



**Free
Classifieds**

...page 14

**Pagans
Rugby**

...page 13



The Comox Valley's Oldest Newspaper



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 38 NO 4

THURSDAY 22 FEBRUARY 1996

COST: PRICELESS

Wing Hospital cut to the bone



by **LCdr R.W. Brittain,
WSurg**

The Canadian Forces are undergoing many changes. One change that will affect all service members at 19 Wing Comox is the operating hours of the Wing Hospital. Effective 1 March 96 the Wing Hospital will close from 2300 hours to 0700 hours on weekdays and will be open on weekends and holidays only for weekend Sick Parade 1030-1130 hours). The new hours of operation are included at the end of this article.

During the silent hours, weekends and holidays, when personnel call the Wing Hospital (339-8267) a recorded message will give further information on what should be done to receive medical advice or treatment.

If a service member has a medical problem which is a non-emergency i.e. colds, flu, superficial cuts or abrasions, he/she is encouraged to be seen on sick parade the next day.

If the medical problem is serious i.e. chest pain, difficulty breathing, fracture, excessive

bleeding or motor vehicle accidents then go directly to St. Joseph's Hospital Emergency Department or call BC Ambulance at 338-7471. If you have been admitted to hospital you are responsible for informing the Wing Hospital at 338-8267. For emergency treatment or discharge after admission from any civilian medical facility personnel are required to report to the Wing Hospital the next working day for administrative and medical follow-up.

*"Further
changes...will
occur over the
next few years."*

Looking ahead, further changes in the medical service at 19 Wing Comox will occur over the next few years. The CF medical system is being restructured under a plan called Op Phoenix. There will continue to be medical staff in uniform, but there will be fewer of them, and their role will be more directed towards opera-

tional taskings (e.g. UN missions) and training. More of the routine health care will be contracted out to civilians. Locally, Building 27, which houses the Wing Hospital and Dental Clinic, will also have to be replaced in a few years. We will then either build a new clinic on base or relocate on site with St. Joseph's Hospital. These options are under study to determine their cost effectiveness and impact on members' time and convenience. The changes will be gradually phased in over the next three to four years.

Ambulance Service

During normal working hours Monday to Friday, the hospital staff will respond to all calls on base 0700-2300 hours. During the silent hours, weekends and holidays BC Ambulance (338-7471) will respond to all calls on and off base, including one and two bells. The new hours of operation will be implemented 1 March 96. During this time of change we must work with one another to ensure that you get the best medical care possible.

(Photo Cpl Tsagatakis)

The Wing Hospital new hours of operation will be:

WEEKDAYS MONDAY TO FRIDAY

0700-0730 hours - Aircrew only - Ungrounding.
0730-0900 hours - Sick Parade.
0900-1130 hours - Scheduled appointments.
1030-1130 hours - Treatments, BP checks, Dressing changes.
1300-1530 hours - Scheduled appointments and administration.
1530-2300 hours - Hospital is manned by a Duty Med A with Duty Nurse and Medical Officer on call.

MONDAY TO THURSDAY

1030-1130 hours - Allergy shots.
1330-1500 hours - Allergy shots.

WEDNESDAY

1400-1500 hours - Wart Clinic.

EVERY SECOND FRIDAY

1030-1130 hours - Immunization Parade, by appointment.

WEEKENDS/HOLIDAYS

1030-1130 hours - Sick Parade.

DND will pay \$ for your leave

Leave Policy

The leave policy, as stated at CFAO 16-1, is that the purpose of annual leave in the CF is "to sustain initiative and enthusiasm and to encourage the physical and mental wellbeing of the member by providing periodic opportunities for rest and relaxation. COs shall ensure that, insofar as possible, within imperative military requirements, the entire annual leave in the applicable leave year is taken as a fundamental key to continued good performance."

Background

Final approval of the new policy was received on 6 Feb 96. The new regulations introduce the concept of cash out of accumulated leave. Periodic cash out programs will be used to reduce the current large accrued leave liability. For this year, a large sum has been earmarked, the total of which should allow each CF member to cash out up to 10 days of leave. However, members can request as many days as they wish to cash out (up to the total days of accrued leave that they have). Depending on the number of applications received, the number of days approved for individual cash out will be increased above the guaranteed 10, so that the entire amount earmarked in this FY is utilized. It is expected that the

participation rate will be less than 100%, therefore the days approved for individual cash out could be more than the guaranteed minimum number.

Cash Out

To cash out leave, personnel must submit an application for cash out to their respective Orderly Rooms at any time during the cash out period up to and including 8 March 96. COs and Branch Heads will be advised as soon as the forms are received at Wing HQ. Timings for the program are as follows:

- 7 Feb-8 Mar 96. Application period for FY 95/96 cash out of accrued leave;
- 8 Mar 96. The last day for members to make application for cash out;
- 15 Mar 96. Data on the number of days for cash out requested by members must reach NDHQ/DPPD;
- 31 Mar 96. Actual number of days for cash out approved; and
- Apr 96. URS and pay offices process cash out payments.

Tax Implications and Formula

Payments from the program will be included in the member's

Continued on page 8



Legion Log

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri 23 Feb - music by the ALLEYCATS
Fri 1 Mar - music by ELDORADO
Fri 8 Mar - music by WILD RIVER
Fri 15 Mar - music by the CONTINENTALS
Fri 22 Mar - music by HIGHWAY 19
Fri 29 Mar - music by NORM'S COMBO

REGULAR EVENTS:

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 pm
MONDAYS.....LA Drop-In Bingo, Upper Hall, 7:00 pm
Monday night Men's Dart League, Navy Room, 7:30 pm
TUESDAYS.....Mixed Dart League, Upper Hall, 7:30 pm
Ladies Crib League, Lounge 7:30 pm
WEDNESDAYS.....Navy League Drop-In Bingo, 7:00 pm
Comox Valley Men's Crib League, games home & away, 8:00 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, Lounge (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
Shaboom.....1 March
Norm's Combo.....8 March
Vested Interest.....15 March
Eldorado.....22 March
Sage.....29 March
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 26 March at 7:30 pm

SPECIAL EVENTS:

St. Patrick's Day, Sunday 17 March. Music by Easterner (3-7 pm).
Food: corned beef and cabbage (4:30-6:00 pm). Cost \$4.00.

MEMBERS & BONA FIDE GUESTS WELCOME

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BASE PERSONNEL WELCOME AT BR. 17

Office: 334-4322 Service Officer: 334-3613

Officers' Mess Ladies Club 1996 Entertainment Schedule

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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Military
Biographies
Westerns
Mysteries

Saturday, March 2
9am-3pm

St. Michael & All Angels
Protestant Chapel
CFB Comox
(Across from the Airport
& beside the Base Arena)

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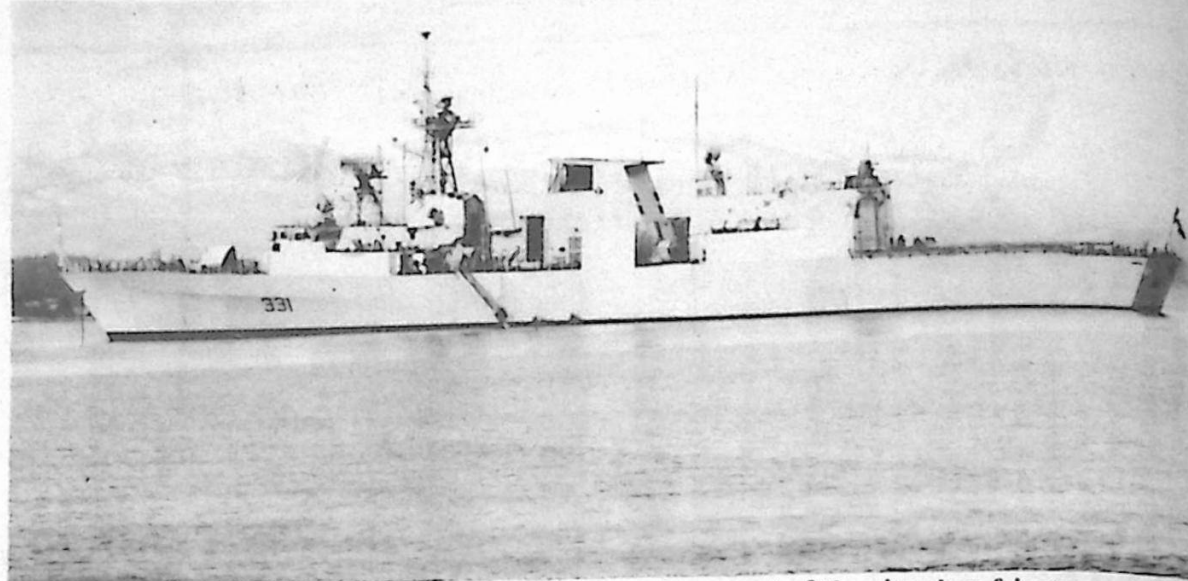
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SETTING TOMORROW'S STANDARDS...TODAY



Lying at anchor off Gartley Point HMCS Vancouver, the second of the city class frigates and first commissioned on the West Coast. (Courtesy Base Photo)

HMCS Vancouver visits Comox

by P2 Fred Dainard and Mr. Greg Beacock

It is late evening on 24 January, the water is calm, the sky is clear and cold. A grey silhouette glides quietly through the water of Baynes Sound, slowly approaching Comox Harbour. Near Gartley Point she stops, lets go her anchor and settles in, secure for the night. Her sleek grey hull blends into the backdrop of mountains and glacier and the only thing that distinguishes her is her red aircraft warning light.

Thus marks the inaugural visit of HMCS Vancouver to the Comox Valley. The Vancouver is in the midst of a Canadian Sovereignty Patrol (CanPat) throughout B.C. coastal waters. This tasking involves cooperation between the RCMP, DFO, and CF and the public during a routine patrol of our waters.

In addition to her long hours of work, the Vancouver has made herself accessible to the public by anchoring near villages and towns, such as Comox, and allowing the public to come aboard for tours. This has given the public an awareness of the role various government agencies play in protecting our Canadian interests such as: search and rescue, fisheries enforcement, and sovereignty, to name a few.

The morning of the 25th dawned crisp and cold as the crew



Up the accommodation ladder and onboard for the show. Hundreds braved the cold for a tour of the Vancouver. (Courtesy Base Photo)

of the 19 Wing Comox Crash Rescue vessel Black Duck got under way from her berth at Goose Spit to provide a water taxi service between the Comox jetty and the Vancouver for the citizens of the valley. By 9:00 am a considerable lineup had developed and many anxious people bravely weathered the cold for a chance to see the Vancouver. By the end of the day, Black Duck had shuttled close to 400 guests to and from the ship, as well as the ship's

hockey team which played a local team at the Base Arena. The ship's RHIB provided some help to the crash boat by assisting with the taxi runs.

By 3:00 pm the last group of guests was taken off the Vancouver and she was making preparation to get under way. At 3:30 pm her anchor was weighed and she quietly slipped down the Sound, a proud ship, leaving her little sister, the Black Duck, and many happy residents in her wake.

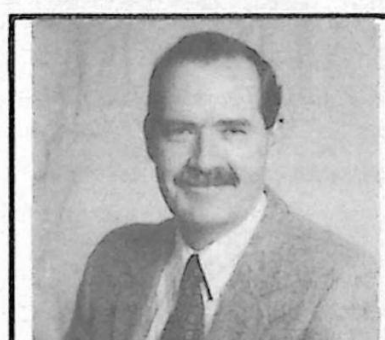
Public Service Update

In the Fall of 1992, the PS 2000 Classification Simplification Task Force announced an initiative to overhaul the Public Service classification system. At its core was the introduction of a new work description format along with a Universal Classification Standard (USC) for job evaluation. The initiative aimed to simplify the classification process, allow for easier deployment of employees and to provide for the gender-neutral evaluation of positions. At the outset, it was estimated that the current Public Service structure would be converted from over 70 occupational groups to 24.

Comd. looks at PMQ needs

The long-standing requirement for 100 new PMQ spaces at CFB Comox, has become a personal concern of the Commander Air Command. The deputy commander, MGen Horseman, called WComd Col Brian MacLean last week to inform him that LGen A.M. DeQuetteville was personally involved in the issue and was actively investigating the possibility of procuring funds for new construction.

The base was recently successful in securing a rent reduction for PMQ residents, while PMQ rents continue to rise at bases and wings across the country. During the Commander's recent visit to 19 Wing this month, Gen DeQuetteville was asked if funding was available for new PMQ construction, given the obvious needs at Comox.



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They're back

Hold on to your hats and rush out to reserve that parking spot next to the airfield, because the Snowbirds are returning for their Spring practice session. April 8 is the scheduled date of arrival of the air demonstration team. They will be here for two weeks and have scheduled two practice sessions per day.



LGen A.M. DeQuetteville, Comd Aircom, presents Maj G.H. Prichard and Capt J.B. Watkin, 414 Sqn, with their CD2s.



Sgt Blanchard receives CD1 from LGen DeQuetteville, Comd Aircom. (photos by Base Photo)

BC 21 Community Projects make community visions realities.

Non-profit organizations, local government bodies and community organizations can apply for small or large capital grants, up to \$1 million covering up to 1/3 of project costs.

The next deadline is April 1, 1996.

For applications and information contact:
BC 21 Community Projects
Community Grants Branch
Ministry of Small Business, Tourism and Culture
239 Menzies Street, Victoria, B.C. V8V 1X4
Phone: 356-1187 Fax: 356-9358
or contact your local MLA Constituency office.

The Honourable Glen Clark
Minister of Employment and Investment
The Honourable Bill Barlee
Minister of Small Business, Tourism and Culture



Sgt R.L. Deakin is awarded the Special Service Medal (SSM) by LGen A.M. DeQuetteville, Comd Aircom, for service in support of NATO at 1 Air Maintenance Sqn in Baden from 1982 to 1986.



Mr. K.M. Geldert receives his retirement certificate from LGen A.M. DeQuetteville, Comd Aircom, after 45 years public service.

Business Opportunity

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School District Amalgamation and Restructuring

A Public Education Restructuring Consultation (PERC) committee is reviewing proposals for restructuring and amalgamating many of the province's 75 school districts, to save \$30 million a year.

Committee members - representatives from the Ministry of Education, the BC School Trustees Association, and BC school districts - are holding public presentations to receive input from school boards, teachers, parents and community members. The committee's findings will guide the government's decision on this important issue.

Area sessions have been scheduled for:

Ocean Grove Elementary School
3773 McLellan Road - Campbell River
Saturday, March 16 1-4 pm / 6:30-9 pm

You can also attend sessions in other areas. For a schedule, contact the PERC office.

IMPORTANT: Individuals or groups interested in making a presentation must register by calling PERC at 604-734-4220, one week in advance. Only written submissions will be included in the formal record - they may be submitted directly to PERC before March 17.



PUBLIC EDUCATION RESTRUCTURING Consultation
Co-Chaired by B.C. School Trustees Association and the Ministry of Education

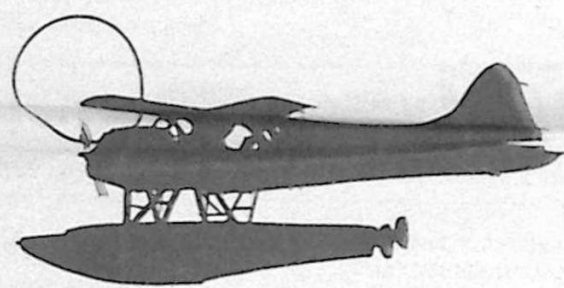
The Editor gets a word in



If you have a desire to reach the personnel of 19 Wing with an advertising message, then you'd do well to place an ad in the Totem Times. Because, despite protestations to the contrary, I just know that there's a group of people out there that actually read this thing. As a matter of fact, the advertising rates for the Fishwrapper have been so good, in relation to all other papers in the Valley, that the Fishwrapper has been losing money in order to bring the messages to the military community. With all the emphasis on renewal, the drain on Base Fund, etc., this situation cannot continue. The advertising rates are going up, effective 1 April. We'll still have the best rates around, we just won't be spending the serving members' money subsidizing the Base Newspaper. Call the office for a new rate sheet or drop us a fax query. We'll be happy to explain the new rates.

The Totem Times also has a new agency that will handle all of the local advertising solicitation. Effective immediately, Pacific Rim Publications will be handling any new local advertising clients, while the established customers will be handled by the Fishwrapper staff until 1 April. Mr. Mike O'Leary will be our advertising representative, and he is the account representative of Pacific Rim Publications. Mr. O'Leary may be familiar to many of our advertisers as he has worked on 19 Wing's behalf before, producing the Base Information Directory. He can be reached by telephone at (604) 334-0606 or by toll free pager at 1-604-978-3417.

Joel Clarkson



Letters to the Editor

Re: Tracing
Sgt Roger A. Gallant

Dear Editor:
I am assisting a friend of mine from Edmonton, Alberta, Professor Keith Spencer, who is trying to locate a Sgt Roger A. "Randy" Gallant who purchased in auction in March 1988 a RCAF scrap book that belonged to Keith's deceased dad. Keith's family is now anxious to repurchase this scrap book for the family.

All my leads for the RCAF/CF armament technician have turned up nothing. Sgt Gallant was stationed at CFB Greenwood in March of 1988 and had P.O. Box 918 at the Greenwood, N.S. Post Office. I do not have his service number. He was later transferred to CFB Comox, B.C. There is no record of his further movement

nor if he is in or out of the service. A Sgt J.A. Gallant (Retired) living in the CFB Greenwood area is not the chap I am seeking.

If any of your readers should know of the whereabouts of Sgt Gallant I would appreciate hearing from them. Professor Spencer regrets that the family records were sold and he is prepared to reimburse the present owner of this album very generously. It is nice to learn of a situation where a family realizes the significance of family records and is prepared to reward the present owner for the return of this album.

Thank you for your consideration of this request.

Yours sincerely,
R.K. Malott, Major (Ret.)
Executive Director
Organization of Military Museums of Canada, Inc.

GLACIER GREENS SOCIAL CENTRE

We regret that the
GLACIER GREENS SOCIAL CENTRE
is CLOSED.
It will be open for normal business again on
1 March, 1996

For information call Marg at Local 8163



Presented by LGen A.M. DeQuetteville, Comd Aircom, recipients of CDIs (L-R): Sgt J.L.J. Hebert, WOPs; Cpl J.M.D. Goulet, 19 AMS; Sgt M.W. Blanchard, WFOods; Comd Aircom; Sgt S.P. Nicholls, 19 AMS; Sgt G.A. Dixon, WTN; Sgt D.A.H. Neustaeter, WSUP; and WO J.R.J.M. Simard, 407 Sqn.

Terms of Service changes

Different administrative procedures are being used when offering Terms of Service conversions to officers and NCMs. In our continuing effort to standardize policy for officers and NCMs wherever possible, the following changes are effective immediately.

Service member not medically fit for TOS conversion offer: when a member is deemed suitable for conversion of TOS but does not meet medical fitness standards (including temporary medical category), the TOS conversion offer will be withheld and the offer protected for up to 12 months or until a permanent medical category is reassigned that does not result in a career restriction, whichever occurs first. The URS is to advise NDHQ/DPCA 3-2 by message when a member is deemed medically unfit for conversion and the date the decision was made by the medical officer. The one year period commences the day the MO

assigns the temporary medical category.

Service member not medically fit due to a temporary medical category assigned solely for reasons of pregnancy: the permanent medical category of the individual prior to the diagnosis of pregnancy shall be used to determine suitability for conversion of TOS. Therefore, conversion offers will not be withheld due to a temporary medical category assigned for pregnancy.

Administrative policy change: URS is to forward a completed TOS acceptance/refusal form to NDHQ/DPCA 3-2 within 90 days of receipt of an offer for conversion of TOS to an officer OSCP SSE/SE, EI, IPS, CE EXT or FPS or an NCM IPS, CE, EXT or FPS. Failure to forward the TOS acceptance/refusal form could result in the member being deemed to have refused the offer. URS may request an extension of the 90 day response period with detailed reasons if exceptional circumstances exist. Any member who refused an offer of

conversion of TOS will not be considered for any further conversion offers unless an application is made to NDHQ/DPCA 3-2 to be reconsidered.

Such a request must be made prior to commencement of the final 12 months of service.



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ASSISTANT EDITOR

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OFFICE HOURS

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



On Thursday 1 Feb, there was a gathering of Wing Logisticians in the Jr Ranks Mess to celebrate the 28th Anniversary of the formation of the Logistics Branch. Pictured are Maj Astles (Senior Logistician) and Cpl Prevreau (Junior Logistician) performing the ceremonial cutting of the cake. A special note of thanks to LS Larry Joy and Ms. Heather Smith, from Food Services Flight, who prepared and decorated the cake. Thanks to all the logisticians who were able to participate and continue to provide SERVITUM NULLI SECUNDUS (Service Second to None)! (Courtesy Base Photo)



Cupid's Helper, LCol Burt, strikes with the lucky arrow. Lucky for Cpl Josée Ménard. She is the winner of the 19 ARAF Stained Glass Raffle for Valentine's Day! (Courtesy Base Photo)

Tickets available
from any Reservist
or the 19 ARAF OR

Next draw for the
"Lighthouse Scene"
will be on 15 Mar.

Junior Ranks Mess UPCOMING EVENTS

Fri 23 Feb: TGIF Sports - Supper starts at 1730 (5:30 pm).
Chicken burger and chips. Darts 1815 (6:30 pm).
Fri 01 Mar: TGIF Sports - Supper starts at 1730 (5:30 pm).
Pizzas. Sport TBA.

Don't forget Movie Night every Sunday
Sun 25 Feb: Copycat followed by Hackers



888 (KOMOX) WING RCAFA CALENDAR OF EVENTS - 1996

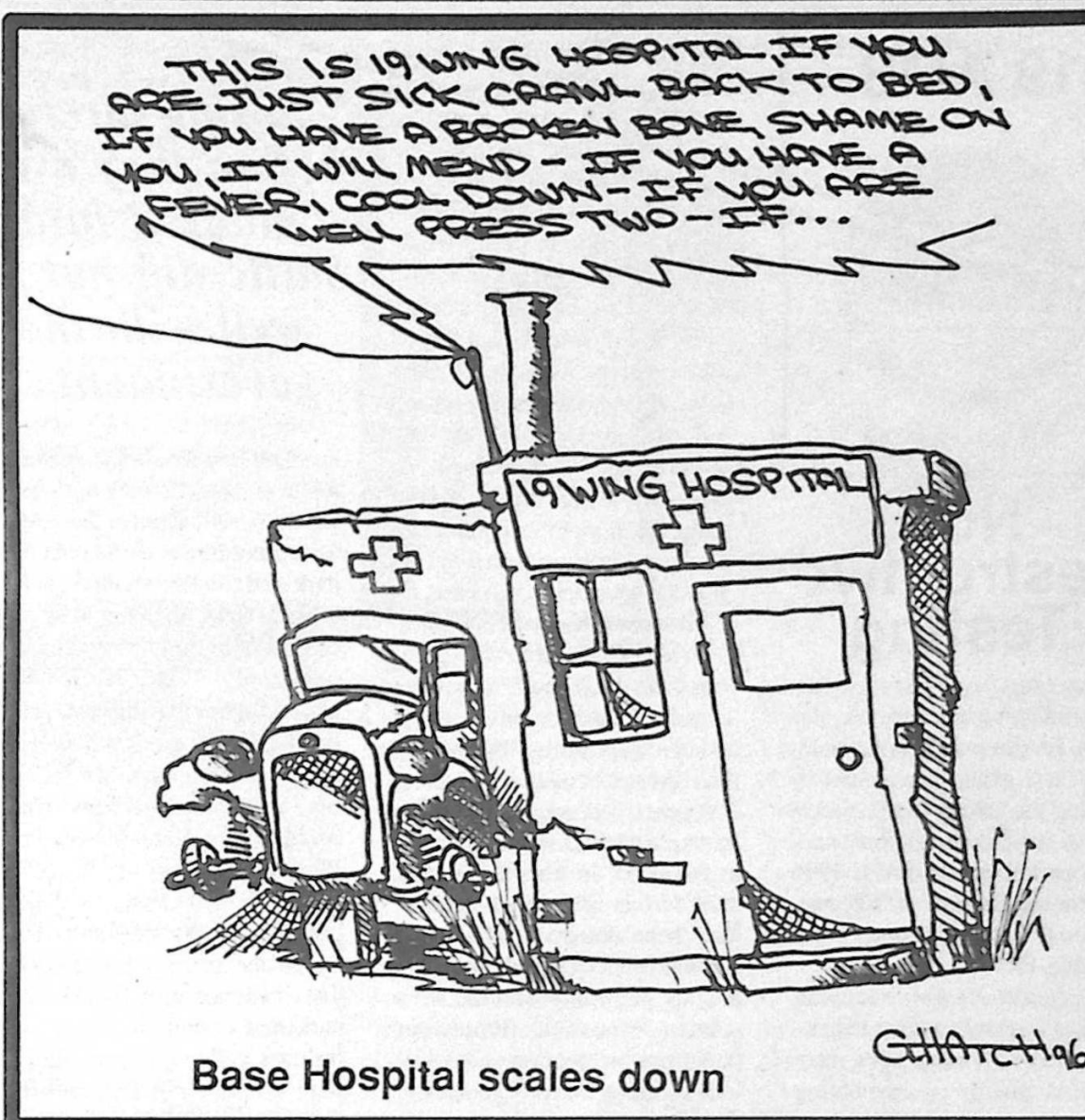
24 Feb (Sat)	Pub Nite	2000 hours
28 Feb (Wed)	Executive Meeting	2000 hours
02 Mar (Sat)	Bingo	2000 hours
17 Mar (Sun)	Pot Luck (Irish)	1900 hours
23 Mar (Sat)	Down Homer Nite	2000 hours

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



Base Hospital scales down

Medical, dental care in forces won't fall

by Capt Tony Keene

The Air Force will soon see some changes in the way medical and dental care is given, but the standard of that care won't drop. LtCol Ken Jenkins at Air Command HQ says while the emphasis for military doctors and nurses will be placed on meeting the needs of the battlefield, the folks at home won't be left in the lurch.

"In times of high operational needs, when the military doctors and dentists are in the field, the member could see civilians working at the Base Hospital, or could be referred downtown," says Dr. Jenkins, who is senior staff officer for aeromedical operations and clinical services. He says first priority for the medics in uniform must be operations, and their secondary focus must be training for that role. For the Air Force, this specifically means more emphasis on training for aeromedical evacuation.

"This means that a military doctor who will be called upon to deal with combat wounds may find herself working part-time in the trauma department of a big city hospital," he says. "This will help maintain clinical competence. But for military personnel needing medical and dental care in garrison, this doesn't mean the standard will drop. All that will change will be the way in which care is delivered."

The rebuilding of the medical and dental services in the Forces, code named "Operation Phoenix," has seen both branches unified under one command structure, the Chief of Health Services Branch. However they still retain their separate hat

badges and distinctive identities.

Dr. Jenkins says care must be taken as the changes occur, to ensure that nobody slips through the cracks in regions of the country where civilian medical services may be inadequate, or already stretched to the limit. An example is the area around Trenton, Ontario, where a sudden demand to provide care for the military personnel of 8 Wing could overwhelm a medical system that is al-

ready crying out for more doctors.

"We are going to do a trial run at a couple of our Wings, and consider the local situation," Jenkins says. "In locations where civilian health care is not readily available, we'll have to provide more medical personnel."

DND is also looking at a third-party insurer program for military personnel. The need for in-patient care has been dropping all across the Forces, with fewer and fewer beds needed at military hospitals, and many of those hospitals being reduced to clinics. Dr. Jenkins says detachments of a field hospital, when not deployed, will be located at Halifax, Valcartier, Ottawa and Esquimalt. There is also a plan to put a field hospital detachment inside a civilian hospital in Edmonton.

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19 AMS



Non Destructive Testing

Greetings from your expert defect-finding technicians. As this is our first in a series of articles this year, I would like to start by wishing the Totem Times readership a happy, prosperous and, more importantly, a SAFE 1996 and, for members of the CF, may all our future changes be STRESS-FREE.

We'll start off this series with a look at Liquid Penetrant Inspection (LPI). This is a rapid, economical means of inspecting non-porous materials for defects that are open to the surface. As with most of the NDT methods, LPI came into its own as a result of the WWII effort when large manufacturers, primarily in the aircraft industries, were discovering the value of quality control. Detecting manufacturing or processing defects in the then exotic materials of aluminum, magnesium, stainless steel, and the myriad alloy combinations these materials allowed, all of which were non-magnetic, was of increasing importance. Losing aircraft before they even made it into battle did not sit well with the government who paid the bills, and sat even worse with the pilots who preferred not to test their silk, especially over the big pond. So technologists began ex-

panding and perfecting an old inspection method called "oil and whiting," used to inspect the drive wheels of rail locomotives. In this process, the wheels were dipped in hot oil, allowed to drip dry, then coated with a fine white chalk dust. The inspector would then check for telltale wet lines in the chalk dust, indicating a defect in the wheel from which the oil was weeping. Though the products used today are highly refined and specialized; visible or fluorescent penetrants, solvent removable, water wash, hydrophilic or lipophilic emulsifiers, aqueous, non-aqueous or dry powder developers, the basis for LPI remains the same.

In the CF, visible dye penetrants are NOT used to inspect aircraft, engine, or missile parts and/or components. Because of their greater sensitivity, fluorescent penetrants are the only penetrants used (crack widths as small as .000005" in chromium and .000016" in aluminum forgings have been detected). The most common check carried out on the aircraft is Type I Method C, a solvent removable fluorescent penetrant inspection, so we'll look at this process from start to finish.

First, the area has to be stripped of paints or sealants and pre-cleaned with a degreasing type solvent. This allows the penetrant (a high grade penetrating oil with a fluorescent dye incorporated into it) access to the defect opening. Next the penetrant is applied and allowed to remain on the part a minimum of 30 minutes, a process called "dwelling."

During this penetrant dwell time, capillary action (a combination of viscosity, cohesion, adhesion and surface tension forces) enables the penetrant to thoroughly enter into the defect. After the dwell time has lapsed, the area is wiped with a cloth dampened (not soaked) with a solvent. This leaves the surface of the in-

"Losing aircraft before they even made it into battle did not sit well with the government..."

spection area free from penetrant, while at the same time not washing the penetrant out of the defect. This procedure is carried out in a darkened condition with the aid of a black light, the only way you can see a thin film of fluorescent penetrant. When sufficiently cleaned, a fine translucent layer of developer is applied and allowed to dwell 15 minutes. The developer dries to a fine powder and acts as both a blotter (reverse capillary action) drawing the penetrant out of a defect, and as a contrasting background from which the penetrant stands out. The inspector then checks, in a darkened condition, for a fine, brilliant yellowish green indication, denoting a defect, which is then marked for repair or replacement. If no defect is evident, the area is cleaned and repainted or sealed as before - inspection complete.

LPI does have its limitations. You cannot detect discontinuities that do not break the surface of the material, casting porosities for instance (T-Bird speed brake frames), nor can you inspect materials with a porous surface, as the penetrant would be impossible to remove. But, carried out within proper guidelines, LPI is a very effective inspection tool.

So now if you see an NDT technician sitting around, apparently doing nothing, chances are he's in the middle of a critical inspection, awaiting the required dwell time... Well, that's what we're going to say!

CDS Commendation



Cpl L.H. Teichrib is awarded the Chief of Defense Staff (CDS) Commendation by LGen A.M. DeQuetteville, Comd Aircom. Cpl Teichrib was a platoon medical assistant in the protected Croatian villages of Rodaljice and Donje Bruska in the occupied territory of Croatia in Sep 94. Upon arrival, he immediately recognized the poor health of the local people and spent much of his time aiding everyone in the villages. His very professional medical care, far above that normally expected of his rank and experience, greatly relieved their suffering and epitomized the purpose of this United Nations mission.



442 Squadron

On February 5, the CO of 442 Sqn and his senior staff set out for the Southgate River on a survival exercise. Apparently fish is a diet staple when one is in the survival mode, and it is indeed fortunate that there is an abundance of fish in the Southgate River. Dropped off by helicopter, the intrepid group was beset by foul weather and the pick-up, to be accomplished the following day, was delayed due to rain and fog. Maj Tom Mitchell, who stayed behind to manage the squadron in the CO's absence, could not be coaxed into giving any quotable quotes with regards to the worsening situation, but the raucous activity around the Ops room belied the sense of urgency. The group was finally recovered after a wet 24 hour delay.

407 Sqn



Demon Doin's

Winter Operations

Here I am. It's a little after 8:00 am in the morning, I'm eating my routine PB and J sandwich with the ground 20,000 feet below me. It's a beautiful day so it's going to be nice to fly with the "Demon Dawgs" but, looking back, it's not always that way...

Getting back to the Crew 3 "Demon Dawgs." They recently returned from a deployment to Greenwood, NS where they trained with one of the Canadian Oberon submarines. The Atlantic isn't known for its calm seas during the winter so it was a good experience. The missions tactically were great, however from a crew comfort point of view, I guess you could say it was an "uplifting" experience. There were high sea states, and the crew tried (and succeeded) in making the air sickness bags on the airplane an extinct item. It probably wasn't the best day for a couple of naval officers to experience the "Air Force" side of things. Here they are, looking forward to experiencing the "spoiled" flyboy life, and they ended up helping the crew exterminate the air sickness bags. It helps everyone involved to see and experience what the other elements in the Forces have to endure to get a job done.

The squadron has been busy lately. The aircrew have been doing training in preparation for the upcoming Standards crew

checks. As well as preparing for the busy spring, the groundcrew have been busy with their 500 series amalgamation.

The Crew 2 "Cowboys" spent two days last week up in Eielson AFB, Alaska where they conducted winter operations. You would have thought our snowy winter in Comox would have prepared the crew for the adverse driving conditions they experienced in Alaska. Unfortunately, two unnamed aircrew came home with "dented" egos. The squadron pilots are constantly quizzing Lt(N) Jim Brown about calculating the JB (Jim's Braking Index). Also it

funct Arctic Survival Course. Much to the relief of the Vikings, their B-25 kits kept them warm throughout a cold, wet night. While many lessons were learned, it seems Crew 5 knew the secret of surviving in the Arctic; have three well-equipped duffel bags always on hand.

The Demon Association is having its Annual General Meeting April 26-27 here at 19 Wing. Gathering '96 will be an opportunity for all current and past members of 407 to reunite. The All Ranks function will start with a Meet and Greet on Friday 26 April at 1700 hours. Saturday



Crew 5 on "Arctic Survival."



Blizzard like conditions on Mt. Washington.

is rumoured that MCpl Norm... was disappointed to learn that as PMC of the Junior Ranks Mess he is not entitled to a chauffeur.

Continuing with our winter theme, the Crew 5 "Vikings" went on an unannounced Arctic Survival Exercise on Mt. Washington. The overnight adventure was orchestrated by Maj "Cool" Cutland, and replaces the now de-

will see a pancake breakfast, tours of the squadron spaces, the general meeting and a buffet dinner in the evening. For more information or to make reservations, call the CO's secretary, Edith, at local 8101.

Hockey season is in full swing. The 407 teams in the A and B divisions are doing fairly well. The Rebels, with goons like Terry

A face can launch a thousand ships



Chief, can I take leave?

(Courtesy Base Photo)

"the Thrasher" Barton, Mark "I'll always have nice things to say about people" Prosser, and Denis "Old Toothless One" Choquette, sometimes get lucky and beat the other. The more passive 407 team is in the B division. The Devils (for whom this writer shows extreme bias, for who scored a hat trick for them last week? - take that Denis!) roster sports such infamous names as Chris "I've got the only Flaming Red Pants in the league" Bard, Vic "I'd be dangerous if I ever learned some control" Castelli and Mike "Madman" Burke. A roster that sends chills down any opponent's spine. The A division must deal with the seasoned veterans of the Demons. The Demons boast such sporting

greats as Brave "Bouda" Boudreau and Francis "Flap" Laplante as well as grizzled war vets like Paige "Hip Check" Cutland and Ken "O.B." O'Brien who augment the youthful exuberance of the team with decades of experience that only comes from... I guess decades of experience.

In case anyone is interested, the squadron aircrew are going through their semi-annual "Wet Dinghy" training. This involves everyone getting suited up in their exposure suits and enjoying a lazy swim in the warm Pacific... NOT! I think flailing is the more appropriate term.

Until next time, Demons out...

For professionalism



LGen A.M. DeQuetteville presenting Cpl M. Prinzing, 407 Sqn, with a Flight Safety Award "For Professionalism." Cpl Prinzing, an Air Frame Technician, was conducting a brake and wheel assembly installation on a CP 140 Aurora when he discovered an anomaly in the chrome plating on the surface of the axle bearing. This was determined to be normal by both the refinishers and contractor. Cpl Prinzing persevered with his investigation and had the surface measured which proved it to be undersized and out of round. The contractor confirmed his results and determined the assembly dangerous. Cpl Prinzing's professionalism, perseverance and dedication to duty prevented a serious incident or even possible accident. Well done Cpl Prinzing!

(Photo Cpl Tsagatakis)

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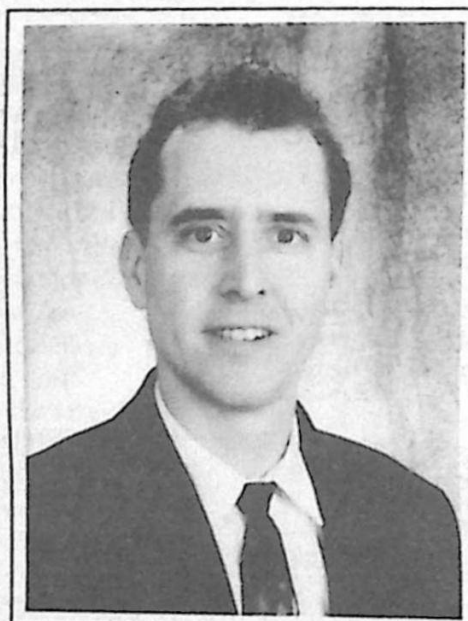
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The Fishing Report

sponsored by: King Coho Resort

A number of winter springs are showing up at King Coho these days. While a large number are just undersize, some nice ones, up to 14 pounds, have been reported. The fish are in deep water (250-270 ft) and people have been having luck dragging hoochies deep (220 ft). Reports are of large herring, 8-9 inches, migrating down the straits attracting the springs to the area.

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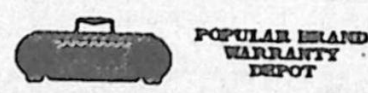
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407 Demon
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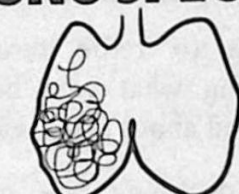
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Leave buy back

Continued from page one

pay as a lump sum payment. Money received from the cash out program is considered by Revenue Canada to be earned income, therefore subject to income tax. CPP and UIC premiums will apply to those not at the maximum annual deductions for these premiums. Pension contributions do not apply. The leave will be cashed out at the members rank/MOC at end Mar 96, using the cash out formula in the new regulations.

To compute the value of the leave cash out, the formula is:

- member's monthly rate of pay;
- multiply by 12;
- divide by 2087.04;
- multiply by 8; and
- multiply by the number of days that the member wishes to cash out.

RRSP Implications

The payment from the cash out program cannot be rolled directly into an RRSP, because it is considered to be earned income and is not a retirement benefit. However, it is possible that members can invest in a RRSP for 1996 if they have not previously contributed up to their contribution limit. Contribution limits may also be affected by the increase in earned income for those that participate in the cash out program. Members who are unsure about the tax implications should consult a financial manager or Revenue Canada Taxation.

An important point to remember is that whether the leave is cashed out now, or taken as leave at a later date, the amount of tax paid would be approximately the same for most members. The advantage of cashing out now is that the money is available for use, and investing in a RRSP will also reduce taxes.

Career Maximum Allowable

The new leave policy takes effect 1 Apr 96. After that date, the maximum accumulation of leave

allowed in a career is one year's entitlement (20 or 25 days, depending on Terms of Service). Leave accrued prior to 1 Apr 96 will not count against the maximum entitlement. Administratively, leave accrued prior to 1 Apr 96 will be recorded separately from leave accumulated after that date.

"Those who are unsure of the way ahead should consult a financial manager or Revenue Canada."

Annual Maximum Allowable

Leave can only be accumulated for imperative military requirements, and will not be allowed for personal reasons. Leave accumulation to a maximum of five days must be personally approved by a Commanding Officer. Formation Commanders, or Commanders of a Command if there is no Formation Commander within the member's chain of command, will have the authority to approve an additional 20 days. **CF personnel can be ordered to take leave under the new policy.** Leave that cannot be taken because of imperative military requirements and cannot be accumulated because the member has reached the career maximum shall be cashed out under authority and financial responsibility of the Formation Commander/Commander of the Command.

Commanders will not receive additional funding for the cash out of leave. In the rare instance that a Commander would be forced to cash out leave because of an incremental NDHQ tasking, a request for funding can be made to the VCDS.

Cash Out Leave on Release

Cash out of accrued/accumulated leave on release will also be possible under the new regulations. Approval authority for this option will rest at NDHQ.

Points to Ponder

- As previously stated, if one takes the money now, the sooner it could be rolled into an RRSP to commence to earn money.

- Personnel may want to take all or some of the money now to meet financial obligations.

- Personnel may choose to take some of the money now, for the above reasons, and leave the bulk of it to cash out at CRA or a later date. The later cash out may allow an easier financial transition to a second career.

- As cash out is based on rank and pay grade held at time of cash out, a promotion or future pay raise will add to the cash value at time of cash out.

- The ultimate decision rests with the member. Those who are unsure of the way ahead should consult a financial manager or Revenue Canada Taxation.

Air Medal presentation



Capt G.M. Collins, CAF, by direction of the President of the United States of America, is awarded the Air Medal for meritorious achievement to the United States while participating in Aerial Flight during the period 17 Jan to 14 Mar 91. During this time, Capt Collins was an F-3 crew member with the 552d Airborne Warning and Control Wing Provisional in Riyadh Air Base, Saudi Arabia, during Desert Storm. Capt Collins flew missions on the unarmed E-3 (AWACS) in or near hostile airspace while providing deep look surveillance and tactical control of allied offensive and defensive fighter and attack aircraft. These sensitive actions significantly contributed to no loss of coalition aircraft to enemy aircraft, no enemy air strikes on coalition forces, and no flight by enemy forces into friendly airspace. The professional ability and outstanding aerial accomplishments of Capt Collins reflect great credit upon himself and the United States Air Force. (Photo Cpl Tsagatakis)

**NEXT DEADLINE
1 MARCH - NOON**

Retire and get into management

About to retire through the FRP? Wondering what your best choices are? Concerned about taxes, including AMT?

The decisions you make will affect everything from the taxes you pay to the income you live on. The key is making the best choices over the next few months, and managing your retirement assets.

Plan on attending a free seminar. We'll discuss the options you'll face before and after retirement, what they mean to you now, and how to plan for the future.

Date: March 11, 1996
Place: Runway Restaurant
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Time: 7:00 p.m.

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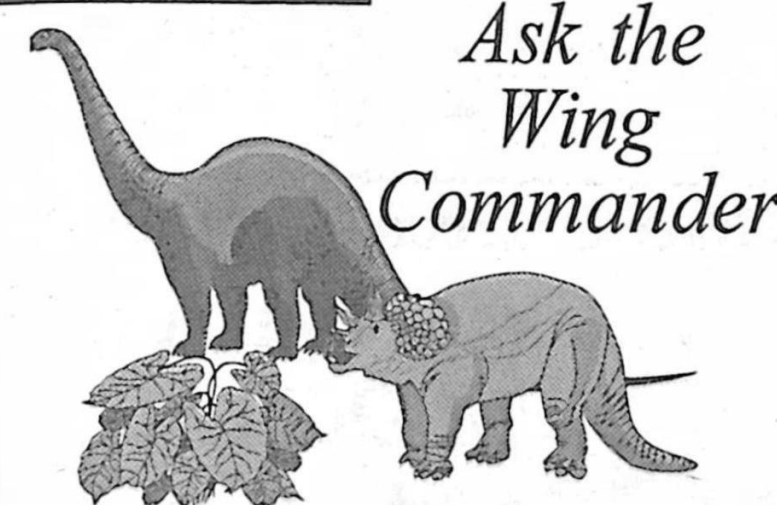
If you are unable to attend but would like a personal response to any financial strategy questions you have, please call.



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PROJECT GLACIER



by Col Brian MacLean,
WComd

Day after day, we are deluged with bad news by the national media concerning the military, and it is often difficult to remember that, at least at 19 Wing, we are surrounded by good news.

Daily we see stories that either describe our armed forces as ill-equipped, ill-prepared, ill-led or ill-advised. In an interview last week, the CDS rightfully announced that, at this time, the army could not be expected to fight in a real war.

Every day there is Somalia. For the last two years, the so-called "national media" have portrayed the CF through the filter of the events in Somalia. First, it was only the good work of the Airborne that was completely overshadowed by the atrocious acts of a few; now, the reputation of the entire armed forces is being defined in terms of what happened in Somalia. As the Somalia Inquiry grinds on every day, there are fresh allegations made from every quarter. It would appear that the Canadian military has become a defenceless whipping boy for the media, resulting in a completely skewed interpretation of reality.

That's not the military that you and I joined and continue to serve with pride. That organization described on the news does not reflect our Wing, where personnel diligently work to protect the sovereignty of our air space and coastal waters; save lives; enforce our military, economic and environmental integrity; and deploy personnel in support of peacekeeping missions around the world.

We need to remember these things, especially during these times of re-engineering and rapid

change; especially when so many of you are working so hard to ensure that we continue to fulfill our key operational roles even as we re-structure the Air Force.

The stories about what our personnel are doing is getting into the local newspapers and occasionally into the Vancouver media. Unfortunately, achievements relating to sovereignty and environmental patrols, the search and rescue missions only rarely touch the line-up of the national news. When they do, the voices of military heroism are only whispers and are quickly overpowered by the steady drone of the Somalia Inquiry.

"It would appear that the Canadian Military has become a defenceless whipping boy for the media ..."

We are fighting back. When this Wing does something newsworthy, we will continue to tell the story. In this regard, you too can be of help to me. If you are aware of a significant achievement on the part of your squadron, your section or some other service personnel, make sure the chain-of-command knows about it; we need to publicize all our good works.

This Wing and all its personnel can be proud of the significant accomplishments we have achieved during the past few months.

We were the first Wing to articulate a Wing Vision and Mission statement. Though only two brief sentences, these statements



WOR Staff refuse to retreat
Recent recipients of the 19 Wing "No Retreat" Award presented by Lt Col Burt, WAdminO, are (L-R): Sgt Descarie, Sgt Ulm and Sgt Lavasseur. Missing is MCpl Cashman. The award recognizes the extra effort "above and beyond the call," that the four individuals demonstrated in meeting the demands of administering the recent FRP application process. The extended hours of work, including being in the office one morning before even the computer was awake, is a reflection of their dedication and professionalism. (Courtesy Base Photo)

Info on Flight Plan 97

by Lt K.J. Saunders

Flight Plan 97 Ground School here at 19 Wing Comox is definitely launched and flying! There will be 392 FP 97 trained personnel from various sections and squadrons on the base by the end of this month. That's quite an accomplishment and definitely one that we can all share in and benefit from! More than likely, someone you know or work with has taken the 3-day course. These graduates are using the tools, skills and techniques they have acquired to help themselves and others deal with and manage change. If you're curious and want to know what all the excitement is about there are several ways in which to get some info:

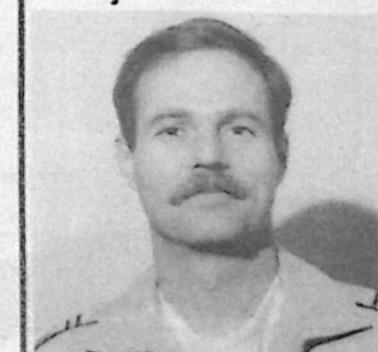
- 1) talk with someone who has taken the course (all branch heads and squadron COs have taken the course);
- 2) talk to one of the FP 97 instructors/facilitators (see below);
- 3) call Flight Plan 97 Ground School (local 8974);
- 4) call Project Glacier (local 8005) and/or
- 5) ask to be course loaded - and live it for yourself!!

The 3-day course is fun, exciting and eye-opening. What more could you ask for? A free lunch? Free coffee? You got it!! Lunch is provided free-of-charge and so is the coffee! You want enthusiastic instructors who know what they're talking about as well as interesting training aids? We've got that too. You want your voice to be heard? You want to participate? You want to get something valuable out of the course? Well, the answers to those questions lie within yourself. We certainly hope that you'll participate - we

want to hear from you. And there's definitely a lot of valuable information in the course. Ultimately, the success and value of the course depends on all of us at 19 Wing. All of us make the difference. So let's get out there and walk and talk. FP 97 will show you how!

Your FP 97 instructors are: Jim Cahill, Lawrence Goble, John Grant, Debbie Humble, Pat Landroche, Bill Moon, John Pumphrey and Kim Saunders.

Your Project Glacier Team



Fighter pilot, leader of men, builder of houses, designer of all things structural and re-engineering expert. Is there nothing that this man cannot do? Well, we're about to find out, 'cause Maj Chuck Fast is also coordinator of this year's Airshow, and it's his job to make everything work smoothly.

Maj Fast is officially the Deputy Wing Operations Officer and, true to his surname, does not hesitate to provide input to the various committees associated with Wing renewal. Obviously a very experienced and talented individual, he wears this flying suit in the hopes that someday he'll be reemployed at his true calling, rocketing skyward on twin pillars of flame.

Heritage Week at the Comox Mall

Feb 18-24 is Heritage Week at the Comox Mall, and if you haven't already seen the display, take some time this weekend to check it out. The Comox Air Force Museum, as well as the local Girl Guides, have displays set

up to represent 19 Wing. The theme of the museum display is centered around people from the Valley and Vancouver Island who have served in past World Wars. Comox Valley personalities such as Stocky Edwards, Bill Vincent,

Harold Marfell, Aussie Maxwell, Ossie Osler and Irish Ireland are prominently displayed along with memorabilia from both wars. From all accounts, the number of visitors to the display is very good and the quality of the numerous exhibits make the trip worthwhile for all family members.

The Martin Baltimore

The Martin Baltimore is not an aircraft most people would associate with the RCAF and yet Canadian airmen and groundcrew served with the Desert and Mediterranean squadrons that used it during the war, including Roy Brewster, born and raised in Victoria, B.C. Flying from 1939 to 1945 in over a half dozen RAF squadrons, he served in Lynders, Blenheims and Baltimores as an air gunner in all theatres of the war, including the battles over France, Dunkirk, English Channel, North Africa, Iraq, Italy, Ceylon and Burma.

After his death in 1991, his wife, sister and brother gave his marvellous collection of memorabilia to the museum. But finding a model of the Baltimore proved circuitous! Comox Kittyhawk ace, Stocky Edwards, having escorted Baltimores frequently in the desert, managed to supply the museum with some unusual photos, as did Halifax gunner Don Daikens through a very helpful friend in England, John Marshall. But the old "Frog" model of the aircraft has been out of print for years - the mould having been purchased by the Russians.

The Comox Air Force Museum staff, not to be deterred by a little problem in obtaining a model kit of the Baltimore, decided to contact the Canadian Defence Attaché, Moscow, to see if they could help. Two months later a small package arrived via Ottawa, and inside was a plastic bag full of Baltimore aircraft model parts. It seems that Col Walton, the Defence Attaché, had acted upon our request and by sheer luck had located the model in the hands of a Russian magazine publishing firm. In exchange for buying a subscription to the magazine, the colonel was able to obtain the kit and satisfy our request. The staff of the museum was most surprised and happy to receive the kit and sent over several gift shop T-shirts to show their gratitude. And that is the story of the Baltimore Bomber that is currently on display in the museum.

Joe Fall of Cobble Hill



Joe Fall of Cobble Hill, Vancouver Island, in front of his Sopwith Pup "Happy." This aircraft and famous aviator are featured at the Comox Mall during Heritage Week. (Archive Photo)

Joe Fall was born in 1895 on Kilaalam Farm, near Cobble Hill on Vancouver Island. One of the leading naval aces of the First World War, his career closely followed that of Nanaimo's Ray Collishaw. Joe was the only Canadian to receive three DSOs during the war for air combat.

Recently, Eduard Models from Czechoslovakia mentioned him in their new Sopwith Pup kits write-up. The aircraft he was flying on 11 April 1917 when he shot down two Albatross and a Halbshtadt fighter was probably

"Happy," the one pictured. He was credited with 25 victories, plus 11 shared and two enemy balloons. Like Collishaw, he served in the Desert Air Force in WWII, then came back to his dairy farm on Vancouver Island.

Though he passed away in December 1988, many members of his family are still on the island, including his wife Jane, an active golfer and community worker who has often lent Joe's marvellous photo albums to the Comox Airforce Museum.

DOWNHOMER'S CLUB

"We have moved"

Come out and enjoy an evening meeting people who hail from the East Coast to the West Coast. There are no strangers there, only friends you haven't met.



Saturday, February 24 at the Korean Veteran Association, 2390 Back Road Courtenay. The food is potluck so bring the dish of your choice. Dance to Newfie, Irish, Country and 50's. Jam sessions are also encouraged for those who like to bring their own instruments.

Annual fee: \$10.00 per person
\$15.00 per couple
Tel: Edi Linthorne 338-8447

Comox Air Force Museum

(located at the main entrance to CFB Comox)



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

Gift Shop is well stocked with aviation related items.



Maj Ron Roos (the fourth amigo) drops the puck to open the Wester Region Air Maintainers Hockey Tournament.

Air Maintainers Hockey Tournament

The Western Region Air Maintainers Hockey Tournament was hosted by 19 Wing Air Maintenance Sqn during the week of 29 January. Teams from Comox, Winnipeg, Pat Bay and Cold Lake vied for the gold and prestige of winning an event. Tournament skills competitions were held, including speed skating, puck handling, shooting and goal tending. Capt Mike Ashcroft won the skating event and WO Bill Moon went home with the shooting title.

The tournament was opened by our very own Maj Ron Roos,

who dropped the puck in the first game between 19 AMS and 443 Sqn. Pat Bay. In a series of double round robins, each team played eight games in four days and the top two teams, Cold Lake and Winnipeg, met in a hard fought final on Friday afternoon. The eventual winner and grand champion was 1 AMS Cold Lake.

Final standings:
1st - 1 AMS Cold Lake
2nd - 402 Sqn Winnipeg
3rd - 19 AMS/414 Sqn Comox
4th - 407/442 Sqn Comox
5th - 443 Sqn Pat Bay



Capt Mike Ashcroft (L) won the skating event while WO Bill Moon (R) won the shooting title. (Courtesy Base Photo)

Attention All Women Fastball Players !!

It's that time of year to dig out your cleats and ball gloves. We're looking for players to help defend our title as Regional Champs. All military, regular force and reserve, are eligible to participate. For those that are interested there will be a general meeting on Tuesday 16 April at 1500 hrs in the gym conference room.

Contact Noel Murphy at loc 8770 or at 339-7878

Pagans Rugby Club

The CFB Pagans Rugby team played another of their clutch games on February 11, proving once again that good training and stamina, along with a never-say-die attitude, will win every time.

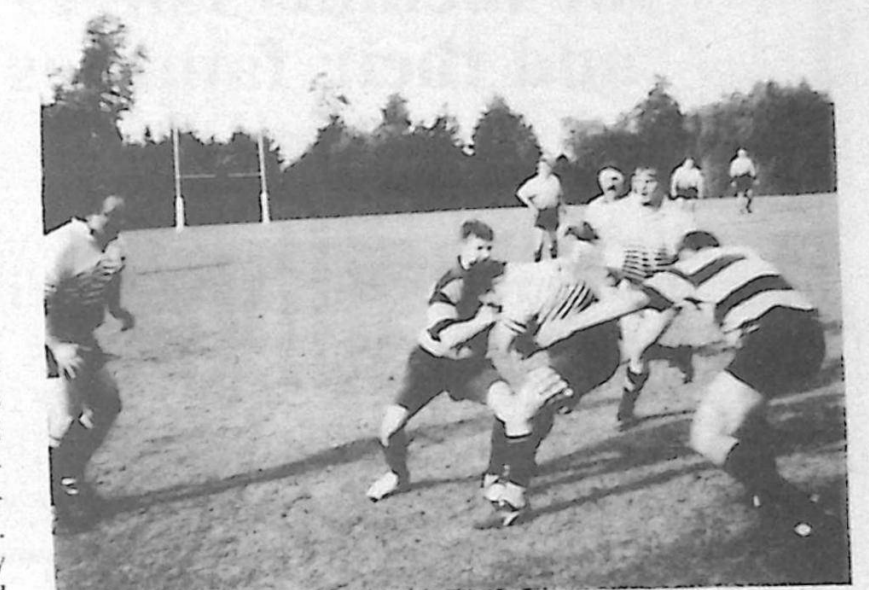
The Pagans clashed with Nanaimo in a furious and hard hitting game that saw both coaches beside themselves with anxiety. After the first half, Nanaimo was ahead by a discouraging 10-0, but they had used up the bulk of their energy and could not sustain the effort. It didn't take long for the Pagans to even the score and eventually win the game, 24-18.

Capt Will Radiff, the scrum half, played up to his usual excellent standard and balanced the plays from the forwards to the backs. Also notable was Cpl Brian Dyck who showed an exciting form in tackling and a respectable speed in open field running. Cpl Brad Merriot, who only played half of the game, showed great promise in running and passing and will no doubt be a

mainstay of the team in future games. Defensively, Cpl Tim Steel proved to be the standout man, proving that a good defensive capability is also required to ensure a winning team.

All in all, the Pagans rugby team is in great shape and should

be a contender. Their style and sheer physical strength ensure that they are well respected, even feared, by other Island clubs. For some weekend entertainment, and hart hitting action, check out their next game, Sunday 3 March at the military field behind the Canex.



Hard hitting action on the field during the Pagans' rugby match.

Silver Totems

During the week of 19 January, 15 top notch hockey players of the Silver Totems participated in the Victoria Pacific Cup tournament. The Old-Timers were in the CCM division of 16 teams and fought their way to first place in their group and placed second overall in the division. This is the first time in the Silver Totems' history that they have placed so highly in this tournament.

Frank Russo and Reggie Laplante played outstanding games with their goal tending keeping the team on the winning edge. Michel Brisebois of 442 Sqn managed to miss the open net but this was covered by Dean Battersby of Wing Supply who scored a hat trick. The Totems pulled off convincing wins over the Victoria Wolverines (4-1), the Port Moody Fog Duckers (3-2), the Fraser River Sturgeons (5-2) and the Spirit River Senior Rangers (5-2). They lost the final game to the Coquitlam Statesmen (5-4).

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Comox Valley Minor Softball REGISTRATION

CRA Lewis Centre : Friday Feb 23 (6 - 9pm)
: Saturday Feb 24 (12 - 4pm)

Comox Mall : Saturday Mar 9 (12 - 4pm)

Boys and Girls - ages 5 & up

\$ 45.00 first child
\$ 40.00 second child
includes hat and photograph



\$36.00 refundable fundraising fee mite division and up

Every registrant must have a photocopy of their birth certificate

Pacific Region Broomball Championships

At the Base Arena starting Monday 26 Feb and running till Wednesday the 28th.

Events from 0730 hrs to 1530 hrs each day.
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Classified Advertising

Free Classified Ads for the members of 19 Wing and their families till 1 April 96 !!!

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

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Jennings Compound Archery Bow, quiver, arrows, finger and thumb guard. Very good condition \$80.00 firm. Call 890-0304 after 6 pm.



Government Licensed Family Daycare in Tyee Park has openings for children. M-F 0700-1630. Very reasonable rates. Hot lunches and snacks provided. Call 339-2414.

For Sale

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

For Sale

Oil burning cook stove suitable for small cabin. Reasonable shape. \$75.00 o.b.o. 339-2108

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.

For Sale

Hotpoint dishwasher. Built-in model on wheels. Almond colour. Like new \$225.00. Call 339-2734.

Apartment Rentals

St. Brelades Court
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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 - Motorcycle

Honda 70, Passport, good condition, cheap transportation to and from work. Low kms 05807. Asking \$675.00 obo. 339-3182

For Sale

Hockey card singles (or sets) of your favourite player(s) or teams. Some cards personally autographed by the player. Makes a great birthday gift or surprise. Display covers, cases and frames also available. For more info call 890-0304 after 5 pm.

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

Brand new wedding/engagement rings. Appraised \$2,876. Asking \$1,350. Receipt from purchase/certificate of appraisal available. Willing to take monthly payments. Jerry at 336-8242/339-9184.

Jest 4 Fun

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

For Sale

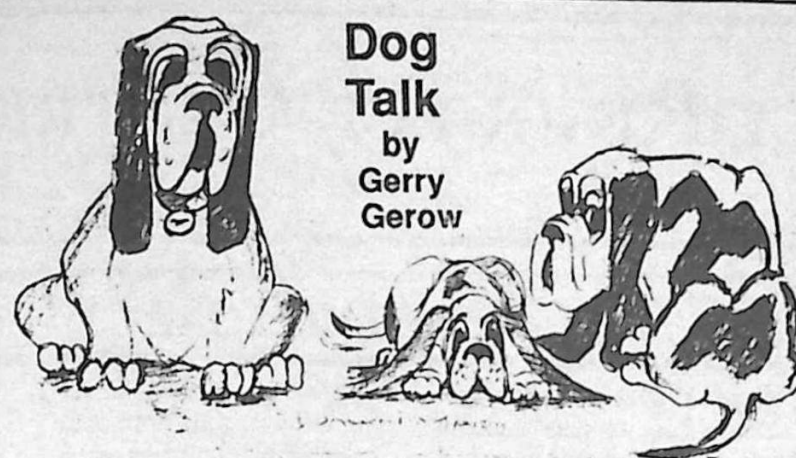
4-chair dining set \$220.00 o.b.o. End table \$80.00 o.b.o. For quality furniture refinishing - call Dean 339-5995.

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

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



Quite a number of books have arrived at my door in the last couple of months. This one is quite interesting: **Dog Perfect** by Sarah Hodgson, Howell Book House, New York (Can\$17.95).

Dog Perfect is subtitled "The User-Friendly Guide to a Well-Behaved Dog." It's styled like a computer program learning book. This is a basic training book, and while I find the approach of making it look like something you would use with a computer a bit silly, there is nothing silly about the contents.

Hodgson is well qualified as an experienced dog trainer, and has written an easy to follow book which should help any novice to train their dog. In fact, it's one of the best I have come across. I wish all the people in our current obedience class had read it.

This is a large 202 page paperback book which is well illustrated with line drawings and photographs. An excellent gift for someone who has just acquired their first dog. I highly recommend it. Just published, you will probably have to order it.

Choosing a Dog, Part 2

Continuing on from my last column, you have decided on the breed of doggie for you. You have found a reputable breeder and are satisfied with what you will get for your money. The next step is when to get the puppy. Do you really want to be taking the puppy outside to house-train in January, in Cold Lake, Alberta? I think not. Summer is a lot better time, but make sure it doesn't conflict with your planned vacation. You don't want to be putting your new pet in a kennel when he isn't even used to his new home yet. I just passed up a breeding opportunity for my young female dog because, even here in Lotus Land, I didn't want a litter of puppies in February. August will be a much better time. If you have chosen a reputable breeder you will be given, no doubt, complete instructions. Briefly, you want to take your puppy home between

seven and nine weeks of age. It is very important to feed a top quality puppy food for the first year of his life. And, most important, you want to ensure that he/she gets proper training. A book such as the one I just reviewed will help immensely.

Don't leave a Mess!

Do you clean up after your dog when you go for a walk? You should. I came across the following in the January issue of **Off-Lead** magazine: "Despite appeals to civic duty and experiments with devices such as canine toilets and public plastic bag dispensers to help people overcome the natural aversion to picking up what their pets produce, Paris authorities are resigned to having to do much of it themselves.

Paris leases 70 specially designed vehicles that look like motor scooters with vacuum cleaners attached to do the work, at a cost to taxpayers of about \$8.4 million a year. The machines, now in a fourth generation design, are officially called "caninettes" but most people call them "mote-crottes," politely translatable as "crudmobiles."

Daily they cruise the city sidewalks, where an estimated 250,000 dogs produce about 25 tons of canine waste every day - less than half of it sucked up by the caninettes. An average of 650 people a year end up hospitalized or with broken limbs after slipping on the stuff that's left on the sidewalk. Doctors have warned of a growing danger of parasitic infestations if Parisians don't change their habits soon.

Venturing out for a walk after dark in residential quarters of Paris is more like stepping into a minefield. With daylight, the obstacles become visible, but there are so many of them that gawking at the Eiffel Tower is ill-advised.

So, let's pick up after our dogs, before we get into the same situation. Already many of our parks are closed to people walking dogs, for just this reason. We can make a difference.

NEXT DEADLINE 1 MAR. - NOON



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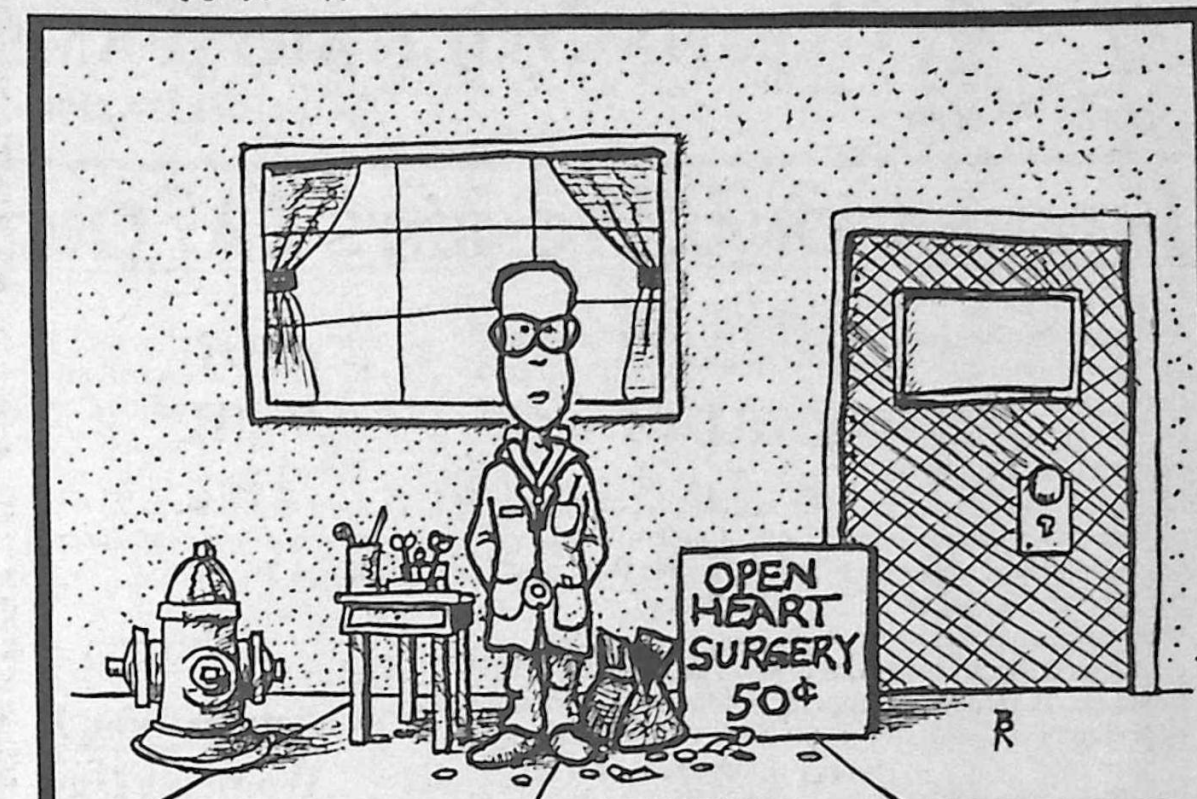
Week ending 24 February, 1996

1. Tarnished Gold.....Andrews
2. The Gift.....Steel
3. Fourth Procedure.....Pottinger
4. Cat who Blew the Whistle.....Braun
5. Star Wars X-Wing.....Stackpole
6. Our Game.....LeCarre
7. Silent Treatment.....Palmer
8. The Juror.....Green
9. Stand Off.....Hogan
10. Home Song.....Spencer

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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.

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FREAKSHOW



Another struggling street Physician

Hike For Hunger '96

Saturday, February 24

Hike for Hunger is a service project of Scouts Canada and Girl Guides of Canada to be held in cities and towns all across B.C. on Saturday, 24 February. This project has been organized to demonstrate Guiding and Scouting's interest in local humanitarian concerns. It is also in response to a serious deficiency in Food Bank supplies after the Christmas season. For us, it is a perfect opportunity to meet our goal of service to our community.

There will be three simultaneous hikes: one in Courtenay, Courtenay and Comox. Parade times, start and finish points are as follows:

Courtenay - 10:00 am Fourth Street & Cliffe Avenue, up Fifth Street, Fitzgerald, Cumberland Road to the old Courtenay Junior School.

Comox - 10:00 am Comox Community Centre to Comox Mall parking lot. (Drop off food at either location.)

Cumberland - 1:00 pm Fire Hall, through town and back to Fire Hall. (Food can be dropped off at Marocchi's Grocery, Babe's Coffee Shop, Home Store and Mini Mart, throughout the week.)

Guiding and Scouting members and families will meet at their designated start point and march along the parade route. We hope that you will bring food to the hike with you. There will be trucks available for food gathered along the route and at the end of the hike.

If anyone has any questions, please call Ruth Seabloom at 339-0688 (evenings) or Jim Saunders at 338-7149.



TODAY'S CROSSWORD PUZZLE

ACROSS

1 Barbecue rod

5 Still

9 German sub

14 Luncheon salad

15 Fit to

16 Suspicious

17 Curved lines

18 Flat creature

20 Free

22 Part of a week

23 Gray wolf

24 Greek god of love

26 Novelist

28 Doctor's exam

32 Crown

36 die cologne

37 Completed in a slalom

39 Fragrance

40 Dam

42 Scoff (at)

44 Web-footed swimmer

45 Molecule parts

47 Maples and oaks

49 Spelling

50 Straight

52 Stammer

54 Wander

56 18-wheeler

57 Hawkeye of "M*A*S*H"

60 Negative votes

62 Indicated agreement

66 Source of financial support

69 Tree trunk

70 Black-and-white animal

71 Roll-call response

72 Actress Chase

73 Tic

74 Filled with reverence

75 Adolescent

DOWN

1 Deer with antlers

2 Cat's murmur

3 Zucco builder

4 Small bites

5 Priests' garments

6 premium: scarce

7 Give, temporarily

8 Commemorative object

9 E.T.'s transport

10 Type of ball

11 Norwegian capital

12 Moby Dick's foe

13 Beginner

14 in-the-wool

15 Spring flower

16 New Orleans

17 Japanese wrestling

28 Organ part

29 Caribbean republic

30 Whitehorse's territory

31 Sly looks

32 Question

33 Game-show host

34 Manufacturer

35 Ocean waters

36 Jewels

37 Yielded

38 Paulo, Brazil

39 Japanese

41 Rajah's wife

43 Morsel

45 Coffee

47 Chocolate mix

49 six units

51 year

53 Actor Andrews

56 Distort

63 Actress

64 Recruit

65 Sommer

66 administrator

67 Scottish cap

PREVIOUS PUZZLE SOLVED

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URAL OWLET UNIT

PASSIONATE UFOOS

SPEEDS MEW MARK

SENIOR BUM

TART DAD FLUIDS

IDEAL SEPIA LEA

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GODS CLOTHESPI

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TOTEM TIMES





COMOX MILITARY FAMILY RESOURCE CENTRE

phone: 339-8290

INTERNATIONAL WOMEN'S DAY QUIZ

1.) According to Canadian non-governmental organizations, what are the three current greatest challenges to women in this country?

- a.) poverty, violence against women, unequal opportunity
- b.) rape and sexual abuse, breast cancer, poverty
- c.) violence against women, treatment of refugees, unequal opportunity

2.) Where was the 1995 United Nations World Conference on Women held?

- a.) Sweden
- b.) China
- c.) Indonesia
- d.) Israel

3.) Terry Vyse is the first . .

- a.) aboriginal woman judge in Canada
- b.) woman with a disability to get elected to the B.C. Legislature
- c.) young person in Canada to sit on a Royal Commission

4.) Who said, "As a child I used to say to myself, 'I shall go everywhere I can and see and do all I can so that I will have plenty to think about when I am old.'"

- a.) Evelyn Lau
- b.) Shani Mootoo
- c.) Emily Carr

5.) The first Canadian woman to win two gold medals in any Olympic games is:

- a.) Silken Laumann
- b.) Carolyn Waldo
- c.) Debbie Brill
- d.) Nancy Greene

6.) The Disabled Action Women's Network Canada (D.A.W.N. Canada) was formed in . .

- a.) 1985
- b.) 1977
- c.) 1943
- d.) 1961

7.) Canada's first woman Governor General and the first woman Speaker of the House of Commons was featured on a commemorative stamp issued by Canada Post Corporation on March 8, 1994. Who was she?

- a.) Judy Lemarsh
- b.) Agnes Macphail
- c.) Jeanne Sauve
- d.) Louise Frechette

8.) Who was the first black person to be appointed to the Senate of Canada?

- a.) Ann Cools
- b.) Rosemary Brown
- c.) Clenda Simms

9.) Who said "It's better to wear out than to rust."?

- a.) Dr. Emily Howard Stowe
- b.) Mary Two-Axe Early
- c.) Mary Ann Shadd Cary

Answers will be in the next issues of the Totem Times March 7th, 1996.

International Women's Day Conference

March 9th, 1996
at the Washington Inn

Cost \$20.00
Price includes 3 workshops, lunch, fashion show & art show



Call the CMFRC at 339-8290 for more information

COMING HOME AGAIN

A spouse's return from duty always has elements of change in it. Some families cope well with the comings and goings of their spouse and develop through periods of separation. Often these families have military for a few years and have developed coping skills to deal with the demands of service life.

(Please note that where a masculine pronoun is used it is meant to refer to both male and female.)

What to expect when your partner comes home:

• Expect him to be different. If he is not, fine. If he has changed, you are prepared.

• Expect him to find you changed. He will find you more independent and he may not like it.

• Expect him to be a little hurt that you have managed so well without him. He will need reassurance.

• Expect him to want some extra attention.

• Expect him to be a bit messy. It will take him a while to get used to living in a house.

• Expect him to want to celebrate his return with a spending spree. If you cannot afford it then resist the temptation. The urge will pass.

• Expect him to be more quiet and withdrawn.

• Expect that it will take about six weeks to adjust to one another again. If you are not getting along well by the end of that time, perhaps you should seek professional help.

Tips for making reunion a joyous event:

Expect the unexpected. The service member's arrival is bound to reveal surprises to all: new hair style, weight gain or loss, the kids have probably grown . . .

Try to avoid making judgments on the changes you see focus on getting reacquainted.

Go slow - set aside family time during the first few days rather planning a busy schedule of events - reunions can be stressful.

Think before you spend - there may be a tendency to overdo the reunion with expensive gifts and fancy meals. Stick to your budget.

A successful separation and reunion rest on planning, intentional communication and thoughtfulness. Hopefully, the points in this brief article will point out some ideas and methods you can use to make the "Homecoming" a joyful and constructive event in your lives.

With patience, understanding and a willingness to forgive, your reunion with your loved one can be a high point in your relationship.

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1-800-866-4546 (0800 -1630 Hrs Ottawa)

Upcoming Events

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

Myth Busting Mental Illness

The facilitators will share their knowledge and experiences around major mental illness such as schizophrenia, manic depression, schizo-affective disorder or anxiety disorders. Participants of the info session will be provided with an opportunity to get involved with the S.I.L Program and gain valuable knowledge and skills.

Facilitators: Bobbie Cherrett & Maguerite Holgate
Date: March 13th
Time: 6:30pm
Location: CMFRC
Registration: Call 339-8290 by March 8th

Cake Decorating

Learn the fundamentals of baking and frosting shaped cakes, about icing and how to use decorating tools. Learn how to ice a cake smooth, how to make shells, drop flowers, leaves, roses and other flowers.

Dates: March 27th, April 3rd & 10th
Facilitator: Karen Nogue
Time: 6:30 - 8:30 pm
Location: CMFRC
Cost: \$10.00 plus supplies. Call CMFRC for supply list
Registration: Call 339-8290 by March 22nd. Fees are due at time of registration.



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 enrolment 2 hours.

HELP WANTED

Casual Caregivers with ECE certificate, available on short notice. Please forward your resume, by Feb. 29th, to CMFRC Attn: Kinnikinnik Child Care Centre P.O. Box 310, Lazo BC V0R 2K0

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!