenue, or call 339-6883.

Comox Valley Smokeless Singles Club

This club is for non-smoking singles to meet each other and enjoy a variety of activities in a smoke-free environment. Hikes - trips - campfires - coffee klatches - dances - potlucks - BBQ's - dinners - etc.
Dances held first Friday and third Saturday each month. For further info re dances call Ron at 339-9831. For membership info call Doreen 334-4532.

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.

Swimming Pool Closure

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

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

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

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

BREAKFAST

Investment Information Evening

Gary R. Hein, Branch Manager of Fortune Financial Corporation, presents an exclusive evening with Gail Kennedy, author of "You're Worth It - Investment Strategies for Women" at the Florence Filberg Centre, Courtenay, on Tuesday 16 January, at 7:00 pm. \$5.00 admission fee - proceeds to the University Women's Fund. Reserved seating. Phone: 338-2702.

Reunion for

RCAF Women

The reunion committee for RCAF Women who served in the permanent force from 1951 is asking for your help in locating former members. Our 3rd reunion is being planned for 7-9 June, 1996 in Vancouver at the University of British Columbia and, whether people plan to attend or not, we are asking that they send in their names and addresses to: RCAF Women's Reunion Committee, 1475 East 43rd Avenue, Vancouver, B.C. V5P 1M3, or phone Shirley at 1-604-327-1221.

REFERENDUM

For electoral areas, A, B, and C. January 27. Advance polls at the Regional District Office January 21. Ask your local government representative for details.

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

Take Off Pounds

Sensibly

Tops #BC3454, Lazo, meets every Wednesday at the Base Rec Centre at 6:30 pm. For information call Kathy at 339-2976.

Aviv

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

OBITUARY

RISLING - Passed away suddenly on 24 December, 1995 at home, Harold (Harry) John Risling, born 12 June, 1936 in Scott, Saskatchewan, a resident of Victoria since 1991. He is survived by his loving wife, Betty; brother Ed of Munroe, Washington; sisters Mary Tellier of Victoria, Helen Flynn of Edmonton, Irene McIntosh of Wilkie, Saskatchewan and Joyce Irwin of Maple Ridge, B.C.; several nieces and nephews and three step children.

Harry served with the RCAF for 38 years in Europe and Canada as a safety equipment technician and was a member of the RCL #37 Mill Bay and the Army, Navy and Airforce Veterans in Canada. Funeral Service was held in McCall Bros. Floral Chapel, Victoria, on 30 December. Donations in Harry's memory may be made to the Canadian Diabetes Association, 930 Pandora Avenue, Victoria, B.C. V8V 3P3.

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.

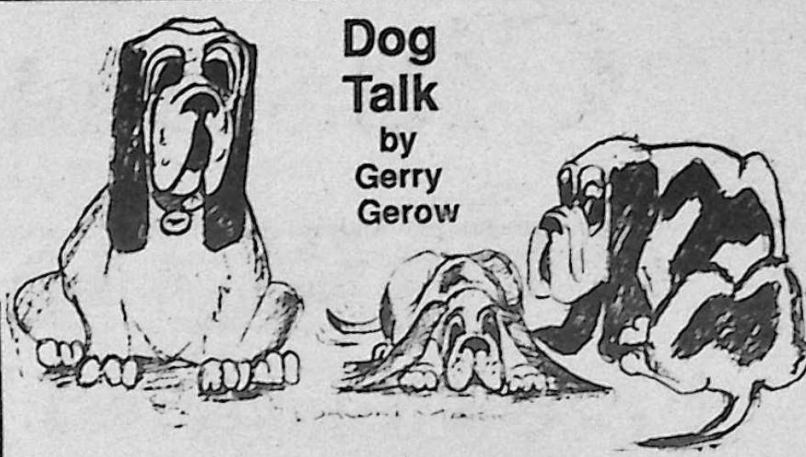
Public Service and Meditrust

The Public Service Health Care Plan Board of Management recently concluded an arrangement with Meditrust, a mail order drug store offering national coverage directly or through affiliated businesses. It was selected after a review of several such service providers as the board was satisfied that it could offer efficient, reliable and inexpensive coast to coast services in both official languages.

By now many members or their dependents will have received literature from Meditrust outlining how their system works. For those who have not yet been informed, what happens is that a plan member sends or faxes his/her prescription to Meditrust, to provide them with a hard copy of the prescription. They then mail the drugs to the member in an unmarked package, normally by priority post, so that the member receives it the next day. Payment is normally made by credit card and a receipt will be included in the package for the member to claim the costs in the usual way. Clients may expedite the processing by phoning in the prescription details using Meditrust's toll-free lines, but it will not be released until the hard copy is in their offices.

Meditrust's prescription fee is a flat \$5.00, which may be lower than is normally charged, and their drug charge may have a lower mark-up than other drug stores. There is no delivery charge. This, therefore, may represent a way of saving money on a member's drug costs, particularly where a dependent requires a maintenance drug for which one can obtain through Meditrust a 90-day supply with just one prescription fee. It also has the convenience of delivery if mobility or access to drug stores is a problem.

However, there is no obligation to use this service. It is offered by the Board of Management as an improved service under the appropriate circumstances of convenience or cost, where applicable.



Dog Talk by Gerry Gerow

Two breed books this time. The first is "Cavalier King Charles Spaniels Today" by Sheila Smith, Macmillan General Reference/Howell Book House, New York. US\$25.95.

A good breed book, with just about everything one would want to know about this breed. History, care, breeding, health, and a listing of all the top breeders, including the Canadian ones.

Many years ago, a dog was only kept if it could earn its keep, and the Cavalier was not one of these. Therefore, these little dogs were originally kept as companions to the wealthy nobility. King Charles loved them and bred them, hence their name.

This is a 160-page hard cover edition, well illustrated with over 100 black and white photos and a number of excellent line drawings to illustrate the text. A great gift for the Cavalier owner. Ask the book or pet store to order it for you from Macmillan.

The second is "The Australian Shepherd - Champion of Versatility," by Liz Palika, Howell Book House, Macmillan Publishing. US\$29.95.

This is a large 8-1/2" x 8-1/2" 240-page hard cover edition, well illustrated with over 200 photographs and line drawings, some of them in full colour. The author is an American who has owned and worked Aussies for many years. She is well qualified to write this book. Everything you would want in a good breed book is here. You will find information on training, competition, health, breeding, care and much more. This is a recent issue, but you can ask the pet or book store to order it for you from Macmillan.

Despite all that is said, a number of people still get a puppy for Christmas. So, how about a few words on what to expect and how to raise and look after this little fellow.

The ideal time to acquire and bring home a new puppy is from

seven to nine weeks of age. At this age the puppy will readily take to its new home. Younger than seven weeks, he/she should be with its mother in the nest, and older than nine weeks he/she will take longer to adapt. The first thing you are going to encounter is crying at night when the pup is left alone. Relax. They will get over it quickly. Give in and take the puppy into the bedroom with you and he will be there for ever.

Another warning. Puppies belong on the floor, not your lap or the furniture. If you allow the little guy to lay on your lap or on the couch, he will still crawl up there when he is full grown. Might be OK for the small breeds, but do you really want a full grown Labrador sitting on your lap?

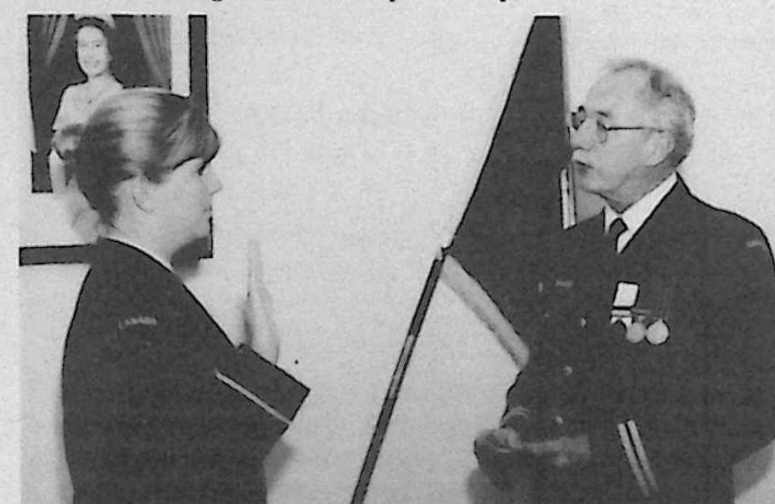
Feed your puppy good quality puppy food until he/she is a full year old. Yes, it is expensive. But, like a human baby, your puppy needs all the vitamins, etc. Feed cheap food and your dog will not mature properly. Also, water should be available 24 hours a day.

House train your puppy by taking him/her outside to the same spot in the yard after every feeding, and several other times each day, especially last thing in the evening. Praise when they do it, and do not punish them for making a mistake in the house, unless you catch them in the act. Five minutes after the act, the puppy will know only that you are angry with it, and not why.

Last warning. All puppies chew things and it is usually something you do not want chewed. For the first year of its life you must confine the pup in a crate every time it is left alone. This is not cruel. Dogs are den animals, and the crate is their den. They will not soil it and will be quite happy there until you return. Don't do this and I will absolutely guarantee YOU WILL REGRET IT!



Poppy Chair, Mr. Ben Sabel, presents a Certificate of Appreciation to 386 (Komox) Air Cadet Sqn RCAS for participating in the annual poppy sales, through Branch 17 Royal Canadian Legion, Courtenay. Receiving the certificate on behalf of the squadron is WO1 Sandra Merchant. Background: 386 Sqn CO Capt Victor Simonson.



OCdt Teresa Touhy at swearing-in ceremony administered by Capt Victor Simonson, Commanding Officer 386 RCAC (Komox) Sqn. OCdt Touhy is appointed AdmO after working with the squadron as a volunteer for most of 1995. Among those who attended the ceremony at Cadet Headquarters were #386 Sqn officers and staff, and Gerrit van Boeschoten, Chair of the Sponsoring Committee. Videotaping the occasion was Mike Touhy, Teresa's husband.

888 (KOMOX) WING RCAFA

HOURS OF OPERATION:

Wednesday 1300 - 1800 hrs
Thursday, Friday & Saturday 1200 - 0100 hrs
Sunday 1300 - 1900 hrs

PLEASE SUPPORT WING SOCIAL EVENTS MAKE NEW FRIENDS

Cancellation of Events Costs Your Wing Time and Money
For information about tickets, please call the bar, 339-0888

CALENDAR OF EVENTS - 1996

Sat 13 Jan	Bingo	2000 hrs
Sat 20 Jan	Pot Luck	1900 hrs
Sat 27 Jan	Ukrainian Nite	2000 hrs
Wed 31 Jan	Executive Meeting	2000 hrs
Sat 3 Feb	Bingo	2000 hrs
Wed 7 Feb	General Meeting	2000 hrs



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
.35 each

649 Anderton, Comox

339-5400

CFB Comox Bowling Centre

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

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

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

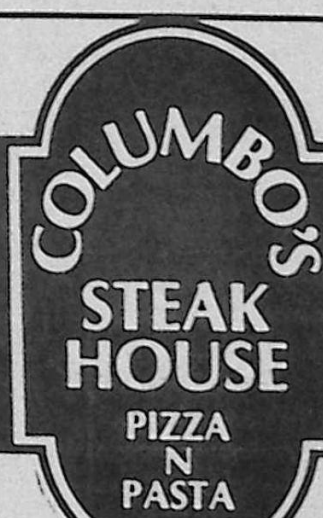
Casual Bowling

Friday 6:00 - 9:00 pm
Sunday 1:00 - 4:00 pm

Youth Bowling League - Saturdays at 9:30 am

Anyone interested in registering their children for the Saturday League can contact the coordinator, Byron Tordoff, at 339-7852. The kids have a lot of fun and get professional coaching at the same time.

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



Luncheon & Dinner
Pickup Available
Italian & Greek Dishes
Banquet Room for Parties
Open 7 Days a Week
1 - 450 Ryan Rd. Courtenay
338-1488



COMOX MILITARY FAMILY RESOURCE CENTRE

phone: 339-8290

SECOND CMFRC ANNUAL GENERAL MEETING

The Second Annual General Meeting of the CMFRC will be held on February 13th, 1996 at 7:00 pm at the AFIS Theatre.

The guest Speaker will be Mr. Gilles Parent, coordinator of the UN Mission Information Line, at the Directorate of Military Family Support in Ottawa.

There will be a Door Prize, free childcare at the Kinnikinnik Centre (registration for childcare is required call 339-8290), and tea and refreshments.

The CMFRC is a not-for-profit organization registered under the BC Society Act. It is governed by a Board of Directors which is comprised of a majority of volunteer civilian spouses of military members and a minority of military representatives.

The CMFRC mission statement is: to serve military families by working with community members to identify needs and resources, and to develop, implement and maintain programs which strengthen military families in the 19 Wing Comox community.

Who can attend the meeting?

Members of the Society can attend the AGM. Members are: all military members and their families working or supported by 19 Wing Comox.

What is the purpose of the meeting?

- to elect a new Board of Directors from the membership
- to present the financial statements of the Society
- to provide a status report on the progress made so far and on the planned projects
- to vote on a resolution to include retired CF members and their spouses as members of the Society

Why should you attend?

This is an opportunity for all members and particularly for civilian spouses of military members to have a direct input in the planning of programs and services of a community organization which was established to respond to the needs of 19 Wing Comox military community.

INTERNATIONAL WOMEN'S DAY CONFERENCE

Saturday 9 March 1995
at the Washington Inn

Cost is \$20.00

- Price includes 3 workshops, lunch and entertainment.
- Childcare is available at the Kinnikinnik Child Care Centre for a fee.
- Registration at the Comox Military Family Resource Centre 119 Kinnikinnik, phone 339-8290

Registration Deadline February 23rd
For More Information Call 339-8290



Keep Your Eyes Open for More
Upcoming Information in the Totem Times

DEPLOYMENT SUPPORT LUNCHEON

The Protestant Ladies Guild, The Catholics Women's League and the CMFRC are co-sponsoring a luncheon for spouses of military members who have been deployed. It will be held **Sunday January 21st from 1:30 - 4:00 pm** at the Protestant Chapel Annex. Free childcare will be provided at the Kinnikinnik Child Care Centre for those needing it. Registration is required so we know how much food to make and how many caregivers are needed for the children. For more information and registration please call the CMFRC at 339-8290.

Upcoming Events



Butt Out

The successful Canadian Forces quit smoking program "Butt Out" is now available for spouses and dependants of military members as well as DND employees. This information session is a free, no obligation evening to discuss the upcoming Butt Out program. Registration is required.
Date: Monday, January 15th
Time: 6:30pm
Location: CMFRC
Registration: Call 339-8290 or the WDEC at 339-8211 local 8789

"I found the support of the group really helpful."

Life Skills

Dates: January 22nd, 23rd, 24th & 25th
Time: 8:00am-3:30 pm (25th 8:00am-12:00pm)
Location: Bldg 22
Registration: Call 339-8290
Fee: No Fee

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

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

"Very beneficial to everyone"

"How to Talk so Kids will Listen and How to Listen so Kids will Talk"

This workshop is a fun, effective 6 week parenting course, based on the book by Adele Faber/Elaine Mazlich. Topics covered will include: helping your children deal with feelings, encouraging responsibility, alternatives to punishment, praise and self-esteem and much more.

Facilitator: Marla Kaposvary
Dates: Thursday evenings from February 8th to March 14th
Time: 6:30 - 8:30 pm
Location: CMFRC
Cost: \$25.00
Registration: Call 339-8290 by Feb. 6th. Fees due at this time

Kinnikinnik Child Care Centre

• Preschool (ages 3-5 years)

Two and three day programs are available, mornings and afternoons (2.5 hours per day).

• Daycare (ages 15 months - 5 years)

Full-time, Part-time & Drop-In Welcome.

• Out of School Care (ages 6 - 12 years)

Transportation provided to and from Lazo and Comox elementary schools upon request.

• Toddler Play Group (15 months - 36 months)

Tues. & Thurs. 7:00 - 11:30 am. Drop-in or monthly registrations. Minimum enrollment 2 hours.

• Parent and Child Play Group

Fri. 10-11:30 am. A playgroup for children under 36 Months. Older siblings are welcome. Drop-In or monthly registration.

OPEN 7:00 am - 5:30 pm

OPPORTUNITIES AROUND TOWN

Community Youth Leadership Projects

Community and leadership development are the key skills in today's changing world. This course will give students some of the skills and guidance they need to generate their own community leadership projects. The instructor will help participants identify problems/needs, and match these with strengths and resources. Students will learn how to: set goals; implement action plans; and establish evaluation and reporting procedures. Bring a project idea, or a willingness to work with others on their projects. For more information please contact the instructor at 338-5371.

Schedule: Thursdays Feb. 8th - Apr. 4th; 7:30-9:30 pm (5 sessions over 8 weeks)

Location: NIC, 2300 Ryan Rd, P-120 **Instructor:** David Stapley (338-5371)

Fee: CT880 \$10 **Registration Deadline:** Feb. 5th

Youth Activities

• Gym Nights 7 - 9 pm

Every Wednesday night at the base gym. Come out and join in activities such as volleyball, basketball, badminton and indoor soccer. No recreation passes are needed for CMFRC teens during this time only. Please bring white soled shoes.

• T-Shirts

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