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Internet

see story... page 11



The Comox Valley's Oldest Newspaper



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 38 NO 3

THURSDAY 8 FEBRUARY 1996

COST: PRICELESS

Air Commander came to communicate

by Capt David
Krayden, WPAffO

LGen Al DeQuetteville, Commander Air Command, came to 19 Wing last Friday for a whirlwind tour that saw him visit almost every section on base and become the focus of frank questions from personnel. The general came to Comox to talk to the personnel and give, as best he could, some hints on the future direction of Canada's Air Force. The visit was of particular interest to this Wing, given its vigorous promotion of Gen DeQuetteville's Flight Plan '97 and the commander's firm belief that re-

engineering is absolutely essential for the survival of the Air Force.

At question and answer sessions in Junior Ranks and Officers' messes, the commander faced questions about leave, incentive pay, specialist qualifications, the future of fighter aircraft, trade reorganization, the bureaucracy of NDHQ and communications problems.

Gen DeQuetteville emphasized on numerous occasions his absolute commitment, and that of the new CDS, Gen Boyle, to personnel issues such as establishing definite terms of service and

Continued on page 8



Eurocopter visits 19 Wing

Eurocopter, a company which was formed 1 January 1992 by the merger of the helicopter divisions of Aerospatiale (France) and Daimler Benz (Germany), gave two briefings at 19 Wing on 29 January. The briefings began with an introduction by LCol Hardy, Commanding Officer of 442 Sqn, with Col Brian MacLean, Wing Commander, and LCol Peter Abbott, Wing Logistics Officer, in attendance. The briefing team was headed by Mr. Murry Ramsbottom and included Mr. Willy Heidbuechel, Mr. Jim Leitch, Mr. Don Turrentine and Mr. Gerard Temime. Mr. Leitch is the chief test pilot and a former member of the Canadian Armed Forces. Mr. Temime is a specialist engineer from the product sales division and fielded most of the technical briefing aspects, as well as most questions.

In his opening remarks, Mr. Ramsbottom noted that the Canadian Government is expected to release a "solicitation of interest" document in the near future which will allow companies like Eurocopter to submit proposals for replacement of the aging Labrador fleet. He said that Eurocopter intends to propose the Cougar MkII as the new Canadian Search and

Rescue helicopter. The Cougar MkII is the military version of the Aerospatiale Super Puma, a rugged commercial helicopter that is used principally by Canadian Helicopters in the offshore oil and international commercial helicopter circuit.

Mr. Temime, in his technical briefing, cited some impressive statistics concerning the Cougar MkII. Of special interest to the members of 442 Sqn was the single engine performance which will allow recovery from an engine failure from almost all regimes of flight. The SAR Techs seemed taken with the roomy interior cabin which is big enough for 28 passengers, excluding crew members. Also, the aircraft may

be equipped for flight in icing conditions, is night vision goggle compatible, has a range of 650 nautical miles and a fast cruise speed of 155 knots. Mr. Temime stated that it is also the only helicopter currently certified for "super emergency power" which allows its engines to develop 2104 shaft horsepower each for a brief five second period to allow it to escape from an extreme emergency situation.

At the conclusion of the brief-

ing, the team fielded questions from the floor. Some interesting topics were explored and the fact that the helicopters will be constructed in France emerged. Apparently this is an attempt to keep construction costs to a minimum and is in keeping with the government's "off the shelf" buying policy. In addition, the questions of contract maintenance, and leasing versus buying were asked. Mr. Ramsbottom was unable to say if his company will be asked to submit a proposal for contract maintenance or whether the company will be asked to submit bids for both a leasing or purchasing policy.

General comments from the floor following the briefing seemed to indicate that the base personnel were impressed with the performance statistics of the Cougar MkII and would like to see a real example so that they may further explore its merits. Mr. Ramsbottom indicated that the company is exploring the possibility of having the Cougar MkII visit Canada in the late Spring and it very well may visit 19 Wing on a promotional tour.



General DeQuetteville stares intently out at the snow-covered Comox Valley. The general's tour of 19 Wing included a flight in a 442 Sqn Buffalo.
(courtesy Base Photo)



Legion Log

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri 9 Feb - NO band
Sun 10 Feb - Valentine's Dance in the Lounge commencing at 8 pm. Music by Karaoke Sound Stage.
Fri 16 Feb - Norm's Combo
Sun afternoon 18 Feb - Music by Wylie & the Other Guy in the Lounge from 3-7 pm.
Fri 23 Feb - Music by the Alleycats.

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
Kirby.....2 Feb
Sage.....9 Feb
Wylie & the Other Guy.....16 Feb
Vested Interest.....23 Feb
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. 25 February at 1:00 pm
BARGAIN DAY.....every Wednesday, all day
BBQ LUNCH SPECIALS.....every Weds & Fri 11:30 am - 1:30 pm
Note: General Meeting - Tuesday 27 February at 7:30 pm

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Chaplains Chatter

by

Fr. Conrad Verreault
Wing Chaplain (RC)

At war against evil

Military people, a long time ago, came to recognize two very essential principles of successful warfare. First, never underestimate the enemy. Give him credit for careful planning, study his ways, try to anticipate his moves. Secondly, devise the best strategy possible. Go into battle with a well thought out plan. Both of these principles are necessary to win a war. Neither can be dispensed with.

What has this to do with us, you ask. Simply that we are at war. We are on the side of good and we want to win. Evil is our enemy. No human being can escape this warfare, for good and evil are part and parcel of the human scene. And they cannot exist together. Our Lord put it this way: "You cannot be with me if you are against me." As plain as that. So there can be no neutrality.

But what is evil like? How does it operate? We must ask these questions and try to find answers to them if we are not to underestimate the enemy.

Evil is not easy to describe. It is everywhere. It is very real. It tries to undermine what is good. It tries to break down people, to break down the whole human enterprise.

There are physical evils of course - sickness, disease, natural catastrophes. But far worse than these physical evils are the evils of the human heart, the evils man brings upon himself. Physical disasters are like nothing, compared to the man-made ones, the disasters of war, of poverty, of cruelty, of oppression and of injustice. A whole library is not enough to detail all the ways of such man-made evil. It is so many-headed. It is so subtle. It is rightly called a mystery - the mystery of evil. What to do about this mystery of evil?

Some think it is better to do nothing, just close one's eyes in the hope that it will go away. It won't, of course. It will, on the contrary, get worse in the face of such an attitude.

Others take the line that evil is over-exaggerated. Too much credence is given to its power and influence they say. That is precisely what evil likes to hear. It wants to be underestimated. It even wants to be thought of as good.

There is no choice, then. We have to face evil head on. But what is to be our plan and strat-

egy? It is a fact that we are not the first ones to face evil. Our ancestors in the faith faced it thousands of years ago. And they came to realize that ultimately only God himself can crush evil. Man cannot do it on his own. The Gospel makes it clear that Christ is the Messiah, the one who will achieve the ultimate victory over evil.

Jesus is a servant Messiah, who came to pour out his love for God and man even to death on the cross. And it is the cross too, which tells us who we really are. And if you ask "What is the cross for us?" the answer is clear: it is living a life of love for God and neighbour. In loving God and neighbour day in and day out, we are dying to self, we are bearing the cross. It is not an easy life. Dying is difficult. But that is God's strategy - and it works. It paid off for Christ. It will pay off for us. Think about this during Lent which will start on Ash Wednesday, 21 February.

Le coin du Padre

Deux mesures

Je pense que la plupart des gens ont deux personnalités. Faisons un retour sur nous-mêmes: n'y a-t-il pas des occasions où vous avez des attitudes

étrangement différentes selon que vous êtes en cause ou non? Ça ne vous arrive jamais, vous autres, de poser des actes que vous reprochez aux autres? Faisons un petit examen de conscience.

Si quelqu'un prend un risque sur la route, c'est un imprudent, il mérite de payer l'amende. Si ça vous arrive à vous, c'est que vous êtes pressé, vous ne voulez pas faire attendre.

Si quelqu'un est en vif dans son travail, c'est un négligent qui fait tout pour se débarrasser. Si vous terminez les premiers, c'est que vous êtes pressé, nous ne voulons pas faire attendre.

Si quelqu'un passe sans voir, il est snob, il ne regarde pas le monde. Si ça vous arrive à vous, c'est que vous étiez dans la lune, vous ne l'avez pas vu, simplement.

Les gens qui parlent des autres font de la médisance, mais quand c'est vous, c'est de la critique constructive.

On pourrait continuer indéfiniment pour découvrir, en somme, qu'au fond de chacun de nous, il y a une bonne dose d'orgueil et que nous sentons un certain malaise à approuver les autres sans aucune réticence.

Voulez-vous une petite recette pour vous perfectionner? Essayez donc d'être aussi exigeant pour vous que vous l'êtes pour les autres.

Ton Padre

The Officers Mess Ladies' Club presents GAMES NITE

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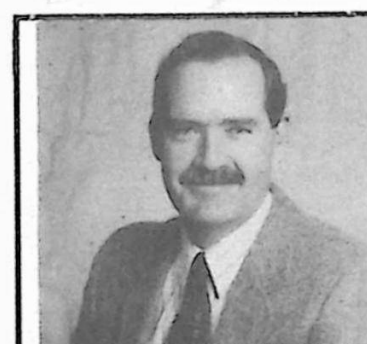
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10th Anniversary of EXPO '86

Canada Place Corporation has announced plans to celebrate the 10th anniversary of EXPO 86 and the Canada Place facility with EXPO Fest 96 - Relive the Magic at Canada Place on 29 June, 30 June and 1 July 1996.

"Since 1986, Canada Place has played host to the second largest Canadian celebration of Canada Day, attracting more than 100,000 people to the site each and every year," said Canada Place Vice

President and General Manager Bill Watson. "In recognition of our roots as the Canada Pavilion at EXPO 86, celebrations this year will include a three-day event, EXPO Fest 96 at Canada Place, enabling everyone to relive the magic of that special time."

The three-day celebration will highlight sights and sounds reminiscent of EXPO 86, including showings of the popular films This is Our Home, Zargon, Free-

dom to Move, Rainbow War and Transitions. The event will also feature the return of the Canada Pavilion Hystar, floating under the sails, and The Promanauts, bringing alive the outdoor decks of Canada Place.

Also planned as part of EXPO Fest 96 are The Boom Boat Ballet and fireworks, animating the harbour, over 200 live performances on various stages throughout Canada Place; and images,

sounds, memorabilia, artifacts, and original video footage of EXPO 86 shown at various locations around the site.

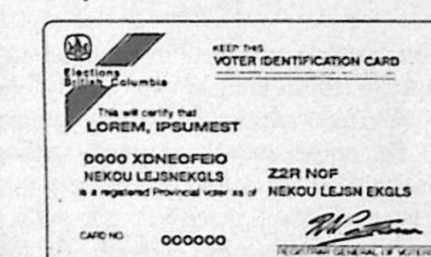
Canada Place will also continue to host 1996's Canada Day Celebrations with the swearing-in ceremony of over 100 new Canadians on 1 July.

Event details and ticket information will be made available to the public in the next few months.

NEXT DEADLINE 16 FEBRUARY - NOON

Register to Vote

Do you have this card? Is it correct?



This card means that you are on the Provincial Voters List.

If you do not have this card, or you have changed your name or address, visit the Registration Centre nearest to you from February 1 to 4 and February 8 to 11. Locations are listed in the information flyer recently mailed to you. If you didn't receive one, call us.

How to register:

If you're not sure you're registered to vote, or your name or address has changed:

- Contact a Registration Centre, District Registrar of Voters, Government Agent or Elections BC office.
- Have the Voters List checked for your name and address.
- If you are not on the list, but qualified, complete a registration form.

Qualifications:

- 18 years of age or older
- Canadian citizen
- Resident of British Columbia for the past 6 months

The new Election Act came into force on September 1, 1995. The new rules affect everyone in British Columbia. For more details, check the information flyer we sent you.

Any questions?

Contact Elections British Columbia at this toll-free number 1-800-661-8683.

1-800-661-8683



ELECTIONS BC
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The New Editor

Hell no,

I won't go!



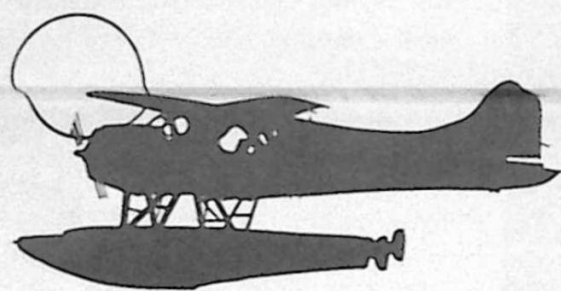
Not another course. I've just got too many things to track down for the paper. I'll be behind in production. I've already had all of this training. Why pick on me again?

If some of that sounds familiar to you, then you've probably been selected for Flight Plan 97 training. I recently was, and despite my best whining, I was unable to shake off Bev Merchant and get myself off the programme. There's just no escaping this training.

It's a good thing too, because in spite of my poor attitude when starting the course, I managed to learn a thing or two. Firstly, where did they get these facilitators? These folks are keen and seem to approach the task with a missionary zeal. The presentation is excellent, and although I realize that much of the material is Air Command selected, the anecdotes provided are funny, relevant and well delivered. Secondly, the opportunity to be on a course with all ranks is a real eye opener. I had no idea of the frustration level and anxiety being experienced out there. I should get out and about more often.

If Flight Plan 97 accomplishes nothing else, it will demonstrate to all base personnel that we're all in the same boat. The water is shallow and the rocks are near, but one thing is for certain, we've got all of our oars in the water.

Joel Clarkson



Letters to the Editor

WANTED!

WWII Radar Mechanics

Dear Editor,
Winston Churchill told Canadian Air Minister "Chubby" Power in 1943 that "radio mechanics were largely responsible for the United Kingdom victory over the massed German air fleets in 1940." Since then, their story has faded into oblivion. No mention of the contribution was made in the coverage of the recent D-Day or VE-Day celebrations.

Canada supplied 5000 of those radio mechanics. "Chubby" Power said: "We obtained the best educated men we could. We were asked for 5000 and we supplied 5000.... These unfortunate fellows have been sent all over the world." These men were recruited by the RCAF but, after arriving in Great Britain, they were attached to the Royal Air Force, who then allocated them to RAF squadrons, to radar ground stations, or the Army or Navy as required.

The RCAF in Canada had no record of where these airmen served. The RCAF located none of the Canadian radar mechanics in 1946. They had been asked to distribute British Air Ministry Certificates of Appreciation

which said, in part, "these men not only had an indispensable share in the defense of this country but also contributed in great part to the development of this new branch of science, to the general benefit of the Allied cause."

Now, 50 years later, the first radar reunion in Western Canada is to be held at the Marlborough Inn in Calgary, 7-9 June, 1996. It will be one of the largest since the end of WWII. A copy of that long-lost Certificate of Appreciation has been found.

Finding those "lost 5000" is proving to be difficult. The Reunion Committee, headed by S/L (Retired) Les Card of Calgary, with help from other radar veterans, has found the addresses for over 1000 but they need to find the remaining 4000!

Anyone who was a member of the lost 5000, or their relatives, are asked to contact Les Card at phone (403) 288-7748, Fax (403) 247-3070, or write to: Reunion 96, Box 83039, Canyon Meadows P.O., Calgary, Alberta, T2W 6G8.

Sincerely,
Les Card,
Chairman/Reunion 96

WARNING! They are home from Rwanda

by PO2 Campbell

Unknown authorities in Canada's UN contingent in Rwanda have issued a warning to families, relatives, friends, and acquaintances of service members on their return to Canada, described by some as "the land of walls and flowers."

The warning suggests that they be treated kindly and that they be remembered as they once were, "for there are strange things done 'neath the Rwandan sun."

Although subtle changes have taken place in the peacekeeper's character, specialists add, you are advised to "take no alarm," because all who have served here will be subject to the same nervous twitching, blinking of eyes, and an uncontrollable urge to dive for cover at unexpected noises.

Apart from these general symptoms, authorities list other idiosyncrasies which may prevail for a while:

- When the wind picks up, they may begin to run around looking for their rain jacket, and mumble

- "Did I do up the zippers in the Weatherhaven?"

- When starting out for work in the morning, they may stuff a roll of toilet paper in their pocket;

- They may go to see the same movie four times;

- When invited to dinner, they may take along their own knife, fork and spoon;

- If they have to get up in the night, they may put on combat boots and take along a flashlight;

- They may cover the floor of the car with sandbags, and violently refuse to pull off a paved surface, even to repair a flat tire;

- Waking up at night, and hearing nothing, they will curse all generators, and then go back to sleep;

- They may want to keep a helmet and flak jacket beside the bed;

- They will violently hammer to death, with anything available, any creature with more than four legs;

- For the first few weeks at home, the water bill will be astronomical;

- You will be subjected to an uncontrollable rage if you mention UNAMIR, UN pay, embarkation leave, or weekends off;

- NEVER mention that all your neighbours (who didn't serve in UNAMIR) seem to have gone to all the postings that they have been requesting for the past six years;

- They may brush their teeth with Crown Royal, preferring not to trust the water;

- They will dissolve into a sobbing mass if you ask how much money they managed to save while serving with the UN.

Authorities recommend patience and understanding, and suggest that in a couple of months, with proper rest and care, they will revert to the character you knew before they "donned the Blue Beret."

Editor's Note: PO2 Campbell, along with other members of 19 Wing serving with 95 CMSG UNAMIR returned home from Rwanda on 3 February.



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OFFICE HOURS

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

442 Sqn



442 Divers get a breath of fresh air

by MCpl Al Banky

Clank, clank, clank, rattlin' back and forth under water: 300 pounds of chain hangin' upside down. Where's it to go but down? Not your day if you happen to be swimming under it when it lets loose from the recently overturned fish boat to which it is gingerly attached and sinks to the bottom. As it slams into the back of your head and tears your only source of air from your back you think to yourself, "Oh ****!"

What's a body to do? Legs wrapped in chain, dangling upside down like a fresh plucked chicken and no way of telling your partner - feverishly working to free your legs - that you've got nothin' to breathe. Seem like your worst nightmare?

For 442 Squadron's SAR Techs, the prospect of doing rescue dives into overturned fish boats is very real, probably the most dangerous mission assigned to them. Several dive incidents, including the one described above have pointed to the need for a durable, effective underwater

communications system. In an attempt to identify the best equipment for the job, a group of SAR Techs, including 442's MWO Bob Verret and Sgt Mike Vatheuer recently conducted dive trials and equipment evaluations at the Fleet Diving Unit (Pacific) in Esquimalt. The purpose of the trials was not to identify the need for the equipment, that was obvious, but to identify the equipment which would best suit the environment the SAR Techs dive in.

Esquimalt harbour, by nature of its function as sewer out-fall for a good portion of Greater Victoria, provided the dark, oily and muddy environment familiar to SAR Techs. Noise was provided by the ships of Maritime Forces Pacific (the West Coast Navy) and a sunken armoured personnel carrier (APC) used to train combat divers was used to simulate the confined areas the SAR Techs dive into.

According to Verret, "Everyone involved in the trials was extremely impressed with the way the equipment made a dangerous job safer and easier." Voice communications underwater enable the divers to communicate not only plans, but also emergency instructions. Vatheuer stressed the need for a communications system free of wires and able to transmit over a long distance. At one point during the trials, the divers were able to talk with personnel on the surface some 800 metres away, well beyond the range required by the SAR Techs.

If the recommendations of the trials are adopted and funding can be secured, the SAR Techs should be diving with the new equipment some time in the next year. A small amount of relatively inexpensive equipment can make the difference between feeling like a plucked chicken and getting a breath of fresh air.



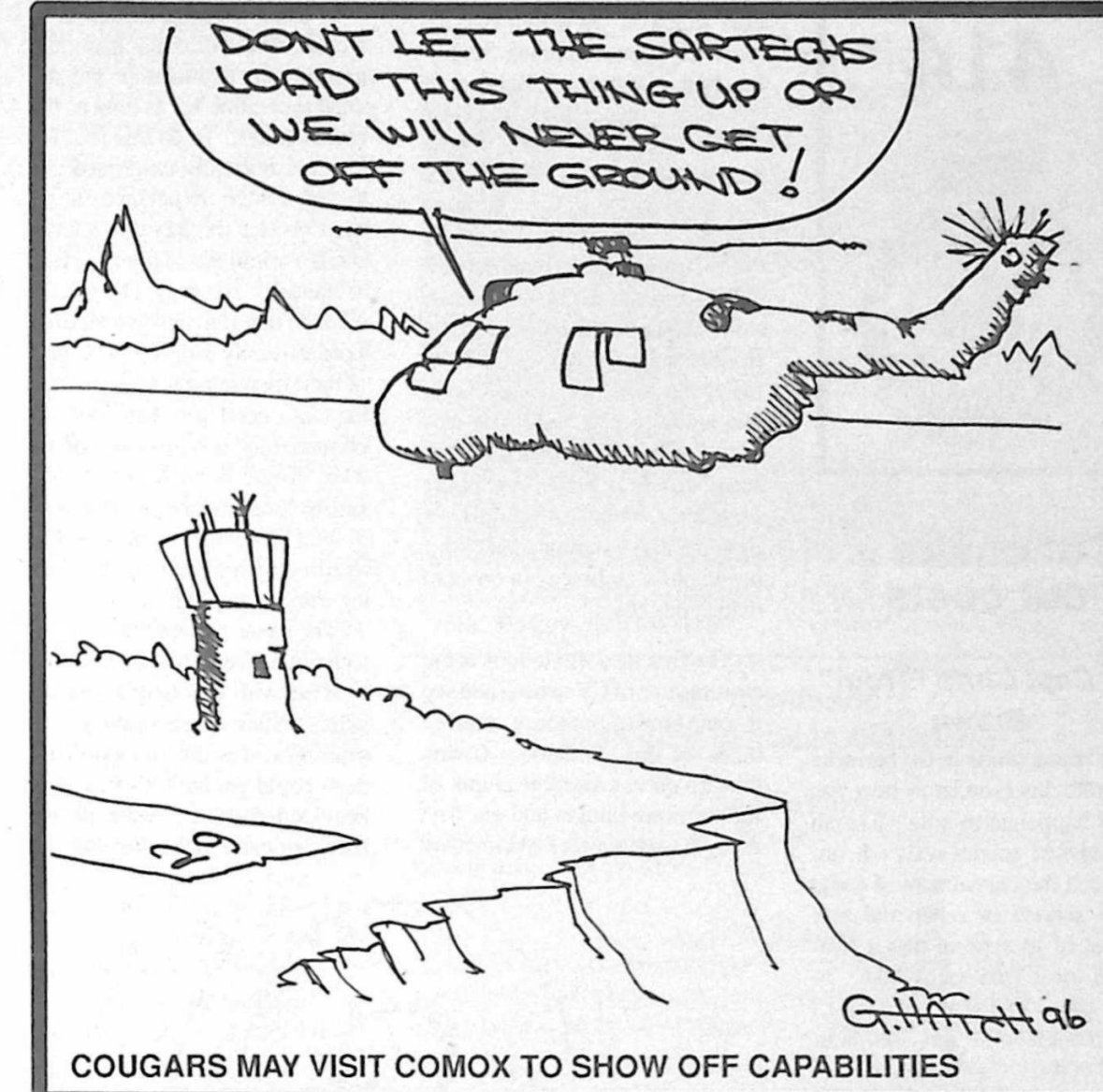
A Canadian Coast Guard diver prepares to enter an overturned boat during a recent training exercise with 442 Sqn SAR Techs. The CCG divers have been using full face masks and underwater communications since June. The AGA mask worn by the diver is similar to the one tested by the SAR Techs. (Photo: MCpl Al Banky)

WOS' & SGTS' MESS
Ski Day - 20 February

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Ticket/lesson.....\$38.00	Ticket/lesson.....\$19.00
Lesson only.....\$18.00	Lesson only.....\$1.00

These prices are only available to the first 40 members to sign up and pay by 09 February. Non-members who wish to ski on this day will pay group rate prices. For more info contact Sgt Lirette 339-8298.



COUGARS MAY VISIT COMOX TO SHOW OFF CAPABILITIES

Administrator change

The Treasury Board of Canada has agreed to award the contract to provide administrative services for the Public Services Health Care Plan (PSHCP) to the Sun Life Assurance Company of Canada, effective 1 July, 1996. The Plan is currently administered by the Mutual Life Assurance Company of Canada.

This decision was not the result of any dissatisfaction on the part of the Board of Management of the PSHCP with the level of service provided by Mutual Life, but as a result of a contract tendering process. In this process nine companies submitted bids and the evaluation of these showed that Sun Life meets all the technical requirements to properly administer the plan, but would do so at significantly lower cost than any of the other bidders.

There will be no change in the level of coverage of the plan caused by the change in the administrator. Such changes occur only through the consultations and recommendations of the Board of Management, which is composed of representatives of both employees and management.

The period from now until the official transfer date of 1 July is being used to ensure a smooth transition from Mutual Life to Sun Life. As part of the contract, Sun Life will be establishing a full service claims office in Ottawa for the administration of the plan, on the lines currently followed by Mutual Life.

More detailed information on the transfer will be provided to plan members, particularly with respect to issues which could affect them directly, over the next few months.

In the meantime, Mutual Life will continue to administer the plan, and plan members will continue to submit claims, and make enquiries, to Mutual Life.

Admin. folks - what they really mean

UNDER CONSIDERATION: Never heard of it.

UNDER ACTIVE CONSIDERATION: Will have a shot at finding the file.

IN ABEYANCE: File still missing.

IS RECEIVING VERY CAREFUL CONSIDERATION: A period of inactivity covering the time lag.

I WOULD BE GLAD TO TALK TO YOU IF YOU GIVE ME SOME IDEA OF WHAT IT IS ALL ABOUT?

PUTTING HIM/HER IN THE PICTURE: A long, confusing and inaccurate statement to a newcomer.

THE MATTER IS SOMEWHAT IN THE AIR AT PRESENT: I am completely ignorant of the whole subject.

YOU WILL REMEMBER: You have either forgotten or never knew.

YOU WILL REMEMBER: I've been meaning to write this for months.

FOR ACTION AS NECESSARY: Do you know what to do about it?

We don't.

CONCUR GENERALLY: Have read the document, but don't want to be bound by anything I say.

IT WILL BE APPRECIATED: Don't you understand, you damn fool?

AS FAR AS WE CAN SEE: Until someone changes their mind.

"FOR INFORMATION:" You won't be interested but if everything goes wrong you can't say it was all my fault.

MAY I REFER THIS TO YOU PLEASE: Help

YOU WILL BE INTERESTED TO NOTE: I'm certain you'll be

thunderstruck/furious.

PLEASE CAN I HAVE YOUR COMMENTS BY 1st APRIL: I need your comments by 1st May.

PLEASE CAN I HAVE YOUR COMMENTS BY 1st APRIL AT THE LATEST: I need your comments by 7th April.

I HAVE PASSED YOUR LETTER TO: I can't understand a word you say.

I ENCLOSE A FEW SPARE COPIES OF THIS LEAFLET: We ordered 10,000 too many.

WE MUST MAKE MORE OPPORTUNITIES FOR INFORMAL DISCUSSION: Isn't it about time we had another pub crawl?

IF YOU NEED ANY HELP, DO NOT HESITATE TO GET IN TOUCH WITH US: I am retiring tomorrow. (Courtesy Retrospect)

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Cut chairs = cut costs

by Capt Chris "Trout" Brown

Strolling along in the barracks the other day (you know how you do), I happened to notice a small sign tacked to the wall. It announced the curtailment of some small service or other and was typical of its type in that it contained those familiar words: "in these times of fiscal restraint..." The trouble was the sign was dated 1989.

Ever since I joined the CF it has been getting steadily smaller. There may be some kind of cause and effect process there but I'm not sure. Certainly all "The Good Old Days" stories pre-date my enrollment. Recent trends do seem a little more serious though, judging by the almost frantic re-engineering efforts all about us. Everyone at every level is taking a long hard look at themselves (a particularly ghastly thing to do on a Saturday morning). At 414 Sqn we too have been looking at how we do things and have started to make changes to our Modus Operandi.

The first step was to realize that not every problem we generate can be blamed on someone

else, much as we would like to. It's time to stop blaming Supply for bad weather. It's time to throw off the attitude that Air Traffic Controllers are a plague similar to the one that swept Europe in the Dark Ages. It's also time to accept the fact that the Queen simply can't manufacture T-Bird parts at the drop of a hat, especially when she has so many troubles with her family (and virtually no skill as a machinist). No, we must rise above our current funding "adjustments" and see if we can provide some of the answers ourselves. What follows now is a list of concepts that have been boldly embraced in order to reduce our costs.

The first idea was to look at the current state of CF seating and see if some kind of economy could be made in this direction. Chairs taken up quite a sizeable chunk of the furniture budget and our first thought was that we had too many



and to just reduce their number. This was immediately exposed as an oversimplification. We would normally pre-suppose that only one chair is required per person but a casual glance around the place soon reveals the fact that most people need two (one to sit on, the other to put your feet on). A straight reduction in number is not going to solve this problem. We have therefore sought a way to make chairs more economical by reducing their infrastructure.

A chair's basic function is to elevate the buttocks from the ground and to maintain the desired separation for as long as the user requires. To do this four (4) legs are normally employed. A bit of casual experimentation soon reveals the fact that a chair needs a minimum of three (3) legs to stand up. It can then be readily realized that if a person operating a chair usually brings two (2) legs of their own into the system, then the chair need only have one (1) permanently installed leg of its own. There is, therefore, a considerable redundancy in chair legs in the CF, which can be speedily rectified with a Forces-wide chair leg truncation program.

The same cost and leg cutting techniques were tried on desks as well but with less satisfactory results. After much pruning and grafting it was determined that a desk could get by with two legs, provided that they were diagonally opposite each other and that

19 AMS



Tool time

by WO Champagne

Do you think tools are important? Next time an aircraft, a part or a piece of support equipment breaks down try to fix it without using tools. Our mission at Tool Control is to make sure all tools necessary to carry out aircraft maintenance are available to the technician, while following Tool Control Policy. Most of our work involves replacing broken tools and acquiring new ones.

There are some 226 aircraft tool boards/kits in use at the Wing. They range from tool pouches containing four or five tools to maintenance boards holding hundreds of tools. Some of these tools are specialized items specifically designed to do one job. Finding replacements or who can repair these items can be quite interesting. A lot of detective work is involved.

As with every section at the Wing, change is constantly affecting the way we operate. Gone are the days of filling out a demand voucher and having the tool appear a few days later. Most tools must now be purchased as Supply is no longer stocking tools. Cpl Green is kept busy talking with distributors and suppliers across North America to locate the right tool at the right price. Local Purchase Orders are then prepared

and the desk operator was able to arrange his working materials in such a fashion as to allow the desk to balance. It was perhaps unfortunate that the CO's desk was the first one chosen for the experiment. Efforts to placate the Boss by appealing to his sense of scientific research fell on largely unsympathetic ears.

Other avenues proved more fruitful, however. Coat racks for instance. The entire pedestal can be cut off one of these and it still stands up, as long as it is nailed to the wall firmly. We also found that doors did not really need three sets of hinges (one will do), and that a door knob need only be installed on one side. It was also discovered that removing all the hands from the clocks in the office had no discernible effect on their operation (several hotheads suggested removing the clocks completely but that would lead to anarchy).

This is the extent of our internal research to date but there are some exciting possibilities for the future. Ideas currently being studied are the requirement for heels on boots and the even more interesting Aircraft Push-Start Program. There are some things coming in the near future that may seem radical (does the Light Bulb really have a place in the CF?) but, then again, we must remember that when the going gets tough, the tough get going.

and faxed out directly from our section. This saves time and paperwork and delivery is normally quicker than the old way. There is also a savings in money as most items cost less than the price listed in the Canadian Government Catalogue of Material.

A new Tool Control Program was developed by personnel in our ADAM section. This software, specially designed for Tool Control, allows us to easily file and track all tools. This data bank holds the master checklist for all tool boards as well as the schedule of inspections. Another integral part of the program is the supply data base. Supply vouchers can

"Finding replacements...can be interesting. A lot of detective work is involved."

now be prepared, filed and printed using ADP. MCpl Lafontaine is getting to spend a lot of time on the keyboard entering data and updating the check lists. He is also quite skilful when it comes to fixing things. Watching him take things apart and putting them back together gives me the impression he would score quite high on a mechanical aptitude test.

Next time you pick up a screwdriver, torque wrench, propeller puller, think of the background activity that is going on in Tool Control. This small section is kept very busy making sure the tools are there to keep our aircraft flying.

NEXT DEADLINE
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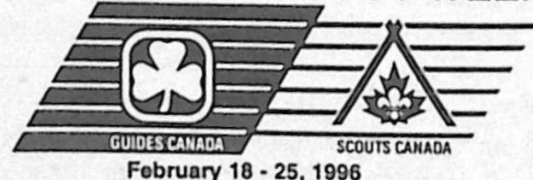
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GUIDE - SCOUT WEEK



February 18 - 25, 1996

407 Sqn



Demon Doin's

Serv Crew 3 scuttlebutt

by MCpl Surch

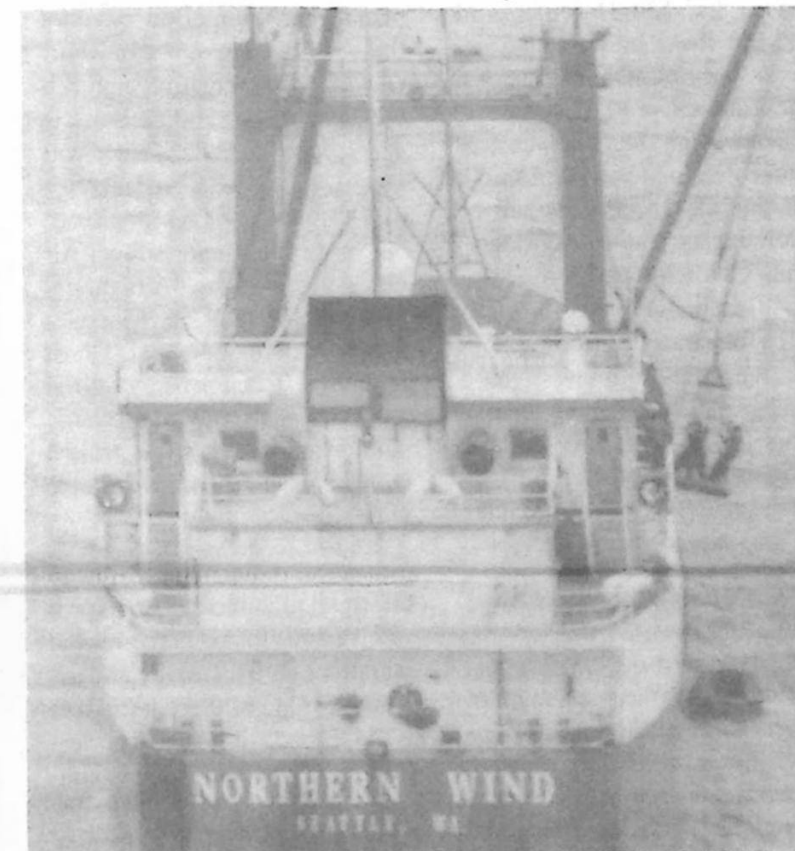
With the holiday season now officially over, we'll start by welcoming back everyone to yet another year in "Canada's Recreational Playground." To be more specific, I'm referring to the

Comox Valley, not Servicing, although the similarities are numerous. It is good to see everyone enjoyed a safe holiday season. I hope you rested well because "we gotta doozee" of a year ahead of us. If you're getting tired of hearing about re-engineering then hold onto your hats because here it comes!!!

Being the homo sapiens that we are, we inherently display a great resistance to change. I'm sure that in the case of a complete squadron shakedown, it will be no different. From a personal and obviously biased perspective, I feel the changes we are about to experience will improve working conditions and aid in cross-training, which is of benefit to us all. Time will be the ultimate test, but at this point optimism seems to be the general consensus which is a good start.

I've decided as of this installment that each article will feature

Hoisted to safety



The crew of the downed fishing vessel *Corrina* are lifted to safety Monday afternoon, 22 January. The crew were adrift near the Queen Charlotte Islands for almost seven hours before a 407 Sqn Aurora patrol aircraft from CFB Comox spotted the distressed group in their life raft. The pilot of the aircraft was able to contact the American ship in photo and provide the coordinates of the life raft. The Aurora was conducting a routine 10-hour sovereignty patrol when they found the three survivors. The *Corrina* sank in less than one hour and everyone on board was able to evacuate the ship in time.

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the "HONOURABLE MENTION" of the week. This article will focus on the most deserving member(s) as selected by, of course, me! And what a way to start tradition than by having a tie. This week's citation goes to Sgt Cochrane and Cpl Labrie for their little episode in Avionics. Apparently, as it was told to me, this dynamic duo found themselves locked (and here's the key word) IN Avionics while the rest of the crew were debriefing in the canteen. It must have been terrible, no one to hear their screams, yearning for freedom, hearing the sounds of other life just meters away, and yet helpless. If not for the ingenuity of Cpl Labrie removing the door hinges they very well could have starved to death! So this seemingly very close pair qualify and get the HONOURABLE MENTION.

Rating right up there with them but on a different "plane" is Sgt Provencal. Here's his "believe it or not" story. First for a bit of background. Roger has been around for 17 years and I'm sure tens, if not hundreds, of service flights. So, with that in mind, I'm convinced that he was simply testing the response time of the claims people by waiting until the eve (we're talking 6 pm) of his trip to Greenwood before asking for his claim. They accommodated him in record time but I'll bet he's off their Christmas card list!

Congratulations are in order for WO Rick Skrzyzala and Sgt Gary Gasper. The two of them just recently announced that they are engaged to be married. I've scared anyone then don't fret. I don't mean to each other. The two of them have found that special person to share their toothbrush with. So they plan on strapping on the holy handcuffs of human bondage sometime in the near future! (T.B.A.)

Considering I've not been around a lot lately, with re-engineering and course, I had fewer lies to pass along this time. It is very apparent that with the organization changes, 500 series restructuring, FRP 96, and upcoming events, the next six months should prove to be extremely challenging. We will, as have we always, come out on top. We all possess an enduring quality as aircraft technicians that will see us through radical change. We are professionals and we are proud...U.N.T.I.O.O.H.

Wiseguy (boarding a street car): "Well, Noah, is the Ark full?"
Conductor: "Nope, we need one more jack-ass; come on in."

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407 Promotion



The CO 407 (MP) Squadron, LCol G.B. Lewis, presents CWO T.A. Walker with his scroll. (courtesy Base Photo)

Air Command Mission and Vision Statement

The Mission

To support Canada's defence policy objectives by maintaining a combat capable general purpose Air Force.

The Vision

The Air Force will continue to evolve towards a sound total force structure to accomplish our mission; emphasizing strong leadership, an optimal mix of operational capabilities, effective command and control structures and managerial excellence.

Air Force "Core" Values

Professionalism • Excellence • Teamwork

Maxims

At all times, professional • In all things, ethical • To all people, respectful

The purpose of a maxim is to convey, in a single phrase, the meaning of a principle in such a way that everyone, from the most senior officer to the newest recruit, can quickly grasp its essence. The maxim should be profound, express the substance, and at the same time, be simple and useable in any situation. When expressing our core principle of Professionalism, for example, we would want everyone to understand that we must be at all times, professional. Perhaps, when training our airmen and airwomen, we might have opportunity to describe the Excellence of our attitudes as, in all things, ethical. And, when dealing with people on a daily basis, whether subordinate, equal, or superior in rank, and whether military or civilian, we need to ensure we are to all people, respectful, when upholding our principle of Teamwork.

As the men and women (military or civilian) become more familiar with the maxims, the mere display of them in an appropriate poster or other medium will remind them of the principles we seek to preserve.

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SETTING TOMORROW'S STANDARDS...TODAY

He came to communicate

Continued from page 1
fighting for a pay increase for cash-strapped personnel. He stressed the need for Air Force leaders to communicate with the public and media, within the parameters of political acceptability, about the great work personnel are doing. Gen De-Quetteville reminded his audience that there are some things Air Command can solve internally, without the interference of political forces, while there are other matters which cannot.

"Terms of Service, for instance, are something which we have control over. We can set those ourselves. Pay raises are not as easy to satisfy since they are contingent upon external, political forces. Let's solve what we can solve ourselves and then proceed to the rest."

The Air Commander praised the "logic" in Comox's operational structure as a composite Wing, saying its multi-rolled capability made it increasingly attractive in these days of downsizing and amalgamation.

After a typically rugged West Coast search and rescue flight in the Buffalo, courtesy of 442 Squadron, the general returned to the Officers' Mess for dinner and TGIF, where he again faced informal questioning from those present.

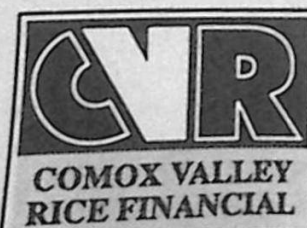
FRP HowGozit 19 Wing Stats

145 military personnel have applied for FRP 95. The majority of applicants are from the MOC 500 trades. The numbers include 10 officers, 21 sergeants, 29 Master Corporals and 73 Corporals. The average number of years of service for Captains is 22.5, while for Master Corporals it is 18.0.

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Highlights from Gen De- Quetteville's speech

Personnel Issues

As discussed in the introduction, there have been several "Care of our People" initiatives that have either been approved or are in some stage of development within the Canadian Forces. I will not explain each in any detail as there are personnel newsletters and messages that do that, however I will list a few:

Pay: Although current government legislation imposes a freeze until April 1997, the CDS is actively pursuing this issue and we are to expect a newsletter in the near future (post budget announcement) with further details.

Foreign Duty Allowance: Approval is being sought to replace foreign duty allowance with an operational allowance to provide more equitable compensation for our "out-of-Canada" members.

Accumulated leave Cashout: Air Command and NDHQ have published messages which outline this proposal. I can advise you that it is in the final stages of preparation and will be presented to Treasury Board for approval soon.

Reserve Pay: There are compensation initiatives to ensure pay comparability between the reserves and regular force. More pay incentive categories for the reserve are being staffed.

CDS and Commander's Commendation: NDHQ has authorized recipients to wear commendation insignia on the left breast pocket to recognize exemplary work.

Non-Commissioned Members Terms of Service: The selection criteria for an indefinite period of service is approved

which will ensure a "two-look" approach and make the process more equitable.

Female Dress Uniform: A new style of uniform dress is being pursued.

Career Assessment: A new personnel evaluation form is expected any day.

As I indicated, these are only a snap-shot of what is on-going as part of our "get well" program. It is important that this information be delivered to you in a timely manner and to that end we are also actively involved in communicating these and other issues to you. To permit this I have directed my staff to develop an "Issue Tracker" system whereby I record your queries and then enable you to track the response. This system is in place and has been distributed to the field. It is also on the Air Command Bulletin Board System (BBS).

Optimizing our Aircraft Fleets

When our level of on-going operational demands is examined in the context of our Air Force mission, it becomes clear that we must place a high priority well into the next century on the maintenance of core combat capabilities. Consequently, we will be devoting a significant portion of our capital acquisition budget to helicopters for both the maritime and Search & Rescue (SAR) roles as well as to life extension for the CP-140 Aurora and CF-18 Hornet weapons systems. A brief update follows.

The delivery of our new CH-146 Griffon helicopters is proceeding on schedule. More than 30 of 100 CH-146 Griffon helicopters have been delivered and are in service at 403 Helicopter Operational Training Sqn, 417 (Combat Support) Sqn, 439 (Combat Support) Sqn, 444 (Combat Support) Sqn and 430 Tactical Helicopter Sqn. The CH-146 simulator is in-situ at Gagetown and is undergoing rigorous acceptance testing before it

Your Project Glacier Team



MWO B.J. Bradley has been a core member of the team since it took shape in the Summer of 95. A wise, commonsense kind of guy, he contributes greatly to the many meetings and projects. Don't think you can fool him either, cause he's got x-ray vision and can see through most of the smoke to get at the heart of the issues.

MWO Bradley is also the SWO at 19 AMS and is responsible for the renewal efforts on that squadron. So, if you have a beef about the way things are going there, go see him. He'll give you a straight answer, or straighten you out, depending on your approach.

will be declared ready for steady-state aircrew training in 1996. The CH-146 Griffon is replacing the CH-118 Iroquois, CH-136 Kiowa and CH-135 Twin Huey fleets.

The Canadian Search and Rescue Helicopter (CSH) Project was announced by the Minister of National Defence on 8 Nov 95. The Canadian SAR Helicopter Project Management Office staff have prepared the Solicitation of Interest (SOI) for Treasury Board approval. Once approved, this SOI will be released to industry and the tendering and contract award process is planned for completion by mid-1997. The goal is to have a Labrador replacement in service by mid-2000. During his announcement of the Canadian SAR Helicopter Project, the Minister of National Defence stated that the government's decision on a new Maritime helicopter would be made before the end of March 96.

Our CC-130 Hercules and CC-150 fleets are about to undergo significant modifications. The first CC-130 Hercules is scheduled for the Avionics Update project in March 96. As well, our first CC-150 Polaris will be receiving its "floors and doors" modification in February 96; this modification will give the CC-150 a full strategic airlift capability. We continue to investigate a strategic aerial refuelling modification for at least two of these aircraft. Additionally, the CC-130 Hercules is being provided with a state of the art Defensive Electronic Warfare System (DEWS) Self-Protection Suite (SPS).

One of our more exciting current projects is the acquisition of a precision guided munitions capability for the CF-18. Fighter Group is preparing the concept of operations for this capability and an initial cadre workshop is in progress at 410 Tactical Fighter (Operational Training) Sqn. We will be declaring an Initial Operational Capability early this year.

Industrial Air Reserve Programme (IARP)

The Industrial Air Reserve Programme was conceived, developed and implemented in 1994 as a logical and efficient partner-

ing arrangement between the Air Force and the civilian aerospace sector. Under the terms of this programme, volunteer employees from major Canadian aerospace companies are enrolled in the Air Reserve by the local Air Reserve Augmentation Flight (ARAF) or Air Reserve support facility. The Industrial Air Reserve Programme has three signatories at present: Bristol Aerospace, Canadair, and CAE Aviation. Canadair has signed a letter of agreement for maintenance augmentation for the CF-18 fleet and CAE has an MOU for support to CC-130 operations. Liaison with other aviation corporations is on-going.

History/Heritage Initiatives

You will recall that I included a section on history and heritage under the heading "Preparing for the Future" to highlight the importance of preserving our Air Force lessons learned if we are to plan for the future. Due to reductions within the Directorate of History, a more creative approach to managing Air Force history is under way. The new policy will focus on long-term guidance for the recording and preservation of our history with more direct Air Force involvement. A highlight of the policy will be the establishment of a 428 Sqn "Ghost Squadron," comprising retired Air Force personnel in a generic squadron organization tasked with assisting the entire Air Force with historical projects.

The Heritage and History section of the Deputy Chief of Staff Information will continue to provide support to Air Force related initiatives both internally and externally. One of these initiatives is the second Air Force Historical Conference being held at Southport, Manitoba, 15-18 May 96. This conference is being co-sponsored with the Canadian Aviation Historical Society.

A draft policy covering the establishment of Wing museums is also in the works. These museums have proven to be highly effective in improving morale; they provide an outlet for creative members, show a unit's pride, and give the general public a feel for the Air Force's contribution to our nation.

WOS' & SGTS' LADIES SOCIAL CLUB

Date: 12 February Time: 7 pm for 7:30 start

Chocolate Making Demo

Drop-in fee \$2.50

All spouses of members and associates are invited to attend.
For more information call Robin Lirette at 339-1616.

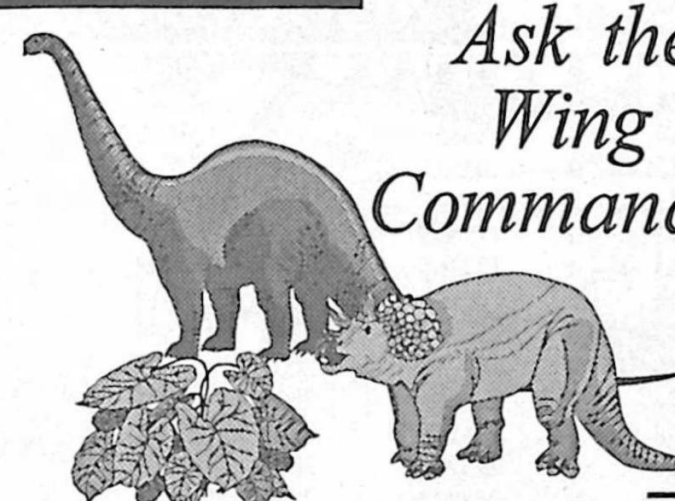
Junior Ranks Mess UPCOMING EVENTS

Fri 09 Feb: Valentine's Dance and Pyjama Party at 1900. Finger food. \$200.00 in prizes. Admission: \$3.00 per person in PJs. \$5.00 per couple in PJs. \$4.00 per person NO PJs. \$6.00 per couple NO PJs.
Fri 16 Feb: TGIF Sports - supper starts 1730 (5:30 pm). Finger food will be served. Following with Human Fly at 1815 (6:15 pm).
Fri 23 Feb: TGIF Sports - Supper starts at 1730 (5:30 pm). Finger food will be served. Sport TBA.
There will be a General Mess Meeting on 15 February

PROJECT GLACIER



Ask the Wing Commander



OP Snake

by Col Brian MacLean,
WComd

You can't seem to escape the message of re-engineering right now. Major corporations are talking about it, the federal government is talking about it and we at 19 Wing are talking - and making - changes. Over the next six months, everyone on this Wing will be taking the Flight Plan '97 Ground School. Some of you have already taken it, and I hope it is already helping you to deal with and understand change, as well as our operating style. You should now find that in your workplace the atmosphere is open to change and continuous improvement and that everyone's opinion counts.

While this may be new in some areas of the Wing, it has become almost old hat to the men and women of 442 Sqn. Here, where Op Snake has been the norm for the past year, the personnel have become used to initiating rapid change and dramatically redesigning the way the squadron manages its affairs. Before there was a Flight Plan '97, before there was a Project Glacier, Op Snake was anticipating the future and proposing some truly dramatic and positive forms of re-engineering.

Highlights of the past year include the complete restructuring of the maintenance section and the creation of three "super crews" who were assigned to any maintenance problem that arose. The crews have been able to meet the demands of any job requirement: heavy maintenance, snags repair, servicing and shops. Section consistency has been

achieved by keeping one or two technicians permanently located in one area. This initiative, coupled with a change in the flight services (no marshalling, park or start crews) has allowed the squadron to place about 30 personnel on course, the majority of whom are completing their MOC 500 cross-training. The remainder have been loaned to the Flight Plan '97 Ground School. At the end of their training, the squadron maintenance section will reduce from 119 to 79 personnel.

Perhaps the most significant effect of Op Snake is its insistence that every member of 442 Sqn assess whatever they do or use as if they were paying for it themselves. Squadron personnel are expected to identify items of extreme cost to the Op Snake office, which in turn addresses these issues to ATG or NDHQ. The results of this self-motivation initiative have been truly astounding and newsworthy, beginning with the case of the \$50 bevelled washers that are now manufactured locally for about 50 cents each!

But it doesn't end there. Cpl Stan Daniecki has identified an \$800.32 repair for a torn windshield wiper which now costs \$29. Liquid shim once priced at \$800 a can is now \$40 per can. MCpl John Kistener and his personnel at Safety Systems shop identified items that were inspected every 30 or 90 days but only used annually. The CH113 maintenance crews identified a foam bushing that cost \$100 each that could be cut from standard high density foam. That bushing now costs pennies. The efforts of MCpl Pete Polson were recently showcased in the Totem Times after he recognized that thousands of dollars of torque wrench in-



Rewards and Recognition

by CWO Dupuis, WCWO

The recent 19 Wing "Employee Feedback Survey" provided a unique opportunity, for civilian and military employees alike, to provide their ideas on what is working and what might not be working as well as it could be here at 19 Wing. These ideas, suggestions, recommendations - and some strong comments - from the Wing-wide survey are now being analyzed with one general theme in mind - achieving improvement through co-operation from members at all levels. If the survey is considered to be a report card on employee confidence in the system, then we clearly have reason for change.

One area of dissatisfaction, which was touched on by a majority of those taking part in the survey, dealt with the present Wing and CF Rewards and Recognition Programs. The survey results were loud and clear in conveying a negative perception among our personnel in this area. When asked whether the present system is fair, over half (57%) disagreed and a further 28% were neutral. The results were similar for both civilian and military respondents. In addition, it was noted that the highest level of dissatisfaction (64%) was with the Jr NCMs.

"It would appear from the survey that these programs are not meeting members' expectations"

There were recommendations made that must remain non-starters from a Wing perspective. Pay and allowance levels are frozen until 1997 by government decree. The CDS is very aware of the problem and he is actively discussing it with the government on our behalf.

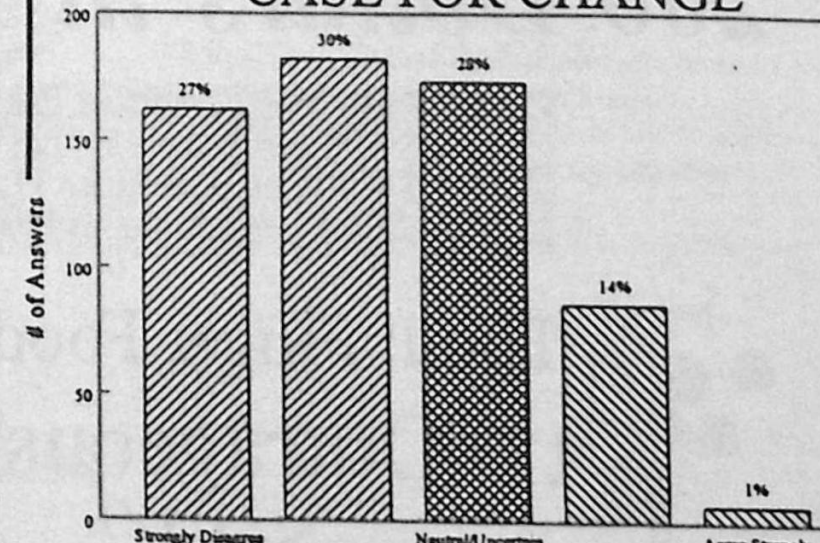
At our level, there are a number of National and Wing administered programs in place to both recognize and reward deserving personnel. It would appear from the survey that these programs are not meeting members' expectations. This could be because supervisors are not taking the time to recognize deserving members; or there could be a communication problem in getting out the news of awards; or it could be both.

I don't think that a large number of our personnel are familiar with the awards that are available. At the NDHQ level there is the CD and the Order of Military Merit. There are the CDS and Comd Air Command Commendations. There is also the Merit Award Program and the Suggestion Award Program and these will continue in their present form. Cpl Couturier from 19 Wing was recently awarded \$3,000 under the Suggestion Award Program.

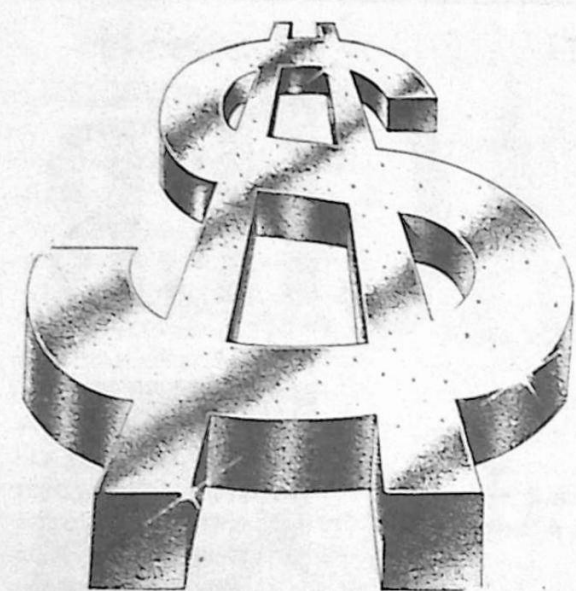
Here on the Wing we have the Service Person of the Quarter and Service Person of the Year award. These are presented by the WComd and include a familiarization trip with one of the squadrons. As well, there is the Wing Commander's Commendation and the 19 Wing No Retreat Award for giving recognition to civilians and military members for outstanding effort. Applications are reviewed and recommended to the Wing Commander by the Wing Chief Warrant Officer. But to work effectively, recommendations need to be submitted. If one's performance deserves consideration for an award then it certainly warrants a pat on the back - now.

As a result of the survey, the 19 Wing Awards System for recognizing and rewarding personnel is currently under review and some new and innovative ideas are being examined. A new Wing Standing Order is being drafted. Within 19 Wing, we will pursue additional programs and methods to acknowledge those individuals whose devotion to duty and exemplary service have made a significant contribution to their Squadron, Branch or Wing. At a time when there are few promotion opportunities for our military and civilian personnel, we must all work hard and acknowledge deserving individuals.

CASE FOR CHANGE



Q#6: OUR PRESENT REWARD/RECOGNITION SYSTEM IS FAIR



Money talks

Pay yourself first

by Capt John Lalonde
Wing Accounting Services Officer

SEX is a word that seems to catch most people's attention, so now that I have yours, why not read on and pick up a few Money Tips?

My last article (which was also my first) gave the first step to FINANCIAL SUCCESS and that was to "know where you want to go." I gave you an exercise to do where you picked the three most important goals (e.g. get out of debt, save to buy a home/car, retire early, etc.), then you were to list these goals in order of importance. Now you have a target, something to shoot for and, hopefully, to help motivate you to save.

Now for the second step: "pay yourself FIRST." I borrowed this phrase from Dave Chilton, author of "The Wealthy Barber." It is the ONLY way you will ever get your money where it belongs. It will prove it to you right now! When most people get paid they buy groceries, pay bills, maybe get some clothes for themselves or the kids, have meal or two at a restaurant, buy a few miscellaneous items at Canadian Tire or a downtown store or at the Mall and pick up a video or two on the way home. Spending that pay cheque is not always done all in the same day, sometimes it takes more than one visit to the Bank Money Machine. But

the point is, when most people finally look at their bank balance hoping to see some bucks left to save for something, they usually see a zero balance! So, the trick is to "pay yourself first!"

By this I mean, the first thing you do when you receive your pay is to put an amount aside into a separate savings account. At first it might be \$20 or \$40 or \$75 but the important thing is you have started to save towards one of your goals. Most people are on Direct Fund Transfer (DFT) so to make "pay yourself first" even easier, raise a pay allotment, at the pay office, to a savings account or ask your bank to transfer the money automatically into your savings account as soon as your pay arrives. If you don't see this money in your chequing account you will probably not miss it. Of course, paying your bills is a must but unless you put that money aside FIRST you are not likely to get into the saving mode. As your savings account grows you should think about getting the most return (interest) on your money. We will cover those options (such as RRSPs, GICs, Term Deposits, etc.) in a future article.

Depending on how much disposable (extra) income you have, you might want to open more than one savings account. You might have one account for saving for a home, as an example, and another for an emergency fund. An emergency fund is a great stress re-

ducer because you have protected yourself against unexpected or unforeseen emergencies that crop up, such as car insurance, kids orthodontist (dental) bills, illness or death in the family involving travel, etc.

With my last point I hope to drive home why it is so important to start saving TODAY, NOW, TOUT DE SUITE rather than to procrastinate (put off until later). Mr. Bob Campbell is an investment adviser with Richardson Greenshields in Courtenay and in one of his recent articles he showed how an EARLY START can lead to a pretty retirement picture. You know the expression "a picture is worth a thousand words," well study the example below of two imaginary RRSP investors, Al & Bob, and you will see why it is so important to start saving NOW!

Al invests \$2,000 each year for eight years, starting when he is 18 - a total of \$16,000 invested.

Bob invests \$2,000 each year for 39 years, starting when he is 27 (the same age when Al stopped) and continuing until retirement at 65 - his total investment is \$78,000.

Both have exactly the same return on their self-directed RRSP plan - 10% per year. The difference in the total earnings of the plans when both investors turn 65 is timing. Al started earlier than Bob and because of the "miracle" of compounding, Al has much

more money with which to enjoy retirement!

Compounding over time. It takes to invest early.

See you next issue, and remember: "Old bankers never die, they just lose their balance!"

Right Sam? Mr. Sam Femia recently retired as manager of the Comox branch of the Royal Bank. Happy retirement Sam and thank you for all your kind efforts on behalf of the personnel at 19 Wing Comox.

Age of	Al's	Al's	Bob's	Bob's
Bob	Investment	Value	Investment	Value
19	2000	2200	0	0
20	2000	4620	0	0
21	2000	7282	0	0
22	2000	10210	0	0
23	2000	13431	0	0
24	2000	16974	0	0
25	2000	20872	0	0
26	2000	25159	0	0
27	0	27675	2000	2200
28	0	30442	2000	4620
29	0	33487	2000	7282
30	0	36835	2000	10210
31	0	40519	2000	13431
32	0	44571	2000	16974
33	0	49028	2000	20872
34	0	53930	2000	25159
35	0	59332	2000	29875
36	0	65256	2000	35062
37	0	71781	2000	40769
38	0	78960	2000	47045
39	0	86856	2000	53950
40	0	95541	2000	61545
41	0	105095	2000	69899
42	0	115605	2000	79089
43	0	127165	2000	89198
44	0	139882	2000	100318
45	0	153870	2000	112550
46	0	169257	2000	126005
47	0	186183	2000	140805
48	0	204801	2000	157086
49	0	225281	2000	174995
50	0	247809	2000	194694
51	0	272590	2000	216364
52	0	299849	2000	240200
53	0	329834	2000	266420
54	0	362817	2000	295262
55	0	399099	2000	326968
56	0	439009	2000	361887
57	0	482910	2000	400276
58	0	531210	2000	442503
59	0	584321	2000	488953
60	0	642753	2000	540049
61	0	707028	2000	596254
62	0	777731	2000	658079
63	0	855504	2000	726087
64	0	941054	2000	800896
65	0	1,035160	2000	883185
Total		\$1,035,160		\$883,185

19 Wing First on Internet

Following the lead of the respective Air Force, Navy and National Defence Headquarters, 19 Wing is now the first Canadian base to have its own homepage on the Internet. The Comox home page joins a growing number of other military sites now available in cyberspace, providing a fascinating cross-section of world-wide defence information. In addition to the Canadian defence information, an Internet subscriber in Comox can now access the U.S. Defence Link, with connections to the U.S. Navy, Army and Air Force, as well as submissions from the British and Australian Air Forces.

The 19 Wing homepage features a general history of the base,

information on the three squadrons located here, a biography of the Base Commander and a What's New section, which will feature current news releases and upcoming base events. The page will continue to be built throughout the next few weeks. Internet subscribers can access the homepage with the following address:

<http://www.ark.com/~wcomd/>.

"The Internet is increasingly becoming a primary information gathering tool in the lives of Canadians. It is important for this Wing to provide public information which is timely, accurate and concise and the Internet is a dynamic and exciting way to do this," said Wing Commander Col Brian MacLean.

HOCUS-FOCUS BY HENRY BOLTIHOFF



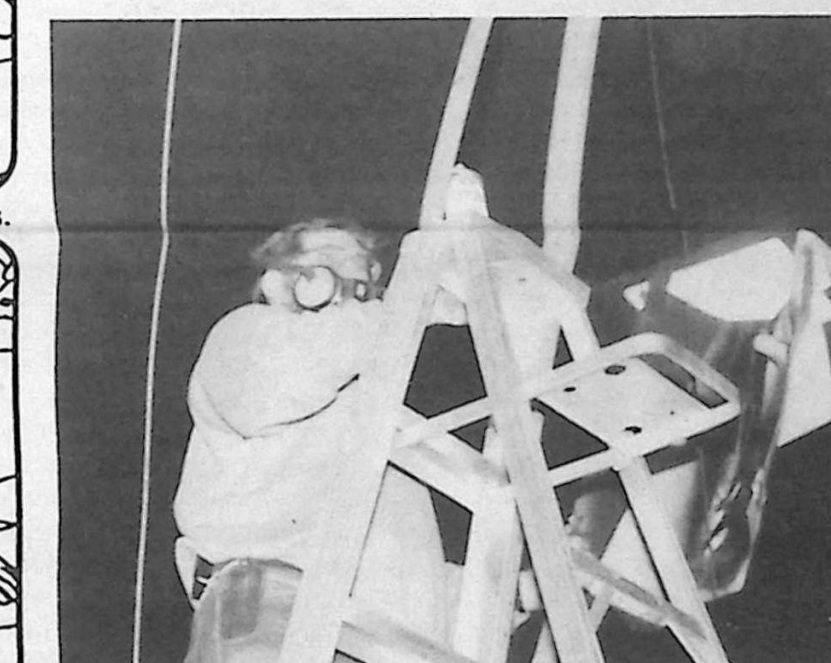
Find at least six differences in details between panels.



Differences: 1. Sign is missing. 2. Log is shorter. 3. Lens is longer. 4. Log is different. 5. Gloves are different. 6. Tree grove is missing. 7. Cap is changed.



Happy Valentine's Day



Mr. Jim Rasor, Conservator at the Air Force Museum, displays the latest bomb on display - spray bomb, that is - as he bravely sprays some overhead wiring a dark blue to hide it from the general public's view. Mr. Rasor has been busy painting overhead wires following the rewiring of the museum display areas.

Information Highway

Canadian Air Force information is now available through the Internet. Linking up to the Information Highway was an initiative taken under the Commander's Flight Plan, the blueprint that outlines the future of Canada's Air Force and universality of access was the catalyst for the project. The Air Command Headquarters World Wide Web/Connectivity Project now gives the Air Force the ability to communicate with an audience numbering in the millions.

The Commander Air Command, LGEn Al DeQuetteville, has stated that in addition to reaching an internal audience - military personnel, their families and civilian employees - it is vitally important for the Canadian public to understand what the Air Force does. Also, with Air Force personnel located all over the world, the Internet site will allow them immediate access to the latest Air Force information. It will also allow them to post information about their activities, wherever there is a phone line. A look at what has been posted from OP PIVOT in Haiti and OP LANCE in Rwanda are good examples of how the system is already working.

The Canadian Air Force Home

Page on the WWW is designed to provide links which appeal to both the Air Force community and the general public. Accordingly, browsers will find an on-line version of the Air Force magazine ROUNDEL, the text of Flight Plan, a "virtual tour" of the Air Command Headquarters Museum, an archive of Canadian military aviation photos (formatted for computer screensavers/wallpaper) and links to other Air Force related sites. There are also external links that will allow access to information about various aviation museums, the "unofficial" Air Cadet Home Page, an operations and exercises home

page (containing the latest information from OP PIVOT), and DND Public Affairs Home Page and the USAF, RAF and RAAF Home Pages.

The latest information is identified by a "New!" graphic which highlights material posted to the site within the preceding week. Web users can access the Air Command Home Page at: <http://www.achq.dnd.ca>.

Did you know?.....

that the Comox Air Force Museum is financed through donations, grants and a weekly Bingo. The Bingo is held every Tuesday except the first Tuesday of the month at the Bingo Palace, located behind the Zellers Mall. Through these three sources of income, enough money is generated to hire one full time, and three part time employees, as well as provide for the daily functioning and upkeep of the museum and library.

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\$ 6.00 per couple no PJ's

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Ambulance restoration project takes shape



Auto 12A students at Vanier assembled in front of the ambulance restoration project as they wait for Georgia Strait Towing to transport it to Coastal Sandblasting. All the removable body parts have been taken off for cleaning and repairs.



Jon Frazier working in the box as he removes some of the panels for repair and painting.



Greg Stephens removes a rear wheel during the brake check on the ambulance project.

Mr. Phil MacLaren, automotive teacher for G.P. Vanier Secondary School recently reported to the Fishwrapper that all is going swimmingly with the ambulance restoration. The Auto 12A students volunteered at the start of the school year to take the old Dodge ambulance held by the Comox Air Force Museum and restore it to vintage condition. The Museum Committee subsequently voted \$2,000 towards the project and the rest, as they say, is history.

Mr. MacLaren reports that the students are very enthusiastic about the project and are doing a very thorough job. The ambulance itself will be in very good shape when completed and will be used by the museum staff for parades and special events. It will also be put to use as a mobile servicing vehicle for the Heritage Air Park so it won't sit idle between events. Expect completion of the project around June, at the end of the school year.

C.E. comes through!!

If you, or your friends, have tried to visit the Air Force Museum during the past two weeks, you may have noticed that the doors are locked. That's because the long-awaited and greatly anticipated rewiring of the museum is finally underway.

Over the past few years, with the ever-expanding display area of the museum, the curator and staff have had to rely on the jury rigging of the wiring to get the juice to the lights in the appropriate areas. An octopus is not just seen in the local aquarium. It was also readily apparent at many of the display booths at the museum. In addition, many of the circuits didn't even have an on-off switch. The circuit breakers had to be used and you can well imagine the wear and tear on the system after being switched on and off many times per day. The situation was getting so bad that the Fire Marshall was a regular museum customer.

Ron Maximick of Maximick Contracting has been given the task of completely rewiring the Air Force Museum so that the electrical problems will disappear. Working effectively and efficiently, he and his crew have managed to nearly complete the job with a minimum of disruption. The museum should reopen on 20 February and be a much brighter and safer place to be.

Thanks CE for finding the plans and the money to accomplish this much needed work.



What's wrong with this picture? An interesting photo of a Hawker Hurricane I captured and recaptured March 1941. The aircraft was found abandoned at Gambut, North Africa. (Archive Photo)

"Ad Astra" stones will bear Air Force names

by Capt Tony Keens,
Air Transport Group
Public Affairs

Engraved stones will soon begin to line the walkways outside the RCAF Memorial Museum at Trenton, bearing the names of those who have served or are still serving, in Canada's air forces. Retired Col Cy Yarnell of Belleville says the project "is not restricted. It will include all ranks and all roles."

The project is designed not only to give all individuals a chance to actually be part of the museum complex, but also as a fund-raiser. You can have your name, or the name of someone you care about, placed on a stone for a donation to the museum of \$100. The stones will be set in the grass around the airpark, either along the walkway or near an aircraft.

"So if someone was a Sabre jockey, he could have his stone near that aircraft," Col Yarnell says. "These are not memorial stones, because the museum itself is the real memorial. And besides, we expect that many of the names will be those of people who are still very much alive."

The stones will be made from Quebec granite, and will be flush with the ground so the grass can be cut easily around them. Each

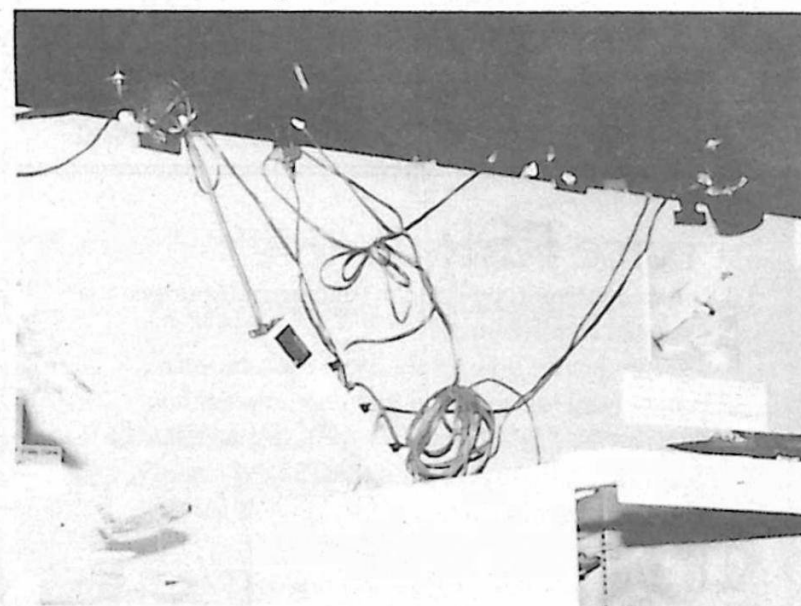
stone will bear the words "Ad Astra" from the Air Force motto, the name of the person, without rank, place of birth, and the dates of birth and death. In the case of those still living, the dates will be added later, at no extra charge.

Almost anyone who has ever been anywhere near a "light blue" uniform is eligible, including past and present Air Force members, Canadians who have served in Allied Air Forces, with the Royal Naval Air Service and the Royal Flying Corps, or Royal Air Force. Also eligible are all those who have worked with Royal Canadian Air Cadets, including members of the Cadet Instructor Cadre and Civilian Instructors.

"The sharp end of any force is fully dependent on teamwork between all its members, regardless of role and rank," Col Yarnell says. "Our Air Force has always been blessed with this and we feel the 'Ad Astra' program will recognize this."

Each stone will be registered, and its location recorded. It is hoped to hold a ceremony this coming October to recognize those for whom stones have been installed, and to repeat it each following year. To find out more, contact the RCAF Memorial Museum, 8 Wing Trenton, Astra, Ontario K0K 1B0, or phone (613)965-2140.

Octopus alert!



An example of the high tech wiring that used to grace the exhibits of the Comox Air Force Museum. Maximick Contracting is currently rewiring the museum to get rid of these dangerous little creatures.

Before...and...After

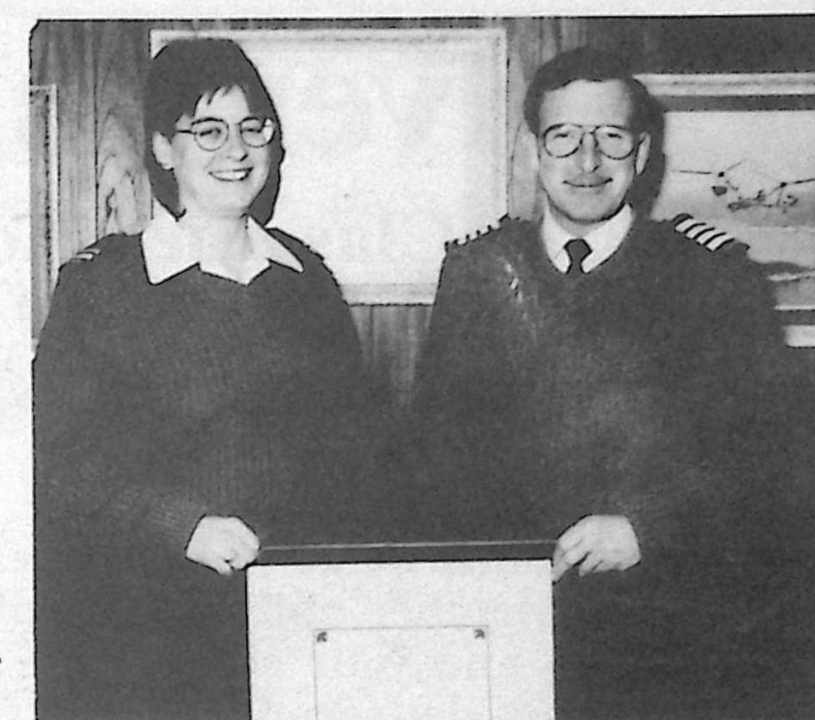


A New Man

WPERO Lt Bobbie Howard congratulates a beaming Col Brian MacLean on his successful completion of the Bobbie Howard Reduction Plan. The Wing Commander volunteered to become the first weight re-

duction plan candidate when he was still WadminO at Shearwater. In addition to a sensible

diet, the Howard plan includes an evening run, followed by a glass of wine. After receiving a certificate which recognizes the unarguable achievement of losing more than 40 pounds, the WComd was heard to say that he "feels like a million bucks." Lt Howard is expecting the publicity surrounding Col MacLean's success story to generate CF-wide interest in her weight loss scheme. She urges all Wing personnel to forget those expensive weight loss methods that are advertised on TV and get with the Bobbie Howard Reduction Plan.



(courtesy Base Photo)

Maritime talent coming to SWT

From the energetic and emotionally charged music of Cape Breton's Barra MacNeils to the rib splitting Newfoundland humour of Buddy Wasiname and the Other Fellers, Courtenay's Sid Williams Theatre will be home to some top-notch east coast talent over the next several weeks.

Coming to the Sid on Tuesday, 20 February, the Barra MacNeils are Kyle MacNeil on guitar and mandolin, Sheumas on piano and keyboards, Stewart on accordion, pennywhistle, bass and bodhran, and Lucy on vocals, violin, celtic harp and bodhran. You're absolutely right if you think that this sounds like one talented family! For the MacNeils, musical education started early. Informal family musical gatherings or "Ceilidhs" were the starting point of this bright musical career. Their 1993 Polydor cd, *Closer to Paradise* received praise right across the board. Toronto's *Now* magazine wrote "balancing pure melancholic traditionalism with the occasional pithy pop excursion, this first major label effort should trigger a full-fledged 'Gaelic revival'." Their most recent cd release, *The Question*, released on Polydor in 1995, lives up to the high expectations. And while the Gaelic folk/pop sound of both cds is a delight, they cannot compare with the power of a live performance by the Barra MacNeils. Standing ovations and thunderous applause was the audience response when they played Courtenay a year ago.

A sort of outlandish Maritime Monty Python's Flying Circus with some great traditional east coast music thrown in is one way of describing Newfoundland's Buddy Wasiname and the Other Fellers. Although it's an inadequate description since these guys basically defy description. They're funny. They're wild. They're weird... and, oh yeah, they're hilarious! Five recordings and three videos to date attest to the coast-to-coast popularity of these zany Newfie wandering minstrel comics. But, seeing is believing. Buddy and his buds are on stage at the Sid on Wednesday, 13 March.



LEFT TO RIGHT: SHEUMAS, KYLE, LUCY, STEWART

THE BARRA MACNEILS

TODAY'S CROSSWORD PUZZLE

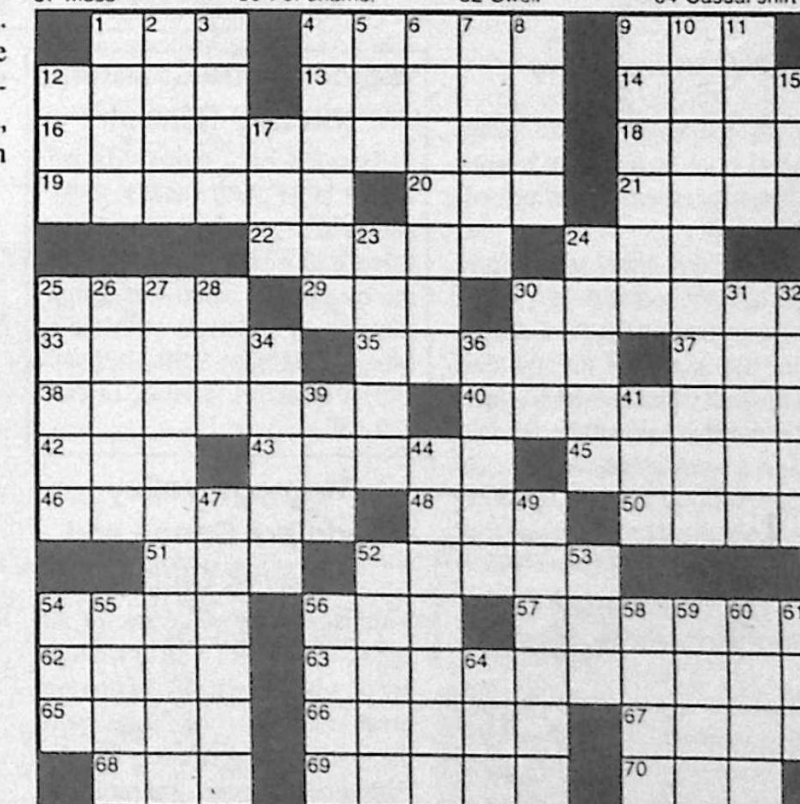
Solution here, next edition

ACROSS

- 1 Tiny
- 4 Burdens
- 9 Type of pie?
- 12 Mountains of Russia
- 13 Baby bird
- 14 Platoon
- 16 Fiery
- 18 Flying saucers: abbr.
- 19 Goes fast
- 20 Kitten's cry
- 21 Author Twain
- 22 Spanish title
- 24 Vagrant
- 25 Tangy
- 26 Mom's mate
- 30 Oil and water
- 33 Perfect
- 35 Brown shade
- 37 Mouscow
- 38 Type of pudding
- 40 Hiring (a car)
- 42 Grow older
- 43 Throb
- 45 Halt
- 46 Tidier
- 48 N.Y. hours
- 50 Greek war god
- 51 Young boy
- 52 Stationed
- 54 Pub orders
- 56 Have dinner
- 57 Muss

DOWN

- 1 Shawl, e.g.
- 2 Soothe
- 3 Other
- 4 Set free
- 5 Have
- 6 Apple pie — abbr.
- 7 Ragout, e.g.
- 8 Loose garment
- 9 Not known
- 11 Designer
- 12 Christian —
- 13 — and downs
- 15 For shame!
- 17 Psyche parts
- 23 Twangy
- 24 Alpine peak
- 25 Mont —
- 26 Giant
- 28 Old saying
- 29 Time after time
- 30 For shame!
- 31 Tightly packed
- 32 Wise ones
- 34 Swung along
- 36 Type of agent or conference
- 39 Mongrel
- 41 Iced —
- 44 Harbor
- 47 Mortarboard
- 49 Leash, e.g. abbr.
- 52 Swell



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We do machine embroidery and we like piece-work. Flight suit badges, ball hats, golf shirts. Call 334-4410 after 4 pm.

For Sale

Kid's Mountain Bike
Like new! Best offer. Phone 339-0406 after 6:00 pm.

For Sale

Near new, living and dining room sheer Jacquard curtains:

2 panels 130 x 80
2 panels 70 x 80
2 panels 68 x 80

\$50.00. Call 890-0004.

Wanted

Washer/dryer
Seeking used dryer and washing machine in good condition, reasonably priced. 339-2258.

Public & Personal Announcements

Association Francophone de la Vallée de Comox



The Francophone Association is offering a new activity which will commence in February: **Story Time**. Bring your children on the following dates and listen to some Francophone stories for an hour: 15 & 29 February, 14 & 28 March, 11 & 25 April, 9 & 23 May, 6 & 20 June.

Mini Franco-Fun:

8 Feb theme - Valentine's Day
22 Feb theme - Bodyparts
Grands-Franco-Fun: 17 Feb
Theme - Create art work to expose at the Centre during Francophone week. N.B. Phone 334-8884 to register before 14 Feb.

Francophone Choir (adults):
Every Tuesday evening at 7:30 pm. Phone Pauline at 338-2193.

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.

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

Avis

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

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Under new management. New large luxury suites with ensuite laundry. Five appliances, carpets, blinds and ensuite storage. 2 & 3 bedrooms available immediately. Rents from \$600 to \$825. Children and small pets welcome.

Phone: 338-0622

Dive Equipment For Sale

Variety of gear including: wet suit, vest, weight belt, BC, regulator, fins, gloves, booties. Call Frank at 339-1869 or local 8360.

For Sale

Windsurfing Equipment

Board "Rocket" 88, 3x sails (6.2/5.5/4.7 M), 2x booms, 2x sect masts, 2x mast bases, seat harness w/ropes and more. \$1,000 o.b.o. Phone 890-0268

For Sale

Kenwood LVD 700 laser disc player. Plays both movies and audio CDs. Shuttle jog dial. Only played two times. \$350.00 Call 339-4317

Comox Home to Share

3-bedroom, 2 baths, fully furnished, w/utl. 5 min from Base, off Anderson. \$400.00 monthly. Available now. Phone 339-9189 (leave message).

Duplex for Sale

New 2-bedroom duplex with basement and nicely landscaped back yard. Located in Courtenay Puntledge Park area near schools, river and walking trails. 10-year home warranty. 2321A Embleton Crescent. \$107,500. Phone 338-4222. No agents please.

House for Sale

2-bedroom home with suite. Close to shopping, schools and park. Large deck, fireplace, woodstove, and separate laundry room. Asking \$139,000. Call Doug at 338-6924.

House to Share

2,000 sq.ft. Comox house. Largely unfurnished. Broadloom. \$450 or \$550, plus shared utilities. Single(s) or couple. Non-smoking, mature, easy-going, responsible. Garden. Fireplace. Come see, talk. 339-2258 (after 4 pm).

For Sale

1980 Jaguar XJ6

New paint, excellent running condition. \$9,000 o.b.o. Ph: 338-4467. Ask for Larry or Lorraine.

For Sale

1974 Lionel camper

13 feet, inside completely renovated, shower/toilet, furnace, 3-way fridge, stove, jacks, hot water, 8x8 add-on room. \$1,800 o.b.o. Phone: 890-0268

For Sale

Singer 700 Knitting Machine with all tools and Ribber. Asking \$900. Bought package separately for \$1,900. Call 334-4410 after 4 pm.

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.

For Sale

21foot Bayliner boat Fully loaded. Call 338-1956.

For Sale

Waterbed, Queen size with six drawers: \$75.00 o.b.o. Entertainment stand: \$50.00 o.b.o. 339-9234

Storming of Assoro Prints

The Hastings & Prince Edward Regiment is currently offering, for \$125.00, a special limited edition print as a fundraiser for our Trust Fund. The print depicts the 1943 scaling by the regiment of Assoro, a mountain in Sicily. Each print is signed by the CO, Lord John Tweedsmuir, and the RSM, WO1 Angus Duffy. The battle remains a classic to this day.

The print is selling well and is available on a first come basis only. Proceeds from the sale will be used by our Trust Fund to support the regiment's museum, its six Cadet Corps, the Veterans' GP, etc. A tax receipt for 80% of the purchase price makes this an even more attractive investment.

If you are interested in acquiring this print, flyers can be obtained by contacting the Adj, Capt Bob Hellmeister at (705) 740-7404.

REUNION

REGIMENT OF CANADIAN GUARDS

Connaught Ranges, Ottawa, 9-11 August, 1996. All members of the Regimental Family are invited to attend. Contact: Canadian Guards Association, PO Box 972, Station "B", Ottawa, ON. K1P 5R1.

A MARI USQUE AD MARE



A breed book for you this week: *The New Cairn Terrier*, by Betty Marcum, Howell Book House, Macmillan Co, New York (US\$25.95).

An excellent breed book. Ms. Marcum is a very knowledgeable breeder of Cairns and she has put all her knowledge down in this book for anyone who fancies the breed to read.

Cairns are, of course, native to Scotland, where so many of our terrier breeds originated. In olden days they were used extensively to hunt rats and foxes, and this fact is not neglected in Marcum's book.

The author has not omitted the notable Canadian Cairn Kennels, as so many do in their breed books. This is a beautifully bound 256-page hard cover edition, well illustrated with over 150 photos. An excellent gift for the Cairn fancier. It won't be on the shelves yet, but you can ask the book or pet store to order it for you from Macmillan.

Choosing a Dog

When the time comes, for whatever reason, to obtain a family dog, most will head for the nearest animal shelter. Some will be quite satisfied with what they bring home, but many more will not. With a few exceptions, most adult dogs in the shelter are there for a reason. They were a problem for someone. When it comes to puppies, many are of doubtful parentage, and they may grow up to be just about anything. I tried it. Once.

Please don't get me wrong. The animal shelters do some excellent work. I just happen to feel that finding homes for dogs

which have been taken to the shelter is their biggest failing.

The best way to fulfill your need for a puppy to brighten your life is to get a purebred. The first step, of course, is to choose a breed that suits your lifestyle. There are around two hundred different breeds available in Canada, many more world-wide, so there is something there for everyone.

Once you decide on the breed, then it is time to find a source of supply. This is not, repeat not, a pet store! - unless the store owner happens to be a breeder of the breed you are looking for, and this is not likely. Almost all pet store puppies come from American puppy farms where they breed for quantity and not quality. Most of these pups are not good quality stock, are not registerable in Canada, and are usually overpriced.

Ask around and find some breeders you can talk to. Sometimes the ads in the paper can be helpful, but be careful. Especially at Christmas time. When you find a breeder, ask lots of questions. Ask for the names and phone numbers of people they have placed puppies with in the past, then talk to these people.

I'll continue this discussion in my next column. But, to close, what should you expect to pay for a puppy? \$500.00 is a fair price. Believe me, the breeder is only breaking even at this price. You may be able to get an older pup which the breeder has not been successful in placing for a bit less. And, of course, if you want show stock expect to pay a lot more.

FREAKSHOW



Wild salmon nets donations

Waging a war on heart disease and stroke, an impressive force of over 15,000 volunteer canvassers are getting their hearts in motion as they prepare to gather donations from their neighbours during February, Heart Month 1996 - the Heart and Stroke Foundation of B.C. & Yukon's most significant fund raising venture of the year.

Armed with a mission to spread vital heart healthy messages, the volunteers expect to raise over \$1.5 million this year in one of the largest door-to-door campaigns in the province.

Thousands of residents in B.C. and Yukon have benefitted directly from money raised by the Heart and Stroke Foundation. Says the Foundation's new volun-

teer president, Rowland McLeod, "The work that the Heart and Stroke Foundation is doing in this province is outstanding in terms of research and health promotion. This organization is a vital part of our community and deserves our financial support."

Sumptuous salmon is the flavour of Heart Month 1996. The BC Salmon Marketing Council, in conjunction with the Heart and Stroke Foundation of B.C. & Yukon, has created a colourful salmon recipe leaflet that canvassers will hand out to donors at the door. The tasty salmon salad was created by Canada's renowned cookbook author Bonnie Stern and meets the Heart and Stroke Foundation's guidelines for fat and sodium content.

Says Christina Burridge, Managing Director at the BC Salmon Marketing Council, "The sumptuous salmon salad recipe is a perfect blend of flavour, colour and texture, and it's heart healthy. Both the Council and the Heart and Stroke Foundation promote a balanced diet that has a reduced amount of saturated fat, so our mission of heart smart living is very compatible. We are very happy to be taking an active role in supporting the annual Heart Month fund raising campaign so that the Foundation can continue its valuable community outreach."

The work being done by Canadian researchers in heart disease and stroke prevention is unprecedented. The Heart and Stroke Foundation depends on the generosity of donors to help fund the vital heart and stroke research and health promotion programs that save over 20,000 Canadian lives each year. The Heart Month Campaign this month allows us to continue our fight against Canada's #1 killer - heart disease and stroke.



888 (KOMOX) WING RCAFA CALENDAR OF EVENTS - 1996

10 Feb (Sat)	Pot Luck (Western Nite)	1900 hours
24 Feb (Sat)	Pub Nite	2000 hours
28 Feb (Wed)	Executive Meeting	2000 hours

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

Officers' Mess Ladies Club 1996 Entertainment Schedule

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 **

See you there!



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Week ending 10 February

1. The Gift	Steel
2. Simisola	Rendell
3. Star Wars X-Wing	Stackpole
4. Commodore	O'Brien
5. Heat from another Sun	Lindsey
6. Wrath of God	Gleason
7. 12 Monkeys	Hand
8. Horsemen in the Shadows	Savarin
9. Sunrise	West
10. Dream Boat	Swanson

ROYAL LEPAGE



Don Wyld, CD

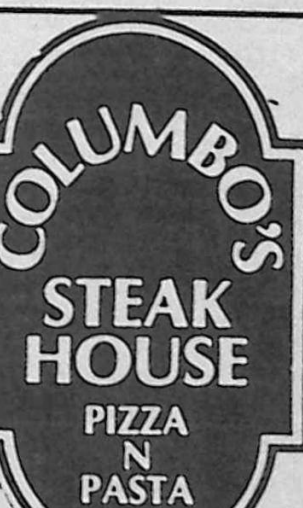
Posted to Kingston in 1996?

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call on the "TOLL-FREE" number below, and I will send you a

"Worry-Enders Kit of Kingston" containing maps, home prices, school information, shopping facilities, transportation and a video of Kingston Housing.

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phone: 339-8290

The History of International Women's Day

Born at a time of great social turbulence and crisis, International Women's Day was created out of protest and political activism. From the beginning of the twentieth century, many women in industrially developing countries were entering the paid work force. Their jobs were sex segregated, mainly in textiles, manufacturing and domestic services, where conditions were horrible and wages worse than depressed. These conditions ignited many industrial disputes, involving both unionized and non-unionized women workers. In Europe revolution was in the air.

It was in 1910 when Clara Zetkin, a German socialist leader, attended the Second International Conference of Socialist Women in Copenhagen. Women from 17 countries unanimously approved Clara's proposal that women the world over set aside a particular day each year to commemorate women and their struggles. Out of this, International Women's Day was born.

What started as a women's day of struggle in a few European countries, quickly became a celebration for women throughout the world:

- In 1922, women in Manitoba began celebrating I.W.D.
- Women in Japan organized the Party of the 8th of March in 1923
- In 1923 and in 1936, 800,000 Spanish women gathered in Madrid to demand progress and liberty
- 100,000 women gathered in Australia on March 8, 1948 in support of women's rights
- In 1955, 500,000 Asian women gathered in Indonesia to celebrate I.W.D.
- In 1961, women commemorated the founding of the South Vietnamese Liberation Women's Union
- In 1975, the United Nations formally declared March 8th as International Women's Day

• In North America I.W.D. became a common celebration during the late 1960s and has continued ever since.

International Women's Day began as an event to draw attention to the appalling conditions in which women worked. March 8th allows women and men the world over the opportunity to reflect on women's progress, celebrate this effort, and acknowledge the work that is yet to be done.

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Ministry of Women's Equality



3rd Annual International Women's Day Conference

Cost is \$20.00. Price includes 3 workshops, lunch and entertainment.

Workshops

Facts & Fundamentals of Financial Health, Journal Writing, Conflict Management, Balancing Family Work & Self, Decorating by Design, Reflexology for Stress Relief & Relaxation, Building Friendships, Self Defense, Parenting, Gardening in the Comox Valley, Wildcrafting & Wreathmaking, Playing in Your Own Backyard.

• Childcare is available at the Kinnikinnik Child Care Centre from 8:00 am - 4:15 pm for a fee of \$11.00 per child. Limited child care spaces available so register early at 339-5051.

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

Upcoming Events

"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

AIDS 101

The AIDS 101 workshop addresses how HIV/AIDS is transmitted, universal precautions for caregivers, the HIV/AIDS continuum, (what is HIV and what is AIDS?), dispelling myths and putting a human face on AIDS. Ample time will be given for questions and specific concerns.

Facilitator: Leah Baron, Director
North Island AIDS Coalition
Date: February 21st
Time: 6:30pm
Location: CMFRC
Registration: Call 339-8290 by February 19th

Chocolate Making

Make turtles, peanut butter cups, suckers and fondant filled chocolates. Just in time to make for your sweetie for Valentines Day!

Facilitator: Linda Ryan
Date: February 5th (previously advertised as the 7th)
Time: 6:00 - 9:00 pm
Location: CMFRC
Cost: \$7.00 for supplies due by Feb. 2nd
Registration: Call 339-8290 by Feb. 2nd. Fees due at time of registration.



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 by Friday Feb. 9th, call 339-5051), and refreshments.

Who can attend the meeting?

Members of the Society can attend the AGM. Members are: all military members and their families working at 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



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

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!