



**Free
Classifieds**

See page 14



407 Sqn goes to Japan
...see page 6

The Comox Valley's Oldest Newspaper



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 38 NO 8

THURSDAY 2 MAY 1996

COST: PRICELESS

BC Aviation Council comes to Comox

Getting the Facts



Members of the British Columbia Aviation Council investigate the interior of a 442 Sqn Labrador during their visit to 19 Wing this month. The 23 members were here to meet with MGen Brock Horseman, DComd Air Command, and find out what they could do to boost the Air Force. (Photo Cpl Luc Champagne)

by

**Capt David Krayden,
WPAffO**

Call it a coup for 19 Wing. Call it a great opportunity. Call it a chance for members of the Air Force to discuss matters of mutual interest with their civilian counterparts.

The visit of the B.C. Aviation Council was a success.

Twenty-three members of the civilian aviation group came to 19 Wing this April to meet with the DComd of Air Command, MGen Brock Horseman. The group included some noted provincial opinion leaders: presidents of ci-

vilian aviation and aerospace industries. They were here to ask what they as friends of the Air Force and proponents of a strong defence could do to advance their positions, effect the media and to discover the near and long-range plans for Canada's Air Force.

MGen Horseman delivered a one-hour brief on the Commander's Flight Plan '97, which was followed by almost two hours of questions and answers. At times, the BCAC membership applauded loudly and even once rose to their feet.

The group was given a detailed slide presentation, detailing the future of the Air Force. The emphasis was placed on the tremendous efforts now being expounded on re-engineering, the monumental effort of restructuring a massive organization in an attempt to recover savings for operational needs. The BCAC was collectively impressed at the evident sincerity of the initiative and the early reports of success.

Most questions centred upon the frustration of media relations, of why the Air Force's good news is often ignored by the national media.

Gen Horseman called the Air Force's overall public affairs exertions "singularly unsuccessful" but added, "It's not that we haven't tried. The media just isn't picking up on the message."

The meeting between Aircom and the BCAC came as a result of two forces. The first was the existing liaison between 19 Wing and the council, upon which the WComd and WOpsO both have memberships. The second catalyst was the 1996 Air Force Communications Strategy, an annually produced document which is now overseen by Gen Horseman. One section of the public affairs planning document emphasizes the importance of cultivating closer ties with the "Friends of the Air Force." The BCAC, as represented at 19 Wing, can certainly be called that. A tour of the three squadrons here, on the final day of their trip, reinforced the important operational roles of the Wing and the increasing scarcity of resources to fulfill those roles. After their whirlwind two-day visit, the BCAC left with a renewed desire to promote the people and work of Canada's Air Force.

During his visit to 19 Wing, Mr. Bob Emonds, the Assistant Deputy Minister for Finance, toured 442 Sqn and was taken for an orientation flight. The civilian lieutenant-general equivalent was cordially greeted by the acting CO of 442 Sqn, Maj Charlie Cue. Between them is visiting OPI Lt (N) Bronwyn Guymer and (hidden) Maj Adele Donaldson, WCompt. (Photo by Cpl Josée Ménard)

On the Tour Circuit



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**Happy
Mothers' Day
12 May**

General J.V. Allard,
CC, CBE, DSO,
GOQ, ED, CD

Former CDS passes away

Gen J.V. Allard, former Chief of Defence Staff, passed away recently at Trois Rivières at the age of 82.

During service that spanned 36 years Gen Allard distinguished himself during times of peace and war. In December 1943 while acting CO of The Royal 22E Regiment he won the distinguished service order for gallantry during the capture of Ortona. He received a first bar to his DSO as CO of The Royal 22E Regiment during the breach of the Gothic Line. A second bar to his DSO followed for his bravery as Comd 6th Canadian Infantry Brigade during the breakthrough at Groningen, Holland.

For his services in Korea as Comd 25th Canadian Infantry Brigade from April 1953 to June 1954, the President of the United States awarded him the Legion of Merit.

Gen Allard was the first Canadian to command a British Division (4th Armd Div) in Germany from 1961 to 1963. In 1965, he became the first Commander Mobile Command in Montreal before being appointed Chief of the Defence Staff in 1966, upon promotion to general. Gen Allard became a Knight of the Order of Malta in 1967 and was made Companion of the Order of Canada in 1968. He was appointed President of the Board of Governors of the University of Ottawa in 1966.

Gen Allard retired from the CF in 1969. He was colonel of The Royal 22E Regiment from 1985 until 1988.

A military funeral was held on 26 April at the Notre Dame Basilica, Quebec.



Legion Log

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

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
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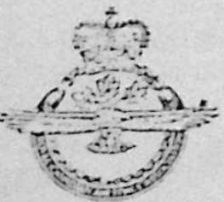
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MEMBERS & BONA FIDE GUESTS WELCOME

Building is Handicapped Friendly

BASE PERSONNEL WELCOME AT BR. 17

Office: 334-4322 Service Officer: 334-3613



888 (KOMOX) WING RCAFA CALENDAR OF EVENTS - 1996

04 May (Sat) Bingo Wind-up 2000 hrs
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HOURS OF OPERATION:

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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

Murder investigation launched



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Thanks from OMLC

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A special thank you is extended to all the local businesses who gave their time and experience for the evening. The local area businesses were generous in their donations for prizes which added to the fun-filled evening.

Thank you once again.

Members are reminded of the upcoming May 15 Farewell Dinner. RSVP by May 7, tickets available at the Officers' Mess.

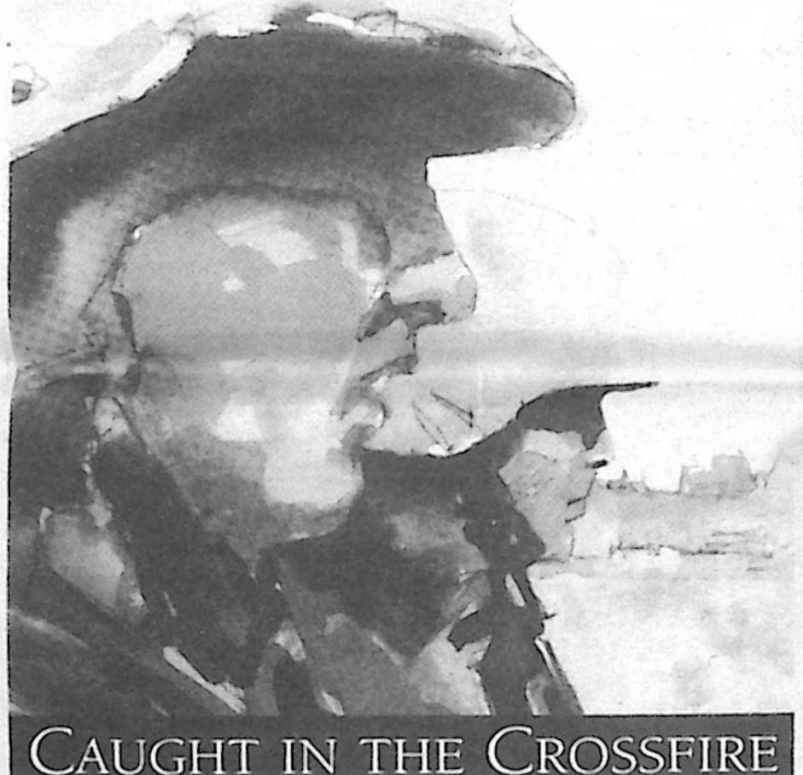
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OF
CANADA RELEASE

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REID'S COURTENAY ESSO

Steam Cleaning
Exhaust Pipe Bending
Truck & Auto Repairs
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RENT-A-WRECK RENTS
Moving Trucks & Buses
CARS
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334-2060

151 RYAN ROAD, COURTENAY

DAVE REID 334-3844

Qualifying service changes

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Additional time credit is not awarded for JLC and SLC courses.



Trenton Argus ready in June

by Capt Tony Keene
Air Transport Group
Public Affairs

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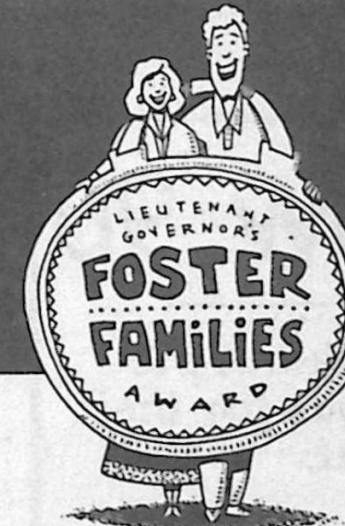
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DESERVE A MEDAL,
HERE'S YOUR CHANCE TO DO
SOMETHING ABOUT IT.



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NOMINATION DEADLINE JUNE 7, 1996

CALL 1-800-633-9999

FOR A NOMINATION PACKAGE



Ministry of Social Services
B.C. Federation of Foster Parent Associations

NEXT DEADLINE
10 MAY NOON

The Officers' Mess Ladies' Club
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May Farewell Dinner

Wednesday, 15 May, 1996

Menu

Chilled Peach and Champagne Soup
Caesar Salad • Tossed Salads • Homemade Rolls
Chicken Kabobs or
Baked Salmon with Hollandaise Sauce
or Vegetarian Kabobs
Wild Rice • Steamed Vegetables • Roasted Potatoes
• Dessert Buffet •

Members \$8.00 Guests \$12.00

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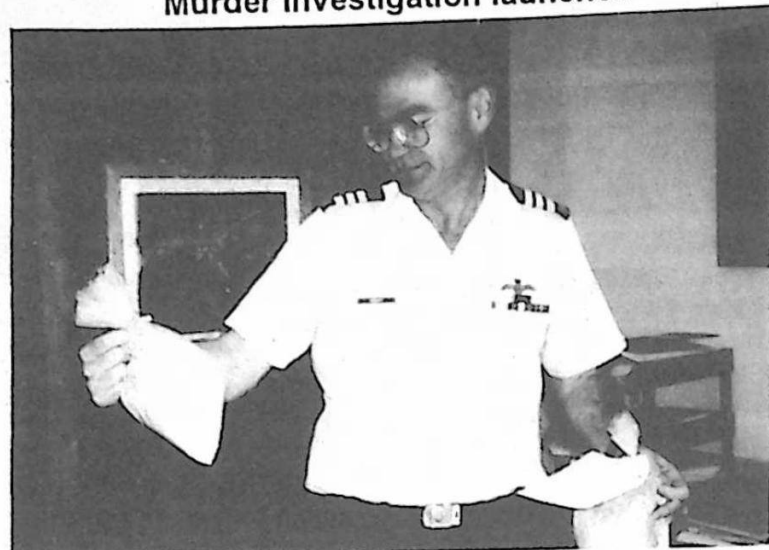
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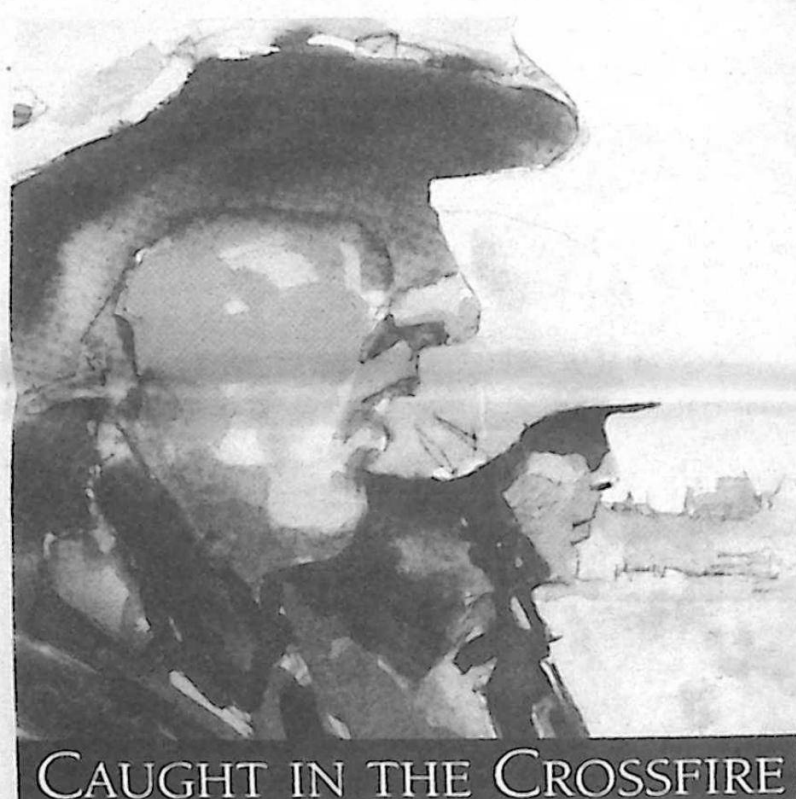
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THE ROLLING PIN BAKERY

CAFE NOW OPEN

With BILL'S Country Meats

"European Specialties" "Satisfaction Guaranteed"

1496-C Ryan Road 339-5636 Open Tue-Sat 9-6
Just outside the Base! Sunday 10-5

SEE YOU AT THE HIGHLAND GAMES



Bill's COUNTRY MEATS

QUALITY MEATS • FREEZER ORDERS
WHOLESALE ORDERS • FULL DELI
SAUSAGE PROCESSING

With The Rolling Pin Bakery

"Custom orders to your Specifications"

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Propane Key-Lox

RENT-A-WRECK RENTS
Moving Trucks & Buses
CARS
Pick-up Trucks
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151 RYAN ROAD, COURTENAY

DAVE REID 334-3844

DELICIOUS

Girl Guide
Sandwich Cookies
On Sale April 27 to



Contact:
Ruth Seabloom
339-0688



FIGHT
AIR
POLLUTION
Support Your Lung Association



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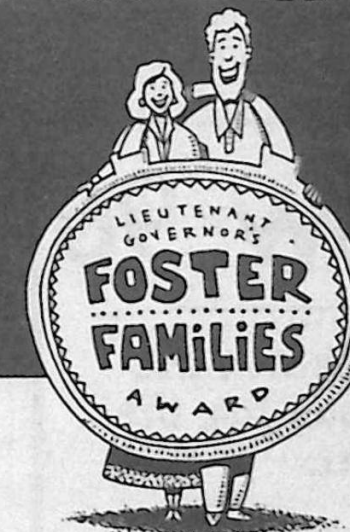
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The Editor gets a word in



Oil rebate not guaranteed

I am continually being surprised by the way things are "automatically" being taken care of and how this eventually comes around to bite me if I don't pay attention to those "automatic" functions. We've been buying our fuel oil through the Canex ever since joining the Forces. No matter where we are, the Canex has taken care of it. About two years ago, Canex sent a notice around saying that they were switching to Columbia Fuels as a contract supplier for Canex customers. No big deal. Being loyal Shell customers, and since Shell offered us the same rebate amount as the Canex, we decided to stay with Shell. Now we're glad we did because that "automatic" rebate that Canex used to provide is not so "automatic."

First of all, Canex no longer provides the rebate, Columbia Fuels does. And if you think you're going to get it because you registered with Canex when you first arrived here, or you are a retired member in the valley who has been dealing with Canex for some time, then you may be in for a nasty surprise. Columbia Fuels will only provide you with a discount on your fuel oil if you have a valid Canex card, have registered with them and have been given a four digit code. There was no "automatic" transfer of accounts from Shell to Columbia Fuels and if they did receive the files from Shell, they deleted them in favour of the new system. This may not mean much to the serving member who takes the time to monitor these "automatic" functions and noticed the regular July rebate vouchers were not arriving in the mail, complained to the Canex, and had Columbia Fuels issue the appropriate rebate. But, if you are a retired person, or know of a retired relative who has received their fuel through Canex for some time, then you might want to look into this. Chances are you/they are owed a rebate, will have trouble collecting it and will have to register with the Canex and Columbia Fuels to make it right.

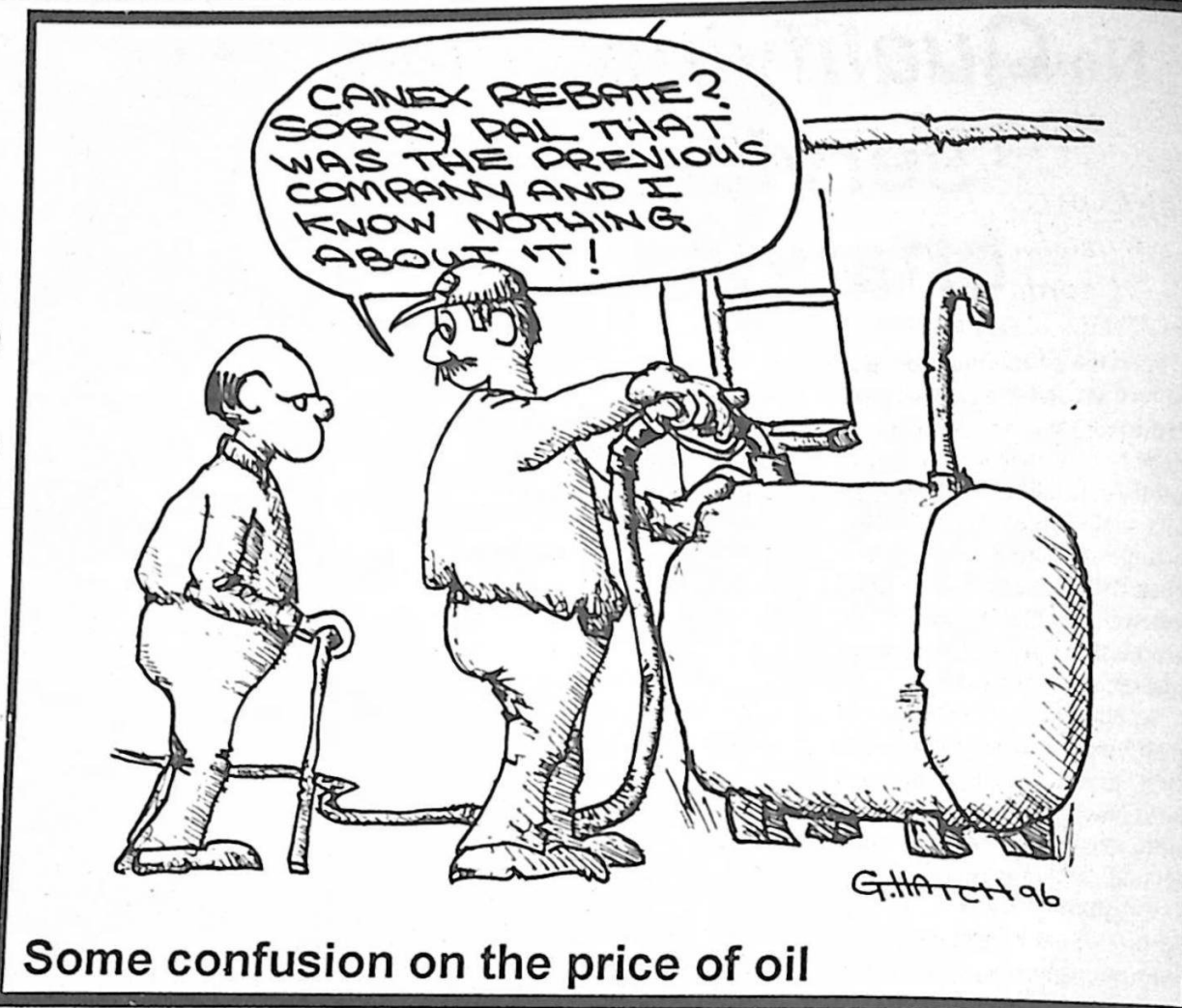
If you heat your home with oil, deal with Canex and Columbia Fuels and think you're under a rebate programme, stop by the Canex and ask for details. Things may not be as "automatic" as you think.

Joel Clarkston

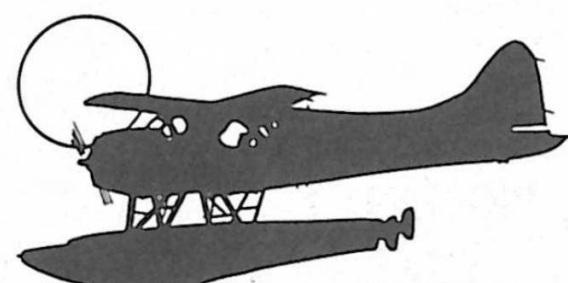
Airshow 96

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Some confusion on the price of oil



Letters to the Editor

The following letter was sent to the Base Commander and filed with the Totem Times:

Sir,
On Tuesday, 16 April, I took time while passing through the area to visit the museum. I had noted the highway sign earlier in the week. To my surprise it was closed. A lady in the newspaper office told me that I wasn't the only one who wanted to enter the building in the off season.

I would think that the Comox air base has a good story to tell, why not do it? The building is rather small, perhaps an earlier commanding officer, say in the 60's or 70's when all the government's finances at all levels were in better shape, erred and a much bigger building could now be in operation.

With Canadian military suffering in many ways we need a show of nationalism more than any time in our history. I would suggest there are many local people who would also come with visiting friends. I hope to hell such a small museum doesn't have a paid staff when it is open. This would be a poor reason for not opening in the slow time. In Victoria none of the museums could operate without hundreds of volunteers, seven days a week.

Several years ago I visited an Open House at the Saanich Research Centre where the Pisces IV was on display. I was told this free wheeling unit went down several thousand feet to get info re the fighter plane lost off the coast. The crew member said the pilot's boots were found and perhaps the black box, which was videotaped and a copy sent to the family. I mentioned all this and other details to the Times Colonist publisher. He told me Canadians don't want to read this stuff. How wrong can you get? I

though it would make a great story.

Why not put a few words on your highway sign saying the museum is closed? Are you guys ashamed of using an air base sign with the RCAF Roundel?

Roy Cooke, Victoria

I agree with you on one point, the museum could use a bigger building. But then, I could use a bigger house too. The highway sign does say that the museum is open weekends and holidays in the off season, September to end April. Perhaps if you had noted the highway sign a little longer, you would have saved yourself a disappointment. The paid curator is most willing to show you the museum Wednesday to Sunday from May 1 to September 1.



Dear Sir,

The month of June 96 marks both the 55th anniversary of the establishment of 411 (City of North York) Sqn of Canada's air force - and its demise, as the unit is stood down as part of a re-organization of Canada's air force reserve.

A final parade, an all-ranks reunion and other special activities are planned for the weekend of

21-23 June to mark this event and 411's many years of loyal service to Canada, which began in 1941 as a fighter squadron flying the famed Spitfire out of England.

A special highlight has been the commissioning of a painting depicting two Bell CH-136 Kiowa light observation helicopters - the last aircraft type operated by the squadron - flying over well-known landmarks of the Toronto harbour front as a ghostly Spitfire banks away in the distance.

The work has been created by well-respected Canadian aviation artist Randy Whitcomb. Several versions of this colourful and historical piece of art are available for purchase, as follows:

*There will be 25 full colour artist's proofs available at \$100 each. These will be autographed and numbered by the artist, and also signed by the current 411 CO, LCol Ted Brown, CD, and by three World War II RCAF pilots, each of whom holds the Distinguished Flying Cross: Sq/Ldr Tom Wheeler, MBE, DFC, CD; W/C E.G. "Irish" Ireland, DFC; and MGen Richard Rohmer, CMM, OC, DFC, CD. The first two gentlemen flew with 411 Sqn during the Second World War, and MGen Rohmer was a postwar commanding officer of the unit in 1952-53.

Each artist's proof will also carry a unique "remarque" (a small original pencil sketch drawn in the margin) by the artist of an aircraft type flown at some point by 411, as specified by the purchaser. The choices are: Spitfire, Harvard, Vampire, T-33, Sabre, Beech Expeditor, de Havilland Otter, or Kiowa.

*A total of 111 numbered, limited-edition art prints (image size 20x24", the same as for the proofs and posters) will be available at a cost of \$75, with all the above autographs, but no remarque; *250 poster style reproductions (20x24", but without a margin) are available at \$25 each; and *400 colour reproductions of the painting in a 5x7" "jumbo postcard" format, at \$7 each.

NOTE: This is a limited time opportunity. Orders for these

Continued on page 7

New military museum "A grand opening"

by Capt G.E. Hales, Museum Fund Coordinator

At 1300 hours on Friday, 17 May 96, the new Military Communications and Electronics Museum will officially open its doors to the public during its Grand Opening Celebration at the Branch Home Station. The highlight of the afternoon's activities will be the ribbon-cutting performed by military communicators past and present, with emphasis on all three elements of the branch and its predecessors. Invited to participate are: an Army Signals veteran of the First World War, an Air Force Telecommunication veteran of the Second World War, and a current Navy member of the C & E Branch. The Museum Board of Directors is also hoping that the

Prime Minister will be able to attend as Guest of Honour.

The Communications Security Establishment (CSE) will present an Enigma cryptographic device to the museum during the ceremony. Used by Nazi Germany, the Allies success in breaking its code was one of the most pivotal communications and intelligence achievements of the Second World War. This donation will represent a significant addition to the museum's collection of cryptographic and communications artifacts, and will become a prominent attraction in the museum's 1,000 square metre gallery.

Recognized internationally as an invaluable resource on military communications history, the museum is now the largest of its kind in North America. Along with its new displays, the museum boasts a top-notch archive, including an archival lab and a reading room, a 100-seat conference facility, and The Mercury Shop, a unique gift boutique and kit shop. The museum certainly has come a long way since its humble beginnings in 1961 in the Forde Building, and none of its progress would have been possible without the help of our retired and serving friends and family. The branch can take a great deal of pride in the support and dedication shown by its members to the museum over the year, and in what that support has accomplished.

Since the ground-breaking in 1994, construction of the new building has proceeded rapidly. T.A. Andre and Sons (Ontario) Limited handed it over to the Building Project Staff in time to host the annual C & E Branch Home Station Parade in Oct 95. The gallery also served as the perfect location for the First Annual Chairman's Dinner and Ball later that month. Over 150 of the museum's biggest contributors were recognized for the outstanding support with an evening of dining and dancing. (The event also raised another \$26,000 for the project.) In December, with the help of volunteers from almost every unit at CFB Kingston, the museum began the move from the Forde Building to its new home. It opened for business in January, but with only limited displays,

Military Communications and Electronics Museum



After more than seven years of fundraising, the museum will officially open on 17 May 96.

which will take two more years to complete. The staff is now working to put together a good sample of its exhibits for the Grand Opening.

We would like to invite everyone to join us to celebrate these accomplishments on 17 May at the new museum. The afternoon's activities are open to all, and will conclude with a reception at 1500 hours at the School of Communications and Electronics in the Alpha Drill Hall. Serving personnel are encouraged to wear their uniform 1A, and retired members who wish to may wear their medals on appropriate civilian attire.

For details contact: Military C & E Museum Building Project Staff (613)541-4675 CSN 270-4675. Fax: (613)541-4489 CSN 270-4489.

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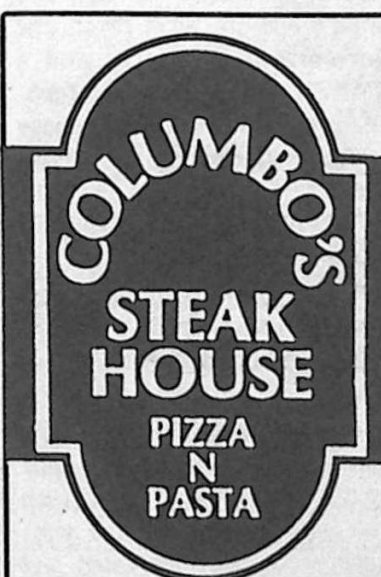
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407 Sqn



Demon Doin's

by Cpl Johnson

The next time you ask someone "What's new?" and if they respond "Nothing," find out where they've been. It sure hasn't been around here! What with cutbacks, FRP and trade restructuring, all of which already affect everyone here at 407 Sqn, we also contend with daily A/C maintenance, flying hours, TD trips and cross-training - everything from OMS to engine and airframe courses. Cpls Gary Blinn and Sue Hendricks are part of a group of photo techs who are going to Greenwood over the next few months for avionics training. I'll bet they will be looking forward to that extra spec pay.

So far it's been a good year. The Westploy trip to Japan just got back. Judging from what we've heard, it was a complete success. A few of our techs had the opportunity to enjoy an air-

borne tour of Mt. Fuji in the Japanese version of the Aurora, while flying in formation with one of 407's Auroras. Cpl Isabelle Dumont, while she was in Japan, tried some bowling - hitech style. She found the instant replay quite interesting.

Another crew has just recently returned from North Island, San Diego. Cpl Rod Keegan got a chance to visit "south of the border." That's where he learned that one bus plus one train equals Tijuana. Also, Sgt "Pin" Pinault is still trying to ditch a couple of guys trying to sell him "gold" chains.

Of course, we are wishing all the best to Cpl Richard Wand who has just returned from an operation on his vocal cords. Having talked to Richard the other day, I have to say "you sound as good as new."

Last Friday, 407 Sqn had its Spring BBQ. It was held in 7 Hangar. We had to open all five doors to let the smoke out! The turnout was excellent, everyone munching on burgers and sipping liquid refreshments. Speaking of burgers, CWO Bailey did some fancy flipping and cooking on the BBQ. So good, in fact, that a few representatives from McDonald's were enquiring about what the chief had planned after his military career is over.

It just goes to show you that everyone is pretty busy around 407. So what's new?

WESTPLOY 96

by Capt Karl Sorensen

Our trip to Japan to attend WESTPLOY 96 was a resounding success. We went with the primary intention of re-establishing military ties with the Japanese Maritime Self Defence Force (JMSDF). We did that and much more. The crew showed great interest in the country and the Japanese culture, which was appreciated by our hosts. After spending nearly a week there, we were able to more fully understand and appreciate the intricacies of their society, and we all made good friends who we hope to see again in the near future.

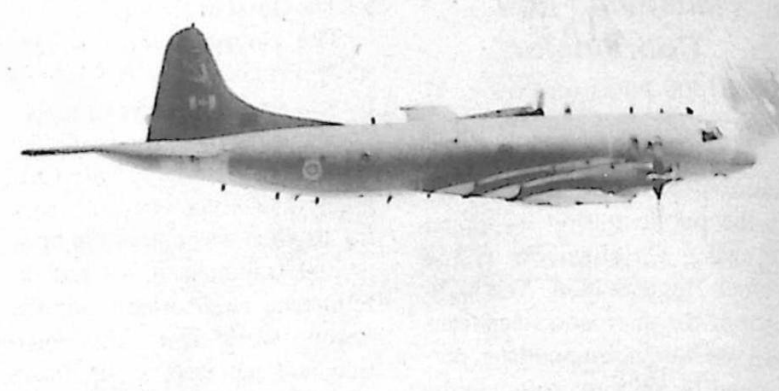
After flying for 18 hours with an enroute stop in Adak, we arrived in Japan with more than a mild case of jet lag. Most of us just wanted to see the top side of a pillow before closing our eyes for the night, but the Japanese had something else in mind. We were greeted at the airport by an entourage of officials and VP3 members who would become our personal hosts for the duration of our visit. After exchanging courtesies and listening to welcoming speeches we were whisked off to our hotel, where we quickly showered, changed, and ran off to a welcoming reception. The Japanese don't need instructions on throwing a party. They had a lavish banquet of typical Japanese food, sake and beer. We spent most of our time struggling through the language barrier to get to know our hosts, but the sake helped, and we soon began to understand each other rather well.

Once the Japanese saw that our reflexes weren't their usual cat-like ones they challenged us to a game of "Janken." Essentially this is a game of Rock-Paper-Scissors with the add-on that the winner of each set immediately smacks the loser on the head with a rubber mallet before he can defend himself by donning a helmet. None of us lasted more than a set or two and the winners (our hosts) had the delight of dressing up the losers (see photo).

The night was still young for the Japanese. After regaling us with delicious food, drink and a bash on the head, our hosts helped us over to a Karaoke bar where a select foolish few tried their best at Karaoke. It's nice to see that some of us can sing but others need to be kept away from a microphone - yours truly included. After this night of revelry, our hosts ensured we were returned to our hotel.

The next day our hosts took us to Kamakura. As one of the oldest cities in Japan, it features many ancient sculptures, Shinto and Buddhist temples. We were given a detailed tour of the various buildings and shrines as well as interesting descriptions of the customs and rituals associated with these temples.

After a morning of tours, we were treated to a traditional Japanese lunch. Our hosts, on the other hand, were treated to our first attempt at eating with chop sticks. I'm proud to say that, as difficult as it was, we didn't do



140115 in front of Mt. Fuji.

too badly. The challenge was eating noodles out of the soup in a dignified manner, until we found out that we didn't have to be dignified at it. In fact, it's considered good manners if you slurp your soup. The rest of the lunch was a melange of fish and vegetables, most of which didn't have a description in the Japanese/English dictionary and, for most of us, it was very agreeable. If you don't like fish, however, life in Japan can be a little more difficult. My hat goes off to Maj Roberts who, in spite of his aversion to fish, made a polite effort to finish his lunch. He then endured an afternoon of internal revolt, but I'll spare you the details.

We spent the rest of the afternoon doing much of the same thing - touring, \$\$\$shopping\$\$\$ and trying to get to know our hosts. Their attempts to communicate with us were extraordinary, despite the language barrier.

"The winner of each set immediately smacks the loser on the head with a rubber mallet."

They seemed to take a great deal of pride in hosting and literally bent over backwards to accommodate us. A great deal of the trip was spent individually with our hosts, who took us to their homes, Japanese baths, shopping, touring, Karaoke, or wherever our hearts desired. It felt as if we were being given the royal treatment.

Flying with the Japanese was also an adventure. We flew two trips while we were there, one formation/photo trip and a CASEX on a Japanese diesel submarine. Because of the language problem, the formation flight was simplified as much as possible, but it still took the better part of a morning to brief. As you can tell from the photo, the flight was a success, and exposed us to the local flight procedures we would need for the next day's CASEX.

This trip was interesting in its own way. We flew to an area southeast of Tokyo, again with the Japanese leading the way. Once there, we prosecuted and attacked the target submarine several times with very close support from the other P-3 and four helicopters from the Japanese and Canadian frigates. I had the good fortune of flying on the Japanese P-3, which is a very clean and

modern aircraft. The Japanese are fortunate in that they have the newest P-3 fleet - some of their airplanes are only two years old.

On the last day of our deployment, we were originally scheduled to play softball with the Japanese but they suggested that maybe we would rather tour Tokyo or some of the other local sites. It was very considerate of them, but I think it was a ploy to get out of being beaten by Crew 6. As a result, many of us went into Tokyo to look around. We were absolutely astounded by how many people live in such a small space. I believe my host told me that it was in the order of 10 million people in an area a little bigger than Vancouver. Space was certainly at a premium.

The experience of visiting Japan was incredible, but what truly made the trip memorable were the people involved. The Japanese, with their graciousness and hospitality, made it feel like Christmas all over again.

As one crew member put it, "The most enjoyable part of the deployment to Japan, for me, was the people. At first they seemed very professional and genuinely interested in meeting us. Once the ice was broken, it turned out that there was even more to our gracious hosts. They were by far the best hosts I have had in my travels - 26 countries to date. Their inquisitiveness, generosity, and all-out willingness to make our trip a most enjoyable one distinguished them as fantastic ambassadors for their country. I hope in future that I can have the chance to return their hospitality in kind and show them my little part of Canada, which I spent hours describing to them. I look forward to hearing from my new friends, a friendship that overcomes distance, race, language and culture."

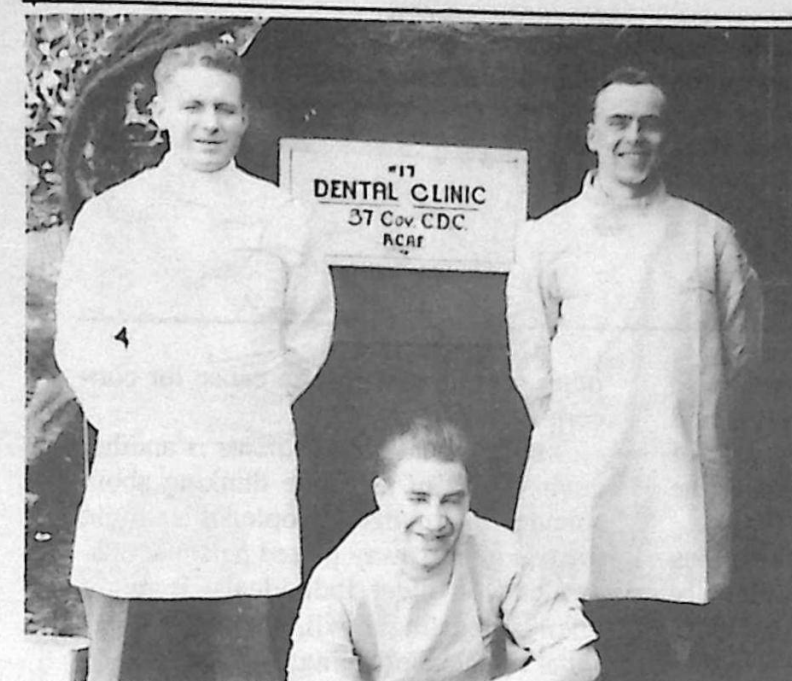
I couldn't have said it better myself.

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442 Sqn



Upon graduation from dental school, Gunther the Air Force Dentist (kneeling) and his assistants prepare for their first field extraction.

On the move?

by Ian Davenport,
442 Sqn Lab FE

(Posted this summer? Ian Davenport has a few things to keep you thinking while you're packing.)

Since the summer season is nearly upon us, I thought I would share a few experiences from recent years.

Edmonton, 1989, purchased our first home: lime green walls and bamboo wallpaper. Price OK: "we can renovate." Moving day - two trucks showed up, the first with our furniture from Germany, the second 2000 lbs. of gems from Long Term Storage (LTS) in cool-pool. I thought they were gems when stored in 85. Glad we had a basement to

store everything. During this time our new car was rear ended and written off. Four years of cruising the autobahns at 160 kph and I get rear ended at a stop light by three 16 year old girls on their way back from Jasper in dad's car. (Guess what they were talking about when the light turned red).

Started to renovate our new castle - relatives showed up. This was okay for the first four weeks. Painting was not a big enough hint so decided to rebuild the kitchen (bamboo wallpaper was gone but the kitchen still had the aroma of the previous owner's cooking). Floors ripped up and cabinets pulled down - relatives still came to visit. Kitchen finished, Christmas around the corner, guess who came to visit?

411 Squadron

Continued from page 4

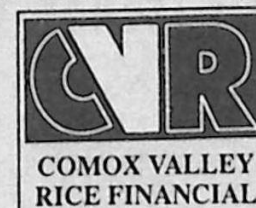
items will be accepted effective 22 June 96, but must be postmarked no later than 31 August. Since availability of the artist's proofs is quite limited, customers interested in these items should indicate on their order whether substitution with a limited edition print is acceptable, if necessary. The \$25 price differential would be refunded.

Interested purchasers are asked to fully specify their order in a brief letter, and enclose a cheque or money order in the appropriate amount made out to "411 Squadron Fund." Postage and handling for artist's proofs, limited edition prints or posters will be a flat \$6 per shipment. All these are mailed rolled in a sturdy cardboard tube. The postage and handling for the jumbo postcards is a flat \$1 per order.

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442 Sqn hasn't always been a rescue squadron. Its history includes service as a fighter squadron, an auxiliary fighter squadron, a communications squadron and a transport

squadron. The captions, as you may have concluded, are not the originals, but the similarities between the past and present are easy to see.



Maj Komocki watches from the cockpit as LCol Hardy and Maj Cue unload the gear from the Labrador at the Southgate River. CWO Baker and the PADO (far left) look on.



In order to maximize his RRSP contribution, Capt Acland elected to sleep in the cockpit of the Buffalo and eat Oreos, thereby avoiding any personal expense.

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19 AMS



by MCpl P. Dunn

Time now for a note from the nerve centre of 19 Wing. Besides serving to inform the rest of the base regarding what takes place down here in "the bomb dump," this is the only way that Lt Travis finds out exactly what is going on. Let us begin with the EOD section which, unbeknownst to most, just happens to be the busiest EOD section in Canada.

That's right, those folks which are often mistaken as army types are always on the go. If they are not out beachcombing for those "18 inch silver cylinders" that are always washing ashore, then they are busy happily blowing up some fool's attempt at a home-made bomb. Members from the 12 member team were involved in a number of recent local high-profile bomb scares. Their involvement was, of course, on the legal side. Anyhow, our hats are off to you people who do the "don't try this at home kids" kind of work.

A big thumbs up to all the members of the 19 AMS intersection hockey team. For those who do not already know, or do not care, the squadron team not only won the playoffs but they scooped up all the hardware, including league high scorer (J.P. Commodore) and regular season winners. You would think such gloating would come easily but after choking so many seasons in the past it is much easier to remain humble. And as much as it was a team victory, you really have to hand it to that stellar defence corps. Thanks again to the league for the new Camaros for all members of the winning team. It must have been hell on the budget.

With the end of the hockey season comes the start of that "other" sport. We are talking baseball, of course. Cpl Rick Rairbarn/Rainberg/Barnfair has all those non skater in the squadron busy warming up the gloves

in preparation for another season of intersection tee ball. Or is that slow pitch? All kidding aside, we wish the team the best of luck this summer and hope that you can bring home the pennant. If anyone out there knows the stock number for chewing tobacco, Rick would appreciate a call at 8344.

Although the weapons trade was not affected by the latest FRP, lately it seems that the shop has been steadily shrinking. We say goodbye to Cpl Linda Cahill who took with her the entire Delmar maintenance shop and joined 414 Sqn. We wish you well in your new shop Linda. Of course the ongoing IOC courses and other trade courses are keeping the manning levels down also. MCpl Johnny Lapointe is just completing his AVN course and MCpl Kurt Staples is on an EOD course in Indian Head, Maryland. Kurt assures us that his weekend in New York City, Washington D.C. and Baltimore are challenging, but that he forces himself through it. Lucky dog!

The entire shop is still trying to figure out why it took three days of conversion training to teach WO Jim Cook to read a newspaper and drink a coffee. He had those skills mastered long ago. As of press time, Sgt Anne Gale was waiting patiently to hear if she would be going on TD to the Cool Pool. A rather extended four to five year TD. We will keep you POSTED as details become available. Further evidence that the military is going to a total force concept, the section is augmented by two reserve members. Good thing too as it was getting harder to find enough people to play euchre at lunch. When MCpl Bernie Corrigan is not busy locking up your sons and daughters (it's okay, he is a part-time corrections officer) you will find both he and MCpl Judy Brown down here serving their country. Most people know Judy, of course, either from the golf course or from her prior supply service.

Cpl Warren Wade recently decided to test out the four by four capabilities of the EOD vehicle only to discover, much to his chagrin, that the vehicle is not a four by four. He got that truck stuck good. He remains convinced that he could have shovelled his way out of trouble. And, given two days and a backhoe, the rest of us would agree with him. Do not

SUICIDE PREVENTION: IT'S EVERYBODY'S BUSINESS



Suicide is a tragic loss of life. It also affects anyone who knows the victim and has a profound impact on the morale of all CF members who are aware of the event.

Over the past few years, there has been an average of 12 suicides annually in the CF, with young NCMs being at greatest risk. These figures are no higher than for the general Canadian population. Yet, for something as devastating as suicide, even one is too many.

Suicide is a complex issue. Most individuals have more than one reason for attempting it. Most people who attempt suicide do not want to die. Rather, it is a desperate act aimed at stopping the pain of living. Evidence clearly shows that if a person is prevented from committing suicide, he or she is very thankful afterwards.

Every suicide raises the question of whether or not the death could have been prevented. It would seem that many suicides could be prevented since most are preceded by warning signs. All CF members should be familiar with these signs and know what to do to help prevent this needless loss of a life. Suicide prevention is everybody's business.

Sudden changes in behaviour in an individual may indicate underlying emotional problems. These could include an abrupt increase in absenteeism, reduced job performance, lack of interest and withdrawal, changed relationships with fellow workers, increased irritability or aggressiveness, and increased or heavy use of alcohol or drugs.

Sudden changes in attitude or personality may also be a telltale sign of problems. This could show up as a sudden loss of interest in appearance or hygiene. Or it could lead a cautious individual to become a reckless risk-taker. These and

other similar changes are cause for concern.

Making final arrangements is another common act of someone thinking about suicide. In younger people, this might include giving away prized personal possessions. In older individuals, it might involve updating a will, attention to personal financial planning, and the like.

Some warning signs are more direct. Eight out of ten people who take their own life give definite clues before doing so. Suicide hints or threats must therefore be taken seriously. These could be statements such as: "I won't be around much longer for you to put up with me"; "My family would be better off without me," or "I think I'm going to end it all. I can't stand this anymore."

If you think someone is seriously contemplating suicide, there are some things you can do. Five very specific steps are noted below. These have appeared previously in CF publications, but they are extremely important and bear repeating. You should:

- ASK the individual directly if they are thinking of suicide.
 - LISTEN to what they have to say without judging.
 - BELIEVE what the individual says and take all threats of suicide seriously.
 - REASSURE the person that help is available.
 - ACT immediately. Make contact with others to ensure the person's safety.
- Don't try to deal with the situation yourself. Medical staff, a Social Work Officer, a Chaplain, and the individual's CO are all people you can turn to quickly for help.

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PROJECT GLACIER



CRP - double edged success

by Lt Richard E. Gower

A recently released statistic from NDHQ indicates that the civilian work force at the Department of National Defence has been reduced by 7,580 personnel since 1 April, 1994. This drop, from 33,039 civilian personnel to 25,459, represents a reduction of more than 22% over two years, a notable achievement, some might say, considering the personnel cuts were mandated by a continually shrinking DND budget. While attrition, reduction in term employment and the Early Retirement Incentive (ERI) have all helped in achieving reductions in the work force, the Civilian Reduction Program (CRP) has been the primary tool in achieving real reductions in the indeterminate work force, according to the NDHQ summary.

The CRP, which ran from 15 June 94 to 31 March 96, was put in place following the 1994 Federal Budget and was designed specifically to offer options to indeterminate civilian employees affected by DND's workforce reductions, a facility closure, or relocation of a work unit. An indeterminate employee is defined as any employee whose employment is not defined by a specific chronological term.

"CRP was designed because of the sheer size of the cuts we knew were coming," said Herb Schultz, the Deputy Chief of Staff, Civilian Personnel at Air Command. "It was closures mixed with cuts over a five year framework. We could never have placed the number of people whose jobs would be affected, or even a significant percentage of them, with relocation. And for many who might have gone through the disruption of relocation, there was also the possibility that even after moving they might have been laid off in the next round of cuts."

The CRP reductions throughout Air Command totalled 992

personnel, which reduced the civilian personnel strength by 18% from a total of 5,434 at the beginning of the program. Without the introduction of the CRP, all of these employees would have been subject to either the redeployment or the more limited cash-out provisions of the Work Force Adjustment Directive which came into force in 1991 and governs employment security in the Public Service.

Under the CRP, an education/training allowance was available to employees who accepted a settlement and who were not in receipt of a pension. An employee could receive up to \$7,000 for retraining in preparation for employment in the private sector. Up to \$1,000 for counselling services on financial, career and stress issues was also available to affected employees.

"As difficult as this was, CRP eased the transition; it gave people options," said Schultz. "It provided settlements for people who had choices, and it created openings for other people who had no choice. No one within Air Command was put on lay-off status. Everyone who wanted a job has managed to continue their employment."

In looking at the number of reductions of civilian personnel that were mandated by Budget 94, it seems that CRP is indeed working from the point of view of the government. However, there are two sides to every story and it also appears that, considering the alternatives, CRP also made the best of a bad situation for the affected employees. Herb Schultz summed up the pluses of CRP for the affected employees in a few words: "One of the successes of the CRP program has been that it allowed people to weigh their options, deciding whether they wanted to continue working for DND, but have to relocate, or taking the package and finding other work outside the government."

Supply support to flight line studied

So, just when you thought re-engineering at 19 Wing Comox had died and gone away; well, think again.

As a member of 19 Wing, you should be aware that a small but very determined group of aircraft maintainers and supply folk are currently in the throes of a very important re-engineering effort: the optimization of supply support to aircraft maintenance organizations. Some of you may have noticed us already, either sneaking up on unsuspecting workers in the hangars to ask obscure questions, hanging out on the second floor of the gym in our civvies or, worse yet, driving off the base during the wee hours of the morning in passenger vans headed for places like Canadian Airlines in Vancouver, Conair Ltd. in Abbotsford, Acklands in Campbell River and CFB Esquimalt.

Our job, in a nutshell, is to determine the most effective and efficient supply support organization and processes to meet the Wing mission. Our customer is,

generically speaking, the aircraft maintenance organizations at the Wing. However, our specific customers are the aircraft techs out on the flight line, in the hangars and in the various shops who require the right parts and tools to maintain our aircraft and aircraft related equipment.

A daunting task, you say? Yes, but we also see it as a challenge. Are we going to fix everything that's wrong or inefficient? Probably not, given our inability to change the whole supply system in one fell swoop. Will this result in anything, then? We will produce results to the best of our ability and within the time frame allotted, i.e. by end May 96.

Furthermore, we feel confident that our recommendations will be seriously considered and acted upon by our Steering Committee (Sqn COs, WLogO and WSUpO). Will stakeholders (Sqn and Supply personnel) have an input into the process? Definitely, both as a result of our periodic visits with you at your workplace or by you contacting



by Capt J.P. Perrier

us at local 8012 or 8013 if you wish to contribute or just ask a question.

We greatly welcome your views and suggestions. Finally, just so you know, the following are the re-engineering team members:

Capt Lorraine Angly, Project Glacier
WO Gary Kalagian, Project Glacier
WO Dan Presseau, 407 Sqn.
Sgt Sue Didsbury, 19 AMS
Sgt Debbie Humble, W Supply
Sgt Dennie O'Brien, 442 Sqn/Supply
MCpl Jean English, 407 Sqn.
MCpl Phil Geldart, 414 Sqn.
MCpl Pete Poulson, 442 Sqn.
Mrs. Bev Merchant, Project Glacier.

Personnel Support Programs change

Important changes to Personnel Support Programs (PSP) are in the works. To better meet the changing needs of CF members and their families, National Defence has approved a plan that will create an agency to oversee the delivery of PSP programs across the country.

Transition to full agency operations is planned over a three year period and, when fully operational, annual savings in excess of \$6 million are expected.

The purpose of the agency is to strengthen the national delivery of PSP programs and continue the outstanding contribution made by PSP military personnel to the morale, welfare and fitness of the CF.

The new agency will be directly responsible for PSP policy, NPF personnel administration and accounting services, Canex and SISIP. Local PSP operations however, such as military physical education, community recreation and mess operations, will remain the responsibility of local commanders.

The agency represents a new way of delivering PSP programming and is one of a number of alternative service delivery models within National Defence. The most significant change, in the stand up of the agency, will result in the elimination of the majority of military positions currently involved in managing PSP activities and in the creation of publicly supported NPF positions to continue this work. For example, base military physical education and recreation staff will be replaced with NPF fitness and sports personnel by August 1997.

Other changes include plans to streamline PSP administration. With the exception of mess operations, which continues to be examined, implementation is to begin immediately.

The implementation team is in place and is currently working on the details of issues ranging from the elimination of military positions and subsequent reduction to military trades to the develop-

ment of the mechanisms for the classification and staffing of new NPF positions.

With the many changes planned and under way in National Defence, communications will play an important role in the transition to the new ways of doing business. As a first step, the implementation team held a working session 2 April to brief all Base Administration Officers.

The implementation team will also be visiting every base between mid-April and mid-June. The team is scheduled to brief CFB Comox base management on the stand up of the new agency and to fine-tune the base implementation plan 22-23 May 96.

Future articles will highlight progress in implementing the agency and focus on specific base issues. Until then, and to ensure the widest possible access to information on the agency, a toll free line is available at 1-800-914-8914 24 hours a day, seven days a week.

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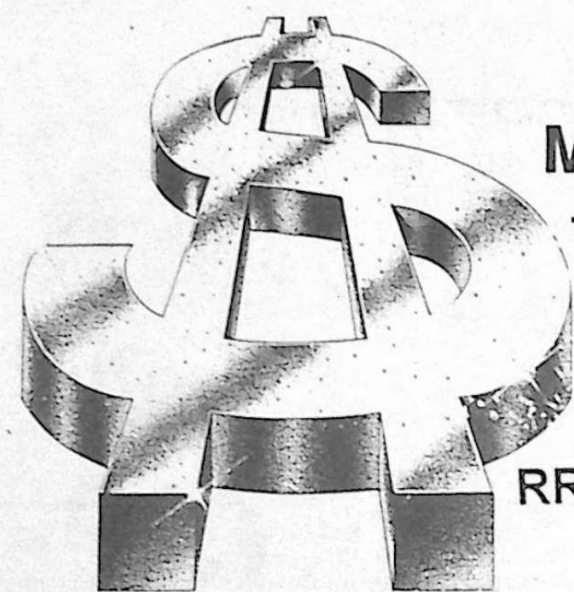
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Money talks

Start
1996
RRSP plan
now

by
J. Kevin Dobbeltsteyn,
P.Eng., MBA
Investors Group

If you scrambled to put together your 1995 RRSP contribution by the February 29 deadline, why not give some thought to how you can make the exercise less painful for 1996?

There is an easy way to rid yourself of the financial burden and hassles of last-minute contributions and at the same time, make your RRSP grow faster.

The solution is a regular investment program for your RRSP. Instead of making a lump-sum contribution at tax time, contribute smaller amounts to your plan throughout the year. Contributions are automatically and regularly deducted from your bank account so you reach your maximum contribution level in plenty of time to beat the deadline.

Most financial institutions and mutual fund organizations offer regular investment plans. You can choose the amount to be deducted, the type of RRSP investment you prefer, and, in most cases, how often you'd like to contribute - weekly, monthly, or quarterly. You may also have the option of building up cash in an RRSP savings account until you're ready to make a longer-term investment.

You can set up a plan with a mutual fund organization, whereby your regular contribution is deducted from your bank account to purchase units in mutual funds at current prices.

This type of plan lets you take advantage of dollar cost averaging, a strategy through which your contributions purchase more fund units when values are lower and fewer when they are higher.

This can result in a lower average cost without trying to outguess financial markets.

And if the prospect of a regular RRSP investment schedule isn't enough to convince you of the benefits of regular contributions, think of the extra money you'll be earning in your RRSP by getting a head start each year.

If you were to invest \$300 a month in an RRSP earning an average annual return of 10%, you'd have \$370,276.68 after 25 years. On the other hand, if you waited until the end of each year to make a lump sum \$3,600 contribution, you'd have just \$354,049.41. That's \$16,227.26 less.

With larger contributions, you can save even more. After 25 years, an \$800 monthly contribution at an average annual return of 10% would grow to \$987,404.48. A lump-sum contribution of \$9,600 at the end of each year would give you \$944,131.77, or \$43,272.71 less.

Remember, no amount is too small. Whether you can afford to invest a lot or a little, regular contributions can make a substantial difference.

There can be another financial advantage to regular investment plan. Once you've arranged to make your periodic contributions, ask your employer about a reduction in the amount of income tax deducted from your pay. Since your RRSP contributions will soften your yearly tax bite, the amounts deducted by your employer should also be lower. Of course, you could wait until tax time and claim a refund, but in that case you'd be lending your money, interest free, to the government.

Ask your financial representative or mutual fund institution how you can start a regular RRSP investment plan.

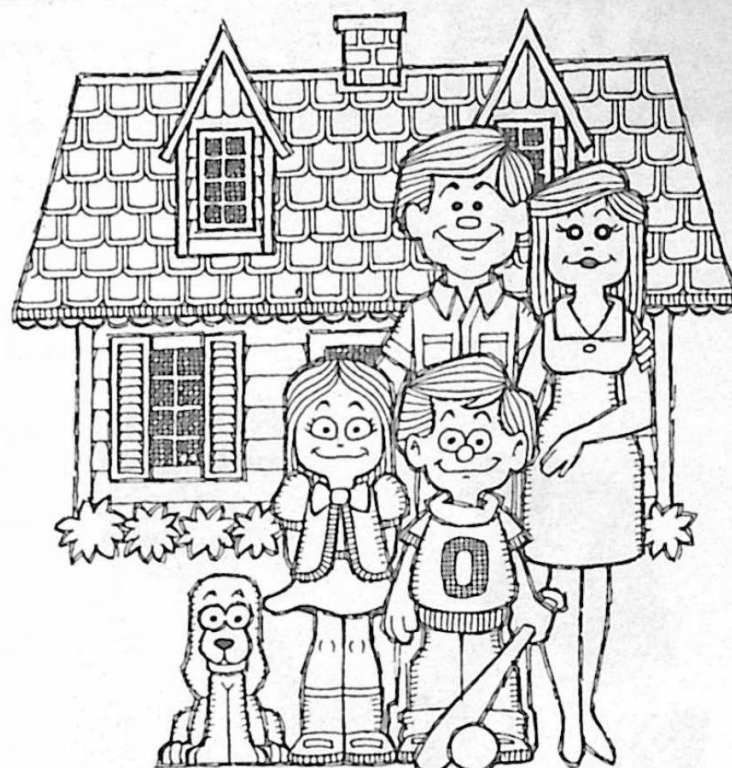
Guaranteed home sale plan

Many of you are now aware that the Treasury Board has approved the conduct of a pilot project for a Guaranteed Home Sale Plan in which all federal departments and agencies have been invited to participate. On 26 March, the Defence Management Committee approved DND/CF participation in this pilot project with the awareness that there remained financial hurdles for Treasury Board secretariat and the contractors involved to resolve. These financial arrangements remain outstanding, and, until they can be finalized, the contractors involved will not be ready to provide services to the large number of federal employees/CF members who will be relocating this spring and summer.

The financial arrangements should be resolved before the end of April and you will be informed of the developments as soon as possible. If the pilot project proceeds as anticipated, the following information in the plan should serve to provide enough information for employees/members to initiate plans for their relocation and sale of their homes.

The pilot project will be conducted for a period of two years: 1 April 96 to 31 March 98. The stated purpose of the GHSP is to give departments more flexibility in relocating employees/members in response to operational requirements, program objectives and service delivery without having moves unduly delayed because of employees/members inability to sell their homes. The plan is not an equity loss protection program (like Home Equity Assistance, which will remain in effect) but rather provides employees/members with a guaranteed sale price for their home at current market value, as determined by qualified appraisers selected by the participant.

All employees/members who are authorized to move to a new place of duty (other than locally) and who have, for employees, a reporting date or, for CF members, a COS date between 1 April 96 and 31 March 98 inclusive, will be eligible provided they meet the criteria established by Treasury Board under the contract. The criteria which a residence must satisfy to be eligible include, but are not limited to, the following: the residence must qualify as a principal residence, have an appraised value not exceeding



\$275,000, be located on a lot of not more than 1.2 acres and not be a mobile home or an income producing property.

Employees/members who may be eligible should note that a real estate agent contracted to market the home must accept the terms and conditions of the plan for the employee/member to be eligible. Employees/members

who have already contracted a realtor prior to accepting the GHSP must get the realtor to agree in writing to the terms in order to be eligible for the plan.

The Treasury Board ministers did not authorize retroactivity for this plan. As such, employees/members with a reporting/COS date prior to 1 April 96 will not qualify

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Seating is limited so please call Capt John Lalonde at 339-8211, local 8464 to reserve a seat.

ATTENTION MILITARY REC PASS HOLDERS

Has Base Fund got a deal for you! The Glacier Greens Golf Course is offering discount green fees to service personnel with Rec Passes. The golf passes are available through the gymnasium sport stores during normal working hours at a cost of \$10. The following rules apply:

- Available to Military Rec Pass holders only;
- Passes are good for Mon to Fri, NOT including holidays;
- Passes cannot be used for unit sports afternoon, special events, etc;
- Passes must be used on the day purchased, unless rained out and then on the next day;
- Maximum of four passes sold per day; and
- Limit of one pass, per person, per month.

A priority system will be in effect as follows:

1. Junior NCMs (Pte, Cpl and MCpls), OCdis and 2 Lts;
2. Senior NCMs and officers (Lt and above); and

Personnel wishing to reserve a golf pass must have a tee time booked at Glacier Greens prior to purchase. Sport Stores is open from Mon to Fri from 0900-1230 hrs and 1330-1600 hrs.



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Wallace Gardens

Upcoming Events

May 5

Bingo for children at Community Hall

May 9

Comox Valley Search & Rescue Seminar.

May 18



W.G.C.A. Bingo Barbeque to be held at the Jr. Ranks' Mess
Great prizes: lawn furniture, \$350.00 BBQ, and large meat packages.
Come on out for a night of fun.

May 21

W.G.C.A. Awards Night.

June 1

Garage Sale.

June 3

Dry garbage pickup

July 1

Canada Day Celebration
Volunteers are needed for this event.
If you would like to be on this committee, please call Linda Jeffrey at 339-8211, local 8675.

Staying active - back pain relief

Recent studies show that staying active, within the limits of pain tolerance, is more effective in relieving low back pain than inactivity or long term absence from work. In fact, contrary to what is popularly believed, "Long term absence from work and activity can be damaging to the healing process," says Dr. Hamilton-Hall, renowned orthopaedic surgeon and Director of the Canadian Back Institute. "Control of low back pain on an ongoing basis requires a gradual shift away from rest and protection, with a gradual increasing emphasis on education and exercise."

"In the short term management of back pain, there is no role for narcotics," says Hamilton-Hall. "These drugs are potentially addictive, and their risks far outweigh the benefits. But medication can play a role if it is directed at the rapid relief of pain. Medication directed at getting rid of back pain can allow the patient to become mobile," says Hall. "The key is choosing a drug that is non-sedating - one that enables you to continue with your everyday activities without feeling sleepy or groggy."

A non-sedating drug like orphenadrine citrate or Norflex, effectively restores mobility while allowing patients to stay alert. Studies have shown that orphenadrine citrate significantly reduces pain and muscle spasm within 45 minutes of ingestion of the tablet, allowing back pain sufferers to resume their activity more quickly. British Columbians can purchase the medication from their pharmacist, upon request.

A recent study of injured Ontario workers confirms that immediate intensive therapy for back pain is no better than simply resuming normal activity. The researcher, Dr. Sandra Sinclair, followed 1800 compensation

claimants, about half of whom were unable to work because of back pain for a year after their injury. About half received intensive therapy, while the others carried on with their daily activities, or received less intensive treatments from the physiotherapist and chiropractors.

A similar study reported in the February 1995 New England Journal of Medicine arrived at the same conclusion. Also, a controlled trial was conducted with employees in the city of Helsinki, Finland, who had come to an occupational health centre with low back pain. The patients were randomly assigned to one of three treatments: bed rest for two days, back mobilizing exercises, or the continuation of ordinary activities as tolerated.

The results indicated that the group of patients who continued their normal activities had better recovery than those who were prescribed bed rest or exercises. The study suggests that avoiding bed rest and maintaining ordinary activity as tolerated led to the most rapid recovery.

Chilli-wack gliders are coming

The gliders based here at 19 Wing will not be deploying to CFB Chilliwack in 1997. With the announced closure of Chilliwack, the Air Cadet operation normally associated with that base will no longer be conducted. Effective 1997, the six weeks of intensive glider operations normally associated with CFB Chilliwack will instead be done here at Comox. The Comox gliders will still deploy to other locations such as Abbotsford and Prince George.

This move means that the summer skies over 19 Wing will see a little more aviation activity in 97. So if you are planning some flying activities for the summer of 97, be aware that the skies will be full of unpowered, manned aircraft from July to mid-August.

HOCUS-FOCUS BY HENRY BOLTIKOFF



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NEXT DEADLINE
10 MAY - NOON

HE111 Heinkel "a cause for concern"

(In the 28 March issue of the Fishwrapper, we published a letter and an article featuring the pending visit of a B-17 and He-111 to Nanaimo from July 12-16. Readers were asked to share their stories and experiences relating to the visiting aircraft. Many stories were received, two of which are published below.)

Archie Bryant, who taught in Victoria for 30 years, wrote from his retirement home in Sooke as follows:

"I joined the RCN as a boy seaman, April 1938 and was on HMCS St. Laurent. The end of August, 1939, together with HMCS Fraser we were sent to Halifax. The Canadian Government was worried that the Americans would not let us through, so they waited until we had cleared the Panama Canal before declaring war on Germany. We steamed 7,000 miles in 14 days and arrived in Halifax with summer clothing and were immediately sent on convoy duty.

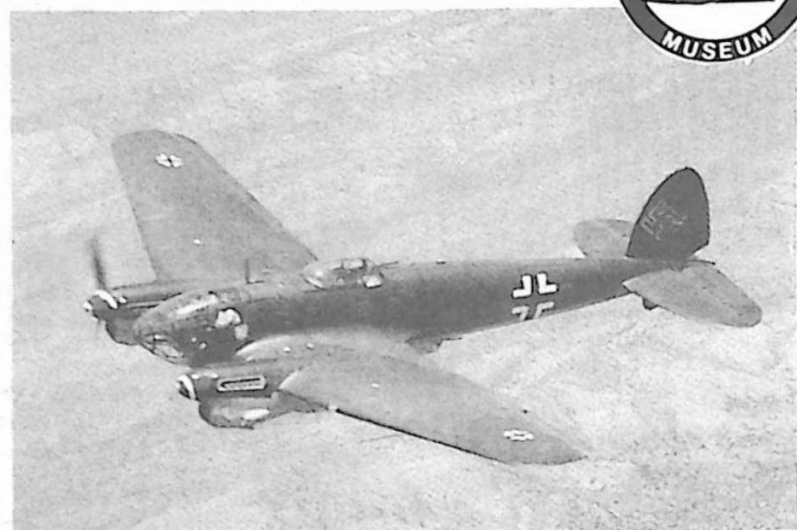
Later I was trained on the Isle of Wight as an anti-aircraft gunner and saw plenty of Heinkel 111s. While I was in hospital with rheumatic fever in Portsmouth, they were over every day and night. Seventeen of us who were confined to bed were moved to Portsmouth Hills and billeted in Idsworth House. When I was considered ready for light duties I was sent back to Portsmouth where all the action was. Night after night and throughout the days the bombers flew over. Some light duty!

Ten of us from our neighbourhood in Oak Bay volunteered for the armed services, only two of us returned home. My dear friend and next door neighbour George Corbett, had gone to England in 1938 and was training with the RAF volunteer reserve. He was home on leave when he was called for active service. In a September 1940 battle he shot down a Heinkel, but his Spitfire was shot up. He was slightly wounded and forced to jump from the plane. One month later he was one of the gallant few killed

in action."

Bryant, sent a copy of a letter he received from his 21 year old boyhood pal just days before he gave his life as one of the gallant few. Corbett's letter was full of RAF. Sent to a base in Bengal, he was re-acquainted with the B17s in early 1942 when an American group of seven Forts and one B24 Liberator were sent to use it as an advanced base for bombing the Japanese fleet. The Yanks had brought no ground crew, so he was one of 16 ex-RAF aircrew at the station who were put to work because they knew how to service the planes. A sad footnote: the only B24 crashed on takeoff.

"Stocky" Edwards phoned from Comox with his unusual story about Heinkels. It was during the 8th Army's advance from El Alamein. With Rommel's Afrika Korps in full retreat, the Germans abandoned air bases as they ran. It was at Derna, south of Benghazi, where RAF 260 Sqn, flying Kitty Hawks, arrived to find an HE111 with one engine ready to go, the other partly installed. The German ground crew didn't have time to finish the job, so the RAF lads did it. They had the a/c in good working order before long but they had no twin engine pilots. A search at another base turned up a man who had flown multi-engine. Now they had an instructor and Stocky, along with several others, was checked out on the Heinkel. Given an RAF roundel in place of



HE111 of the Confederate Air Force - Arizona Wing

the swastika and their squadron letters HS followed by a ? in place of the a/c letter ID, it was used for praise for his Spitfire and pointed out "the Jerrys won't tangle with us unless they have us outnumbered at least ten to one."

Doug Haynes of Cobble Hill, who joined 17 Sqn RAF in 1939, was stationed in East Anglia and flew Hurricanes in the defence of London, will only modestly admit: "During the Battle of Britain, I chased Heinkel 111s around a bit."

Haynes was shot up himself in late 1940 and his leg was crushed in that action. He was remustered to radio operator mechanic and was in Farnborough when the first B17s arrived in England to be evaluated prior to purchase by the transporting fresh veggies and beer, etc. from Cairo. Edwards says "260 became the most popular squadron in the desert. Lots of visitors from other outfits found problems with their a/c and invented excuses to drop in for cold beer."

"Everything went well until one day F/L Cundy, an Aussie and our chief Heinkel pilot (because he was four expired), came very close to being shot down by our own people. A Junkers was reported in our area and a flight from an RAAF squadron nearby had been scrambled. Cundy was on his way in from Cairo when over his receiver he heard a broad Australian accent say "There's the bastard over there." Four fighters closed in on him. Cundy wagged his wings, had his crewman shoot off all the flares, pointed at the roundels on his wings and, waving frantically, he finally convinced the RAAF boys that he was a friendly, with beer. So they escorted him the rest of the way; they felt entitled to a few cold ones too."

Shortly after that experience the RAF took the Heinkel away from 260 Sqn. Edwards may be the only RCAF veteran who has flown the HE111 and is looking forward to seeing it again when it comes to Nanaimo on 11 July.

Note: This full story is covered on page 202 of Kittyhawk Pilot written by Wing Commander (retired) Edwards, DFC&Bar. It is the story of the war in the North African desert, Tobruk, El Alamein, Cairo, Tunisia, and the part he played in it.

Get your own "Ad Astra" stone

by Capt Tony Keene
Air Transport Group
Public Affairs

A project to place stones engraved with names of serving and former Air Force members is spreading across Canada, and around the world. The RCAF Memorial Museum at 8 Wing Trenton now has orders for 140 stones, and serious enquiries have come from as far away as the Canadian Embassy in India.

Retired Col Cy Yarnell of Belleville says the register of the stones is being computerized and visitors to the museum will be able to locate individual stones by using a terminal.

"You can have your name, or the name of someone you care about, placed on a stone for a \$100 donation to the museum," Yarnell says. "The stones will be set in the grass around the air park, either along the walkway or near an historic aircraft. These are not memorial stones, because the museum itself is the real memorial. Many of the names are those of people who are still very much alive."

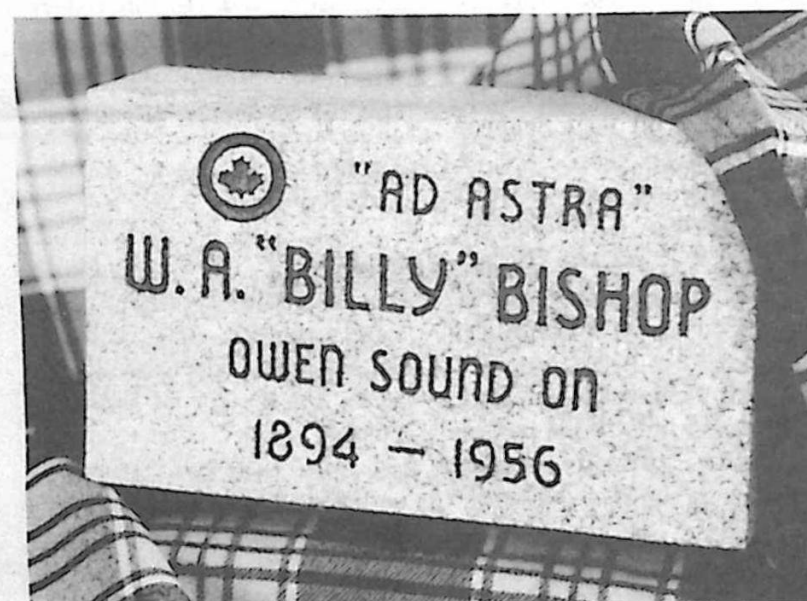
The stones are made from

Quebec granite and will be flush with the ground so the grass can be cut easily around them. Each stone will bear the words "Ad Astra" from the Air Force motto, along with the name of the person, place of birth, and the dates of birth and death. In the case of those still living, the dates will be added later, at no extra charge.

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

A dedication ceremony is planned for 5 Oct 96, with the stones for Canada's seven aviation Victoria Cross winners being placed in a special "VC Corner" near the totem poles in the air park.

To find out more, contact the RCAF Memorial Museum, 8 Wing Trenton, Astra, Ontario, K0K 1B0, or phone (613) 965-2140.



An example of the "Ad Astra" stones being set in the grass at the Trenton Memorial Air Park.

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User pay Recreation Pass explained

by Lt Howard, WPERO

There have been numerous comments lately about the unfairness of military personnel having to pay to utilize PE&R facilities after hours. As was mentioned in the original article when the Recreation Pass was first introduced, a user pay system is not new to military bases, it is only new to 19 Wing Comox. The reality in 1996 is the Base Fund requires assistance in maintaining these services.

This article will outline just exactly how much it costs to continue providing a facility after the working day.

Monitors: First of all, there must be an attendant to coordinate activities in the facility and handle any emergencies that may arise. These individuals control the temporary loan of equipment and enforce facility regulations.

Lifeguards: The second essential employee during casual hours

is the lifeguard. There must be one on duty whenever the pool is open and two during the peak periods. These individuals have special qualifications and skills that are required by provincial law and the CFAOs.

Cleaners: The sanitary conditions of the facilities, in particular the change rooms, must be maintained at a certain standard. As of 1 Apr 96, cleaning of the gymnasium and arena on the weekends will no longer be supported by the public. Base Fund must now pay the wages for cleaners.

Equipment: New and replacement equipment must be purchased constantly. The cost for this equipment has increased over the past few years, however, the funding available has not. Revenue from Rec Passes will assist in improving the equipment which is not only used during the day but also during casual hours.

Sports Stores: The Sport

Storeperson is also an NPF employee. Park of her job is to supervise the NPF monitors and maintain the equipment used during casual hours. Roughly one quarter of her time is spent on these tasks.

The Bottom Line
The above employees and equipment requirements are the bare essentials for operating the gymnasium after hours. To make it more concrete, the costs for one year of operation are as follows:

Monitors	\$18,200
Lifeguards	\$16,900
Cleaners	\$ 7,200
Equipment	\$ 5,000
Storeperson (1/4 wage)	\$ 3,525
TOTAL	\$50,825

In comparison, an optimistic estimate of a year's Rec Pass revenue is approximately \$10,000. Organizations are also charged for rental of the facilities which accounts for about \$5,000 per year.

The bottom line is that casual users and rental fees cover 30% of the expenses of running the gymnasium, while Base Fund picks up the remaining 70% of operating costs.

In the Future

Final approval of the PSP Strategic Plan is now official. The entire PE&R Branch will be replaced by NPF employees as of APS 97. Most of the funding for these full-time positions will come from NDHQ. However, DPERA warns that any costs over and above the grant will have to be paid by individual bases. The implications of these additional costs on Base Fund are yet to be determined, with the necessity of increased revenue a real possibility.

What this Means

Base Fund implemented the current user pay system as a result of a reduction in revenue. In addition,

there have been added costs due to policy changes, such as stocktaking being cancelled as a secondary duty. As a consequence, Base Fund is unable to offer as much support to the Sports and Recreation Program as it has in the past.

During the normal working day the PE&R facilities are operated by public employees, namely the PERI staff. If it is understood that the gymnasium converts to an NPF facility at 1600 hours each week day and all weekend, then it is easier to appreciate why the Rec Pass system is necessary. All the resources required to operate after hours come from Base Fund, not the Crown.

Unfortunately the fiscal climate in the military has changed dramatically and this is just one more adjustment that has to be made. The Rec Pass is still the best deal in town and the needs of the military will still have priority.

Get ready for 24-Hour Relay

by JoAnne McLeod

Please circle July 6 and 7 on your calendar. That is the weekend when the 1996 24-Hour Relay will be held, the goal of which is to raise \$30,000 for a Pulmonary Function Laboratory at St. Joseph's Hospital.

We hope to raise enough money to purchase a cycle ergometer. This "fancy exercise bike" has special software which will feed important information into the existing computer. It will be used not only for diagnosing breathing problems, such as asthma and emphysema, but also for evaluating an individual patient's response to their specific treatment. At present, patients needing this kind of evaluation must travel to Victoria. Deep sea divers, miners and pilots must all undergo annual physicals which involve pulmonary (lung) assessment.

Asthma can develop at any age and vary in severity of symptoms. Its prevalence is increasing, with up to 20% of children having some degree of this respiratory disorder. Early diagnosis, education and treatment are paramount in making a difference in the quality of life. The cycle ergometer can be used on any patient over the age of six years. By helping asthmatics understand their dis-

ease, they can learn how to keep it under control so they can lead normal lives.

Entry forms for the relay will soon be available. Team captains are encouraged to register their teams immediately. Upon registration they will receive their pledge forms so that team members can start collecting pledges right away. Keeping the purpose of this 24-Hour Relay in mind, the committee is encouraging each team member to collect a minimum of \$50.00. The captain of the team registered by May 15 and turning in the most pledge money (actually collected) by noon July 6 will win a Gortex jacket donated by Mountain Meadows Sporting Goods Store.

Teams are divided into three categories: Competitive Runner, Competitive Walker, or Non-Competitive (anything goes - walk, run, or mixture). All teams must have a minimum of 12 members to a maximum of 18. Registrants from the Running Clinic are encouraged to join us. This is your chance to use all that information and training for a great cause.

If you are interested but can't get a team together, just call Al Munday at 334-1936 and he will get you on a team of like calibre.

The walkers' course is 3 Km. and the runners will be doing 5

Km. Registration fee is \$275.00 which entitles team members to a Friday night dinner, a specially designed T-shirt, 24 hours of exercise and fun, along with a chance to improve the quality of life in our community. The fee is reduced to \$200.00 for junior teams, all members of which must be under 18 years of age on 6 July, 1996.

Scotia Bank, demonstrating their policy of community involvement, have signed on as our corporate sponsor. Corey and Linda are busy organizing local realtors for the very important job of road marshalling. If you work in real estate and would like to donate four hours of your time on either the Saturday or Sunday, please contact them at 336-8873. There are three check points and Scotia Bank hopes to get enough volunteers to have two at each place for the entire 24 hours. Road marshalls are a vital part of any running event. They ensure a safe mixture of vehicle and pedestrian traffic and, maybe just as importantly, their words of encouragement are often just what a weary competitor needs to hear. They are also a very welcome friendly voice in the dark at 4:00 am. Do we have 36 community minded real estate agents in the valley?

Base Bowling Alley Closure
The Base Bowling Alley will be closed for the summer season from April 22 till September 30. For more information contact WO Scott Teasdale 339-1937.

The Fishing Report
sponsored by King Coho Resort
339-2039
April weather conditions continue to frustrate local anglers. When conditions do permit people using army truck or white hoochies are rewarded with 8-12 lb springs. The good news is the long range forecast calls for sunny skies and calm seas. Full court press.

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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

Wanted

Aircraft books/magazines: old Canadian Military Aircraft Operating Instructions, manuals, etc., Airclassics, Wings, Flight Comment, Crash Comment, Roundel. Phone 339-4205.

Rental Suite

Unfurnished broadloomed 1,200 sq. ft. suite in Comox house (Base staff neighbourhood), shared kitchen. Privacy guaranteed. \$450.00 monthly. N/S. 339-2258 (after 4:00 pm).

Car for Sale

1989 Honda Civic LX. 106,000 Km. 4 cyl auto, 4 doors, PL, PW, lots of extras and updates. Full maint. docs. \$8,900 o.b.o. Call Louis 338-1900.

Crafters

Need wooden shapes cut for crafts? Call 339-4205.

The Comox Valley Smokeless Singles Club presents a Flower Power and Pink Theme Dance

To be held on Saturday, 4 May, in the Lower Native Son's Hall, 360 Cliffe Avenue, Courtenay (across from the Legion). Doors open at 8:30 pm. Dancing from 9:00 pm to 1:00 am. Music provided by our DJ Glen. Cost \$6.00 for members, \$8.00 non-members. Bar available.

This is an open dance for the general public to attend, but please note this is in a smoke-free environment. For more info call: 339-9831 or in Campbell River 923-5649.

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.

Boat for Sale

Bayliner - fully loaded! Call for info 338-1956.

For Sale

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

Utility Trailer for Sale

Custom built, 5' x 8' tilt box, 14" wheels. \$875.00. Phone 339-4205.

House for Sale

2-bedroom home on large lot on Comox cul-de-sac. Bordering Brooklyn Creek. Near school, shopping and golf course. Partly finished walk-out basement. Priced to sell at \$139,900. Phone 339-0058.

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-yr 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).

Motorbike for Sale

Harley Davidson Sportster Hogger 883, 1993, red, 24,000 Km. F250 extended cab, approx. 48,000 Km. \$45,000.00 takes both. Phone 334-2275.

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 dishwasher \$275.00. Phone 339-2854.

THE SIXTH ANNUAL STEWARDS' SEMINAR AND REUNION

JUNE 27 - 29 1996

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Contact: CWO J.D. Pettipas
Base Accommodation Officer
CFB Borden, Ont. L0M 1C0
705-424-1200 ext 3757 or 3874
Fax 705-423-3881

Return to "Eckville in '96"

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 Lighthorn or Rinn Purnell, Town of Eckville Anniversary Committee, Box 578, Eckville Alberta, T0M 0X0. Phone (403)746-2171 or fax: (403)746-2900.

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 medical book for you: What's the Diagnosis? by Race Foster and Marty Smith, Howell Book House, Macmillan Publishing, New York.

Both authors are practicing veterinarians. They are highly experienced in what they write about, and have written this book in easy to understand layman's language, unlike some of the other animal medical books in my library which require a degree in science to understand.

This 278-page hard cover edition is extremely well illustrated with over 100 illustrations to help explain the text. It is probably the best I have ever seen for the layman. This is a 1996 issue, completely up to date. Ask the book store to order it for you from Macmillan.

Since we have just mentioned a medical book, let's talk a little about the subject. Your doggy is just like a human being. In fact, many of them don't even know they are dogs - they think they are people. Immunization is probably one of the best things you can do for your dog. Like children, the initial vaccinations consist of a series of three shots. After that an annual booster is all that is required. I look forward to my dogs' annual visit for their shots as it gives me an opportunity to have them looked at by their veterinarian and any problems arising can then be nipped in the bud.

My dogs, as do most that belong to responsible owners, have their own veterinarian, just like people have their own doctor. He knows them and he and I know each other. Shots and other veterinary procedures are expensive, but necessary. Sometimes you

have to look behind the scenes at the vet's facilities and realize that he has the same expenses as any other doctor, and there is no medical insurance to pay the bills. Vets have to have reception staff, nurses who are usually referred to as animal health technicians, X-ray equipment, operating rooms, and everything else you would find in your doctor's office. In fact, in most cases, much more as vets usually do their own laboratory work, X-rays, etc. rather than referring them.

Minor medical problems with your dog can usually be treated in the same way you would with your children. The same patent medicines such as aspirin, anti-septic solutions, etc. work just as well on an animal as they do on children.

Sometimes we encounter problems with our pets that don't normally occur in humans. Because dogs are not fussy about what they eat or what they roll in when out for a walk, worms are much more prevalent in dogs than in people. They will usually manifest themselves in weight loss and can quite often be observed in the stools. I make a point of looking at the stools when I scoop them up in the backyard, to look for telltale signs.

Ear infections are another problem which seldom show up in children or adults but they can cause your puppy a great deal of discomfort. They are normally easy to treat with drops available from the vet.

Do not neglect your dog's health. He/she deserves the best of care, just like the rest of the family.



Looking for Rental Property?

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Week ending 4 May, 1996

- | | |
|-------------------------------|---------|
| 1. The Green Mile, Part 2 | King |
| 2. Apocalypse Watch | Ludlow |
| 3. Carousel | Plain |
| 4. Redemption | Uris |
| 5. Too Damn Rich | Gould |
| 6. True Betrayals | Roberts |
| 7. Let Me Call You Sweetheart | Clark |
| 8. See No Evil | Shapiro |
| 9. Angel of Death | Higgins |
| 10. Vanishing Act | Perry |

FREAKSHOW

"So Jack and Jill went up the hill to Dave's place, to play DOOM 5 on his Rad new CD Rom with 16 Meg Ram..."



BC Forest Fighters WIPP into shape

B.C. forest firefighters are going to have a new, electronic weapon on their side this fire season. The Wildfire Ignition Probability Predictor (WIPP) is a computer application developed by Canadian Forest Service researchers that enables fire managers to predict, on an hourly or daily basis, the ignition probability of a person-caused, self-sustaining wildfire in three kinds of typical B.C. forest.

By simply punching into WIPP the time of day, forest type and a few figures obtained from a local fire weather station, a fire manager can assess the wildfire potential in a given area, position fire crews accordingly, and save both time and money. "There are

other fire danger rating and fire behaviour prediction models," said Bruce Lawson, recently retired CFS head of the Victoria-based Fire Management Program, "but this one is specifically geared to predicting sustained ignition probability in several B.C. forest types."

People cause about half of the forest fires in B.C. through careless use of matches, campfires, cigarettes, and such industrial activities as logging, road construction and land clearing. "We hope WIPP will help reduce these losses by telling us more accurately when and where the danger zones will be from day to day," Lawson said.

For more information on WIPP and other CFS fire research, contact Dr. Brad Hawkes at (604)363-0665 or George Daulton at (604)363-0695.

TODAY'S CROSSWORD PUZZLE

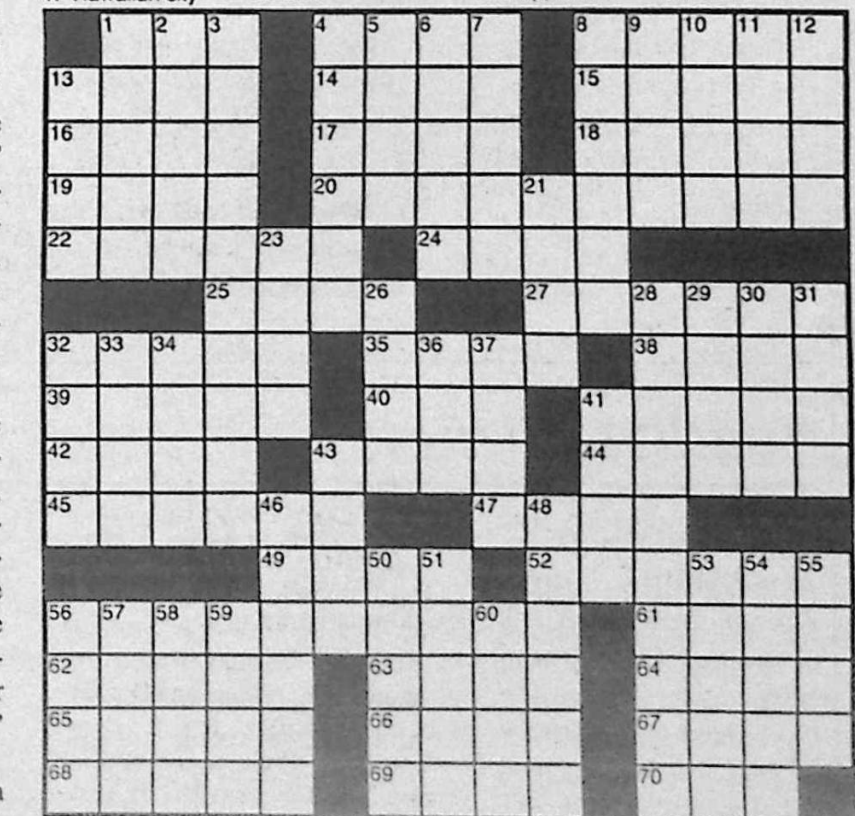
ACROSS
1 Dog's foot
4 Rubies and diamonds
8 Cyclist
13 Singer Homer
14 There ought to be
15 Good-bye, in Nice
16 Make ready to publish
17 On cloud
18 Caterwauls
19 Comedian - Johnson
20 Cosmetic item
22 Husky
24 Baseball family name
25 Caresse
27 Jeans partner
32 Actress
35 Fundamentals
38 Motion
39 Steam
40 Large green parrot
41 Cheerleader's
42 As well
43 Clever ones
44 Inaugurates
45 Washcloth alternative
47 Hawaiian city

49 Medicinal amount
52 Wild West shows
56 Ifly
61 Increase
62 Plenty
63 Arabian gulf
64 Norse god
65 Low point
66 Fire's cousin
67 Athletic competition
68 Feel about uncertainly
69 Origin
70 Make a mistake

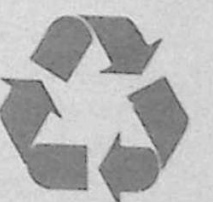
DOWN
1 Peter, in Madrid
2 Singer Bryant
3 Like certain boots
4 Sea bird
5 Charles Lamb's pen name
6 Fad
7 Surfer's need
8 Marshy inlets
9 Malinee man?
10 Fuzzy fruit
11 Morays
12 Hurry
13 Jacob's wife
21 Cooking utensils
23 Char

PREVIOUS PUZZLE SOLVED
SHIN ABBA SCALE
TENT FRAN ELBOW
ARCH GOAT NOISE
BOO CHILLI POWDER
RURAL ARNESS
GARDEN VISAS
AHEAD POSSES FUR
SAC ECLIPSE FIRE
AMT LUCY TARS
SLALOM SLEEP
WATERPISTOL LAP
AGORA LOOP HAIL
RENTS KALE ACME
DRESS SPED MESA

1-27-96 © 1996, United Feature Syndicate
26 H.H. Munro's pen name
28 Ancient arena
29 Doing nothing
30 Part of harness
31 Makes lace
32 Egg-shaped
33 Ring of light
34 Lhasa
35 Wager
37 Type of bar or register
41 By oneself
43 Slop, to a
46 Stick
48 Pressed
50 Ginger cookies
51 Actor Cantor
53 Sea duck
54 Willow
55 Dispatched
56 Sharp flavor
57 Actor Sharif
58 Hair style
59 Hair ornament
60 Trail carrier



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Brown Bag Lunch Video Series

Come and join us at the CMFRC (119 Kinnikinnik) the third Thursday of the month for lunch and an interesting video too!

Starting this month we will be hosting a brown bag lunch between 11:30 am - 12:30 pm. We'll have the coffee (and herbal) on! Please note that the video begins at 11:45 am.

Date: 16 May
Adams World (19 min.)
Elizabeth Dobson Gray, a feminist theologian, environmentalist and futurist addresses the global environmental crisis.

Date: 20 June
No problem (13 min.)
A not-so-young bachelor is facing yet another lonely, rain sodden Saturday when he reaches "Zolga", the last entry in his little black book.

Second Debut (9 min.)
Light-hearted and colourful, this film offers a positive outlook on retirement.

Strings (11 min.)
A vivid Oscar-nominated portrait of two strangers intimately linked by the shared plumbing of their apartments.

Laugh a little with us - a lunch hour of humorous animation shorts

Date: 18 July
"Thinking in the Future Tense" (30 min.)
A highly motivating video that looks at change and adaptation.

Date: 15 August
The Wealthy Barber (40 min)
Packed full of useful information and surprisingly easy to watch, this video on personal finances is worth viewing.



Playing with friends at the KCCC

"Children are life's greatest blessings.

And life's deepest responsibilities.

They trust us. Need us. Day in and day out. And the best way we can

show our love is by being there. Just standing by strong and firm. Duty.

Responsibility. Commitment. They go

hand in hand with love. So whether

it's rearing a child or caring for a

parent or reaching out to a friend, the

important thing is

to BE THERE."

—F. Hormozi

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: 12:00 pm - 2:00 pm
Location: CMFRC
Registration: Call 339-8290

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: 7:00 pm - 9:00 pm
Fee: \$16.00 incl. supplies
Location: Wallace Gardens Community Centre
Registration: Call 339-8290

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 21st & 22nd
Time: 6:30 pm - 9:00 pm
Location: CMFRC
Registration: Call 339-8290

"Share your unique talents with us!"



Youth Activities

Team Building Workshop

Are you outspoken, shy, obstinate? Do you want to break down that barrier? Give this team building workshop a try. Lots of fun, laughs, and role playing. Call Jill at 339-8290 for more information.
Cost: \$2 per person.
Location: TBA
Date: TBA

Theatre is Life, Life is Theatre

Two evenings of improvisational drama. These evenings of fun filled acting may inspire you in to being in the centre of attention. There will be many different activities to take part in.
Jill at 339-8290.
Cost: donation (suggested donation \$3-\$5).
Location: Protestant Chapel Annex
Date: May 7th & June 4th
Time: 4:30-5:30 pm.

Activity Nights

Sports night at the Base Gym will continue until the end of May. No recreation pass necessary for teens during this time. Please wear white soled shoes. There has been a continuous turnout of 20 teens. Thanks for your participation and great sportsmanship.
Location: Base Gym
Time: Wednesdays, 7:00 - 9:00 pm.

Kinnikinnik Child Care Centre

Early Registration for Fall Preschool

Early fall registration for military families on May 7th & 8th, 2-4 pm at the KCCC Administration Office.
Preschool Sessions:
Mon./Wed. /Fri. 8:45 am - 11:15 am - \$93.00 per month
Mon./Wed. /Fri. 12:00 am - 2:30 pm - \$93.00 per month
Tues./Thurs. 12:00 am - 2:30 pm - \$70.00 per month

Donations of Outside Play Equipment Needed

The KCCC needs more equipment to play with outside now that the nice weather is coming (honest it is!) The following list of some items needed: Tricycles, wagons, balls, rollerblades, outside games, skipping ropes, basket ball hoop etc..

Cake Pan Rentals

As a fund raiser for play equipment the KCCC will be renting cake pans. The pans will be rented for \$2.00 each. The following is a list of just some of the pans available: *Partysaurus Circus Elephant, Teddy Bear, Country Goose, Football, Fish, Mickey Mouse, Big Bird, Cookie Monster, Book/Bible*. For a complete list and rental information contact Claudia at 339-5051 or drop by the KCCC Administration Office Monday - Friday 8:00 am - 4:00 pm

"Make a special cake for that special little person."