



**Free
Classifieds**

...page 18

**Peacekeepers return
from Haiti**

..... page 9



The Comox Valley's Oldest Newspaper



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 38 NO 7

THURSDAY 18 APRIL 1996

COST: PRICELESS

Exercise Amalgam Warrior



(Photo by Cpl Spence)

F-18s from 416 Sqn Cold Lake (above) and F-16s from the 120th Fighter Interceptor Group (below right) participated in exercise Amalgam Warrior.

A major NORAD exercise involving aircraft from the United States and Canada was held last week with a number of T-33, F-16, Challenger and F-18 aircraft flying from Comox. Called Amalgam Warrior, the exercise was held over a three day period, starting on Tuesday, 9 April, and finishing on Thursday, 11 April. It was considered to be a major exercise because it involved all of the western seaboard, southwest and northwest North America and Alaska. Scenarios were simulated up to and including full war-time operation.

416 Sqn from Cold Lake provided eight F-18 aircraft and eight F-16s from the 120th Fighter Interceptor Group at Great Falls Montana also showed up. T-33 aircraft from Comox deployed to Vandenberg California and Port

Hardy. A Challenger aircraft from Greenwood was also involved.

The exercise was designed to test the full combat capabilities of the fighter aircraft and crews as well as the command and control element. Here at Comox, the majority of the flying was done out over the water near Tofino although the afterburners could be heard and seen with interest at all hours of the day near the base.

NORAD, a bilateral defence agreement between Canada and the United States, has its headquarters in Colorado Springs, Colorado. Since 1958, NORAD has provided a joint command and control system for continental North America air defence. The Canadian government recently renewed its commitment to the agreement.

Sea Cadet dies after school sport injury

Sea Cadet Petty Officer second class Paul Armstrong died Wednesday at a Vancouver hospital after sustaining an injury during a physical education class at Highland Secondary School. PO2 Armstrong was apparently struck in the head by the elbow of another student during an accidental fall on Tuesday, 9 April. He later complained to the school staff that he was not feeling well and was taken to St. Joseph's Hospital. He was then Medevaced to Vancouver where he succumbed to his injury at 2:30 a.m. on Wednesday.

PO2 Armstrong was a honour student and a well liked young man. He was very enthusiastic about his cadet involvement and joined the local corps at the age of 12. He and fellow cadet Clayton McConnell won the 1995 National Sailing Regatta held in Halifax. He also recently attended the RCMP boot camp held at HMCS Quadra.

A scholarship fund is being established by the sea cadets in honour of PO2 Armstrong's memory. Donations may be made to the Comox Valley Credit Union or through the Port Augusta Sea Cadets. For more information contact Mrs. Harrison of the Navy League of Canada at 338-4531.



(Photo by Cpl Brace)



Legion Log

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri 19 Apr - music by CONTINENTALS
 Fri 26 Apr - music by ABOUT TIME
 Fri 03 May - music by ELDORADO
 Fri 10 May - music by EASTERNERS
 Fri 17 May - music by SHABOOM
 Fri 24 May - music by VESTED INTEREST
 Fri 31 May - music by ELDORADO

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 recessed until Sept.
 TUESDAYS.....Mixed Dart League recessed until Sept.
 Ladies Crib League recessed until Sept.
 WEDNESDAYS.....Navy League Drop-In Bingo, 7:00 pm
 Upper Island Men's Crib League recessed until Sept.
 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

SPECIAL EVENTS:

Sun 21 Apr - Euchre Tournament in Lounge. Registration at 12:30 pm, Start 1:00 pm.
 Sun 12 May - Mother's Day - Wine & Cheese, dancing to Karaoke Sound Stage 3:00 - 7:00 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
 Norm's Combo ... 19 April
 Eldorado ... 26 April
 EUCHRE.....every Monday night 7:00 pm
 FUN CRIB.....every Wednesday night 8:00 pm
 FUN DARTS.....every Thursday night 7:00 pm
 SUNDAY CRIB.....Sun. 28 April at 1:00 pm
 BARGAIN DAY.....every Wednesday, all day
 BBQ LUNCH SPECIALS.....every Weds & Fri 11:30 am - 1:30 pm

General Meeting Tuesday, 23 April at 7:30 pm

SPECIAL EVENTS:

Mother's Day - Sun 12 May
 Live entertainment by "Kirby" 2 - 6 pm
 Steak BBQ, salads, baked potato, buns: \$5.00 per plate.
 Spring Charity Auction - 18 May at 1:00 pm
 Please drop off donations at the Branch Office.
 Proceeds to Cancer Society and other charities.

MEMBERS & BONA FIDE GUESTS WELCOME

Building is Handicapped Friendly

BASE PERSONNEL WELCOME AT BR. 17

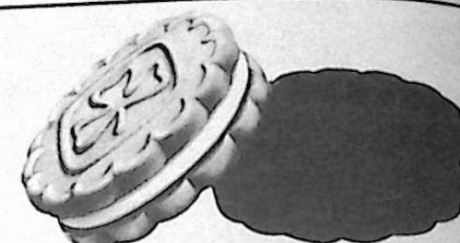
Office: 334-4322 Service Officer: 334-3613



Chaplain's Chatter

by Charlie "the Chaplain" Massey God's Son

God gave his only begotten Son
 That all who follow might be won...
 He came into the world one night
 And in a stable first saw light.
 And with His father carried wood
 To learn a trade as all boys should.
 In the Holy City there
 He first showed others the Father's care.
 He read and taught the Holy Word
 So others who have never heard
 Could come and hear the Father's voice
 And make for Him their personal choice.
 From inside the temple He went to the world
 Where people's heads only spun and twirled.
 And there He sat on the beach and taught
 Till by His word they found themselves caught.
 To Him the faithful came to be healed
 But unless they had faith He would not yield.
 Those who saw Him in His true light
 To them He answered their spiritual blight.
 For those who came with selfish threat
 He taught them a lesson they'll never forget.
 When envy developed because of this man,
 The people aroused, they began to demand
 That the life of this man should be taken away
 And more and more people began to be swayed.
 Finally the rulers began to give in
 And even the people with forgiven sin.
 So they led Him away to a hill that was near
 And the people sent up a terrible cheer.
 A large wooden cross, between two more
 Again and again the whole crowd roared.
 They hung Him there on the cross to die
 And thought they were free from this weird guy.
 His believers went there and took Him away
 To bury, according to custom; their way.
 The tomb, from a rock, was sealed with a stone
 And the soldiers stood guard as the mourners moaned.
 The third day came and they went with speed,
 To the man who was taken because of their greed.
 They found Him not there but an angel instead,
 And they stood and quaked with fear and dread.
 They were told by the angel that He wasn't there.
 The grave for Him hadn't been a snare.
 Since that time we have looked to Christ,
 And searched ourselves because of the price
 This man paid on our behalf,
 And some of us still just sit and laugh.
 But let me tell you of this man's goal
 He came with one purpose: to save our soul.
 And this will happen if we would
 Open our hearts as we all should.
 And when this happens to one and all
 His task will be over and we'll never fall.
 Never again do we have to be poor
 In faith, in hope, or in love as before.
 Let us share this love with all we meet
 For only in this way will life be sweet.
 Life for all can be beautiful too
 If only we'd do as we could do.
 And then the brotherhood of man
 Will all have the love that He had for man.



Girl Guide Cookie Week

Did you know that each person in B.C. enjoyed an average of six Girl Guide cookies last year! Cookie Day in B.C. was first held in 1948 and the tradition continues. This year, Cookie Week is April 27 to May 5.

Girls of all ages will soon be at your door selling the famous chocolate and vanilla sandwich cookies made from a recipe used exclusively for Girl Guide Cookies. Each box of cookies costs \$3.00.

The Cumberland, Denman Island and Union Bay girls will go door-to-door on Saturday April 27 from 10:00 a.m. to 2:00 p.m. The Comox girls will also do their "blitz" in Comox on the same day and at the Comox Mall throughout the week. The Courtenay units will sell cookies around town starting on April 27 and at the Driftwood Mall on the April 27 weekend. Mt. Washington girls will sell throughout the week as well.

Cookies will also be available for purchase in Cumberland at Babe's Café, Marochies, Mini Mart and the Home Store throughout Cookie Week.

We urge everyone to try to support the girls within their town as each group depends on the residents of their respective neighbourhood for support.

All the Sparks, Brownies, Guides, Pathfinders and Senior Branches of Guiding in the Comox Valley will benefit from the cookie sales since ALL the profits remain in B.C. One half goes to our Provincial Council to sponsor training, travel assistance for girls and leaders, campsite maintenance and much more. The second half remains within each Guiding unit here in the valley to support the girls in their many activities.

Guiding is proud to be self-sufficient. In B.C. we are not members of United Way and do not depend on grants. Our membership fees and various fundraising efforts allow us to cover most of our expenses. We are especially grateful to all the residents of the Comox Valley for their continued support.

REID'S COURTENAY Esso

Steam Cleaning
 Exhaust Pipe Bending
 Truck & Auto Repairs
 Auto Propane & Repairs
 Propane Key-Lox



151 RYAN ROAD, COURTENAY DAVE REID 334-3844

DELICIOUS

Girl Guide
 Sandwich Cookies
 On Sale April 27 to May 5



Contact:
 Ruth Seabloom
 339-0688



Girl Guides
 of Canada
 Guides
 du Canada



Air Show Kick off

The activities associated with Airshow 96 will officially begin tonight, Thursday 18 April, with the unveiling of the airshow painting by John Rutherford and the presentation of the official airshow T-shirt and ball cap.

Sgt Debi Perfit, the airshow sponsor coordinator, says that the official presentation will take place in the Officers' Mess between 7:00 and 7:30pm and all of the sponsors (to date) will be in attendance. Dignitaries and members of the media have been invited to attend.

Look for details of the presentation in the next Totem Times, along with a list of sponsors and features on Airshow 96 activities.

No CFR

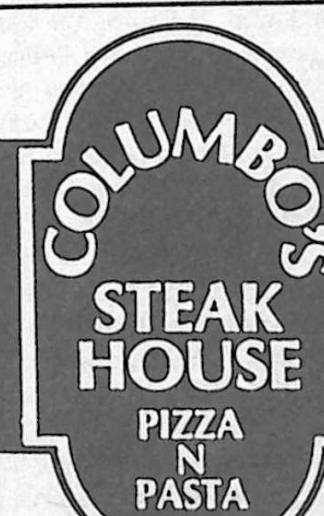
The CFRP will not be opened for competition in 1996. A requirements analysis, in the light of current restructuring, has confirmed that no need exists for officer production through this program at this time.



"Remember, if your
 adult teeth
 fall out, you don't
 get a dime."

The Tooth Fairy

APRIL IS DENTAL HEALTH MONTH.
 The Dental Profession of B.C.



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

Activité d'Avril, April activities

Association Francophone de la Vallée de Comox

Voici une liste d'activités offertes par l'Association Francophone pour le mois d'avril:

Mini Franco-Fun: (18 mois à 5 ans). Jeudi, le 18 avril. Thème - Les animaux. Heure - 10H00 à 11H30 (à l'Association).
 Grand Franco-Fun: (6 à 12 ans). Samedi, le 27 avril - un film. Heure 12H30 à 14H00 (à l'Association).
 Chorale Francophone (Les

Voix de l'Île): Tous les mardis soirs à 7H30. Lieu - Salle de musique, école Puntledge.

Cinema-famille: Vendredi, le 26 avril, heure 7H00. Lieu - Association. Titre - Louis 19.
 Francophone Association activities for the month of April:
 Mini Franco-Fun: (18 mos - 5 yrs). Thursday, 18 April from 10-11:30 a.m. at the Association.
 Theme - animals.

Grand Franco-Fun: (6 - 12 yrs). Movie on Saturday, 27 April from 12:30-14:00 p.m. at the Association.

Francophone Choir - Les Voix de l'Île: Every Tuesday at 7:30 p.m. in Puntledge School Music Room.

Family Movie: "Louis 19" on Friday, 26 April at 7:00 p.m. at the Association.

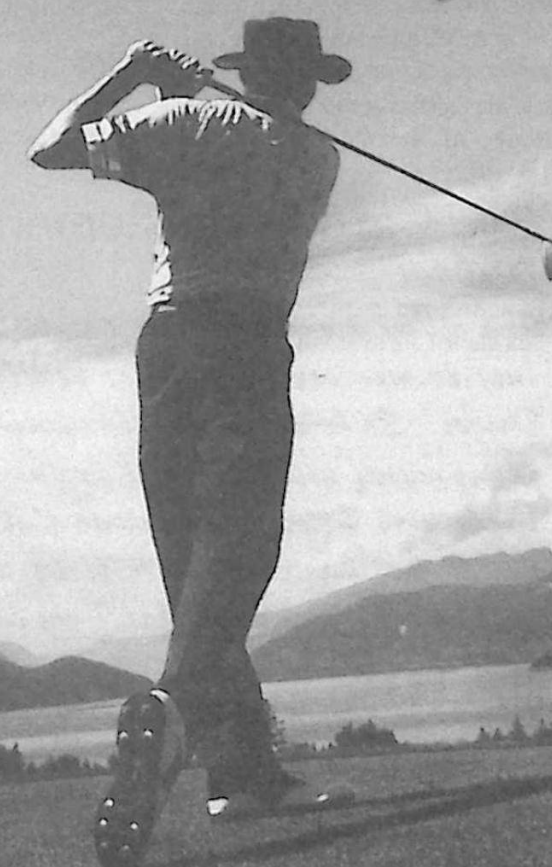
Allow plenty of time to drive.

Not everyone who drives through B.C. does so solely to golf. Many point their cars to Whistler to feast their eyes on ancient, soaring mountains and dazzling sapphire lakes. And then they golf. Others, preferring shores pounded by the waves and lapped by the tides, drive to the coast, the Island or Vancouver (where, naturally, they golf). And others head to the Interior where the hills roll into hills, hills and more hills upon which are built courses, courses and more courses. Sound like your kind of trip? Call our 1-800 number. We can book your hotel and free up a lot more time to drive.

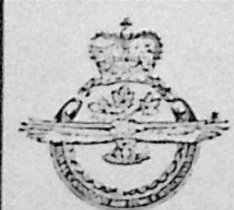
Accommodation
 Special
 \$69

To book this or any of our other B.C. vacation specials, call Super. Natural British Columbia at 1-800-663-6000

BC
 Time To Play.



*Per night. Based on double occupancy. Subject to availability. Applicable taxes extra. Budget and deluxe rates also available. Offer expires May 31, 1996.



888 (KOMOX) WING RCAFA CALENDAR OF EVENTS - 1996

24 April (Wed) Executive Meeting 2000 hours
 27 April (Sat) Charter Ball - 100 tickets @ \$20.00
 Food: Manuel. Music: Live orchestra
 04 May (Sat) Bingo Wind-up 2000 hours
 12 May (Sun) Mother's Day Brunch 1100-1300 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

The Editor gets a word in

Vacation Surprises

If you're planning a vacation this summer, and you intend to use government campgrounds, then you would be well advised to phone ahead and see if you need a reservation. It seems that the new federal policy with some federal campgrounds is to accept reservations some 90 days in advance, for those of us organized enough to know when and where we'll be on a given vacation day.

During the Easter long weekend, my family and I normally go to Tofino to take in the Whale Festival activities associated with the whale migration. About a week prior to departure, a notice arrived in the mail outlining the new Parks Canada policy on reservations and this indicated that certain parks were accepting advance reservations. My wife immediately phoned the toll free reservation number (busy) and kept trying for the better part of an hour, only to find in the end that the Greenpoint campground was completely booked for the long weekend. No recourse, no drive-ins, nothing. It's booked.

Now it seems that this new way of operating is the result of a re-engineering effort on the part of Parks Canada. Given the same dollar crunch that we are experiencing, they are dying to find ways to maintain the status quo with fewer heritage dollars. The privilege of advance reservations will cost the customer and additional \$6.00 per night. This is on top of the \$18.00 fee that is already charged for an unserviced spot. In addition, Parks Canada now charges a \$5.00 per day parking fee if you actually want to visit any of the spots within the Pacific Rim National Park. That means you should budget at least \$29.00 per day just to use a government campsite (unserviced) when you visit Tofino with any kind of RV.

I am not trying to criticize the Parks Canada effort, but I am trying to point out their method of re-engineering. They are attempting to maintain the status quo, the same number of employees, the same way of doing business, the same level of community interaction, through the introduction of user fees. This may work in the short term, but it is becoming as expensive, if not more expensive, to use government rather than private facilities. This may be of little interest to many foreign visitors to the Pacific Rim National Park, but I don't think it was the intention of the government or the public when the park was first established.

It took two hours of constant phoning to find the person who initiated this re-engineering effort for the Pacific Rim National Park. His name is Rod Blair and he lives in Ucluelet. If you want more information, give him a call at 604-726-7721.

By the way, we did get a spot in the campground because Mr. Blair is a very reasonable man to deal with. It rained all weekend, but it was worth the effort.

Joel Clarkson

21st Annual Pac Region Logspiel Committee

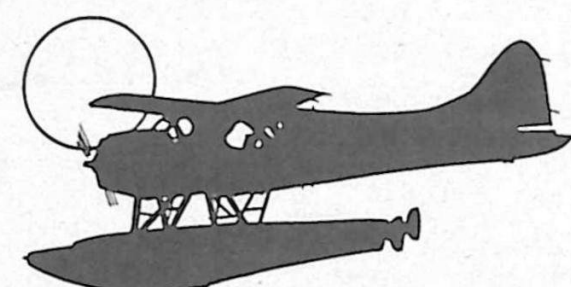
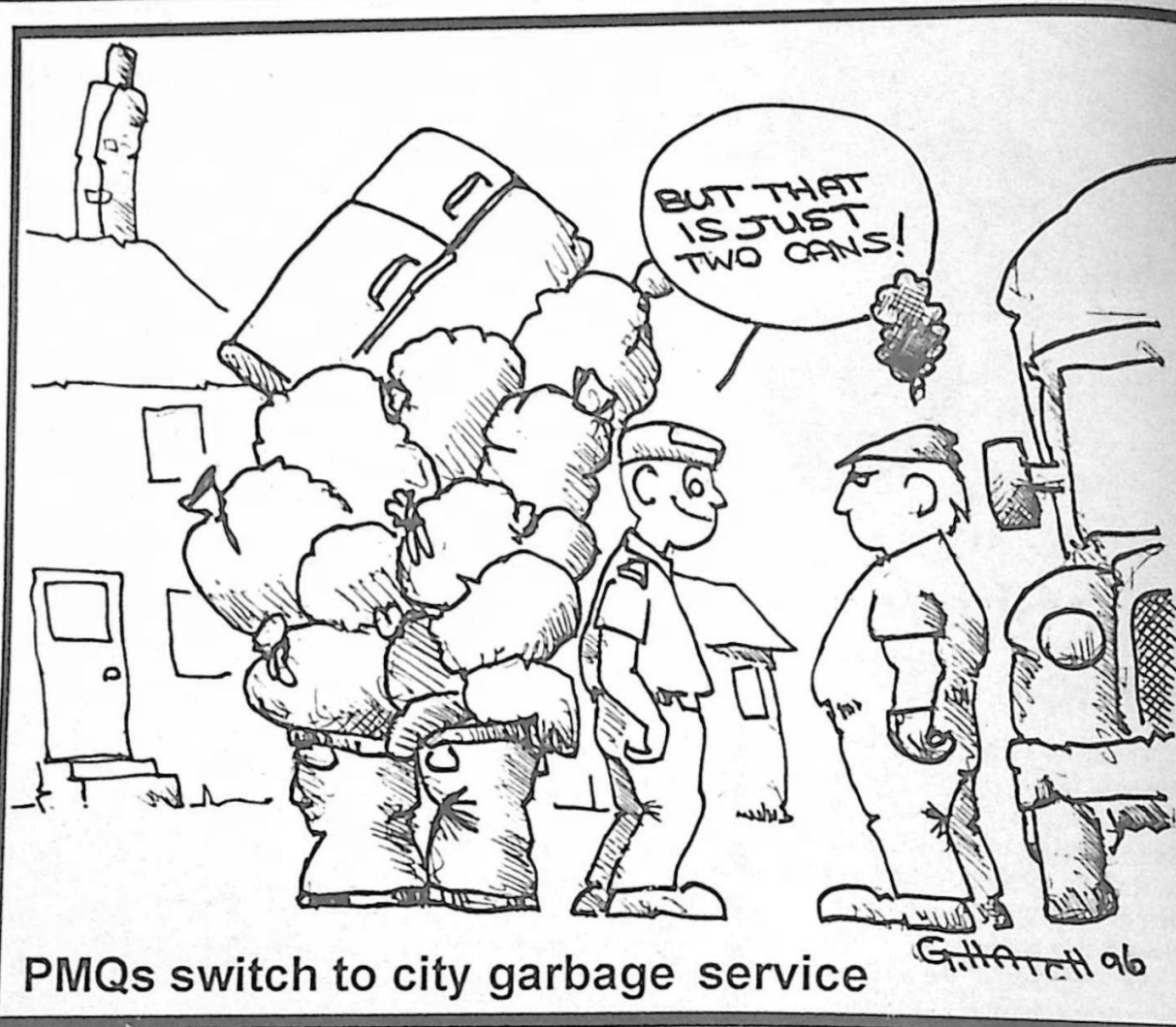
would like to thank the following sponsors

Annexer
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Comox Golf Club
Corks, Caps and Fermentalia
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Dairy Queen
Essential Vitamins
Farquharson Farms
Fisher Scientific
Garf Baxandall Ford
GE Capitol Technology Services
General Paint

Goods Groceries
Griffin Pub
Labatts Canada
Madman Makay's
Midas
Monk Office Supply
Mountain Meadows
Nevada Bob's
Overwaitea
Pacific Produce
Rick's Music
Riverside Wines
Ron's Custom Cutting
Sunnydale Golf Society
The Lorne Hotel
Tim Horton's
Washington Inn
Wendy's
Wesco Distribution

Without your support we would not have had such success....

Thank you all



Letters to the Editor

Dear Editor:

April is Cancer Campaign month. This is the month that thousands of Canadian volunteers canvas their friends and neighbours for support in the fight against cancer. This year, the Comox Valley Unit will be hoping to raise \$115,000 during our annual campaign.

This money is vital to help us continue our efforts in education, research, and patient services, allowing support for many Comox Valley residents. Last year thousands of volunteer hours were spent assisting local patients while thousands of dollars were provided in emergency financial assistance. In addition, many patients stay at the Vancouver Island Lodge in Victoria while receiving treatment. These, and other services, are a direct result of the generosity of the Comox Valley

clubs, organization and individuals.

I am writing to enlist your continued support in this worthwhile campaign, to ensure continued support is available for patients and their families.

Contributions may be mailed or delivered to:

Canadian Cancer Society
#102-1509 Cliffe Avenue
Courtenay, B.C. V9N 2K6

As well, we would be happy to address any group, explaining where donation dollars are spent - both in the province and in our own community. If you would like to have a representative from the Canadian Cancer Society, Comox Valley Unit, visit your organization, please call 338-5454.

Sincerely,

Paula Verhoeven
1996 Campaign Chairperson

Card from Clementine

Dear Joel,

I'm off on a world trainer, thanks to my generous (not to mention handsome) benefactor, Paul Drouer. So here I am in Champaign, Illinois enjoying myself with a bunch of gorgeous and attentive (make sure Peter Abbott reads that part!) pilots and I just wanted to write to let the rest of my faithful kiwi flock know that I am very happy and well! Just think, I might even get back to the kiwi homeland - keep your fingers crossed for me!

with lots of love,

*Clementine
XXXXXX*

NEXT DEADLINE 26 APR. - NOON

Allegations on the Somalia Affair

by Gen J.E.J. Boyle

There have been allegations that the Department of National Defence and the Canadian Forces have conspired to deprive the Somalia Inquiry Commission of information necessary for their investigation. I know these allegations must be of concern to all of you.

I wish to reassure all members of the Canadian Forces and the Department of National Defence that, in my current role as CDS and in my former positions as Assistant Deputy Minister for Personnel and Associate Assistant Deputy Minister for Policy and Communications, I never participated in any effort to interfere with the work of the Somalia Inquiry Commission.

Moreover, I have never seen any evidence of an institutional conspiracy to subvert the purposes of the Somalia Inquiry. If individuals have taken it upon themselves to act in a manner that is contrary to Canadian military values, or if they have broken the law, they will have to answer for their actions before the appropriate authority.

When I was Associate Assistant Deputy Minister in the Policy and Communications group, I put processes in place that separated the day to day work of the Department and the Canadian Forces from that of the Somalia Inquiry. Authorized spokespersons were designated to deal with the Somalia issue, the Somalia Inquiry Liaison Team was established, directives were given to protect all relevant documentation and a rigorous process of turning over this documentation to the Commission was instituted.

It is now obvious that there are gaps in the documentation. Individuals will have to explain these gaps. This is why the Commission was given a very broad mandate to examine all aspects of the Somalia affair. The senior leadership in the Department and the Canadian Forces fully support the Commission in this endeavour and share the desire of the commissioners to seek out the truth.

I would welcome any opportunity to appear before the Somalia Inquiry Commission so as to provide full details of the Department's handling of the documentation and the practical steps that we have implemented to ensure complete openness.

It is in keeping with the spirit of ensuring full disclosure to the Commission of Inquiry, that I directed all units in the Department and the Canadian Forces to stand down all but essential operations on 9 April to conduct a thorough search of all their files, to identify and forward to NDHQ/SILT any Somalia related documents not previously forwarded, and to advise their chain of command of action taken.

Pennies from Heaven

This week, households in the Comox Valley will begin receiving special "Pennies from Heaven" collection banks. The aim is to put all those pennies almost everyone seems to have hidden away in drawers, jars or boxes back into circulation and, at the same time, help this community. "Pennies from Heaven" is part of an island-wide fundraising event initiated by United Way in co-operation with Island Farms and the Royal Bank.

During this event the five United Ways on Vancouver Island will be collectively distributing 215ml collection banks in this, their first "Pennies from Heaven" promotion. The collection banks (actually milk cartons customized and produced by Island Farms)

Continued on page 10

New Snowbird CO

by Tara Molder,
Public Affairs Office
15 Wing Moose Jaw

This October Maj Darryl Shiyak will replace the Snowbirds' present CO, Maj Steve Hill.

As Commanding Officer, Shiyak will assume the Team Lead position "calling" the formations for the Snowbirds. In very simplified terms, he explains this as "the position looking at the ground," with the remaining eight pilots following, "flying the profile."

Shiyak is well aware of the

magnitude of the responsibility the position holds. He is planning to travel with the team starting in August to "learn all I can from Maj Hill and then fly from there," after he officially takes the reins. The winter training season will also have four other pilot turn-overs in each pair position, with the second-year pilots training the new first-year pilots.

But Shiyak is no stranger to the team. From 1988-89 he flew the outer left wing position, in addition to many years experience with the CT-114 Tutor aircraft. Also, many of the formations the Snowbirds fly are familiar. As he says, there is "not much new that can be done that has not been done in the past."

Of his experience, the one thing Shiyak feels he cannot bring to the team is his time flying the

Bell Single Huey with Base Rescue in Moose Jaw and the Labrador Search and Rescue helicopter in Trenton, Ontario.

According to Shiyak, Tutors and helicopters are two totally different ways of flying. However he explains that he loves flying both types of aircraft and feels fortunate to have been able to fly them.

As for the Snowbirds, the present Chief Ground Instructor is looking forward to his appointment. The 1997 show season will have approximately the same number of shows planned as this year - around 75 - which will take place throughout Canada and the United States.

In his capacity as Team Lead, Maj Shiyak claims that his primary obligation will be to secure a bright future for the Snowbirds.

MYTH 3.

There isn't enough choice in the public school system.

REALITY.

Who's kidding whom? Today's public school system offers far more choice than 20 years ago, including French immersion, the International Baccalaureate program, outdoor education, a fine arts school, storefront schools, re-entry programs for drop-outs, and integration programming for children with special needs.

Our Public Education system is open to all students.

No child is excluded regardless of race, income, or special needs. Our teachers, along with education support workers and other key resources, provide not only the basics but an expanding body of knowledge to help prepare our children for a changing world.

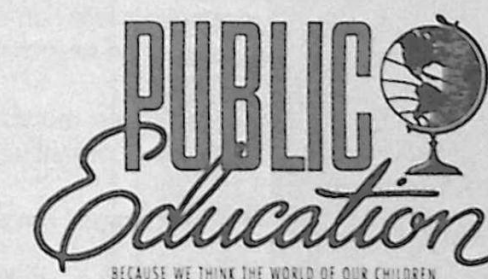
Our neighbourhood schools are now under attack from often misinformed sources. Vital funding and resources hang in the balance. Public Education is worth supporting.

Get the real story. Call the British Columbia Teachers' Federation at 1-800-663-9163 or write us at

#100-550 West 6th Ave., Vancouver, B.C. V5Z 4P2.

e-mail: pbalango@bctf.bc.ca

Home page: <http://www.bctf.bc.ca/bctf>



407 Sqn



Demon Doin's

As the annual posting season approaches, the posting messages seem to be arriving with a few surprises. I'm sure Capt Quinn will not be on a certain Nova Scotia real estate agent's Christmas list this year. It seems that Capt Quinn was expecting a move down to ZX but instead his move will be down the hall to 414 Sqn. The Lazmanian Devil will also be whirling his way down the hall but in the opposite direction, to fly the great oak desk at WOps. Pete "Baby Carrot Peeler" McLean will be leaving the beautiful Comox Valley to reside in the not quite as beautiful Annapolis Valley. Hopefully, Pete will be able to keep Barney in line as Barney leaves us at the end of the month to show those Chicken Hawks how it is really done. Denis Choquette's presence on the ice will be missed as he too is posted to Greenwood. I'm sure Denis' hockey prowess will impress those at 404 Sqn. How does that old saying go? Something about those who can't do something, teach. Jim Brown will also be leaving the squadron for the east coast. Not only is he leaving the best coast, he is leaving the best country and returning to the US of A. You'll be able to find Jim in Brunswick, Maine or, on the occasional weekend, in the Comox Valley.

MWO Fortin and CWO Walker will be retiring from the squadron at the end of the month after more than 30 (that's right 3-0) years of service each. On behalf of the squadron, I would like to wish both of you the best during your retirement years. The mugouts for MWO Fortin, Lt (USN) Brown and Capt Barney Macleand will be held at 888 RCAF Wing, 1600 hrs, 18 April. All are invited.

Mugouts for other squadron members will be posted in squad-

ron spaces in the upcoming weeks. To all Demons leaving the squadron, best of luck in all your future endeavours.

There are two new Demons roaming around the halls; we would like to welcome Lt (USN) Johnny Miller and Capt Shawn Kimmins. We hope that Lt Miller enjoys all the new Canadian customs that he will be exposed to.

The squadron would like to congratulate Cheryl and Juan Trescher on the safe arrival of their 8lb. 1oz. baby girl, Meagan on 31 March. CWO Walker was the winner of the pool. We would like to congratulate Doug and Laurie Staumwhite on the birth of their first child, Timothy, on 4 April. The squadron would like to wish all those other expectant parents the best of luck in the last few weeks of their pregnancies. Continue to watch this space for the announcement of the new bundles of joy.

As mentioned before, the squadron will be on TD quite extensively during the next few months. After receiving their diplomatic clearances at the eleventh hour, the Terminators of Crew Six, along with the CO, left for Japan on 5 April. This trip is the first of its kind for the squadron since 1988 and, hopefully, it will not be the last. Crew Six representing the MPA community and the Westploy task group from Esquimalt will show how competent the Canadians are at ASW and ASUW. The Japanese challenged the Terminators to a friendly game of baseball; Crew Six accepted the challenge with great enthusiasm. During their first and only practice, a few obstacles had to be overcome before they could begin the warm-up. These small obstacles included showing members of the crew what a baseball, bat and glove looked like. After determining that perhaps baseball would not be the best sport to display their athletic prowess, the Terminators worked on their rain dance.

Crew Two returned to San Diego 22 March for the results of Rodeo Wolfhunt. The Cowboys, unfortunately, did not bring any hardware home but it was a great experience for the crew to be involved with such an extensive joint exercise. According to the American crews, they look forward to working with Canadian crews in future exercises.

The Cowboys are getting

ready for their upcoming deployment to Hawaii and places beyond. This deployment was the last to be announced, and the Head Shed definitely kept the best till last. It took some convincing but, after several seconds, Crew Two readily stopped their preparations for Comptux in San Diego and began their preparations for their South Pacific Tour. The crew leaves on 25 April for Barber's Point Hawaii, Brisbane Australia and Auckland New Zealand. The crew is looking forward to the experience. The crew would like everyone to know that it won't be all fun and games, the deployment is expecting to fly 112 hours in a 19 day period. After their return, watch this newspaper for an in-depth look at their exploits.

Crews Three, Four and Seven are busy preparing for their upcoming deployment to Hawaii for Rimpac 96. If anyone has coupons for sun screen, please submit to any of the above-mentioned crew rooms.

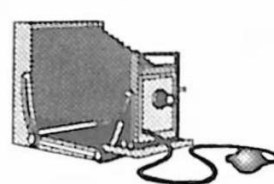
The Vikings of Crew Five are preparing for their upcoming de-

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19 Wing Comox
MSE Safety

Present:

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18 April
10:00 till 12:00
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don't bother refereeing at all and they will hire somebody else!

Due to some recent whining about the latest NCO/Officer hockey game, a rematch has been challenged and accepted. The game will take place at Glacier

the middle of April. We will remain victorious, or at least put up a good fight.

To all crews, good luck in your upcoming deployments and may all your skies be friendly.

DEMONS OUT!

Toronto shows Major discounts

HMCS York (Toronto) has obtained a number of discounts for major shows in Toronto. If you are interested in obtaining tickets, the discounts are as follows:

The Phantom of the Opera (50%): valid between 1 May and 16 June, Weds or Fri evenings and Sun matinee.

Sunset Boulevard (50%): valid between 1 May and 16 June, Tues and Thurs evenings.

Beauty and the Beast: valid until 31 May. 25% off Tues, Wed and Thurs evenings. 20% off Fri and Sun evenings.

In order to reserve a seat, simply call Ticket King at either 1-800-461-3333 or (416) 872-1212 and quote booking number XS1295.

Continued on page 7

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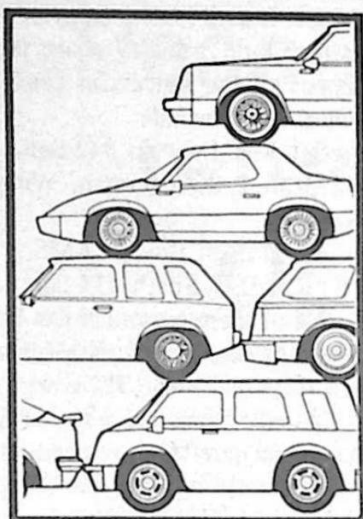
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MSE Safety Corner

The Canadian Forces continue to be plagued with backing accidents. Each year over 300 backing accidents are reported by drivers of our vehicles and this is almost one third of our total accidents. This type of accident is too common for one that is very easily prevented. One backing accident in a thousand may be non-preventable, but not many more. Certainly there is no excuse for a trained driver to back into or over something, causing damage, injury, or even death.

Blind Spots

Blind spots are just that - areas behind your vehicle that are completely hidden from sight when you are behind the steering wheel. Mirrors only give you part of the picture. Some mirrors, such as split or convex types, show you more of the scene but none of them can bend your line of sight

around the back of your vehicle and give you 100% vision.

A bad mistake is to take the situation for granted, just because you've backed into the same spot many times before. Today there could be a piece of equipment in your blind spot or, worse yet, a workman, a pedestrian, or a small child. It's your responsibility to know the coast is clear before you start backing up. If you are not sure, get out and take a look. Backing accidents happen to those who think or suppose that they are doing okay.

How to Avoid Backing Accidents

Backing accidents are preventable, and because of the hazards of backing, the defensive driver avoids backing whenever possible by planning his route to eliminate the need for it. The defensive driver never backs around corners, if necessary, he will drive around the block to avoid such danger. He doesn't back out of driveways or alleys when he can avoid it. Instead he drives in and turns around so he can come out head first. He knows it is safer to back out of traffic into a quiet area than to back into a stream of traffic.

When Backing is Unavoidable

Follow these rules:
• Get the complete picture before you back, even if you have to get out and walk around your vehicle to do it. After getting the complete picture, sound your

horn and start backing immediately, before the situation has a chance to change;

• Back slowly;
• Check both sides as you back. Use your outside mirrors, both left and right, as often as is necessary during the entire backing movement;
• Don't depend entirely on mirrors to judge distance to the rear. Mirrors help you check clearances and enable you to spot pedestrians who may unexpectedly move into the path of your vehicle as you back, but they can be deceiving in measuring distance to the rear;

• Whenever possible, or if the situation warrants it, utilize a reliable guide.

Building a defensive driving technique involves improving your habits of observation, communication, coordination, navigation and consideration. It will increase your ability to predict the outcome of traffic situations earlier and more accurately and thus, to a degree, control that outcome so that no collision results.

Remember

Backing accidents happen to those who think, guess, or suppose that they are doing okay. Air Command MSE statistics reveal that speed unsuitable for conditions, unsafe backing and bad judgement accounted for 54.7% of all preventable accidents during the fourth quarter of 1995. In addition, 70% of all accidents occurred on DND property.



Looking Good, Mike!



414 Squadron's Cpl Mike Sims receives his Flight Safety Award for Professionalism. On 17 May last year, Mike was carrying out a primary inspection of a CT-133 aircraft when he noticed something not quite right. A loose mesh covering the intake of the engine aroused his curiosity. Although in the constricted plenum chamber of the T-Bird, Cpl Sims wormed his way in to inspect the area for further damage. His efforts were rewarded with the discovery of an inlet guide vane cracked completely into two pieces. Had he not taken the initiative to peer into this area, the jet may have gone flying with disastrous results.

Toronto Shows

Continued from page 6

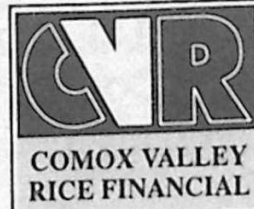
Also, a deal has been received for Forever Plaid, the second longest running show in Toronto. The normal cost for the show is \$47.50 per person. Under the special deal you will enjoy a sumptuous buffet along with Toronto's most spectacular view in the Manulife Centre, 51st floor, and then be entertained by the show. Costs are: week night or weekend buffet and show \$48.50 per person; seniors' Wednesday buffet and show \$35.50 per person. For groups of 40 or more the seniors discount is available. To book call (416) 348-0696 or 1-800-665-7469 and mention Panorama offer.

The New Yorker Theatre is located at 651 Yonge Street, just south of Bloor subway.

Discount tickets (while supplies last) are available upon request for the shows outlined above by contacting WO Bob Quann at (416) 973-9799 or fax (416) 203-6344.

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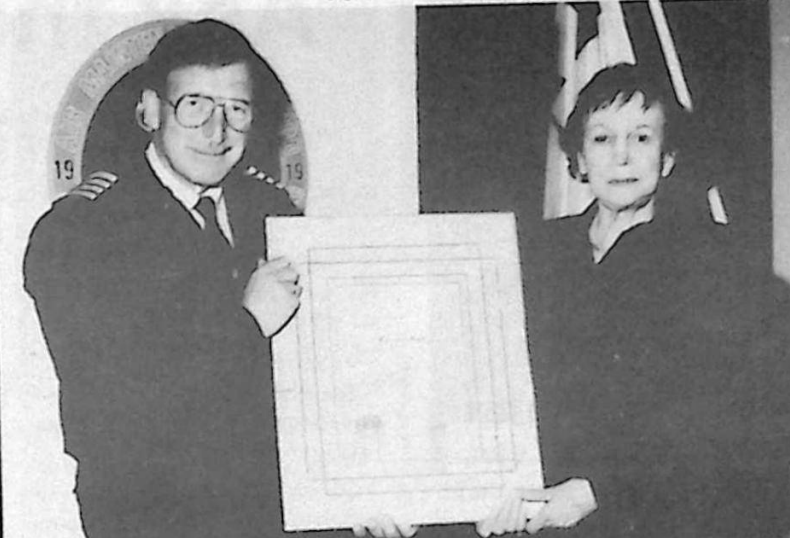


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19 AMS



WComd B. MacLean presents Mrs. Webb, on behalf of the Prime Minister, with a scroll for 42 years of service with DND and the Public Service of Canada. (Photo by Cpl Tsagatakis)

19 AMS wishes to acknowledge the retirement of Mrs. Marion Webb from the Public Service.

She started her Public Service Career in the Supply Depot at CFB Downsview, Toronto in 1953. She was employed there until she and her husband Don decided to move to the Comox Valley, first retiring from the Public Service in 1979. But, after moving from the great metropolis area in Toronto she found it hard to slow down. After only a year and a half, Marion decided retirement wasn't right for her and decided to get back into the Public Service.

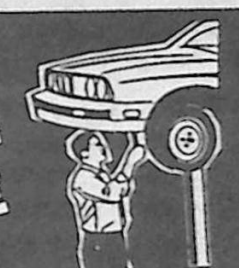
After a few missed opportunities, she applied for the library position, at that time under BAMSO. And so it was that in August 1980, Marion once again began working for the government.

She has held the library post for the past 16 years, seeing many changes and undoubtedly making some of her own. But now she has finally decided to retire after 42 years of dedicated and outstanding service to DND and the Public Service.

Junior Ranks Mess UPCOMING EVENTS

- 19 Apr TGIF - Horizontal Bungy Jumping. Pizza served at 17:30 hrs.
- 20 Apr Comedy Night - from the Comedy Store in L.A. Kelly Moran Show starts at 9:00 pm. Admission \$3.00.
- 26 Apr TGIF - Deutscher Night and Blowball.
- 28 Apr Movie Night - one presentation at 20:00 hrs.

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by Col B. MacLean,

If the level of interest in the FP '97 Ground School is measured by the number of feedback cards I receive then it has been an overwhelming success. Responding to all of them has become my night job, which I find very enjoyable and enlightening. It certainly puts me in touch with your concerns and questions and if I don't know the answer then I seek it out. By my reckoning, I should be a very aware and knowledgeable person by the end of this tour.

A recent contributor expressed the deepest concern over the fact that we are being asked to do the same with less and wonders at what expense to safety, especially

Ask the Wing Commander

in the area of flight safety. The main concern is that of multi-skilling such as in the MOC 500 restructure and the ATC/AWC amalgamation and the ability of our personnel to "change hats," to learn all aspects of their new jobs and to meet their new obligations in a safe manner.

While I certainly share this concern, I do not underestimate the ability of our personnel to successfully meet the challenges ahead. One of our greatest assets is our people and their professionalism and it is this latter attribute which will see us through. While I was not involved in the lengthy studies which took place before either initiative got the "go ahead," the results did indicate that they were achievable with no risk. In fact, the MOC 500 restructure places our technicians in categories equivalent to their civilian counterpart, and in no way puts at risk the current record of safety we now hold. The new

MOC 500 technician who will be trained to a broader extent, allowing for more effective employment, may also be required to specialize depending on operational need, particularly on more complicated weapons systems. In any case, as in the past, individuals in most areas will have to pass written and practical tests before they will be placed in positions of responsibility.

Clearly, we are in a time of rapid change and it will, in one form or another, affect all of us. By sharing our concerns we can be more aware individually and as a team and thereby prevent unsafe practices. It is true that in this new era of change the Air Force is advocating "acceptable risk;" but this does not apply to the flight line or personnel safety. What this does refer to is more the administrative situation. For instance, we may not have an item readily available on the supply shelf because the cost of stocking,

tracking, etc. is not worth the short delay in acquiring that item when someone does eventually send in a demand.

There is no doubt in my mind that the new Air Force will achieve every bit of the success of our former comrades and that we will do it with greater efficiency. Hopefully, we will have as much fun and enjoyment in getting the job done as they did.

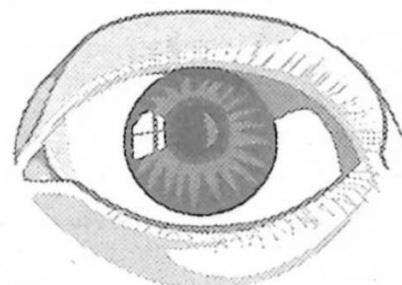
Finally, I've just finished reviewing the submissions for Service Person of the Quarter ending March 1996. For me it was a most enjoyable task and while I won't release who the

winner is until I make the presentation, I do want to share the names of the successful candidates. They include:

Sgt R.A. Lagevin, 442 Sqn.
MCpl P. Klingerman, Wing Samp Flt.

MCpl J.A.F. Roy, 19 AMS
MCpl D.B. Smith, 414 Sqn.

All of these personnel can be proud of their accomplishments and their selection. Their work, both on the Wing and in the local community, reflects tremendous credit on themselves, 19 Wing and the Air Force. Well done, folks. I won't keep you in suspense too long.



We're looking for a good supervisor.

Over the next four weeks Project Glacier will be collecting nominations for the "19 Wing Outstanding Supervisor" award

To nominate your supervisor we need the following:

Supervisor's name, rank and section;
A brief summary of why you think he/she deserves the award;
The name and local of the person submitting the nomination;
All nominations must be received prior to 19 April.

Just drop your nominations off at any Project Glacier suggestion box or send via Wing mail to Project Glacier, Bldg 10.



Peacekeepers return from Op Pivot

Operation Pivot is now over and Operation Standard has taken over. Op Pivot was the United Nations peacekeeping mission in Haiti and involved more than 500 Air Force personnel from across the country. At one point, 52 of 19 Wing's airmen were deployed in support of Op Pivot.

On 30 April the advance party of Op Standard arrived in Haiti, signalling imminent departure for 19 Wing personnel. On 3 April the main group of returnees boarded a CC130 for home. The airmen left in three flights, called Mainbody One, Two and Three. The

Engineers departed the previous Saturday following the arrival of the advance party.

On Thursday, 4 April at 1630 hours, the first personnel of Mainbody One arrived at 19 Wing. On hand to meet them was a group of senior staff, including the Wing Commander and Base Chief. It was evident from the returnees' broad smiles that they were very glad to be back. A number sported deep tans and a very operational manner. They obviously carried out their duties in the very professional manner that has become the hallmark of Canadian peacekeeping efforts.



Col MacLean, LCol Abbott and Chief WO Dupuis greet Sgt Boudreau and Padre Fraser Harvey on their return to 19 Wing after six months' duty with the United Nations mission in Haiti (Op Pivot).

Peacekeeping around the world

Operations Standard and Pivot are obviously not the only peacekeeping operations going on around the globe. The Canadian Forces are involved in many other areas. A few are listed below.

United Nations Special Commission (UNSCOM): Canada is currently contributing four CF members to participate in inspections of Iraq's chemical, nuclear and biological facilities.

Organization for Security and Cooperation in Europe (OSCE): Canada has agreed to provide personnel to assist the OSCE in its efforts to plan, mount and to maintain a possible OSCE peacekeeping mission to Nagorno-Karabakh.

UN Military Observer Group India-Pakistan (UNMOGIP): Canada provides a CC-130 Hercules aircraft to airlift

the UNMOGIP HQ twice yearly, in April and October, between Rawalpindi, Pakistan and Srinagar, India.

Cambodian Mine Action Centre (CMAC): Canada provides seven personnel to train Cambodians in de-mining techniques and safety standards as well as management and decision making skills to support de-mining operations.

UN Command Military Armistice Commission in Korea (UNCMAC): The Canadian Forces Attaché (CFA) in Seoul, Korea, acts as a member of the Commission for six months out of every two years. CFA Seoul's next participation in the commission will be 15 May - 15 Nov 96.

UN Peacekeeping Forces (UNPF): former republic of Yugoslavia. There are 36 CF per-

sonnel remaining in the former Yugoslavia in staff positions with various UN Headquarters.

Operation Airbridge (UNHCR - Sarajevo Airlift): This mission was terminated on 9 Jan 96 with closing ceremonies in Sarajevo. All Canadian personnel returned to Canada on 10 Jan 96.

Operation Deny Flight: Canada provides aircrew members of AWACS flights operating from Geilenkirchen, Germany, in support of enforcement of the no-fly zone over Bosnia-Herzegovina as part of OP Joint Endeavor. A Canadian NATO airborne early warning (NAEW) ground liaison team of up to seven personnel operates in Hungary and in Italy. Furthermore, all 140 CF personnel posted in NATO positions in Geilenkirchen either directly or indirectly support these operational flights.

Operation Sharp Guard: HMCS *Fredericton* (225 personnel) is Canada's contribution to the NATO Standing Naval Force Atlantic deployed in the Adriatic to monitor and enforce the embargo against the former Yugoslav Republics.

Operation Alliance: Canada deployed a contingent of 1,000 personnel to the IFOR under the Canadian Op Alliance. This force (under operation control of the multi-national division southwest (UK)) consists of the Brigade HQ, a national support element, a combat element and staff officers deployed in the various NATO Headquarters. The combat element includes an armoured reconnaissance squadron (equipped with Cougars), an in-

Home Again



Back from Haiti after more than six months, LS Mike Kewell of Wing Supply is greeted by his son Travis. LS Kewell returned to Comox last week after participating in the United Nations Mission to Haiti, a peacekeeping mission that involved more than 500 Air Force personnel from across the country. Up to 52 of 19 Wing's airmen were deployed at one time to the troubled Caribbean island.



You're really not back home till your luggage arrives. (Photos by MCpl Cuenier)

fantry company group and a field engineering squadron. The 2nd Canadian Multinational Brigade (2 CAMNB) HQ is located in Coralic (north of Bihac), while the national support element is located in Velika Kladusa on the Bosnian-Croat border. The combat element is located in Kijuc. The Canadian troops will be rotated after six months in theatre, in Jul 96. 2 CAMNB also has under command a UK armoured battle group and a Czech mechanized infantry battalion.

Op Mentor: This is a new OSCE mission to conduct ACV operations in Bosnia-Herzegovina. The CF participation to date consists of a LCol based in Sarajevo.

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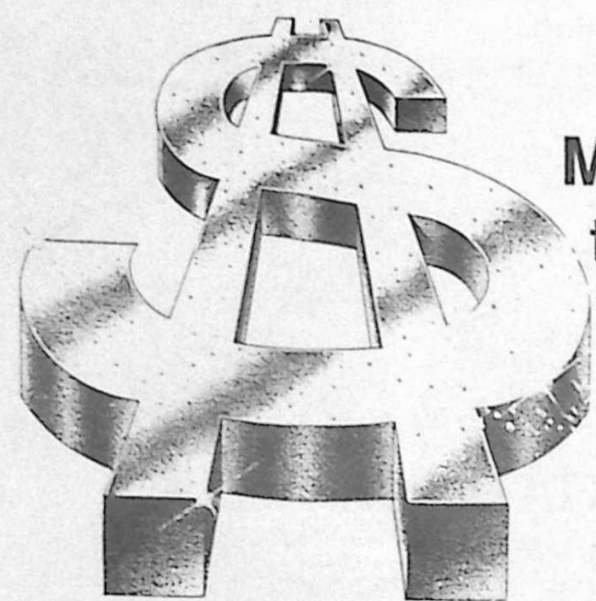
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SETTING TOMORROW'S STANDARDS...TODAY



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Money talks

by Kim Vogel
Financial Advisor
C-Valley Rice Financial

There was a time not too long ago when you were relatively assured of getting that "Golden Handshake" when you believed the time was right, and you were offered the rewards of your pension after many years of hard work and commitment to your employer. While it was always possible in private industry to be offered early retirement due to corporate cutbacks or mergers, government jobs in all levels were considered relatively secure. Not any more! Those of us working in both the private and public sectors are faced with the reality of the 90's, where "downsizing" can affect any of us, even after 25 years or more of service.

Few of us have the personal financial resources to simply take it as it comes. The majority of us must make serious decisions when faced with unplanned early retirement options. Do we seek other employment? Do we re-train? Do we re-locate? How much income will we need to bridge the gap until re-employment or OAS and CPP entitlement? How do we utilize savings or other assets without sacrificing the future? These are but a few of some very difficult life-altering questions.

The good news for some is that you may be offered an early retirement allowance/severance package to help during the transition period. These are typically based on years of service and in-

Retirement/Severance packages need careful analysis

come and are subject to different pay-out applications (i.e. if you accept a lump-sum cheque of \$50,000 - it's all subject to immediate income tax and will escalate the tax on your other income).

There are other options:
-certain roll-overs direct into RRSPs

-locked-in pension entitlements can be moved into a LIF to bridge the income gap
-utilize other "tax-paid" savings first
-draw early CPP benefits.

*Note that these transfers can trigger an AMT (Alternative Minimum Tax Liability).

The proper decision can only be made by assessing your own financial lifestyle situation relative to available cash flow sources and tax implications. You're cautioned to obtain qualified advice before you decide to accept the package. Resist being pressured into a hasty decision or a convenient one facilitated by a salesperson or financial institution because this decision can affect the rest of your life. Double check "one size fits all" type of planning and companies that sell only their own products. A financial fitness review is most assuredly in order if you're faced with this situation.

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Leave buyout affecting your tax bracket?

You're not alone. Many Canadians are faced with a tax crunch when they receive extra income. Many have questions and don't know where to turn for answers.

The latest tax strategies enable you to legally reduce the amount of tax you pay. The key is knowing those strategies. Call me to find out more about reducing your tax bill, and keeping more of your buyout in your pocket.

J. Kevin Dobbelsley, P.Eng., MBA

338-7811



Leave buy-out, 22 days max.

The application period for the 95/96 cash-out of leave program announced in Canfor 009/96 is now complete and the results have been analyzed. Based on the number of applications received and the available funding for the program, units are authorized to approve for payment to members a maximum of 22 days or the number of days that a member has requested for cash-out, whichever is the lesser amount. The authority date is 31 Mar 96. The value of the leave is to be calculated as the authority date.

Members can therefore expect cash-out payments on end April or mid-May pay, providing URS/pay office workload permits.

The 95/96 cash-out program has been a success based on the participation rate and the reduction in the Canadian Forces' accrued leave liability. More than 36,000 CF members requested cash-out of part or all of their accrued leave. All of the available funding was utilized.

The participation rate in the program indicates a high level of interest for future programs. CF personnel at all levels should be reminded, however, that future programs will depend on available funding. The overall aim of any future program(s) will continue to be to reduce the still large accrued leave liability as much and as quickly as possible over the next several years.

Commands, units and staff at all levels are commended for their outstanding efforts in administering the 95/96 cash-out program. Your efforts have helped to ensure that the program was a success.

United Way

Continued from page 5

each hold approximately \$8.50 in pennies.

Distribution of the banks is being handled through the volunteer agencies of the United Way and through School District #71. Cartons may also be picked up at the United Way office in the lower section of the Sid Williams Theatre in Courtenay, or by contacting Capt Bouchard at loc 8299.

The Royal Bank will be handling and processing the penny banks dropped off at any of its island branches during the month of April. The penny carton banks may also be dropped off at the United Way office.

888 Wing



New 1996-97 Wing Executive
Ken MacDonald, President 96/97, second from right.

New range for Cadets

386 Sqn Air Cadets recently received the use of a new indoor rifle range, courtesy of 888 Wing Air Force Association. The range is used for air rifles only and was a long time in the making due to a lack of suitable building materials. Fletcher Challenge came to the rescue by donating sufficient high quality material and the range was constructed in a Butler building located next to the Wing.

The Air Cadets use .177 Daisy air rifles for weapons training to familiarize them with the care and maintenance, as well as the use of, firearms. The range is available year round and is a welcome addition to the Air Cadet curriculum.



Sgt Devin Fraser with new .177 Daisy air rifle used by 386 Sqn Royal Canadian Air Cadets. (Photo by Al Cameron)



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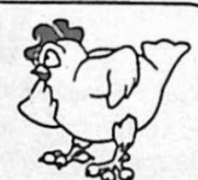
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Wallace Gardens

Kids

Baseball League

We are about to begin another season of baseball here in Wallace Gardens and are looking for help from the adults in our community. This year promises to be one of the best ever as we have successfully retained the large ball diamonds beside the Canex as our main playing fields. We are also



splitting the summer into two separate sessions: middle of May to end of June and middle of August to end of September. This will let the families that are moving away enjoy a session, and the new families posted in to enjoy a session as well. This does not preclude those families staying here from playing in both sessions.

At this point we need as MUCH HELP as we can get. Coaches, umpires and score keepers are very much in demand. Even by helping the coaches, you can make it that much easier to run the league, and make it all the better for the kids. We are hoping to get two leagues (6-8 years and 9-12 years) with four teams in each league. If you don't know how to coach, umpire, or keep score, come on out anyway and help us make this the best season yet for the kids!

The first meeting for the coaches and interested parents will be on Wednesday, 24 April at 18:30 hours in the Wallace Gardens Community Centre (beside the Canex). Please come out and see how things are going. This league is run completely by the parents that help out. Let's teach the kids the right way to play ball and let's have fun while we are at it. For more information, please call one of the following:

MCpl Pete Durst 339-2201 (hm), loc 8841 (wk);
Sgt Leo Phillips 339-4941 (hm), loc 8748 (wk);
Capt Alec Lloyd 339-2173 (hm), loc 8675 (wk);
or get in touch with Mrs. Linda Jeffrey at the Wallace Gardens Community Association office located in Canex. Phone 339-8211, loc 8571.



Winners of the bicycle decorating contest.

Easter Family Fun Day

What an egg-citing day it was! More than 180 people turned out to celebrate with the Easter Bunny. The day started off with a feast of pancakes, flipped and served by egg-cellent volunteers. Next, there was an Easter bike parade with lots of creative cyclists parading through Wallace Gardens. There were prizes given to three age groups for the best decorated bicycle. Winners were: Kayley Melanson aged 3, Chelsea Martin aged 6, and Natasha Lane aged 8. After the parade everyone went on an Easter Egg hunt. Children big and small were seen searching for the hidden eggs.

The day would not have been a success without the organization of Jean Allaby and Terri Winters, the help of the Girl Guides, and many Community Council volunteers. Also, special thanks go to the Wing Commander, Col MacLean, who spent the day judging the bike parade and the colouring contest.

Winners of the colouring contest are as follows:

Age 4 and under: 1st Jarrett Stewart, 2nd Sean Joudry, 3rd Ayasia Johnson.
Ages 5 - 8: 1st Courtney LeGroulx, 2nd Jany Lapointe, 3rd Rachel Nicole Schalm.
Ages 9 - 12: 1st Claire Eliza-



A total of 42 bicycles and riders took part in our parade.

UPCOMING EVENTS

Watch for details to be announced!



BARBECUE BINGO
Saturday, 18 May
At the Jr. Ranks Mess

T-BALL
REGISTRATION

ANNUAL SPRING GARAGE SALE

End of May or beginning of June, date to be announced next Totem Times.

Dry Garbage Pick-up

The Monday following Garage Sale

CANADA DAY JULY 1st CELEBRATION

HOCUS-FOCUS BY HENRY BOLTONOFF



Find at least six differences in details between panels.



Differences: 1. Sign is smaller. 2. Pizza is moved. 3. Box lid is lowered. 4. Expression is changed. 5. Oven is wider. 6. Cap is different.

NEXT DEADLINE 26 APRIL NOON

IT WAS GREAT SEEING YOU AT THE BASE OUTPLACEMENT FAIR!

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April 1st Memories



Busy year at Museum

The off season, from September to May, is traditionally very slow, customer-wise, for the Comox Air Force Museum. For some unknown reason, however, this past off season has been particularly busy. The Museum Curator, Corky Hansen, is not quite sure of the cause of this increased interest in the museum exhibits but he does know why the Gift Shop business is picking up.

"Some people don't even bother to go into the museum on weekends," he says "they just drop by to pick up some aviation related stuff from the shop." The variety and quality of items for sale is quite good, and all the sweatshirts and T-shirts are stamped with the Air Force Museum crest. This seems to be a selling point with tourists because they prefer to have some souvenir of the trip and they prefer souvenirs with the museum logo on it.

The number of visitors to the museum has picked up considerably this year and so the staff is expecting a bumper crop over the summer tourist season. Both of the billboard signs along the approaches to 19 Wing have been refurbished and a special "sandwich board" sign has been constructed to display immediately off the main entrance. In addition, the two main signs on the front of the museum proper will be completely overhauled by end May. That, along with a new advertising campaign involving Airshow 96, the local Tourist Bureau and the Totem Times is designed to bring in the visitors this summer.

Of special interest to the tourists and townsfolk is the fact that the Heritage Air Park will be open to the public for the very first time. The Wing Commander, LCol Abbott and LCol Drover, along with the good folks at CE were able to see the potential benefit to the base and community by opening this fine collection of vintage aircraft for public viewing. Due to security concerns, the air park previously had the fence located outside the park to prevent any unwanted personnel from straying onto the airport proper. Although good for security, this prevented the public from being able to examine the old aircraft up close, and they had to stand behind a chain link fence and try to make out the details from a distance of 50 feet or greater. Now there is a fence all the way around the park and visitors may be allowed into the compound without compromising airport security. This added feature of the museum and the park promises to be a real tourist attraction during the summer. Watch for the grand opening some time in May.

Airshow 96 will also see heavy involvement from the museum staff. This year the museum is sponsoring a military radio control stand-off scale model aircraft competition during Airshow 96 weekend. \$1,000 in prize money is being offered for those aircraft best exhibiting authentic military markings. The entrants include a Boulton Paul Defiant, a Spitfire MkIX, a Nieuport 11 and a Hurricane Mk XII. The flying part of the competition will take place near the base control tower on Saturday, 20 July. Given the level of interest so far, this promises to be a very exciting and popular event, so keep it in mind as Airshow 96 approaches.

For those interested, the following is a copy of "The Gremlins," written by that famous poet Anon, but believed to have been the work of (then) F/Lt Jimmy Morgan, himself a PR pilot.

I trust that the Spirits of the RCAF, and the members of the RAF had a Happy Birthday.

Gremlins

This is the tale of the Gremlins
Told by the PRU.
At Benson, Wick and St. Eval
And believe me, you snobs, it's true.

When you're seven miles up in the heavens
That's a hell of a lonely spot,
And it's fifty degrees below zero,
Which isn't exactly hot!

When you're frozen blue like your Spitfire,
And you're scared a Mosquito pink,
When you're thousands of miles from nowhere
And there's nothing below but the drink.

It's then that you see the Gremlins,
Green and gamboge and gold.
Male and female and neuter,
Gremlins both young and old.

It's no use trying to dodge them,
The lessons you learned in the Link
Won't help you evade a Gremlin
Though you boost and you dive and you jink.

White ones will wiggle your wingtips,
Male ones will muddle your maps.
Green ones will guzzle your glycol,
Females will flutter your flaps.

Pink ones will perch on your perspex
And dance pirouettes on your prop.
There's a special middle aged Gremlin
Who'll spin on your stick like a top!

They'll freeze up your camera shutters,
They'll bite through your aileron wires.
They'll bend and they'll break and they'll batter,
They'll insert toasting forks in your tyres.

This is the tale of the Gremlins,
Told by the PRU.

(P)retty (R)uddy (U)nlikely to many,
But fact, none the less, to the few

Mosquitoes in Comox?



For those of you who thought that the de Havilland Mosquito never flew from Comox, here's a picture of two of them on the tarmac by the Control Tower, circa 1945. Apparently they were in town to pre-position for a scramble against Japanese fire balloons. (Museum photo)

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.

competition during Airshow 96 weekend. \$1,000 in prize money is being offered for those aircraft best exhibiting authentic military markings. The entrants include a Boulton Paul Defiant, a Spitfire MkIX, a Nieuport 11 and a Hurricane Mk XII. The flying part of the competition will take place near the base control tower on Saturday, 20 July. Given the level of interest so far, this promises to be a very exciting and popular event, so keep it in mind as Airshow 96 approaches.



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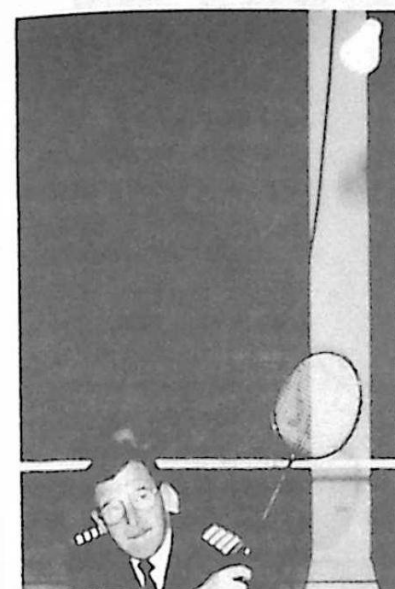
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Good show at
Squash/Badminton Regionals

The Pacific Regional Badminton and Squash Championships were held at 19 Wing Comox from 29-30 March. Thirty-three individuals from CFB Comox, Chilliwack and Esquimalt participated. Chilliwack was declared the winner of the team event for badminton and Esquimalt was the squash winner.

The following personnel from 19 Wing will represent the Pacific Region at the CF National Championships, hosted by 14 Wing Greenwood, from 22-26 April:

Badminton: Capt M. Castonguay (407 Sqn) Ladies, Capt D. Nichols (414 Sqn) Open, Lt L. Moore (407 Sqn) Ladies, Cpl J. Forget (19 AMS) Open.

Squash: Maj A. Donaldson (WCompt) Senior, PO2 M. Priestly (WCompt) Open, Cpl M. Pickering (WSup) Ladies.

The PE&R staff would like to take this opportunity to express their appreciation for the assistance of Mr. Victor Arseneault and Mr. Nicholas. Both individuals volunteered numerous hours and their expertise to ensure the success of this event.

Best wishes and good luck to all 19 Wing players at the Nationals.

8,510,259

THAT'S
HOW MANY
CANADIANS
ARE CYCLISTS



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Tee & Sweat Shirts

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190 PORT AUGUSTA, COMOX MALL DON GATES.....339-7313

COMOX VALLEY SKI CLUB



Wind up Party

Saturday April 27, 1996
1830 for 1900 at the JR Mess
\$10.00 Members \$15.00 Non-members
For Tickets & Info Contact
Capt Chris McCarthy at Local 8188

Golfers swing into spring savings
with fundraiser

Flowers are blooming and the weather's improving - sure signs for golfers to spring into savings with the B.C. Lung Association's Golf Privilege Club®.

For only \$25 plus GST, club membership entitles golfers to free rounds or reduced greens fees at 127 courses across B.C., 119 courses in Alberta and nearly 500 courses in 11 western states, including Arizona, California and Nevada.

In the Courtenay area, the following courses give benefits to golfers: Crown Isle Golf & Country Club, Duncan Lakes Golf Club, Glacier Greens Golf Course, Mulligans Golf Centre, Sunnydale Golf Club, Comox Golf Club.

Nearby course include: Eaglecrest Golf Club, Qualicum Beach, Fairwinds Golf & Country Club, Nanos Bay, Storey Greek Golf Course and Sequoia Springs Golf Club in Campbell River.

Golfers who purchase memberships also get exclusive rates on golf-and-hotel packages from Golf Holidays/West, and an entry in a prize drawing for a golf vacation for two in Scotland, Ireland or Portugal.

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GOLF PRIVILEGE CLUB
To order send \$26.75 (includes GST) to the B.C. Lung Association, Attn: Golf Club, 2675 Oak St, Vancouver, B.C. V6H 2K2, or call Ticketmaster, 1-800-863-3611 or 280-4444. No service charge.

"The club offers great value for less than the price of one round of golf. It's also a great

way for golfers to enjoy savings at courses all over the province and support the lung association's work to improve lung health," says Dorothy Andraitis, Courtenay area chairperson for the B.C. Lung Association.

To purchase a membership to the Lung Association's Golf Privilege Club®, call Ticketmaster at 280-4444. Outside the Lower Mainland, call toll-free to 1-800-863-3611. There is no service charge, and all proceeds go to lung health programs in B.C.

A voluntary health agency with nearly 130,000 supporters province-wide, the B.C. Lung Association funds medical research, information programs on air quality and health education stressing patient independence. With less than one per cent of its budget coming from government, the Association's main source of funding consists of donations from individual British Columbians.

Commander's Cup
Hockey Tournament

(Photo by MCpl Currier)

The prestigious 19 Wing Commander's Cup Hockey Tournament was held at Glacier Gardens from 12-14 April. Six teams from the various branches and squadrons on base vied for the cup and exhibited some fine hard hitting hockey. After the round robin had

been played out, the final game was contested by 442 Sqn and 414 Sqn. The most excellent players from 442 were declared the winners for the fourth year in a row after soundly defeating 414 by a score of 4-1. The final standings for all team participants were:

1st - 442 Squadron
2nd - 407 Squadron
3rd - 414 Squadron
4th - 19 AMS

Also competing - Ops/Admin, Logistics.

The award for the most sportmanlike player went to Sgt Bill Moon from 407 Sqn. Most valuable player of the tournament was Sgt Rob Scholte of Ops/Admin. The most valuable goaltender award went to MCpl Regie Laplante of Logistics.

Refereeing was handled by WO McKee and three volunteers.

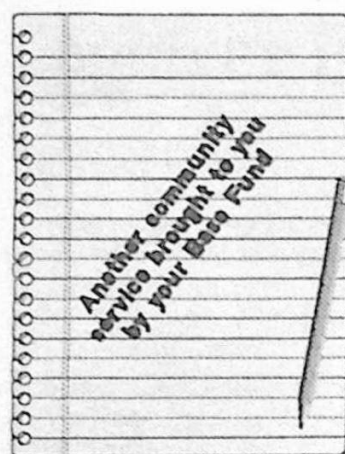
The Fishing Report

sponsored by King Coho Resort
339-2039

Once again wind and waves prevented many anglers from fishing this past two weeks. Those that made the effort enjoyed fishing what appears to be a new run of 8-12 lb Springs. Lures of choice are Herring/Herring strip or Army Truck/White Hoochies. This weeks forecast calls for partly cloudy skies with possible showers. Best of luck.

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The Bulletin Board

Free Classified Advertising for members of 19 Wing and their families.

Ads must be 25 words or less, legible and either hand delivered or dropped in the base mail. No phone ins please.

House for Sale
AFFORDABLE, GREAT LOCATION!
Walk to shops, schools, hospital and Comox waterfront. Bright rancher on 1/3 acre, 3BR with den, sunroom w/skylights, shop and plenty of storage. Fully fenced. Lots of mature trees. Newly carpeted with extensive remodelling and redecorating.
\$154,000.00 • (604)339-1604

Comox Townhouse
Private sale - save \$5,000. 3 bedrooms, 3 baths, fireplace, patio, adult court, end unit. \$69,995.00 firm. Call (613) 548-4191.

Business for Sale
Move to the sunny Okanagan. Busy art gallery and custom framing business for sale. Turn key operation. Owner to retire. Inventory and material \$190,000. Letters: Box 305, Kaleden, B.C. V0H 1K0.

ONGOING REGISTRATION
Comox Little Children Nursery School Located in Comox on Marina Park. Mon-Fri 9:00-11:30 am. 339-6883

Squash Courts

Bookings available
Military and DND employees only: 0730-1600 hrs Mon-Fri.
Casual use hours:
Mon-Fri 1600-2100 hrs
Sat 1300-1700 hrs
Sun 1300-1700 hrs and 1800-2100 hrs.
All squash court bookings may be made up to 24 hours in advance at loc 8782. After 1600 hours, phone loc 8315.

Return to "Eckville in '96"

In 1996 the Town of Eckville will be celebrating its 75th Anniversary of incorporation and the Steering Committee is planning numerous events to ensure that it is indeed a year of celebrations.
Anniversary Weekend: 28 June to 1 July, 1996. A time to renew old acquaintances, visit family, make new friends and just have fun. There will be activities and events for all ages during the entire weekend.

For more information contact Pat Lighthouse or Rinn Purnell, Town of Eckville Anniversary Committee, Box 578, Eckville Alberta, T0M 0X0. Phone (403)746-2171 or fax: (403)746-2900.

For Sale

• Sears Craftsman 10" radial arm saw with stand and blades \$400.00.
• 16" Pioneer gas chain saw \$140.00.
• 1989 25' Corsair Fifth Wheel, rear kitchen, sleeps 6, very clean, with hitch. \$15,000.
• Midnight blue mess kit, fits someone 5'10" and 175 lbs. \$100.00. 339-4188

For Sale

14' aluminum boat. 20 HP Mercury outboard with trailer. All in good condition: \$625. Call 339-1885.

Townhouse for Sale

Beautiful 2 yr. old townhome in Comox, includes w/d, f/s, 3 bdr, 3 bath, fireplace, new yard. Close to all amenities, schools and Base. Phone 339-1963 or Lt Emily Crumback at loc 8372. No agents please.

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.

For Sale by Owner

Rancher in forested setting in Comox, close to all amenities, only 5 yrs. old, 1410 sq.ft, country kitchen, 3 bedrooms, 2 baths, LR and separate family room, French doors onto 28 ft. deck overlooks fenced garden with shrubs and small fruit trees. Priced to sell at \$164,900. Call (604) 339-2191.

For Sale via Sealed Bid

- 1967 Chevrolet pickup
- 1969 Harley Davidson golf cart. The above items can be viewed at the Glacier Greens Golf Course maintenance shop. Contact Doug McArthur or Steve Bailey at 339-4833 to arrange a viewing time. Bids are to be addressed to the President of G.G.G.C. The closing date for bid submissions will be 10 May.

For Sale

Child's bike trailer - used twice-like new. Seats two small children. Asking \$300.00 O.B.O. Sandy 339-5659.

House to Share

N/S, M/F, unfurnished house to share in Comox. Own loft, terrace/atrium, ensuite 4-piece bath. Sunken living room w/fireplace. Garden. \$450.00 plus shared utilities. Call 339-2258 (after 1600 hrs).

For Sale - 35 mm camera

Canon AE-1 w/Canon FD lens 50mm, Soligor 80-200mm zoom-macro, Formula 5 28mm, and some accessories. Asking \$300.00 o.b.o. Call 338-2809.

For Sale

10" Radial Arm Saw, 13 amp 110/220 volt, Craftsman Contractor model with everything including carbide blade. As new, with warranty \$850.00. 338-4752.

For Sale

Steel office desk and chair in good condition. Will sell pair for \$45.00 or separately \$25.00 each. 339-9146

Tired of the Rent Trap?

Staying in Comox?
For sale: 5 yr. old 2 bdr mobile home. AC/heat pump, appliances, deck. Many extras. \$62,000. No agents please. Phone 897-1993.

For Sale

English Springer Spaniel - \$350. Female, PB, has papers, great family dog, liver and white. Moving, looking for good home. 334-0722.

Duplex for Rent

Available immediately - 3 bedroom Duplex, near new, 2 levels, 2 bathrooms, attached garage, 5 appliances, non-smokers, references please. 334-0722.

For Sale

1992 26.5 ft. Travelaire Fifth Wheel. Lots of extras. 1992 F250 extended cab, approx. 48,000 Km. \$45,000.00 takes both. Phone 334-2275.

Baby Stuff for Sale

Crib with mattress - like new, Fisher Price high chair, bath ring, jolly jumper, lots more. 338-4897

For Sale

1981 TOYOTA TERCEL (Hatchback) 4 speed transmission, 4 cylinder. New brakes & muffler (have receipts). \$500.00. Call 339-1392 - ask for Pete.

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

78 Oldsmobile Omega Automatic, V6, red, very reliable. Best offer. Phone 897-1782.

For Sale

Inglis heavy duty washer, almond, \$260. Matching dryer \$240. Roy fridge and stove, almond, \$520. Kenmore dish-washer \$275.00. Phone 339-2854.

For Sale

Himalayan kittens. Please call after 5:00 pm 890-0201.

CFB Det. Chatham Closure Ceremony

CFB Detachment Chatham was deactivated on 31 March 96. In commemoration of the occasion a flag lowering ceremony and presentation to CTC and the city took place on 31 March.

Swim training camp

RMC Kingston will be hosting the CF Triathlon - Swim Camp 10-16 May.

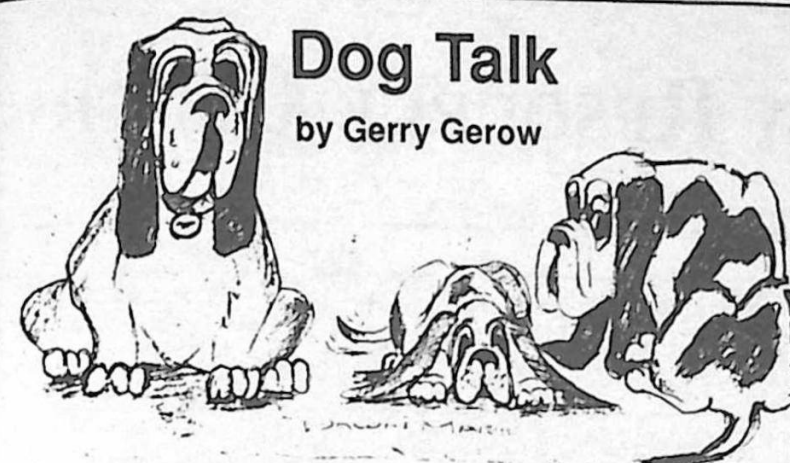
The objective of this camp is an early start to hard training, leading to improved performances during the 96 competitive season. The camp will consist of two workouts per day in the pool, totalling between 4000 and 8000 metres per day. All athletes are advised to make the necessary modifications to their training programs to ensure they can participate fully in this camp. For more info contact MCpl Cormier at loc 8783.

Gym hours

Mon-Fri 0730-1600 hrs Military & DND employees only
Mon-Fri 1600-2100 hrs Casual hours
Sat 1300-1700 hrs Casual hours
Sun 1300-1700 hrs & 1800-2100 hrs Casual hours
Note: All users of the Base gym facilities must produce their Rec Card or pay a drop-in fee in order to use the gym during casual hours. Casual hours for military personnel begin at 1800 hours. Dependents under the age of 12 must remain in the company of their guardian.

Dog Talk

by Gerry Gerow



This week a breed book - *The Ultimate American Pit Bull Terrier*, by Jacqueline O'Neil, Howell Book House, Macmillan Publishing, New York.

The first 40 pages of the book are devoted to the Pit Bull, then and now, with many references to its close cousins, the American Staffordshire Terrier and the Bull Terrier. The Pit Bull was originally bred and developed to fight: dog fights, bull fights, lion fights and bear fights - all of which are outlawed in most countries today. The history of the breed is very interesting reading.

Everything else you would expect to find in a good breed book is here, well written and illustrated by around 75 black and white photographs. This is a very attractive hard cover edition with 213 pages. If you're into Pit Bulls or thinking of getting into them, then you should read this book. Order it from Macmillan.

Let's talk a little about the Pit Bull and other aggressive breeds of dogs. People should think long and hard before acquiring such an animal. Will the dog attack a little girl next door who wanders into its yard? Quite possibly. Legality is one thing, but do you want a seriously injured child on your conscience? Most small children do not, and cannot be expected to, understand the principle of private property. In my humble opinion, such dogs should only be kept in a securely locked metal kennel where there is no chance of escape. Doing this certainly reduces the possibility of enjoying your dog, so why not get a breed without these traits?

Incidentally, both the Canadian and American Kennel Clubs refuse to grant recognition to the Pit Bull but the United Kingdom Kennel Club does. The other breeds of Bull Terriers are recognized.

For a time, a certain class of citizen, mostly those engaged in illegal activities, espoused the Pit Bull for protection. They could get in trouble for carrying a gun, but a vicious dog was different. Public outcry has greatly reduced the number of people keeping these dogs for this purpose.

Personally, I can see no reason why anyone would want to keep such an animal. Some of these dogs can be very loving and sweet but the basic instinct to fight and attack, passed down from their ancestors, is still hiding in there some place. Better to get another breed that you can enjoy without worrying. Almost any breed of dog will protect their owner against deliberate attack, so keeping a vicious dog for this purpose is not necessary.

Some communities have passed "breed specific" by-laws against some dog breeds. I do not agree with these measures. For one thing they are almost impossible to enforce. Better to just educate the public to keep animals that are non-aggressive. Some people think they can protect themselves by putting up a "Beware of Dog" sign, but really this is simply an admission that you are keeping an animal that you feel may injure someone. Think about it - then get a dog that everybody can love.

Save Those Stamps

Please clip and save any used stamps you receive in the mail. They are needed to raise funds to assist cancer victims. This insert is designed to appeal to all of you to put aside as many as you can, to support us in this project. Ask your friends to save as well. Every stamp is important. Please clip the stamps with a minimum of a quarter inch of paper surrounding - do not peel the stamps from the envelope or parcel. Send the stamps to the address below. Please include your name and address. Thank you.

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Rt 11 Site 138 C-37
Bowser, B.C.
V0R 1G0



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Week ending 20 April, 1996

- | | |
|------------------------|---------|
| 1. The Green Mile | King |
| 2. Mother Love | Wright |
| 3. See No Evil | Shapiro |
| 4. Autumn Lover | Jowell |
| 5. Bride of the Mist | Skye |
| 6. Bridge of No Return | Dunn |
| 7. Ill Wind | Barr |
| 8. Vanishing Act | Perry |
| 9. Angel of Death | Higgins |
| 10. Blind Miller | Cookson |

FREAKSHOW



B.C. Measles shots program

Most people believe measles is a thing of the past, but Canada has the highest incidence of measles in the Western Hemisphere and now there is a threat of an outbreak in B.C.

That's the bad news. The good news is that we now know it takes two doses of the measles/rubella vaccine to protect children. That's why the provincial government has developed a second dose measles immunization initiative.

Starting this month, a one time only program was launched to immunize children 10 months of age to the end of grade 12 with a second dose of measles/rubella vaccine. The benefit provided by the combination measles/rubella is the possible prevention of birth defects in babies born to mothers who were infected with rubella (German measles) during their pregnancy.

Children younger than 19 months will automatically receive a second dose of the measles-mumps-rubella (MMR) vaccine as part of an ongoing immunization program.

Why all the concern over this particular virus? Measles (red measles) is a childhood disease that is easily spread by coughing or sneezing. Its effects are usually mild. But, in a small percentage of cases, measles can also cause ear infections, pneumonia and sometimes even death.

While 95% of B.C. children receive a measles immunization following their first birthday, the vaccine only protects about 90% of these children. That means, without a second dose measles immunization program, about 15% of young people in our province would remain at risk. The result could be an outbreak of measles in this group.

The vaccine used in the provincial immunization initiative is considered very safe. Most children will have no reaction. However, a very small number may develop a minor reaction seven to

TODAY'S CROSSWORD PUZZLE

ACROSS

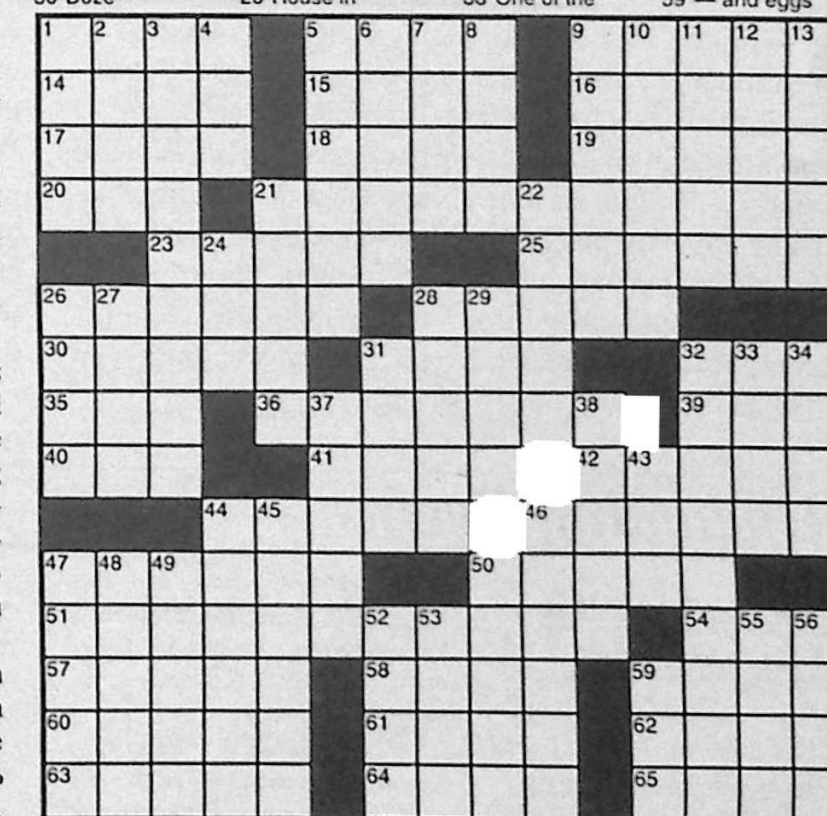
- 1 Leg part
- 5 "Dancing Queen" group
- 9 Summit
- 14 Canvas shelter
- 15 Football's Tarkenton
- 16 Jostle
- 17 Curved entrance
- 18 Farm animal
- 19 Ruckus
- 20 Voice
- 21 Spice-rack item
- 23 Of the country-side
- 25 Matt Dillon
- 26 Famous opera
- 28 Travel documents
- 30 Expert
- 31 From pillar to —
- 32 Make the — fly
- 35 Pouch
- 36 Solar spectacle
- 39 Furry
- 40 Oily
- 41 Charlie Brown's pal
- 42 Mountain lakes
- 44 Entertain
- 46 Least bold
- 47 Ski race
- 50 Doze

DOWN

- 1 Take a — at (try)
- 2 Deli purchase
- 3 Wrong
- 4 Ultimate
- 5 Coverlet
- 6 Grill
- 7 Phoenician
- 8 Opposed
- 9 Lady from Madrid
- 10 Circus performers
- 11 Tolerate
- 12 Misplaces
- 13 Jugs
- 21 Greek island
- 22 Subjects of memoirs
- 34 Take a break
- 37 Stick together
- 38 One of the

PREVIOUS PUZZLE SOLVED

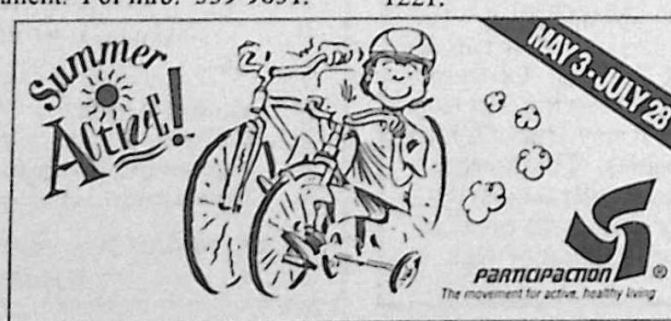
HEAP ASIS TOWED
OARS LULU AMIGO
ONLY BELL PERON
KNOCKED USELESS
HIRES ARE
SPILT KIDSTUFF
CRICK PALL SPAR
RON SHUTEYE SLY
ANDI ERIS GEESSE
PEAGREEN OYSTER
NED GRIPS
TRAIPSE ALTERED
AORTA DOTE NOVA
IVIES AVER COED
LEAST MASS ETNA



ten days after receiving the vaccine.

Children grades 1-12 will receive the measles/rubella vaccine through clinics located at their schools. A consent pamphlet explaining details of the vaccine and measles immunization program will be sent home with students. Parents are urged to complete the consent form and return it to their child's school as quickly as possi-

ble. Special measles immunization clinics will be conducted for children 19 months to kindergarten. If you want more information on measles immunization, contact the Measles Hotline at 334-1287. Help eliminate measles in B.C. by ensuring your child gets a second dose of the measles vaccine.





COMOX MILITARY FAMILY RESOURCE CENTRE

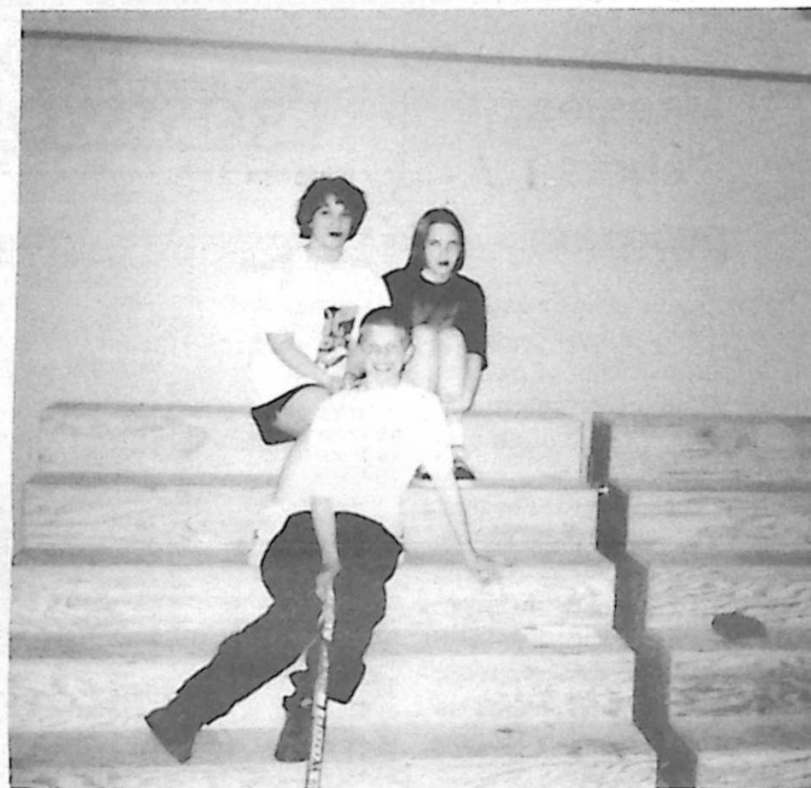
phone: 339-8290



*Easter Bunny
visits
Kinnikinnik
Child Care
Centre
We Hear it
was a
Hopping
Good Time!*

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Two and three day programs are available, mornings and afternoons (2.5 hours per day).
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Full-time, Part-time & Drop-In Welcome.
- **Out of School Care (ages 6 - 12 years)**
Transportation provided to and from Lazo 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.
- **Parent and Child Play Group**
Fri. 10-11:30 am. A play group for children < 36 mths.



Volunteer Week

April 21 - 27, 1996

As a special thank you to all our volunteers the CMFRC & KCCC will be hosting a party on April 26th. There will be food, fun & music so please join us!



VOLUNTEER TODAY!

Volunteers are those who give freely of their time and effort in service to their communities.

Volunteer services offers a chance to realize ones potential, while giving of oneself, as one human being to another.

Volunteers can be instrumental in developing and promoting new programmes to fill the community needs.

Volunteers, potential is incalculable.

What areas do volunteers work?

- Volunteers work with all ages adults, teens and children.
- They work in the deployment support programs, community development, public relations and office support, teen dances, youth gym nites and the Kinnikinnik Child Care Centre.

How much time need a person spend volunteering?

Volunteer time is very flexible. A person could spend half an hour to full day once a week.

Time can usually be arranged to suit the volunteers schedule. day, evening and weekend work is available.

Volunteering is creative leisure!

- Help Someone • Enjoy Yourself in Exciting Activity • Make New Friends • Gain Confidence • Share Knowledge • Acquire New Skills • Have Meaningful Involvement with Your Community • Exercise your Unique Talents • Gain Valuable Work Experience • Have that Good Feeling of Giving Community Service

TEENS GO HUNGRY !

On February 24th & 25th five military teens, on their own initiative, organized and participated in World Vision Canada's 30 Hour Famine raising approximately \$200. This national program raises awareness and money for famine stricken countries. A

big congratulations and thanks go out to Colette Bellevance, Lee Dixon, Nick Lamothe, Jake Wilson, and Derrick Winters, who chose to go without food for 30 hours in this effort. Of course there was a lot of pizza eaten after the event!

A special thanks to Lee, who was instrumental in getting the information packets from World Vision Canada. The teens would like to take this opportunity to thank everyone who supported them in their contribution to the global community.

Upcoming Events

Pre Mother's Day Afternoon Tea

Take a break and join us for tea/coffee and a goodie. Enter to win our fabulous door prize - A two hour revitalizing reflexology session with Michele Brunskills of Madcat Reflexology
Date: Tuesday May 7th
Time: 12 pm - 2pm
Location: CMFRC

Create a Hanging Basket

Make a 12 inch hanging basket for sun or shade. Moss basket demonstration included! This workshop will be facilitated by Jennifer Harrison of the Little River Garden Centre.
Date: Friday May 10th
Time: 7-9 pm
Fee: \$16.00 includes all supplies
Location: Wallace Gardens Community Centre

Volunteer Training

Are you interested in becoming a CMFRC Volunteer? If so call for an interview today so you don't miss our up coming training session!
Date: May 13th & 15th
Time: 6:30-9 pm
Location: CMFRC

