



**HAPPY  
25TH!**



*The Comox Valley's Oldest Newspaper.*



# TOTEM TIMES



**19 Wing CFB Comox B.C.**

**VOL 38 NO 9**

**THURSDAY 16 MAY 1996**

**COST: PRICELESS**

## GLACIER GREENS OPENS 1971

In a driving rainstorm that precluded the taking of pictures, Col. G.H. Nichols opened the Glacier Greens Golf and Country Club. Sculling out to the first tee in his sampan, the BComd. carefully surveyed the layout, then, whipping his sampan out from under his feet, he placed it carefully atop his head to shield his eyes from the downpour. Then, standing atop three feet of water — a trick any base commander is supposed to be able to do — he smashed a majestic drive at the pin, which for this occasion was cleverly disguised as a photographer.

After the ball had splashed into its watery grave, Col. Nichols accepted a pair of garden shears from golf course honcho

Capt. Doug Stuart, and snipped the ribbon which officially proclaimed that the Glacier Greens Water Polo Course was open for business. Following this, the more astute members of the throng adjourned to the clubhouse for liberal doses of hot chocolate, while some of the more foolhardy members attempted to scull around the course.

One week later, the opening tournament took place. The weather, which in the first instance had been appalling, was now perfect. The golf course was in excellent shape. The golf that was played was rivalled only by that seen in the more tense moments of the U.S. Open.



Mrsrs. McLeod and Price congratulate themselves for winning the first and second low gross scores respectively in the grand opening tournament last Saturday. The scores were 40 and 42 and the prizes were golf jackets. Not bad for a fast nine holes. Missing from the picture is Cpl. Billings who won the low net score but left before our super slow shutter could catch him. Other results and scores of the tournament are classified and have not been released to the Times press time.

A MacPhoto)

## GLACIER GREENS TODAY

By: R. McCLIESH

Congratulations to Glacier Greens on their 25th Anniversary.

The 9-hole course was officially opened 1 May 1971. G.G. was accepted into the British Columbia Golf Association in the fall of 1971.

Many changes have taken place at G.G. since those early days when the Rec. Centre scheduled and organized many of the tournaments as well as renting out golf clubs on a daily basis to military personnel and their dependents.

Fees in 1972 were:

Men 45.00 yr.  
Women 30.00 yr.  
Husband & Wife 70.00 yr.  
Jr. 10.00 yr.  
Family 85.00 yr.  
Green Fees 1.50 PER DAY

Talks to expand to an 18 hole course go as far back as 1987.

Plans were drawn up and DND Ottawa gave approval in 1991 to proceed with the construction of 9 additional holes. Golfers today are playing a challenging and beautiful 18 hole golf course. Holes #11 and #12 on the back nine were designed to take advantage of the fantastic view



of Forbidden Plateau and the Comox Glacier, hence the name Glacier Greens. What better witness than this magnificent mountain for the lone golfer when he scores a hole-in-one here.

A schedule of events to help celebrate the 25th anniversary include the following:  
Wed. May 15; 4:30 p.m. volunteer tournament  
Sat. May 18; 8:30 a.m. Presidents Cup

6:00 p.m. cocktails at the Social Centre  
7:00 p.m. dinner served at the Social Centre  
9:00 p.m. dancing  
Sun. May 19 Tombstone Hangover Tournament  
Sign up by 9:00 a.m. for tee times.

Volunteer tournament is open to all people who have volunteered over the past 25 years.

## "CHECK US OUT"



Just ask Scott or Anne to show you the official 25th anniversary memorabilia available from our well stocked Pro Shop. There is something "Fore" everyone!



**BEST "TICKET"**  
in the COMOX  
VALLEY





## Legion Log

BRANCH 160 COMOX 339-2022

### ENTERTAINMENT:

Fri 17 May - music by SHABOOM  
Fri 24 May - music by VESTED INTEREST  
Fri 31 May - music by ELDORADO

### REGULAR EVENTS:

**SUNDAYS**.....Lounge Hours 12:00 Noon to 7:00 pm  
MONDAYS.....LA Drop-In Bingo, Upper Hall, 7:00 pm  
Monday night Men's Dart League recessed until Sept.  
**TUESDAYS**.....Mixed Dart League recessed until Sept.  
Ladies Crib League recessed until Sept.  
**WEDNESDAYS**.....Navy League Drop-In Bingo, 7:00 pm  
Upper Island Men's Crib League recessed until Sept.  
**THURSDAYS**.....\*1st Br.160 Exec. Mtg. Upper Hall, 7:30 pm  
1st L.A. Executive Meeting (as required) 7:30 pm  
\*2nd L.A. General Meeting, Upper Hall, 8:00 pm  
\*3rd Branch 160 General Meeting, Upper Hall, 8:00 pm  
**FRIDAYS**.....TGIF, Meat Draws in Lounge, 3:00 - 6:00 pm  
Dance, Lounge (unless advised)  
**SATURDAYS**.....Meat Draws in Lounge, 3:00 - 6:00 pm  
**SPECIAL EVENTS:**  
Fri May 17 - Dinner 5:30 - 7:00 p.m.  
Ham and scalloped potatoes, veg., hot mustard,  
pineapple, dessert & coffee.  
\$8.50 per person or two for \$16.00  
Members, L.A. members and bonafide guests.

BRANCH 17 COURTENAY 334-4322

### REGULAR EVENTS:

**BINGO**.....every Thur, Fri & Sun 7:00 pm  
**MEAT DRAW**.....every Fri 6:30 pm. Also every Sat 3:00 pm  
**DANCE**.....every Friday night, 8:00 pm  
Sage ..... 17 May  
Eldorado ..... 24 May  
Shaboom ..... 31 May  
**EUCHRE**.....every Monday night 7:00 pm  
**FUN CRIB**.....every Wednesday night 8:00 pm  
**FUN DARTS**.....every Thursday night 7:00 pm  
**SUNDAY CRIB**.....Sun. 26 May at 1:00 pm  
**BARGAIN DAY**.....every Wednesday, all day  
**BBQ LUNCH SPECIALS**.....every Weds & Fri 11:30 am - 1:30 pm

General meeting: Tuesday, 28 May 7:30 p.m.  
\*\*\*\*\*

### SPECIAL EVENTS:

Saturday night dances in the lower lounge June 1, 15 and 29

Spring Charity Auction - 18 May at 1:00 pm

Please drop off donations at the Branch Office.  
Proceeds to Cancer Society and other charities.

\*\*\*\*\*  
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Office: 334-4322 Service Officer: 334-3613



## 888 (KOMOX) WING RCAFA CALENDAR OF EVENTS - 1996

18 May (Sat)	Pot Luck	1900 hrs
26 May (Sun)	Lobster Nite	2000 hrs
05 June (Wed)	General Meeting	1900 hrs
08 June (Sat)	Pot Luck	1900 hrs

### HOURS OF OPERATION:

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

PLEASE SUPPORT WING SOCIAL EVENTS  
MAKE NEW FRIENDS

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



### Chaplains Chatter

At the close of the Vietnam War there was a great outpouring of concern in rescuing orphaned Vietnamese children, bringing them to safety and arranging for their adoption.

Compassionate concern was very evident. Yet, on many sides there were doubts and criticisms. Some psychologists and social workers claimed that guilt and sentimentality were the motives for the apparent compassion. Others argued that the compassion was misguided; that the children should be left in their own culture and something done to assist their upbringing. True compassion is a difficult virtue to identify. Followers of Christ are called to be compassionate. We need to know what compassion is, how to distinguish it from sentimentality and personal advantage; all of which can sometimes wear the disguise of compassion.

Compassion has something to do with feeling sorry for a person in trouble, but it is not the same as pity given in a standoffish sort of attitude. Sometimes we can't bear to look

at another person's physical injury or to think about his/her problems. What we feel is sorrow, but it is sorrow for ourselves. It may be the result of natural sensitivity. We probably can't help our reactions. But this kind of sorrow is not yet compassion.

In another case, we may not turn away from someone in trouble; we may try to help them; but the sorrow we feel is still sorrow for ourselves. To help a friend in trouble because we are ashamed, or because we are embarrassed by him, is not compassion. To interfere in someone else's trouble because we would like to tidy up society, or get rid of delinquency, may be doing something for our own advantage rather than acting out of compassion.

Sometimes our sensibilities are offended by another's need. The drunk, the addict, the poor, the frightened, the weak, the cowardly, seem somehow offensive. Better to help and be rid of their problems. But this is not compassion.

Though, what is compassion? Compassion is a type of love, love for someone who is suffering and in trouble. Like love, compassion is a tricky virtue. It is easy to make mistakes - to be imprudent - to have mixed motives.

Like love, compassion is patient and kind. It is not directly concerned with results. The compassionate father concerned about his teenage son in trouble with the police, not precisely because he wants to get his son straightened out but because he loves him.

## TERRY FOX THANK-YOU

The Foundation is deeply grateful for your past support of the annual Terry Fox run. The involvement of all from an organizational or participation perspective is critical in the success of this program.

In 1995 the participation of Canadian Forces personnel both in Canada and abroad helped the Terry Fox Foundation boost the total monies raised for cancer research by 17 per cent over the funds raised in 1994. This increase directly reflects the commitment of CF personnel to the program.

On behalf of the CDS and ADM (PER), thank you for your continuing support of this most worthy endeavour. Please convey the Terry Fox Foundation's appreciation to all those who participated.

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### A NOTE FROM HAITI



Haiti, 15 April 96. Corporal Philippe Daraiche and Sergeant John Hann prepare to torch a 38mm Brazilian pistol confiscated by the Haitian police and turned over to the United Nations for destruction. Cpl Daraiche, a material technician from 19 Wing, CFB Comox is attached with the maintenance platoon of the 1 Battalion, Royal 22e Regiment from CFB Valcartier which is part of the 700 military strong Canadian Contingent in Haiti. The United Nations Mission in Haiti (UNMIH) is there to assist the government of Haiti in maintaining a stable and secure environment. Cpl Daraiche lives in Comox and misses his wife Nicole Chretien, four children and Sashe the dog. (Canadian Forces photo by Sgt. Margaret Reid)



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### Our Lady of the Sacred Heart Council 19 Wing Comox, BC

May "Our Lady of Good Counsel" bless, inspire and guide us as we continue our work in the Catholic Women's League of Our Lady of the Sacred Heart Council, 19 Wing, Comox.

1961, Mrs M. Comar - Fr. F. Bourque	1982, Mrs. E. Schwab - Fr. J. Rheault
1962, Mrs G. Remes - Fr. Bourque	1983-84, Mrs. E. Schwab - Fr. J. Rheault
1963, Mrs R. M. Standing - Fr. H. Thomas	1985-86, Mrs. E. Sinclair - Fr. J. Dabrowski
1964, Mrs. J. Ryckebosch - Fr. Thomas	1987-88, Mrs. M. A. Stagg - Fr. G. Veilleux
1965, Mrs. V. Bellefeuille - Fr. T. Paaradis	1989, Mrs M. Kerr - Fr. G. Veilleux
1966, Mrs. J. Cando - Fr. Paaradis	1990-91, Mrs. C. LeBlanc - Fr. G. Veilleux
1967, Mrs. J. Cando - Fr. Paaradis	1992, Mrs. D. Plamondon - Fr. R. Vickers/Fr. G. Veilleux
1968, Mrs. O. Coates - Fr. P. LaHaie	1993-94, Mrs. B. Gillis - Fr. R. Vickers/Fr. G. Veilleux
1969, Mrs. B. McGuire - Fr. P. LaHaie	1995-97, Mrs. A. Anderson - Fr. G. Veilleux/Fr. Verreault
1970, Mrs E. Tighe - Fr. J. Campbell	
1971, Mrs. Y. Mullen - Fr. J. Borg	
1972, Mrs. P. Harwood - Fr. J. Borg	
1973, Mrs. L. Murray - Fr. J. Borg	
1974, Mrs B. Arsenaault - Fr. F. Swoboda	
1975, Mrs. B. Pierce - Fr. J. Swoboda	
1976, Mrs. J. Boiurrie - Fr. J. Swoboda	
1977, Mrs B. Pierce - Fr. A. Stack	
1978, Mrs. B. Pierce - Fr. A. Stack	
1979, Mrs. M. A. Stagg - Fr. A. Stack	

We look back with fond memories and look forward to the future as yet undiscovered as we work together "Calling CWL Members to Holiness".



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## HIGH STANDARD OF DRESS EXPECTED

A number of incidents have recently occurred on DND scheduled flights which indicate that some personnel have not demonstrated the standard of dress and deportment expected.

It is expected that a high level of dress will be maintained. Although authority has been provided to wear civilian clothing, including jeans and athletic footwear, it is expected that these will be clean and in good repair. The same level of dress expected of CF members also pertains to their dependants and to civilian employees of DND.

Personnel are also expected to show the deportment and behaviour commensurate with their representing the Department of National Defence. Military personnel travelling on these flights are subject to the Code of Service Discipline.

WELCOME TO  
RETIREMENT  
TOOT  
RT

This banner adorned Our Lady of the Sacred Heart chapel as C.W.L. members gathered at mass to celebrate 35 years of service in the League.

IF YOU THINK FOSTER PARENTS  
DESERVE A MEDAL,  
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Many of us know people who are foster parents. They're your friends or family who seem to have an endless supply of love, patience and determination. You can give them more than just your admiration. You can nominate them for the Lieutenant-Governor's Foster Families Award. Nominees must:

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- show exceptional commitment to foster care
- show respect and understanding in working with foster children's natural families
- have a cooperative relationship with the ministry and other agencies
- support their foster children in the community

Nine special foster families will be honoured by the Lieutenant-Governor of British Columbia at Government House in October, Foster Family Month.

NOMINATION DEADLINE JUNE 7, 1996

CALL 1-800-663-9999

FOR A NOMINATION PACKAGE

This is a joint initiative of the Ministry of Social Services and the BC Federation of Foster Parent Associations.



## The Editor gets a word in



### On Cynics and Sceptics

I had the privilege of attending the ethics briefing given by MGen (ret'd) Marc Terreau on Monday, 29 April. It was appropriate to attend this kind of briefing, at this particular time, due to the Somalia enquiry, etc. I noticed that the attendance at all of the lectures was quite good and the question period extended well beyond the allotted time. Obviously there is a great deal of interest, if not concern, about ethics in the military.

What I found most intriguing about the lecture, other than the many asides that were unquotable because of the privileged platform, was the General's emphasis on sceptics and cynics. Apparently it is good in a healthy military environment to be a sceptic. Now a sceptic is defined as one who is "unconvinced of truth of particular fact or theory". A sceptical person would be given to "questioning truth of facts and soundness of inference". Fair enough. In my time in the military I have often been sceptical of the plans as laid down by my superiors.

Now a cynic, on the other hand, is one who "sarcastically doubts or despises human sincerity and merit". To be cynical, therefore, would mean that I would be "incredulous of human goodness." According to MGen Terreau, one of the reasons that the morale of the military is somewhat lower than normal today is that we have become a cynical military rather than a sceptical military. I assumed this to mean that we sarcastically doubt the sincerity and merit of others. Fair enough. I have met a good number of cynics in the military and have even had occasion to be cynical myself.

What I did not realize in all of this is that we, the serving members, are somewhat to blame for the low state of morale that exists today. Given a steady diet of ethical and moral situations that are contrary to our belief in a "just society", we no longer just doubt the soundness of the plan, we honestly believe that the plan has intentionally been made unsound.

So stop being cynical and start being sceptical. Will this work? I'm sceptical.

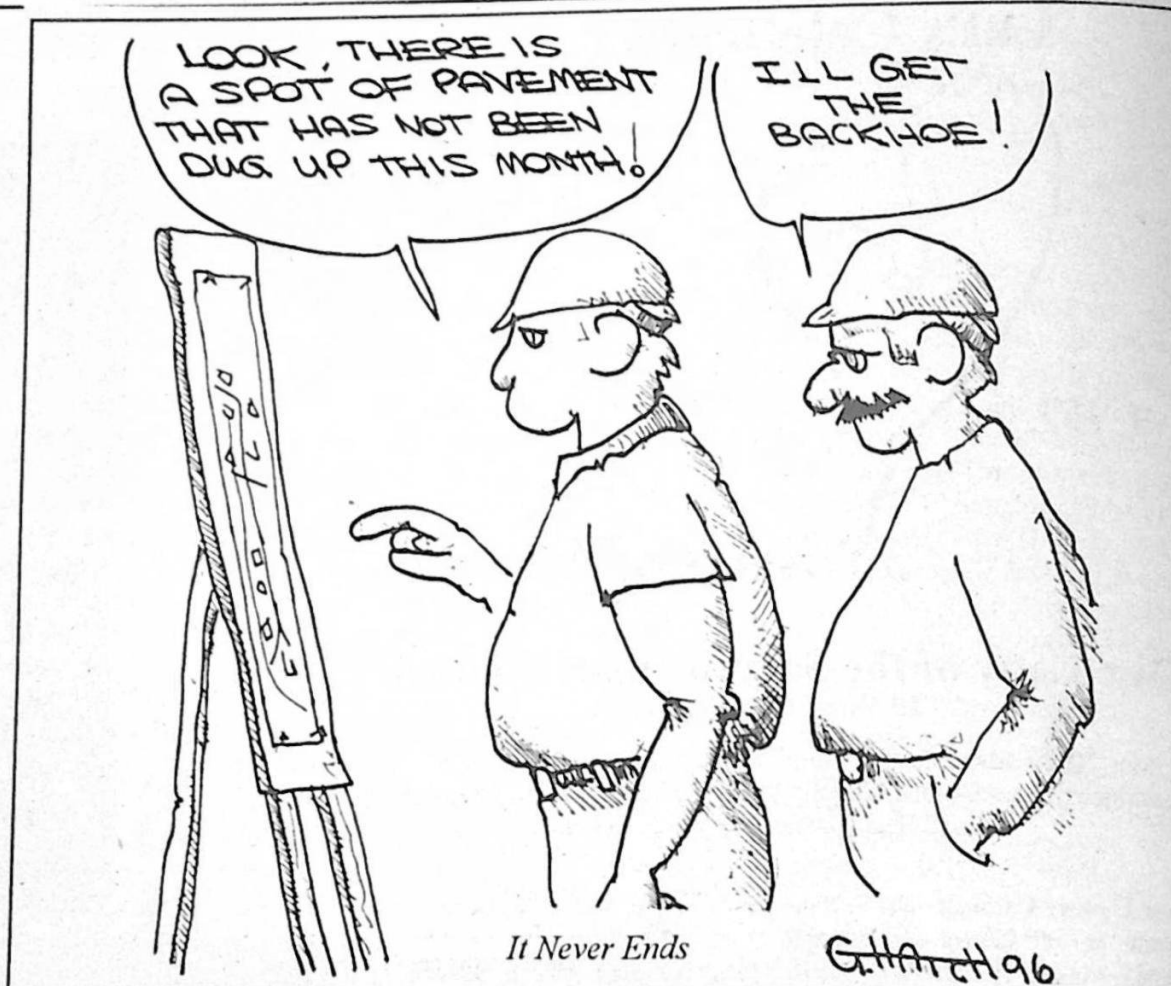
Joel Clarkston

**NEXT DEADLINE**  
**NOON - 31 MAY**

## Airshow 96

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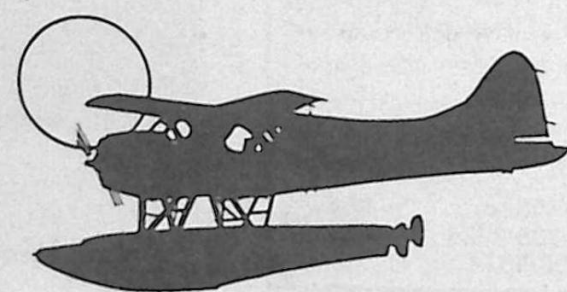


### A GENERAL VISITS



Major General (ret'd) Marc Terreau, former Chief of Review Services, was on base last week to deliver lectures on the Military Ethic. The lectures were well attended and the General fielded many questions and hosted a series of discussions on ethics, morale and the future of the military. His presentation was well received by those who attended and the general opinion of the audience was that lectures of this type should be presented more frequently.

### Letters to the Editor



Dear Sir,

I would like to compliment you on your coverage of the Peacekeeper's return from Op Pivot in Haiti. This public recognition of the sacrifices made by our personnel and their families was greatly appreciated. (I'm certain you realize there are many other individuals presently deployed around the globe that do not reach the headlines.)

However, I take exception to your use of the term "airmen" in your article. Although this term is used in the continuing effort to develop an Air Force esprit de corps, it does not give due recognition to support personnel from the land and sea environments. Environmental uniforms have been assigned on the basis of prior single service experience or by the nature of

environment in which they served prior to the distinct environmental uniform issue. Although support personnel eagerly serve regardless of the mission environment, soldiers, airmen and sailors alike take great pride in their identity with their environmental uniform and should be recognized as such.

Thank you on behalf of all the "purple" trades for recognizing this oversight. As the Commander of Air Command has stated himself, paying respect to the environmental identity of all our personnel will ensure the Air Force will truly operate as "one team".  
J.R. Burbee  
Lieutenant  
Airfield Engineer



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#### OFFICE HOURS

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

## HUMAN PERFORMANCE IN MAINTENANCE

For those of the Totem Times readership currently serving as well as those so called "Old Timers" out there (let's face it, Comox IS the Air Force's Retirement Capital of Canada) trying to keep abreast of changes within the aviation community, this article will attempt to shed some light on the Human Performance in Maintenance (HPIM) seminars given here at 19 Wing, where and how they developed, and what topics the seminars deal with. In the United States, as a result of a United Airlines DC-8 crash at Portland, Oregon in December 1978, due to a series of errors on behalf of the aircraft flight crew, a Cockpit Resource Management (CRM) course was put together for flight-deck personnel to effectively deal with human related issues, the results of which lead up to this tragic accident. This was later expanded to include all crew members under Crew Resource Management (CRM), and further expanded to Line Oriented Flight Training (LOFT), encompassing all personnel involved in the aviation process.

When man first started flying upwards of 85 per cent of all aviation related accidents/incidents were a direct result of mechanical failure. As time progressed, better materials and manufacturing processes were developed, aircraft designs improved, Quality Control and Quality Assurance programs were implemented, and rules and regulations were put into effect for both maintenance and aircrew personnel, to substantially increase the safety record within the aviation industry. Today that mechanical failure figure has decreased to about 25 per cent with the resultant 75 per cent of aviation accident/incidents attributed to Human Causes. The HPIM seminar has been designed to point out the Human Factors that have led to previous aircraft accidents/incidents and by bringing these factors to light, attempt to lessen their occurrence in the future.

Here in Canada it was the Air Ontario crash at Dryden, Ontario on March 10, 1989 that prompted Transport Canada to form a seminar entitled Human Performance in Maintenance. In the latter part of 1994, members of 19 Wing Comox attended a number of HPIM seminars, given by Transport Canada, in Vancouver. The resulting debriefs regarding these seminars proved favourable and resulted in Transport Canada being invited to the Wing to give 2 seminars, one in September the second in October of 94. The 19 Wing Flight Safety Officer, Major Mike

Gibbs, assigned CWO Paul Jenkins with the task of putting Transport Canada's HPIM Seminar into a format that could be utilized and facilitated by military personnel. After a lot of hard work the first military HPIM course was held in Comox on the 14th of February 1995. These 2 day seminars have been attended here by personnel from most of the various Air Force Wings with very favourable critiques. Since its military inception here at 19 Wing, other Wings have shown interest in giving their own HPIM seminars and 19 Wing HPIM facilitators have gladly lent a hand when needed, facilitating courses at Shearwater, Trenton, Winnipeg, and Victoria to name a few. The US Naval Safety Centre has shown an interest as well and plans to attend one of our seminars in the not too distant future. That takes care of the where, when, and how regarding the formation of HPIM, now let's look at what HPIM covers.

Without stealing too much thunder from the HPIM facilitators, I'd like to point out one of several statistics provided by Mr. Bert Wagner of Continental

Airlines in Houston, Texas, during his attendance of the October 1994 HPIM seminar given at 19 Wing Comox by Transport Canada. Continental Airlines started giving its Crew Coordination Concept workshop in 1991. By October 1994 they had trained 2,800 employees. After carrying out a study on the savings realized by the Airline, trending indicated that after a 12 month period, cost of repair due to maintenance caused ground damage was down 68 per cent, yet even with these significant financial gains, in 1993 Continental still paid out a whopping \$32 Million Dollars in ground incident damages.

With the military downsizing occurring as a direct result of the government's '96

budget plan, we are all going to have to be relied upon to do more, do it with less, and to do it safely. The HPIM seminar addresses issues that are relevant to all vocations, not just those in direct support of aircraft operations. So the next time you see a Memorandum requesting candidates for an upcoming HPIM seminar, ask to be considered to go. Incidentally, a comparable course run by Transport Canada at BCIT costs approximately \$69.00 per person, though some of the specialty Safety Companies charge upwards of \$1,000.00 per person, yet you have the opportunity to receive this first class Safety seminar free. Should you have any further questions with regards to HPIM contact CWO Jenkins at local 8903.

## MYTH 5.

Our kids can't compete with those in Japan and Europe.

## REALITY.

Not so. A 1992 Organization for Economic Co-operation and Development (OECD) study placed British Columbia 13-year-old math students third among industrial countries. And Canada ranked #1 among all G7 countries in science and engineering degrees granted per capita.

Our Public Education system is open to all students.

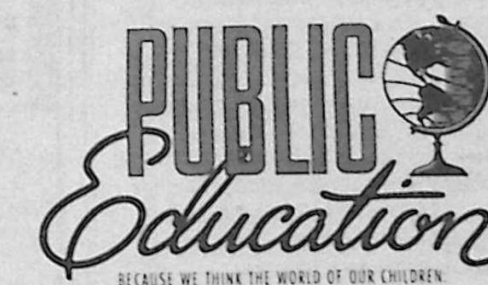
No child is excluded regardless of race, income, or special needs. Our teachers, along with education support workers and other key resources, provide not only the basics but an expanding body of knowledge to help prepare our children for a changing world.

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

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## 407 Sqn



## Demon Doin's

The forewarnings from the headshed were bang on dear friends - it's a very busy spring around the demon shop! A stroll through squadron spaces is an exercise in contrasts, between the darkened crypts of some crew rooms devoid of inhabitants (deployed to yonder realms in the service of the country) and those alight with the activity of those preparing to depart. The Cowboys are off to Australia in search of privateers and nasty fishers violating the oceans with driftnets. No doubt they will return all smiles with ample gear for next weeks issue. The Icemen are off to San Diego to polish their sub-hunting skills (yes, Ingy finally got to go away), and will return for just a few days then deploy to Hawaii for a month of intensive naval exercises in Rimpac 96 along with the Sub Busters and Moosemen... These disciples of Bullwinkle having just returned from Yellowknife where they kicked off the 96 air show season with an open static for the locals in -25C temperatures. Word is that it was a good time for all aircrew and the 2000 or so visitors who took in the event. Special thanks to the boys from 440 Sqn for hosting our guys and tending to their "well being".

On the social side Demon Gathering 96 (held 26-28 April) was a great success, with approximately 100 former Demons and their spouses partaking in the weekend events, including the Demon Association's annual general meeting. Things kicked off with a Friday Meet and Greet where old acquaintances caught up with each others' lives. Saturday commenced with an Open House on the squadron wherein the returning Demons caught up on

our latest methods and technologies. Capt (R) Tom Procter's excellent display of squadron memorabilia and photo albums caused many to pause and reminisce. The Demon Association's meeting was held in the Officers' Mess with agenda items including the election of a new executive, work towards a squadron memorial project, and expanding the membership to include more post-war Demons. The golf crowd then hit the greens in a tournament featuring abundant prizes, even one for the CO (a confirmed "non-duffer"). Saturday night entailed a dinner and dance, then a wrap up breakfast (for those who made it to bed) and goodbyes at Glacier Greens on Sunday. Many thanks to all of the air and ground crews who helped out, and in particular Edith Kelly, Tom Procter, and Captains Sannes, Gagne and Landry for their efforts throughout this venture. Judging from the comments received from the guests it was well worth the effort. The crew 5 Vikings held the 407 banner high (if not out in front) during this year's running of the Snow to Surf race. Special commendations to Anne Rene who persevered and finished the cycling portion with a nasty road rash and sprained digit suffered in an '8.5' wipe-out. Well earned medals and liquid pain killer were duly offered this hardy trooper somewhere past the finish line where revellers reminisced.

A fond welcome home to Cpl Paquette-Combe who recently returned from Haiti, with a blue beret and surely an enhanced appreciation for this glorious country of ours. Thank you for your efforts there! Congrats to the sporters of new epaulettes on the squadron, specifically new Captains Bouchard, Laplante, Edwards, Gagne, Johnsrude and Traynor, plus MCpl Haight and WO Seabrook, ... and Maj Cutland... no not for a promotion but for his new baby girl, and as well to Mombo on the arrival of his new daughter. Donuts and chocolate cigars forthcoming. APS, and a big crew shuffle coming June 28th. Change is the one constant, chl

## SENIOR AESOPS MEET AT 12 WING

by CWO Miller 406 Squadron

Twenty-three senior airborne electronic sensor operators (AES Ops) met at 12 Wing, Shearwater on March 25 - 26 to discuss trade-related and CF policy issues that affect the occupation. This was the first such meeting in two years due to the high FRP acceptance rate among senior members last year.

AES Ops are employed as sensor operators on the CP 140 Aurora, CH124 Sea King and the CC141 Challenger. With a total occupation strength of 224 personnel, approximately 87% of AES Ops fill flying positions with the other 13% manning Wing Operations at maritime air bases, intelligence and electronic warfare positions in Ottawa and Winnipeg and staff positions at all levels of command.

"Medical restrictions can have a profound effect on flying positions"

Brigadier-General Cameron, the commander of Maritime Air Group (MAG), addressed the working group on the final day. Working around an intense schedule, he was able to spend close to 90 minutes with the group to discuss the closure of MAG headquarters and offered his insight into the future of Air Command. BGen Cameron also answered several questions that concern the occupation with regards to manning of MAG aircraft. His open and frank manner were much appreciated by the group.

The occupation trade advisor, Colonel Fairbairn, and Deputy Trade Advisor for rotary wing Lieutenant-Colonel Margueratt also addressed the group. Both officers arrived from Ottawa for the discussions and briefed the members on the status of studies that may affect the occupation's employment in flying and ground positions. LCol Margueratt also took in an AES Op training flight on a Sea King, courtesy of HT406 operations and the AES Op training cell. LCol Margueratt is no stranger to the Sea King and

in fact was a pilot instructor for several years.

The senior AES Ops worked their way through an ambitious schedule which included topics as diverse as downsizing (oops?! right - sizing), training requirements, Operation Osprey and Op Ram, Regulations in effect since late 1995 concerning new time limits for temporary and permanent medical restrictions were extremely well covered by 12 Wing's senior Flight Surgeon, Captain Benedek. Medical restrictions can have a profound effect on flying positions and promotions.

Other topics discussed were terms of reference for senior AES Ops, CP140 simulator upgrading and temporary closures, the status of ACES proposals that have been submitted by trade members and the future of the AES Op Basic Aircrew Training School.

The working group also received briefings on such varied topics as in-service training, unit PERs, on-going projects at both HOTEF and MP & EU, spotlight synthetic aperture radar, new lead AES Op qualifying boards and the effects of ECPs on trade postings.

For more details on the discussions, trade members are encouraged to question their senior trade representatives, and read the minutes to the meeting which should reach squadrons by end-April.

During these times of unprecedented change, working groups such as these are extremely productive. The resulting recommendations to all levels of command will produce a more efficient and operationally effective occupation.



## EME CELEBRATES 52 YEARS

The Electrical & Mechanical Engineers - EME - celebrated the 52nd anniversary of the formation of the Branch on 15 May 96 and here in Comox our small but proud cadre of "Canada's Craftsmen" quietly enjoyed a ball game followed by a barbecue at the Air Force Beach Pavilion. Here's a little bit of history from the book *Canada's Craftsmen* written by the EME Colonel-Commandant Colonel (Ret'd) Murray Johnston:

There are many dates which have significance and which could have been selected as the RCEME birthday. On 1 October 1942 the British grouped the bulk of the electrical and mechanical engineering soldiers of their army into a new corps called REME (Royal Electrical & Mechanical Engineers). On 11 January 1943 the Canadian Army reorganized by forming a similar group in the engineering side of RCOC(E) (Royal Canadian Ordnance Corps - Engineers). Finally, Electrical and Mechanical Engineers was authorized on 24 February 1944 with effect 1 February 1944. The designation 'Royal' was granted on 20 April 1944. However, the formal transfer of units to RCEME was not made until 15 May 1944 and this date was selected as the official birthday of the Corps.

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## FLOATPLANE DOWN NEAR TERRACE

442 Squadron aircrew were involved over the Mother's Day weekend in a search for a Buffalo Narrows Airways single otter floatplane that disappeared on a flight from Ketchikan to Dawson Creek. The floatplane was last heard from just east of Terrace B.C. and there were a few hits from the ELT, although they proved to be of no use. The Buffalo aircraft was launched at 1:00 a.m. Friday morning and the Labrador left later the same day. Three more Buffalo, a CC 130 from Winnipeg and a Bell 412 Griffon from Cold Lake were all eventually involved as

well. The wreckage of the floatplane was spotted by Capt Frank Ross, a Buffalo aircraft commander at approximately 5:00 p.m. Friday. A Labrador helicopter then dropped off two Sar Techs near the site and they hiked up 2000 ft to the crash scene only to confirm that the two floatplane crewmembers had not survived the impact. Their bodies were removed the following day by the RCMP with the assistance of the Griffon helicopter from Cold Lake. The weather at the time the floatplane went missing was a mixture of rain and snow with high winds.

Association Francophone de la Vallée de Comox

L' Association Francophone de la Vallée de Comox  
479A, 4e rue, Courtenay, C.-B. Telephone: 334-8884

Voici une liste d'activités offertes par l'Association Francophone pour le mois de mai.

MINI FRANCO-FUN: (18 mois à 5 ans) Jeudi, le 16 mai & Jeudi le 30 mai. Theme: L'alimentation. 10H00 à 11H30.

GRANDS FRANCO-FUN (6 à 12 ans) Samedi le 25 mai. Jeux plein air. heure: 12H30 à 14 H00.

CHORALE FRANCOPHONE: Tous les mardis soirs à 7H30. Lieu: Salle de musique - Ecole Puntledge.

B.B.Q. FAMILIAL: Dimanche, le 26 mai. Heure: 4 heures. Lieu: Pavillon de la Plage militaire. Billets: membres \$6.00 - non membres \$8.00.

Here is a list of activities offered at the Francophone Association for the month of May.

MINI FRANCO-FUN: (18 mos to 5 yrs) Thursday, May 16 & Thursday May 30. Theme Alimentation. Time 10:00 to 11:30 at the Association.

GRANDS FRANCO-FUN: (6 yrs to 12 yrs) Saturday, May 25. Outdoor games. Time 12:30 to 1400.

FRANCOPHONE CHOIR: THE VOICE OF THE ISLAND: Every Tuesday at 7:30 p.m. Place: Music Room, Puntledge school.

FAMILY B.B.Q.: Sunday, May 26. Time 4:00p.m. Place: Air Force Beach Pavilion.

## VENTE DE GARAGE

Une fois de plus, c'est le printemps! Et c'est le temps du grand ménage, du nettoyage à fond. Que faire de tous ces articles: meubles, vaisselle, livres, etc. que l'on n'utilise plus. Si vous cherchez à vous en débarrasser, on vous en donne la chance car cette année l'Association organise une vente de garage. Elle aura lieu le 8 juin de 9 à 2 heures, et cela dans le but de faire une levée de fonds et en même temps vous aider à faire un beau ménage. Si vous avez un garage ou si vous connaissez quelqu'un qui nous laisserait occuper le sien pour cette occasion, ou pour obtenir des renseignements téléphonez à Johanne ou Pauline au 334-8884.

## GARAGE SALE

It's Spring again and it's clean up time. What to do with all these extra articles: furniture, dishes, books that you don't need. This year, as a fund raiser, the Francophone Association is having a garage sale on June 8, 1996. Give us a call at 334-8884 if you need someone to pick up your unwanted items.



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## 442 Sqn



## DINING WITH THE SNAKES

by SERGEANT AL BANKY

What's the number one rule in the military? Loyalty? Nope. Courage? Nyet. Patriotism? Wrong. Despite the obvious importance of each of those things, as any new Private can attest, the most important rule in the military: 'lay low and avoid drawing attention to yourself.'

Out training in the helicopter, getting hungry and looking for lunch. The Coast Guard pad in Tofino is occupied by, of all things, a Coast Guard helicopter. Who do they think they are? No place to land, obviously no lunch at the Loft. Hey, Gold River's only 20 minutes away. There's a helipad at the Ridge.

The helipad looks clear. Looks smaller than before. Lets give it a try. Weather's good, lots of power. "Eyes right has the con." Pretty tight, but looking good. "Clear down to the ground on the left." "Steady down on the left! Looks like cracked asphalt." We turn it around and land with our tail to the parking lot. Fits well. No problem. "Clear to open the ramp." "Hey, check out the crowd: cops, ambulance, firemen, lots of people. Hey check it out the coroner is there too." Lay low and avoid drawing attention to yourself eigh?

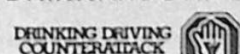
Send someone to talk to the cops before shutting down: "Let me guess, no emergency, just stopping for lunch?" Expect everyone to go home, but they all stay. Looks like tour time.

A large part of 442's operations involve landing in small places like Gold River, picking up injured people and flying them to hospital in Victoria or Vancouver. Land a noisy helicopter in the noisy park near the Vancouver General Hospital and wait for the inevitable: noise complaints. Land a noisy helicopter in a quiet residential neighborhood in a place like Cold River and what do you get? A crowd of interested people and an hour as a tour

YOU COULD LOSE YOUR DREAMS



IF YOU DRINK AND DRIVE



guide. Noise complaints? Not a one! Show 60 or 70 people through the helicopter and you're ready for a big lunch.

The Ridge is the eatery of choice for helicopter crews working on the west coast of The Island. Big burgers, bigger salads and lots of food. The staff is friendly and willing to go out of their way to keep customers happy: "Hey, you mind if I park my Labrador in the lot?" The food is reasonably priced. Lunch will cost you around ten bucks and leave you fat and happy, important factors in the Snake book of places to eat. Mid bite on my chicken Swiss burger: "there's a couple of kids outside asking about the helicopter." Brad's mother-in-law Carol drops by, wondering if he's on the crew. Hoist some kids up on the fuel tanks, snap a photo for three Brits touring The Island, talk to the publisher of the local paper and slide back inside for the second half of the burger. Still tastes good, even cold.

Time to take off. Pay the bill, stick a 'zapper' on the bar, give one last tour and thank everyone for their hospitality. People in small West Coast towns know the routine: the

helicopter's about to take off; hold on to your hat or get into the cab of your truck; turn your head and cover your eyes. Once it's in the air wave at the crew. We start up and take off towards Comox, stomachs full, smiles on our faces and another hundred people better informed about what 442 does.

If you are travelling to the Ridge Pub by helicopter, the helipad is in the parking lot behind the pub. It fits a Labrador, but put the wheels to the rear. If you are driving to the Ridge, it's located just off the highway on your right as you enter town. It's popular with climbers using the cliffs down the road at Cress Creek in Strathcona park. If you plan a parachuting to The Ridge, land down the road at the school ground; you'll be swamped with offers to drive you back to The Ridge. When you're eating at The Ridge, expect good service, large servings, reasonable prices and... lots of tours. When you're dining with the Snakes, sometimes it pays to break rule number one.

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\$ 650.00 per person-double occupancy of the above package without air transportation.  
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  - A day in The Black Forest, including Gengenbach, Haslach, Triberg, and Titisee, including a typical Black Forest Lunch.
  - A day in Switzerland visiting Bern & highlighted by a raclette or cheese fondue lunch while in Gruyères.
  - A day visiting the villages in and around Lahr and Baden.
  - Morning tour along the Baden Wine Route and a visit of Baden-Baden followed by an afternoon visit of Strasbourg.

Prices for the meals & excursion package: \$ 269.00  
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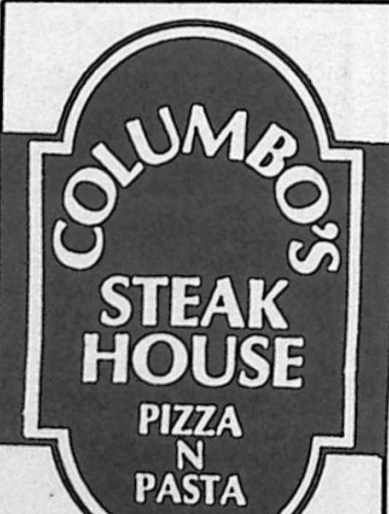
## Moving to 4 Wing Cold Lake?

Medley Family and Community Services, Centennial Building No. 67, 4 Wing, CFB Cold Lake, PO Box 2260, Medley, Alberta T0A 2M0; phone 594-6006; office hours 0800 - 1630 Monday to Friday.

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We are looking forward to your arrival. We will help you get settled in your new community. We invite you and your family to contact or visit our offices. We can help you find information you may need to get settled in, meet other members of the community and more. Give us a call or drop in!



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## 19 AMS

In the recent past, several changes have occurred up here on the third floor of 7 Hgr of which all should be made aware. The first, involves a young Cpl who goes by the name of Mark Fricker who many of you may remember from his time in the limelight as acting Wing Chief last fall. He enjoyed the feeling of power so much, he could not wait long enough to make Chief and has drifted over to the dark side of "The Force". Yes, he has been accepted for UTPM and, any unforeseen difficulties aside, will be attending RMC in the fall as an Ocdt.

The next change that should be mentioned may affect the entire base, and perhaps even the CF as a whole: Sgt Fraser, the NCO I/c Photo has seen the light at the end of the tunnel, found his peaceful destination, finally reached his terminus of arrival, and has taken the FRP. If you wish to contact him, you will find him either on the golf course during nice weather, or working for the Reserves with the WPAFO.

The rest of the changes have not yet occurred, but being the fortune teller that all Officers must be, I will tell of them anyway. MWO Bradley will be promoted to Chief and posted! Don't worry, all you poor souls that call him every day to make use of his many connections across the CF can still reach him quite easily as he will only be going as far as 442 SAR Sqn. PS: He looks great in a Star Trek outfit!

Capt Mike Ashcroft is also leaving us, but to his chagrin and that of many bikers in the Valley, he is not staying in Comox, but heading off to Ottawa to work on the new SAR Helicopter project. Hey, weren't you involved in the EH101 project?, don't get this one cancelled too Mike!

Finally, the CO of 19 AMS will also be leaving us this summer (he's the funny looking character with the glasses in all three enclosed photos). Instead of replacing him, we thought we would just put Sgt Spragg in his place. They both run, but Sgt Spragg received an award for aerobic fitness and he has a much nicer mustache (are those your legs, or are you riding on a chicken). Unfortunately, it looks like Sgt Spragg will be leaving us also. All joking aside, the CO will be going to Winnipeg to work on



Officer Cadet M. Fricker off to Royal Military College.



Chief Warrant Officer Bradley meekly accepts his new rank from Major Ron Roos.



Sergeant Spragg recognized for physical fitness excellence. (Photos by Cpl Josée Ménard)

a job to be determined at a later date. It's bad enough getting posted to Winnipeg, but when they don't even have a position for you, you have to wonder (hmm?). PS: It's mighty cold way over there, it sure is a good thing you like hockey because your fair-weather running will definitely decrease in frequency! Best of luck from all of us STAYING HERE.

Well if I have missed anyone, it is not because I don't care, but only because the paper would not let me write much more without giving me my own edition. So, I will mention anyone else that is leaving on the next few lines. FRP: Cpl Gordanier, MCpl Roy, Cpl Parker, Cpl Schneider, Cpl

McIntyre, Cpl Onufreychuk, Sgt Taylor. Posted Out: MCpl Trimm (internal to AMCR), Cpl Green, Cpl Slepanski, Cpl Goulet, Cpl Levigne, Cpl Germain, MCpl Woodfine, MCpl Ferguson, MCpl Bedford, MCpl Vatheuer, Sgt DeVries, Sgt Gale, Sgt Spragg. If I have missed anyone, don't go away mad, just go away!

Best of wishes to all from the Sqn that sits at the top of the totem pole, or at least 7 Hgr. Eric Travis ArmPAVO (soon to run this Sqn)

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## CRIME OF THE WEEK

In cooperation with the Totem Times, the Security and Military Police Flight has now been allotted a spot in the Wing paper to be used for publication of the latest "incidents" being investigated in our community. Many of you may have already seen such newspaper columns on other bases. As this is our first Crime of the Week article, we thought it would be a good idea to begin with a brief synopsis of 1996 incidents, so that we can all be up to speed on the "Crime of the Week".

As for 1996, the following occurrences of crime and disorder were investigated by your Security and Military Police between January and March: two sexual assaults, one sexual misconduct, one indecent act, eight thefts, two vandalism, five traffic accidents, three losses, one fraud and two acts of driving contrary to regulations. There were a total of 27 traffic citations issued, 47 parking violations and three motorists received 24 hour suspensions, due to alcohol consumption.

## HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Traffic light is lowered. 2. Skyline is added. 3. Arm is raised. 4. Number 1 is transposed. 5. Cap is different. 6. Signpost is missing.

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# PROJECT



# GLACIER



**Warrant Officer Jean Rowe, SGO/T, Wing Supply**  
WO Rowe is an open minded supervisor who has a willingness to accept new ideas presented to her by her subordinates. She readily praises people for work they do. Overall, her approachability helps us feel that we are actually making a contribution at 19 Wing. Now if she could only improve at floor hockey.....

## PROJECT GENESIS STAYS FOCUSED

Project Genesis, one of the key initiatives of Flight Plan 97, is now a little more than a year into its mission. According to Colonel Roy Mould who heads up Genesis, the Fighter Force is "on track-on target" toward achieving the directed cost reductions outlined in Budget 95 and the Air Force as a whole is on course as well.

Project Genesis was chartered in February 1995 by the Commander Air Command and Senior ADM (Mat) to reduce enterprise costs by 25% across the full spectrum of organizations, beginning with the Fighter Force. The vision, was to reduce costs while preserving the core combat capabilities of the Air Force by changing the way the Air Force does business. The mission, was to effect the savings from the 1993/94 fiscal year baseline costs and have the reductions in place by fiscal year 1997/98.

If there was no Project Genesis, there can be no doubt that it would have been necessary to invent one. The decisions to launch the initiative were shaped by financial absolutes. Since 1989, shrinking DND budgets have mandated change. While operational requirements for the Air Force have been reduced minimally, their resources have been reduced by 45% from 1989 levels.

In the recent past, budget reductions to DND were absorbed in a variety of ways. Defence commitments were revised, personnel levels cut back, operations and maintenance budgets shrunk, defence infrastructure reduced and capital

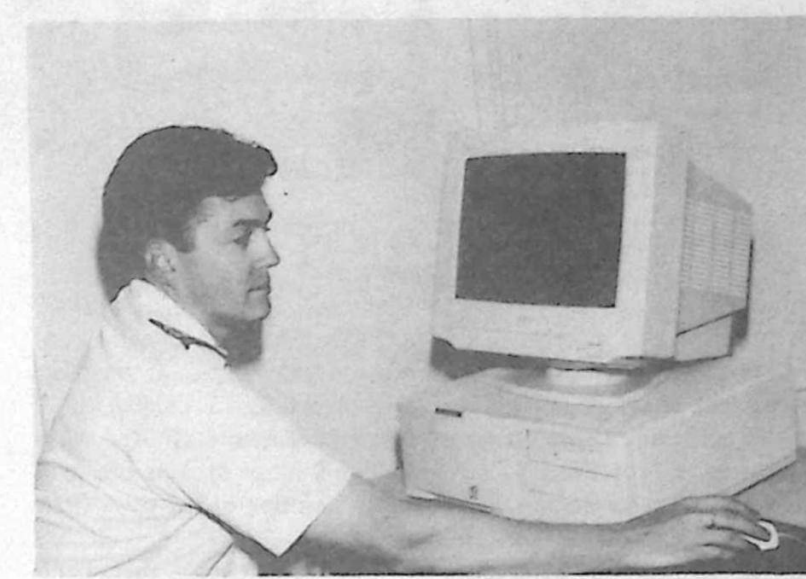
programs cancelled or delayed. The 1994 Defense White Paper which preceded Budget 95 indicated that the cuts of previous years would get deeper.

A Project Genesis 1995 year-end executive summary states that the Air Force had little alternative but to focus on reengineering and cultural renewal as solutions for getting rid of unaffordable processes while maintaining operating excellence. To paraphrase one of the messages in a current television commercial; under Genesis, the Air Force is working "To Get The Most-For The Least".

In order to achieve savings, it was necessary to create a mechanism to measure savings. With the help of the Director of Costing Services, Genesis established cost baselines for the Fighter Force and for the Air Force as a whole, based on 1993/94 actual expenditures. These baselines permitted the identification of the savings target in dollars, and provide a benchmark against which actual savings can be measured as they are achieved. In addition to the baselines, a savings initiatives database was developed which tracks savings initiatives and enables Commanders at all levels to assess their progress towards their targets. An executable file in FoxPro, which has been distributed to Groups and Wings throughout the Air Force, will provide a record of cost savings initiatives over the next several years. This information on predicted savings will supplement the regular updates from D Cost S

## GOOD SUPERVISORS FOUND

In the last three editions of the Totem Times, the Project Glacier team has been advertising for submissions for good supervisors. While the response has not been overwhelming, those that were received were of high quality and deserve some mention here. The persons that are featured here in photo and caption all deserve recognition as outstanding supervisors. The submissions that were made by members of their staff or crew have been reprinted here with some editorial input. The supervisors and staff will have a chance to get together on June 17 to celebrate their selection at a barbeque luncheon organized by the Project Glacier team. Major Berry will be away unfortunately, so he at his team will celebrate together on some future occasion.



**Major D.B. Berry, AFC 407(MP) Sqn**  
Major Berry leads by example and takes care of his people. As the person responsible for scheduling people on away trips, he has yet to schedule himself on a good trip. He works extremely hard, putting in very long hours and deserves to go away, but does not put himself ahead of anyone. He deserves a pat on the back for a job well done.



**Sergeant Vincent Forrestall, Blue Crew, Wing Firehall**  
After a distinguished 33 year career with retirement visible upon the horizon, one would assume that a little "R & R" would be on the top of his list. This is clearly not the case. Sergeant Forrestall has unselfishly given of himself to Blue Crew and others, never expecting anything in return. In a time of cutbacks, no promotions, or incentives, he creates ways of motivating the crew and building esprit de corps, be it through promoting a private to corporal early, or helping a member achieve service person of the quarter. Sergeant Forrestall always leads by example, never asking anyone to do something he would not do himself. His dedication and motivation does not end at work. He volunteers his off duty hours at the Cross Roads Crisis and Family Services Society as a critical incident situation counsellor. Blue Crew is pleased to have this opportunity to express our sincere gratitude, for all that Sergeant Forrestall has done for us and the community. We truly see him as "one of a kind".

disbanding Group and Command Headquarters will soon render an Air Force substantially different than it was a short year ago. This however, is according to plan.

When asked to sum up what he thought were the high points of Project Genesis so far, Colonel Mould was optimistic about the long term success of the program and gave full marks to everyone who has been involved with the change process.

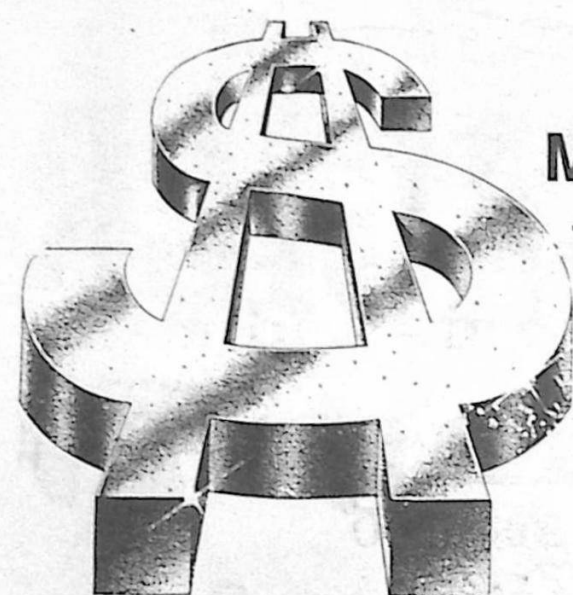
"These accomplishments, after only one year of focused activity, are significant and say a

great deal about the professionalism and ethics of our Air Force," he said. "It has taken great courage at all levels to set the example and make the sometimes unpopular and difficult decisions necessary to meet our professional obligations. Nonetheless the obligations are being met. The careful planning with which they are being contemplated will result in the best Air Force capability for Canada our shrinking budget can afford."

SEE FP 97 STATS  
& INFO P. 15

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## Money talks

It's a common phenomenon of the 90's which no longer applies primarily to private enterprise. It also affects what were once considered "secure government or crown jobs". To use the politically correct term, rightsizing continues to penetrate all career and income levels of Canadian society causing people to seriously assess their financial futures and options with a "what if" attitude.

In the days of a highly competitive global marketplace inspired by free trade, deregulation and shrinking currency values, companies and debt-burdened governments find it essential to their survival to reduce their workforce and to cut costs in an effort to operate on balanced budgets. That means layoffs sometimes sweetened with severance packages or retirement allowances to encourage employees to leave voluntarily.

Consider for a moment your reaction if you were offered extra cash to leave a job you didn't like or were tired of anyway! In most cases, it would be a "speed of sound-breaking hooray" except that your enthusiasm may be tempered by the reality of future financial resources to live on and the prospect of new employment. While the prospects of being paid not to work may seem appealing, there are key considerations that have to be made before reaching your decision. For example, will the buyout money plus the earned pension provide enough income? Is your spouse earning income that is not currently

being used for day-to-day living expenses? Are your other financial resources (RRSPs, savings, self-employment or other income) sufficient to top-up any shortfalls in income as a result of the job loss? And what will this mean to your life-style today and five or ten years from now?

For some people, there is no option but to find other work and in many cases, accept a level of compensation less than that of the previous job and then there is the loss or reduction in the life insurance, health and/or dental benefits which formed a significant part of financial security in the past. For others it's a golden opportunity to pursue lifelong dreams of being self-employed by doing what they want to or by enjoying semi-retirement and working on their own timetable.

In either case, you should examine your financial resources carefully and not make any hasty decisions. Lump sum payments and/or severance allowances qualify with certain restrictions to be transferred directly to an RRSP but it may be advisable to keep some or all of the amount liquid through an adjustment period (i.e. in a variable RRSP or money market RRSP account) until all options regarding your future and income sources have been established. If the company doesn't offer, ask for the services of a qualified retirement financial advisor who can help provide you with the facts to make an informed decision.

Kim Vogel  
Financial Advisor  
Comox Valley Rice Financial

## Crisis Line

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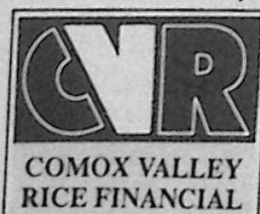
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From 27 April to 11 May 96 there is another HQ staff operating at 4 WG. For the second time, Joint Maple Flag has setup camp in Cold Lake in order to realistically train a new cadre of Air Component Headquarters staff.

Housed under canvas, its accommodations are not nearly as luxurious as most HQs are accustomed; however, its operations are focused and in tune with the new deployable Air Force concept. The HQ is situated adjacent to the Medley Terminal in a tent city generously supplied and supported by 4 Air Combat Service Support Squadron.

Working in conjunction with Canadian Joint Force Headquarters staff, AIRCOM has designed an exercise to train and sufficiently challenge the staff of a deployed Air Component Commander (ACC). Joint Maple Flag 96 is the culmination of a year's effort to train AIRCOM personnel in the intricacies and procedures necessary to employ a multi-national air force consisting of fighter, maritime, transport and aviation assets.

A total of 85 personnel drawn from across Canada have deployed to Cold Lake. Col Marc Dumais, WComd 8 WG Trenton, has been assigned the challenge to lead an air component of 43 personnel drawn from throughout the CF and across Canada. Working 12 hours a day, they will fight a fictitious air campaign in support of a deployable Joint Force. His notional force

## TORCH RUN SCHEDULED

Find out what it's like to be chased by the "police" at this year's Law Enforcement Torch Run for the Special Olympics.

The Courtenay RCMP has joined forces with other local law enforcement agencies, essential services, local businesses and Comox Valley citizens for the sixth Law Enforcement Torch Run to raise funds for the B.C. Special Olympics.

Cst. Anthony Massie, speaking for the local Torch Run Committee, said supporters may register for the Torch Run and purchase this year's Torch Run T-shirt at the RCMP office or at the Law Enforcement Torch Run display at the Driftwood Mall on May 25.

The run is set for Saturday, June 1, at 10:30 a.m., starting at the Vanier Sports Centre track. Participants may run, walk, cycle or tackle the five kilometre route any way they wish. Funds raised to programs BCSO provides to encourage and assist mentally handicapped people through athletic training and competition.

This is a fun family event and is a great opportunity for Valley residents to come out and meet their local constabulary.

Contact Cst. Massie at the Courtenay RCMP headquarters, 338-1321, or Corporal Mike Rodgers of the military police, for more information.

## JOINT MAPLE FLAG

structure includes: 338 fixed wing aircraft stationed at four wings located in Alberta and Saskatchewan; 678 helicopters; a Sector Operations control Centre (SOCC); and, five air defence radar sites with associated E3A AWACS support. Two army corps representing approximately 10,000 ground troops and one abbreviated carrier group are simultaneously coordinating their actions to fulfil a joint objective: to fight back an aggressor nation and resolve an extremely tricky UN-type international difficulty - all within the space of a two week deployment to Cold Lake.

For the most part, Col Dumais and his staff had not met prior to early April pre-deployment battlestaff training held at the Canadian Forces Command and Staff College in Toronto. At that time, the basics of joint operations were conveyed and the first inklings (and documentation) of what was to come were passed.

During Phase I (24 Apr - 5 May 96), the training process intensifies somewhat as any of the staff can attest. Proceeding from an energetic crawl to an all-out run, the ACHQ will assimilate theatre operation air doctrine, conduct joint target prioritization and integration, leading to the production of an air campaign plan with associated air defence, air control and air tasking plans.

During Phase II (6-11 May 96) planning documents are translated into Air Tasking Orders representing in "real terms" 300-500 sorties daily in a wide variety of roles designed to facilitate the accomplishment of joint objectives. This typically 72 hour cycle continues until the objective is achieved. Throughout this process, another "real" appreciation for the RCAF motto has developed: for this team truly has progressed "through adversity to the stars" (Per Ardua Ad Astra).

\*\*\*\* FREE \*\*\*\*

## FINANCIAL PLANNING BRIEFINGS

Plus: Door Prizes!!

Hosted by: Your Wing Financial Counsellor

Guest Speaker: Mr. Lotar Jaeger, Financial Advisor, Investors Group

Who: All military and DND civilian personnel and their dependent spouses are welcome

Where: A.R.A.F. Theatre (in Air Force Museum bldg.)

When: Tuesday, 28 May 96

Two Sessions: 2:00 pm to 3:30 pm and 7:00 pm to 8:30 pm

Why: Because free sound financial planning advice is too good to pass up.

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 afternoons, 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), OCdts 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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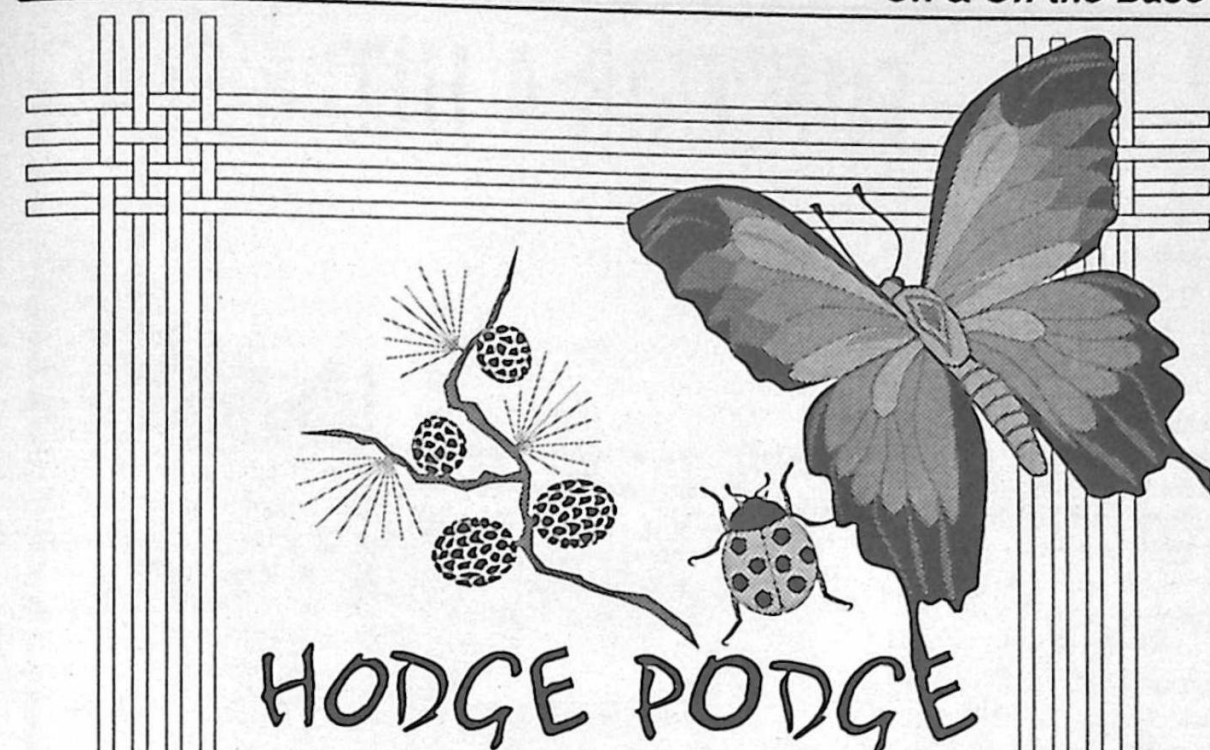
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Welcome to Hodge Podge, the column that will meander around local events, gardening tips, recipes and "Hurry up and Wait" life in general!

The composters are here, the composters are here! In order for them to become a "friendly" part of recycling, here are a few tips:

- ♦ To start, use a blend of dry garden waste, (leaves, grass clippings, etc.) and some garden soil to introduce necessary microbes.
- ♦ Into this, dig in your vegetable waste (meat products can upset your compost balance and cause it to smell and attract scavengers)
- ♦ You may need to add a bit of water now and again. The contents should be moist but not soggy.
- ♦ Turn your compost periodically with a garden fork, spade, or special compost turner available at most greenhouses and garden sections.
- ♦ If your compost bin begins to heat up, everything is just fine. Heat is a natural by-product as are a profusion earthworms. Use the rich finished compost from the bottom to top-dress your garden or in your planter mix.

All this talk of composters has me in the groove of gardening. As we nurture and pamper our spring plants along, our thoughts turn toward potential pests. On my hit list is that "shocker-to-a-newcomer-to-the-cost" pest - the slug. (They call them banana slugs for a reason. One must walk along moist hiking trails as gingerly as when strolling through a land-mine dotted bovine pasture.)

Slug baits are a perennial favorite but use them cautiously as they are most appealing, and dangerous to pets. A safer "bait station" is a piece of anchored PVC pipe. The bonus is that this provides a dark secure place for these critters to feast. Gardening stores also carry a safer alternative called diatomaceous earth. While it is not toxic, it is razor sharp to insects and causes them to dehydrate. The downside of this substance is that it is non-discriminating and kills beneficial insects as well as pests.

A tip I received was particularly helpful. Take a two litre bottle and cut off approximately the top third. Turn this top piece around and fit it into the bottom piece. (This will, in effect, form a funnel or a one way trap.) Secure these together with strong tape. (Duct tape is ideal.) Now, what would a slug trap be without bait? Pour in about half a bottle of beer (I hear West Coast slugs prefer Kokanee). Try to find a cool, shady place and dig a small hollow, with the bottom end slightly deeper and the "entrance" accessible to the saloon patrons. Word has it that the slugs die a very happy death.

Barbecue weather is upon us so watch out in the next Totem Times for some tips and recipes!

## Wallace Gardens

### Barbecue and Meat

## Bingo

Over \$1800.00  
in Prizes

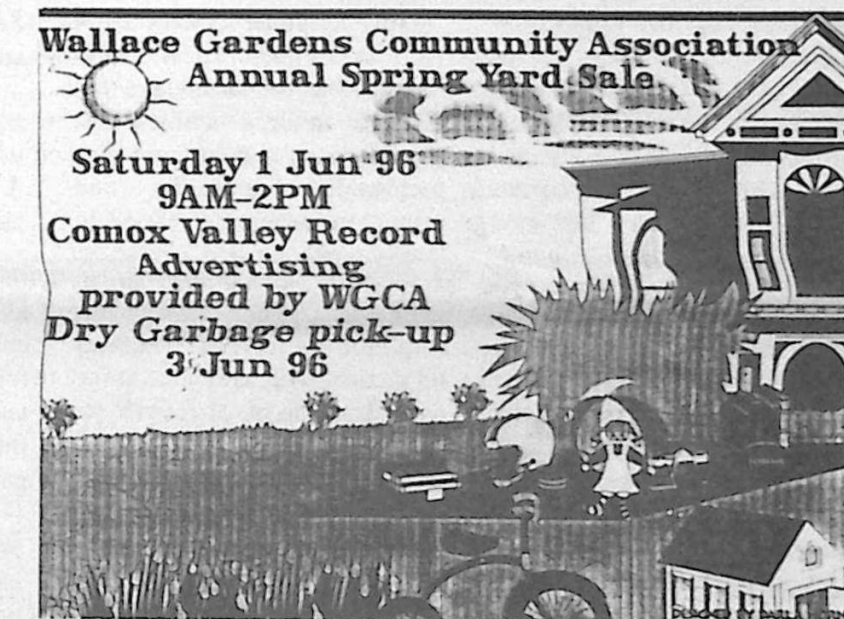
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10 Early bird games for \$20.00 meat packs  
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Jr Ranks Mess  
18 May 96

Doors open 5:30  
Earlybirds at 6PM sharp  
Program starts at 7PM

Play all 10 earlybird games  
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Specials \$1 per game

### This is an ALL RANKS function



Saturday 1 Jun '96  
9AM-2PM

Comox Valley Record  
Advertising  
provided by WGCA  
Dry Garbage pick-up  
3 Jun 96

## Summer Fun Program

Sponsored by Wallace Gardens Community Association  
and the Comox Military Family Resource Centre

This year's program has been expanded to offer both half day and full day sessions. Half day sessions run 9-11:30 or 1-3:30 p.m. Full day program runs 8-3:45 p.m. with drop off as early as 7:15 a.m. and pick up as late as 5:30 p.m. with prior arrangements. This program is offered to military and civilian personnel with registration open to all valley residents. Military personnel and Wallace Gardens Community Association members may register early.

Ages 6 - 12

Full day program  
\$65.00 per week. \*\*

Half days only \$30.00 per session. Registration Saturday June 8th 9-11:00 at the Canex lobby.

First session 2 - 5 July. Full days only. \$50.00 per child  
Other sessions July 8-19, July 22 - Aug 2, Aug 5 - 16 and Aug 19 - 30

If you have any questions contact Claudia at 339 - 5051 or Linda at 339 - 8211 loc 8571

\*\* WGCA members. Non members add \$5.00

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## FAMILY VIOLENCE & ABUSE

With the promulgation of its new CFAO, *Family Violence and Abuse*, the Canadian Forces is sending a powerful message to all its members: family violence of any kind — spousal assault, elder abuse, child abuse, violence against women in general — will not be tolerated.

Family violence and abuse is a destructive social phenomenon that unfortunately occurs in the families of some CF members just as it does elsewhere in Canadian society. The violence to and abuse of (mostly) women, children and elderly family members is an extremely serious problem, not only because of the immediate injury, pain and suffering that may be caused but also because of the potential for long-term psychological damage and development impairment, and the start of a pattern of violence and abuse that can be passed from generation to generation.

The new Canadian Forces policy, originally sponsored by the former Associate Minister of National Defence, Mary Collins, and developed in Director General Personnel Policy, will not only give credence to the excellent work already being done by the social workers and the multi-service family resource centres on bases and stations across the country, but also allow for sweeping new initiatives to help provide a proactive response for victims in order to increase support, protection and the victim's use of the criminal justice system. Family crisis teams, designed to "manage" issues relating to family violence and abuse, and consisting of representatives from the offices of the social workers, the chaplains, the base surgeon, the military police and the multi-service family resource centres, as well as (when appropriate) representatives of professional health care workers from the civilian community, will be set up at CF sites. Safe houses or transition houses were victims of violence and abuse and their children can be provided with assistance and accommodation for temporary periods will be made available wherever

possible. In areas where it is not feasible to provide a safe house, safe families will provide accommodation and help to victims in times of crisis.

A major strategy of the new policy is to protect victims by reducing violence and abuse through communication, awareness and education programs aimed at making assailants accountable and responsible for their violent or abusive behaviours and providing counselling services to help them correct those behaviours. Members of military families will be given information that enables them to identify and contact helping agencies in the event of actual or potential family violence and abuse. The Chief Social Work Officer, in consultation with other appropriate CF agencies, will be responsible for coordinating the development of appropriate awareness and education programs, while base social work officers will provide professional advice and expertise to commanders in the development of local procedures as well as ensuring that support, counselling and treatment is provided to families in which violence and/or abuse has occurred. The multi-service family resource centres or the community coordinators, charged to promote the health and well-being of military families, will provide or assist in providing preventative education and awareness programs related to family violence and abuse. In some cases, they will operate telephone crisis lines or helplines, act as referral centres for victims and participate in the administration of, or referral to, safe houses or safe families. As always, base medical personnel, military police and chaplains will continue to provide support to military families in crisis.

The Canadian Forces' position on family violence and abuse is unequivocal. It will not be tolerated. Members who inflict harm on their partners or children, or on elderly family members, will be dealt with according to the appropriate legislation. It is hoped, however, that with the new policy and with continued communication, awareness and education, such unacceptable behaviours can be kept to a minimum.

On Wednesday, 1 May the students and teachers of Airport Elementary held a fun fair to raise funds for the grade six field trip to the musical production of *Showboat*. The weather threatened to cancel the event by providing the habitual afternoon rain shower but the students, staff and parent council members persevered to provide an excellent, fun filled evening of entertainment.

The event was organized by the grade six students and therefore many of the events were oriented for just the right age group. There was also a strong showing from the parent advisory council and the food they provided was of high quality and reasonably priced. These two factors contributed to a financial success that raised \$2800.00 for the field trip.

Notable among the teachers at this fair was Mrs. Van der Ree who was the first teacher to take to the dunk tank, although student Jolaine Derby was the very first to take the plunge when the temperature was at its coolest. Even Mr. Schellinck was brave enough to sit for the "tank" and was overheard to ask the students to not stand so close to the target when they pitched the baseballs. A noble parent countered this directive by offering to pay for everyone who wished to try and dunk the principal. The most dedicated effort award has to go to Mr. O'Neill however, as he sat fully clothed for the dunk tank and obviously did not relish the thought of going home in his good clothes, soaking wet.

Given the amount of money that was raised in such a short period of time, this has to be one of the better ways of raising funds for school field trips. Ms. D. Olsen, one of the grade six teachers responsible for the event stayed on to ensure its success despite being seriously ill. In addition, many parents from the advisory council, notably Leanne Bradbury and Mary Kueber spent many hours assisting with the organization and clean up. All in all a very successful event.

## FUN FAIR A HIT



Mr. O'Neill either swims in his street wear or forgot to bring his swim trunks. Either way he's about to get wet at the Airport School Fun Fair. The use of the dunk tank was made possible by the excellent support of the 19 Wing Firehall.



Nicholas Clarkston demonstrates a winning style at the bowling lane. Event was organized by grade six students.

## AIRSHOW 96

Official Airshow 96 hats and T-shirts now on sale at cost for base personnel. Hats \$6.00, T-shirts \$12.00. Amaze your friends! Disgust your enemies! Get yours today!

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(located at the main entrance to CFB Comox)



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

Gift Shop is well stocked with aviation related items.

"Rita MacNeil's first album of all-new material in three years sees the Cape Breton-based singer and writer at the peak of her powers ... if anything her singing has gotten stronger in 'Porch Songs,'" says Ron Foley Macdonald of the Halifax Daily News. MacNeil will be coming to Courtenay's Sid Williams Theatre as part of a unique acoustic tour. She plays the Comox Valley May 16th at 8 p.m. and May 17 at 5 p.m. and 8 p.m. The concerts - her only North Island performances - will feature material from "Porch Songs", as well as some favourites from earlier albums. More significant, perhaps, than content is the acoustic emphasis of these concerts. For Rita this means downscaling the technical side of the performance, and returning to the roots of her music ... back to a love of home and honest songs for real people that has always been at the heart of Rita MacNeil's success.

The Rita MacNeil story is not one of overnight stardom. This is one lady who earned her spot in the limelight ... and then some. She left home at 17 for Toronto to become a singer, and spent the next 10 years going nowhere. There was also a marriage, a divorce, and two kids to go along with it. Moving to Ottawa, she found herself performing for women's groups and folk festivals, but not making enough to live on. Working as a waitress and cleaning lady, she grew



homesick and more exasperated with her dream to be a singer. MacNeil returned to Big Pond, her Nova Scotia home town, and things began to turn around for her. Getting back in touch with her roots enabled her writing to blossom. With the help of friends she released her first independent album, *Born a Woman*, in 1975. However, it took three more albums and a lot of perseverance and pavement-pounding before a major label became interested. Her unique agreement with Virgin Records (which allows her to remain partly independent) is still in

force today, 10 albums later. Another stepping stone for Rita MacNeil was her performance at Expo '86 in Vancouver where she won the hearts of press and audience alike when she belted out an unforgettable moving rendition of "Working Man" with "The Men of the Deep." Following Expo, her optimistic hit "Reasons to Believe" put her on the charts. The appeal of her Country/Blues/Folk sound has kept her there, and earned her several Juno and Canadian Country Music Awards to boot. "Porch Songs", MacNeil's latest album, is both homage to

the past and hope for the future. It reflects her interest in her heritage. "Canada's regions are very different," she told the Vancouver Sun in a recent interview, "and yet there is a common bond that unites us ... our heritage as a nation. I'm an optimist by nature. And I'm very optimistic about our future." Whether it's the message of truth and hope apparent in her songs, or her high-energy and emotionally charged-on-stage presence, or her shy and soft-spoken off-stage persona, or her sense of being no different than you or I (despite 7 platinum albums, sold-out international concert tours, and a weekly television series receiving - at 1.7 million viewers a week - the highest ratings in the history of the CBC), one thing is certain: people love Rita MacNeil! And so "Porch Songs" is a sort of tribute to the people her singing comes from, and returns to.

Tickets for Rita MacNeil in concert May 16 & 17 are \$40 each, available at the Sid Williams Theatre Box Office (#338-2420 to charge by phone). Box Office Hours are Noon-3 p.m., 4 p.m. to 6 p.m., Tuesdays through Saturdays. The Theatre Box Office is also open one hour prior to showtime for Theatre-sponsored events (442 Cliffe Avenue in Courtenay).

epidemiologist from the University of Toronto and completed in late January.

"I am confident that this committee, along with recent medical studies, will help us better understand the illnesses experienced by Gulf War veterans," said Mr. Collette. "The government considers the health of Gulf War veterans to be extremely important, and is determined to continue providing care and attention for their medical concerns."

The Advisory Committee, made up of 13 civilian and military medical experts from Canada, the United Kingdom and the United States, will review all of Dr. Miller's recommendations and advise the Canadian Forces Medical Service on the most effective methods of implementing these or any other recommendations generated by the Committee itself.

One of the first steps of the Advisory Committee will be to commission a comprehensive survey of all Canadian Gulf War veterans. An independent organization will attempt to obtain information from all Canadian Gulf War veterans with regards to illnesses they are experiencing. This information will be compared to the information from a second control group of Canadian Forces members who did not serve in the Gulf War. It is hoped that this study will identify whether there is indeed any greater incidence of health concerns in Gulf War veterans than in the general Canadian Forces population.

The Advisory Committee held its first meeting, in Ottawa, on Friday, April 26, 1996.

## HOBBY CLUB APPRECIATION DAY

The Comox auto hobby Club will be having a Customer Appreciation Day on Saturday 25 May 96 from 10:00 till 16:00 p.m. at the Auto Club.

During this special one day event, the Auto club's membership fee will be reduced by 20%. Also, there will be free coffee and donuts and a free car wash for all CAHC members. A valid 96 membership card must be shown to get a complimentary car wash.

Come and view our new auto body shop to be opened soon and ask our staff about some of the services available through the club, eg. undercoating, POL, recycling, wheel mounting and balancing. SEE YOU THERE.

## The Fishing Report

sponsored by King Coho Resort  
339-2039

Hurray, hurray! The weather is slowly improving and more folks are going fishing! So far in May, the trend continues with 8-10 lb springs being caught, primarily on army truck and white hoochie. The news is that recently the springs have been stuffed with shrimp hatch and where there is food... there will be fish. so get your boats and gear ready and have a great fishing season. Tight lines.

## FAST BALL TEAM ON A ROLL

The men's fast ball team has started their 1996 season. Their opening game, on 01 May against Overwaitea had successful results with a winning score of 6-2. The Totems then faced Matsubara Lumber from Cumberland and won with a score of 3-0. The winning streak continued with a huge win of 10-0 over the Sports Traders team at Lewis Park on 08 May. Pitcher Bob McCulley had a no-hitter game and helped the team's cause by hitting a home run. The next games will be played on 22 May at Lewis Park (2100 hrs) against the Loft and 27 May at Lewis Park (1900 hrs) against Gullivers.

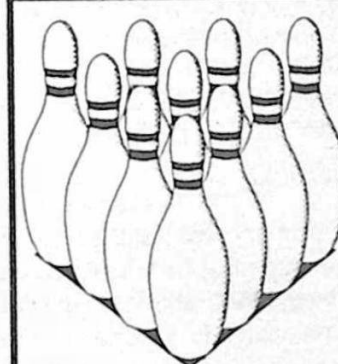
So come on out and support a winning team! Fans are welcome. Help cheer on the men's fast ball team all the way to the Nationals. The guys on the team are: Dennis Bellamy, Dave Boudreau, Michel Brisebois, Tom Harrison, Mike Krak, Francis LaPlante, Mike Lonigro, Troy MacDonald, Bob McCulley, Rick Smith, Steve Thomas, Curtis Waldner, Dale Warren and Kirk Waugh.

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## 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.

## BALL HOCKEY TEAM TRY-OUTS

19 Wing will be hosting the '96 Military Ball Hockey Regionals 24-26 May. All military players wishing to try out are encouraged to attend. Practice periods are from 1600-1800 on Tuesdays and Thursdays and these times are mandatory. Optional practice times are Monday, Wednesday, Friday from 1130-1245. For more information contact Sergeant Blanchard at local 8356 or the Rec Centre at loc 8315.

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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.

### Boat for Sale

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

### FOR RENT

One Bedroom Bsm't Ste. Avail July 1. Priv ent & pkg. F/S W/D hookup. Suitable for non smk single pers. Cable/Elec/Heat incl.. \$475/mo 338-5182

### Wanted

Aircraft books/magazines: old Canadian Military Aircraft Operating Instructions, manuals, etc., Air Classics, 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.

### Baby Stuff for Sale

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

### Help Wanted

The Combined Mess at Quadra currently has 40 temporary openings for various kitchen staff for summer '96 including: Kitchen Help /Waiters/Waitresses Kitchen Supervisor Cooks/Learner Cooks Supervisor Cooks

Forward resume to NPF Pers Coord Office in CANEX Mall by 17 May at 12:00 noon or call 339-8211 loc 8066 for further information.

### COMOX AUTO HOBBY CLUB GENERAL MEETING

There will be a semi annual general meeting of the Comox Auto Hobby Club on June 6, at 1900 hrs at the Junior Ranks Mess. The purpose of this meeting is to inform the members of the status of the Club's activities and to hold elections for the executive positions. Nominations from the floor should be sent in writing to 19 AMS, RTT LAB, attn: Cpl Paul Rioux and should be received before May 30/96. All serving executive and supervisors are requested to attend.

### Crafters

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

### 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 Crumbach at loc 8372. No agents please.

### Duplex for Sale

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

### For Sale by Owner

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

### For Sale via Sealed Bid

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

### For Sale

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

### 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. Lots of accessories \$8,500. Marie 338-6880.

### For Sale

1989 Honda Civic LX, 106,000 km, 4 cyl auto, 4 doors, PL, PW, lots of extras and updates, full maint docs. \$8,500. o.b.o. Call Louis 338-1900.

### 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, 36 ft Kingsley 5th wheeler. Complete with 2 slide outs, dishwasher, and much, much more. In great condition. Also comes with a 2 ton GMC Kick Top custom made truck. 82,900 will take all. For serious inquiries please contact Jim at 339 - 8211 loc 8483.

### FOR RENT

Comox 3 Bdrm Rancher. Close to Immersion School & bus routes. Lge fenced yd. F/A furnace & 4 appliances. Asking \$800.00 per mo. Avail June 1. 334-4268.

### For Sale

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

### For Sale

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

### FOR SALE

1985 Suzuki GSXR 750 cc motorcycle. Asking \$2900.00 339-1324

### HELP WANTED

The Comox Military Family Resource Centre is looking for a part time (15 hrs/wk min) Administrative Assistant/Bookkeeper who is willing to join a team dedicated to the enhancement of the quality of life of the Comox military community.

While bookkeeping is the primary task, the suitable candidate must be a team player willing and able to assist occasionally in general admin, reception, and event planning and implementation.

Candidate must be competent in all bookkeeping tasks and the use of Simply Accounting.

Business management experience and knowledge of military life would be an asset.

Apply by May 24, 1996 to: Executive Director CMFRC P.O. 310 Lazo B.C. VOR 2K0



### 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 book that's a little different. *K-9 Structure & Terminology*, by Edward M. Gilbert, Jr. and Thelma R. Brown, Howell Book House, Macmillan Publishing, New York.

This is a massive work, covering all facets of dog structure and the terminology used to describe it. Most of us have read the various standards for our dogs and been unsure of just what they were talking about. This book makes it all clear. It is well indexed with an excellent glossary covering the terms most often encountered. This 233 page hard cover edition is well illustrated and very attractively bound. It is hot off the press, but the book store will order it for you.

A second book that came along recently is *Dog Heraldry* by Mia Martin, Howell Book House, Macmillan Publishing, New York.

This one falls into a novelty category, but is nevertheless quite interesting. Ms. Martin has painstakingly designed a coat of arms for each breed of dog, based on the dogs' history and what they do best. Each Coat of Arms is presented in beautiful full colour. I really must admire the amount of work involved in the design of all these crests. This book has 147 pages, hard cover with 150 full colour illustrations. An excellent gift for the dog lover who has everything. Again, hot off the press, so ask your favourite book store to order it.

### Crime and Punishment

Let's talk a bit about crime and punishment. What action do you take when your doggy does something he's not supposed to? Most experts agree that the time span for punishment to be effective is from when the dog thinks about doing something until it finishes doing it. One minute later is too late. For instance, you come home to find your pooch has

soiled the living room carpet. Naturally you're upset. But punishing the dog at this time will only alienate him/her from you. The dog will know it is in trouble, but not why. You must act immediately for punishment to be effective. Otherwise you only confuse the dog and cause him/her to think that you don't love it. Mutual love and trust are very important to a pet.

On a similar subject, one of the most, if not the most, common question that trainers and knowledgeable dog people are faced with is "How do I get him/her to stop jumping up on people?" One way is the old "knee in the chest" routine. It works, but carries with it the possibility of injuring the animal. A better method, and one that is equally effective, is to grab the dog by the front paws when it jumps up, and don't let go. This will cease being fun very quickly, and the dog won't jump up any more for fear of this uncomfortable situation.

I recently read of a experienced trainer whose large dog had a habit of waking him up in the morning by dragging its paw across his face. This, of course, was not appreciated. This dog had a hate for having his nails clipped, so the trainer placed a set of nail clippers under his pillow. Each time the dog did its little trick, he grabbed the clippers and snipped a couple of nails. The dog quickly changed its habit.

There are many ways to train your dog not to do things that annoy you and you don't have to be cruel to do it.

A favourite of many trainers, including myself, is the ear pinch. This very quickly shows the dog you mean what you say, and it is every effective. I have found that once the dog has had his/her ear pinched once or twice, merely stroking the ear will result in instant obedience.

## FREAKSHOW



## FP 97 STATS & INFO

Flight Plan 97 Ground School has been launched Air Command wide, and the stats are in! During peak weeks, there are between 400-500 personnel that are receiving FP 97 Ground School training in the Air Force. As at 02 May, approximately 8500 personnel have been trained. Here at 19 Wing, by 16 May, 870 personnel will have gone through FP. That's about 60% of the total Wing population. Each serial at 19 Wing is between 56-64 students. Serials are run every week, at two locations: the Officers' Mess and Bldg 18. Currently, 19 Wing is leading the Air Force in terms of serials and personnel trained.

Flight Plan 97 training has started at NDHQ and training will be conducted in the near future at the following locations: US NORAD, Colorado Springs; Tinker AFB, Alaska; NY State, and NATO/Europe (Geilenkirchen and Ramstein). Elements of FP 97 will also be incorporated into other military and indoctrination courses, such as JLC, SLC, BOTC, Basic Recruit Training; Air Environment Course; AFIS, etc.

If you're looking for more information, you can find it on the Internet. Air Command is "plugged into the info highway" and you can find them at <http://www.achq.dnd.ca>. For local info on FP 97, contact the 19 Wing FP 97 nucleus, located in bldg 10 at 8005 (for course loading) and also 8096 and 8780. You can also get info from the FP 97 instructors. They are Ms. Karen Beamish; Sgt Jim Cahill; Cpl Stephanie Couturier; WO Lawrence Goble; Cpl John Grant; Mr. Pat Landroche; Sgt Bill Moon; Ms. Kathryn Perry; Capt. John Pumphrey, and Lt Kim Saunders.

## TODAY'S CROSSWORD PUZZLE

### ACROSS

- 1 Worms (food)
- 6 Capri, e.g.
- 10 Reiner and Lowe
- 14 Arctic dwelling
- 15 Muddy the waters
- 16 Malinee —
- 17 Helped with the dishes
- 18 Priests' robes
- 19 Actress
- 20 Poetic time
- 21 Rose oil
- 23 Fibberitgbbet
- 24 Flower stalk
- 26 Made fizzy
- 28 — roll
- 30 Decompose
- 31 Health resort
- 34 Greek letter
- 37 Cistern filler
- 40 Lodging place
- 41 Timetable info
- 42 Scarlett —
- 43 Curly wool
- 45 Disprove
- 46 Hot beverage
- 47 Make haste
- 48 Alias
- 49 Tropical fruits
- 52 Barrier
- 55 Charged for speeding
- 59 Inclines
- 61 Extinct bird
- 62 Thought

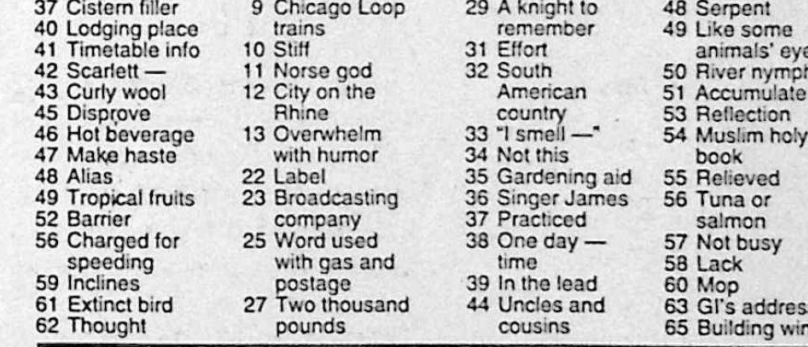
### DOWN

- 1 Animal skins
- 2 Heron
- 3 Skirt style
- 4 Tie-tac
- 5 Popular quaff
- 6 Angry
- 7 Type of energy
- 8 Reference resource
- 9 Chicago Loop trains
- 10 Stiff
- 11 Norse god
- 12 City on the country
- 13 Overwhelm with humor
- 22 Label
- 23 Broadcasting company
- 37 Practiced
- 38 One day — time
- 39 In the lead
- 44 Uncles and cousins
- 29 A knight to remember
- 31 Effort
- 32 South American
- 33 "I smell" —
- 34 Not this
- 35 Gardening aid
- 36 Singer James
- 37 Practiced
- 38 One day — time
- 39 In the lead
- 44 Uncles and cousins

### PREVIOUS PUZZLE SOLVED

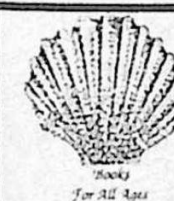
PAW	GEMS	BIKER
LENA	ALAW	ADIEU
EDIT	NINE	YOWLS
ARTE	NAILPOLISH	
HOARSE	ALOU	
PETS	TSHIRT	
OHARA	ABCS	IDEA
VAPOR	KEA	SPLIT
ALSO	WITS	OPENS
LOOFAR	HILLO	
TOUCH	ROBOS	
AMPLE	ADEN	ODIN
NADIR	PINE	MEET
GROPE	SEED	ERR

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## NEXT DEADLINE 31 MAY- NOON

### Bookshelf Bestsellers



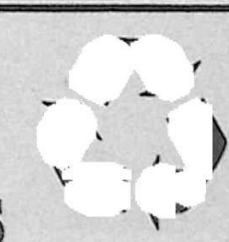
Pat Bolen 2751 Cliffe Ave., Driftwood Hall, Courtenay, B.C. V9A 2L8  
Debi Williams Manager  
604-339-5943

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

Week ending 18 May 1996

1. Rose Madder.....King
2. Green Mile Pt 2.....King
3. Carousel.....Belva Plain
4. Apocalypse Watch.....Ludlum
5. After Dark.....Margolin
6. Deceptions.....Werner
7. Let Me Call You Sweetheart.....Clark
8. Rules of the Hunt.....O'Riley
9. No Witnesses.....Pearson
10. See No Evil.....Shapiro

RECYCLE THIS  
NEWSPAPER  
TOTEM TIMES







# COMOX MILITARY FAMILY RESOURCE CENTRE

phone: 339-8290

## 3 on 3 Basketball Tournament

April 27th was the first annual 3 on 3 basketball tournament for "The Crows" Teen Club at the 19 Wing Comox Base Gym. Twelve teams entered the double knockout tournament, six in the 12 - 15 age category and six in the 16 and over. The following is a list of the winning teams for each category:

### 12-15 age category

#### 1st Place - The Sonics

- Micha Christian
- Joel Houten
- Kerry Westmore

#### 2nd Place - The Bulls

- Chris Ketch
- Kaelan Shute
- Nate Creamer
- Cory Maillet

#### 3rd Place - The Magics

- Ryan McMahon
- Dane Stable
- Todd Taylor

### 16 & over category

#### 1st Place - The Destructors

- Reg Roper
- Warren Hamill
- Sharie Rogers

#### 2nd Place - The Tarrapins

- Jason Bingley
- Pablo Martin

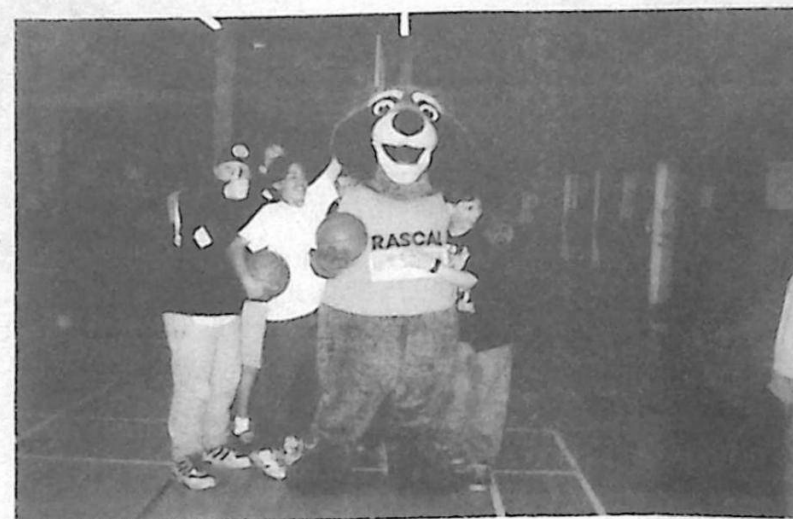
- Paul Hascarl
  - Glenn Hascarl
- 3rd Place - The Syracuse**
- Mike Jones
  - John Robertson
  - Ian Brown

There was a lot of support from the local business community. A big thanks to the following businesses who all made very generous gift donations to this worthwhile event:

- Gold Coast Skate & Surf Shop
- Soccer Mania • A & W •
- Columbo's Steak House •
- Raggles End Bistro •
- Cyclepath • Panagopoulos •
- Joey's Only Seafood Restaurant
- Block Buster Video •
- McSwiggans Cafe •
- Smitty's Pancake House •
- Union Street Bar & Grill •
- Heritage Restaurant •
- Blacks Cycle • McDonalds •

The tournament also featured the Comox Valley Credit Union mascot "Rascal the Raccoon" who was invited by Barb Christensen, one of the teen organizers. The Comox Valley Credit Union is very

community oriented and helps to create scholarships and bursaries for the Youth of the Comox Valley. Rascal thoroughly enjoyed playing basketball with the teens and sunk a few choice baskets. The tournament was a great success due to the strong support of all the teenagers and adult volunteers. The following teenagers played a big role in organizing this tournament by collecting sponsors, handing out registration forms, organizing the prizes, making posters, and choosing the medals. Thanks to John Langevin, Barb Christensen, Gordon Tordoff, Darlene Mooney, Jan Broun, Nick and Sean Lamothe, Mike Heath, Jennifer Heath and Ryan Kirby. As well, a big thanks to the following adult volunteers Paul and Christine Heath, Elaine Marshall, and Bobby Johnson for their support, assistance and enthusiasm. J.J. one of the teen organizers was heard saying "Lets do it again!" So watch for this fun tournament to become an annual event!



Hanging out between games!

## Youth Activities

### Horne Lake Day Trip

A day out exploring and spelunking with teens from the Comox Valley. The price includes the bus ride, helmet rental, a guided tour and lunch.

Cost: \$23 per person.

Location: Horne Lake

Date: Saturday, May 18th

Time: bus departs 7:30 am sharp from the CRA Lewis Centre.

Please call the CRA by May 15th to register. 338 - 5371

### Teen Improv Theatre Workshop

Two nights of improvisational drama. These evenings will give you the opportunity to have fun and express your creative self with your friends. Call Jill at 339-8290.

Cost: donation

(suggested donation \$3-\$5).

Location: Protestant Chapel Annex

Date: May 21st & June 4th

Time: 4:30-5:30 pm.

## Upcoming Events

### Volunteer Training

Are you interested in becoming a CMFRC Volunteer? If so, call for an interview today so you don't miss our upcoming 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!"



### Reflexology

Reflexology is a gentle and natural healing art used since the time of the pyramids. This is a hands on workshop where participants will take off their socks and learn some basic reflexology principles. (Please do not wear nylons to the workshop). Michele Brunskill of Madkat Reflexology will facilitate.

**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

### Family Volleyball Tournament

A day of fun in the sun for the whole family. Games will be of the family oriented cooperative style more than the competitive style

**Date:** June 23rd

**Time:** 2:00 - 5:00 pm

**Location:** Airforce Beach

**Registration:** Teams register by calling the CMFRC at 339-8290 no later than Tues. June 18th. Teams are to be a minimum of 6 people and will ideally consist of a wide variety of shapes sizes and ages.



Melodic voices entertain at the CMFRC Volunteer Appreciation Night ? ! ?

## Kinnikinnik Child Care Centre

### Preschool Registration for September 1996

There will be an information evening on **Thursday May 16th from 6:30 - 8:30** at which preschool registration will be taken for children ages 3 - 5. Birth certificates and immunization records are required at this time.

#### 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."