



Free Classifieds

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Cancer can be Beaten!

Pulling to beat cancer

.... page 8

The Comox Valley's Oldest Newspaper



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 38 NO 10 11

THURSDAY 20 JUNE 1996

COST: PRICELESS

Hangar dance a whopping success

The massive hangar dance that the base hosted in support of missing and abused children has raised \$22,500. All proceeds, after expenses, will go to the Canadian Centre for Missing Children, an organization dedicated to finding missing children and ending child abuse. With only three weeks to initiate, coordinate, advertise and execute the event, event organizers received an overwhelming endorsement from the Comox Valley community with direct and indirect support from businesses, service clubs, municipal councils and the media. Volunteers from the base and community gave of the time before, during and after the dance to

keep expenses to a minimum.

Over 1,000 people attended the party at the 442 Sqn hangar and enjoyed the music of local band *Push* and rock videos from *Much Music*. Vancouver deejay Terry David Mulligan attended the event after spending much of the day preparing a video feature on Comox search and rescue operations.

"I think the dance showed how large is the collective heart of the Comox Valley. It also provided a means for all of us in uniform to demonstrate the care and compassion that we all have and, specifically, the depth of our commitment to the SAREX for Missing Children," said one

event organizer, Cpl John Grant.

The hangar dance was initiated as a support project for the SAREX for Missing Children, in which five Air Force Search and Rescue Technicians are cycling across the country. Fund raising activities along the 8,000 km route are raising money for the Canadian Centre for Missing Children.

Anyone wishing to donate to this effort can make cheques payable to "Sarex for Missing Children." Mail to: Victims of Violence, Canadian Centre for Missing Children, 211 Pretoria Avenue, Ottawa, Ont. K1S 1X1.

both the member and the CF by:

- providing a method to review the files of CF individuals who do not demonstrate capability to meet the requirements of the next career phase, and

- giving members a direct role to play in determining their future.

Details have yet to be worked out with commands who will play a greater role in the application of this policy. Full implementation details will be available in early September and a communication plan is being developed to announce these to all forces members.

As the base rank is eliminated, much more emphasis will be placed on a member's actual performance. This new performance-based approach goes hand in hand with the new Personnel Appraisal System, also approved at Air Force Council on 30 Apr 96.

The new Personnel Appraisal System will benefit the CF and its members by assisting in identification of strong performers in the service. The first stage of this new system will be introduced for the 1997 PER season in concert with the CFCDP, and will give units a better opportunity to provide commands and NDHQ with current, accurate and objective information about an individual's performance and potential at every step of the individual's career. The system will include a feedback/counselling process and new PER formats.

Details of the new system will be issued this summer.

June is Busting Out All Over

Five teams from CE competed 5 June at the diamonds by Canex for fun and small internal honours. (Roads & Grounds won the tournament though the Admin Conglomeration Team was the only one to go undefeated) but not all the participants seemed to belong in the same park.



Bernie Gagnon, Electrical Shop relamp man and a well-known face throughout Base, obviously came quite clueless as to the meaning of "runs" and "sliding home." He couldn't really have been expecting snow - could he?

New Terms of Service

by General Jean Boyle
CDS

During my visits to bases in recent months, I mentioned that I intended to approve new Terms of Service by Sep 96. I am pleased to announce that Armed Forces Council approved, in principle, the procedure for the proposed new Terms of Service for the CF which will be implemented on 1 Jan 97.

The new TOS retain the same three periods of service as under the current plans to ensure that we keep the same benefits under the Canadian Forces Superannuation Act. However, the application of these terms is a departure from the present system. The Canadian Forces Career Development Plan will feature:

- elimination of base rank in order to maintain a proper distribution of experience across an MOC

with a view to maintaining operational readiness and appropriate levels of experience

- harmonization and rationalization of the eligibility criteria for conversion and re-engagement in the officer and NCM TOS with a uniform application of all ranks and MOCs

- an initial period consisting of basic engagements (BE) for NCMs and short engagement or short service engagements (SE/SSE) for officers, and
- subject to service requirements, members will have an opportunity for a full career on the basis of demonstrated capability to perform in the intermediate engagement and indefinite period of service phases.

The elimination of the base rank is a major change from the previous plans. In addition, the CFCDP will serve the needs of

Heritage Air Park to open

Grand Opening of the Heritage Air Park

The Comox Air Force Museum and the Heritage Aircraft Committee are holding a grand opening ceremony on Saturday, 22 June, to mark the opening of the air park to the public and to announce the completion of the temporary hangar. The ceremony will take place at the hangar facility next to Glacier Gardens starting at 10:00 a.m. Coffee and donuts will be on hand for those wishing to tour the hangar and park facilities. The general public is invited to attend and the park will be open for viewing till 4:00 p.m.

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Legion Log

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri 21 June - music by TONY POLLON
Fri 28 June - music by SAGE
Fri 05 July - music by ELDORADO
Fri 12 July - music by WILD RIVER

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:
Friday BBQs have started - hamburgers, hot dogs, etc. 12 noon to 2:00 pm and 4:00 to 6:30 pm every Friday. Watch the notice board for details.
Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

BRANCH 17 COURTENAY 334-4322

REGULAR EVENTS:

BINGO.....every Thur, Fri & Sun 7:00 pm
MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
DANCE.....every Friday night, 8:00 pm
Eldorado.....21 June
Tony Pollon.....28 June
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, 25 June at 7:30 pm

SPECIAL EVENTS:

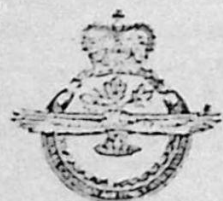
Saturday Night Dances in the Lower Lounge, 8:00 pm - midnight.
29 June.....Kirby

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888 (KOMOX) WING RCAFA CALENDAR OF EVENTS - 1996

22 June (Sat) Wing Golf 1400 hrs
26 June (Weds) Executive Meeting 2000 hrs
29 June (Sat) Steak Night 1730 hrs

HOURS OF OPERATION:
Wednesday 1300 - 1800 hrs
Thursday, Friday & Saturday 1200 - 0100 hrs
Sunday 1300 - 1900 hrs

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For information about tickets, please call the bar, 339-0888



Chaplain's Chatter

The Power of Prayer

by

Padre Fraser Harvey

A young man from a conservative Christian tradition tells the story of the time when he was training to be a paratrooper. He was preparing to make his first jump. The instructor explained that when he jumped out of the plane the parachute would open automatically. If by some chance it didn't open, all he had to do was pull the handle on the reserve parachute. "But what if the reserve parachute doesn't open?" the trainee asked. "In that case," the instructor said, "just say 'Buddha be praised' and everything will be all right." Well, as a Christian, the young man was not too happy with that formula. Nevertheless, he went up in the plane and he jumped. The main parachute did not open automatically. He quickly pulled the handle on the reserve parachute and still nothing happened. In desperation he cried out "Buddha be praised." A huge hand came out of a cloud and caught him. He wiped the sweat from his brow and, without realising it, he reverted back to his Christian tradition and said, "Thank you Jesus." The huge hand let go and returned to the cloud. As the paratrooper began to fall again, he heard a voice coming from the cloud; "Into His hand I commend your spirit."

Now that I have your interest, I would like to continue on about the subject of my little story - prayer. Now before you tune out, listen to me for just a little bit longer. I am not going to lecture you that you should be praying. Whether you pray or not is your personal decision. But I hear many people saying that they do not know how to pray or that they have no need of prayer. So what I would like to do is to give you a little primer on prayer. Now, for the only bit of lecturing: if you do skip this article, you don't know what you'll miss.

The best place to begin is with a little bit of biblical psychology, courtesy of the Apostle Paul. He helps us to understand that each one of us is made up of three main parts. First of all there is our body. Or, in the language of the New Testament (Greek) it is called *soma*. And if you quickly take your eyes off this page and look down you'll see your *soma*. It is obviously there. And it takes a lot of our time to feed it, rest it, exercise it, dress it and in general to keep it running and feeling good. Most of our time is focused on our bodies.

Paul also says that there is another important part of us which is more important than our bodies. It is our *psyche* or interior being. The *psyche* is that whole universe within us that contains our feelings, our thoughts and motivations. It also has our dreams, our fantasies and our hopes. To be in touch with our *psyche* or inner self is seen by some to be of the greatest importance. It is as important to look after your inner being as much as your body. That is why religion and medical science are talking so much about *holistic medicine*. Ever hear about psychosomatic illnesses? Literally our fears and anxieties can make our bodies sick. When this happens, drugs and other kinds of therapy can remove some of the symptoms but we will not be cured until our *psyche* is healed.

Now having told us all of that, Paul says that there is still one more part of us that is more important (in terms of self fulfillment) than our *soma* or *psyche*. And that, according to Paul, is our spirit or, in Greek, *pneuma*. Our spirit is at the very centre of our being. In Paul's terms, it is at the point where God's Holy Spirit comes in contact with us. And what happens in prayer is that we are making direct spiritual contact with God. Our spirit and God's Holy Spirit enter into union.

Now a little bit of anthropology (and a wee bit of academics)

before this gets labelled as a bit of Christian rhetoric. Almost every religion, every faith group in the world agrees on one thing. That is: we are, in some way or form, created in the image of our God, whoever that may be. However, being spiritual is not the same as being religious. Religion is how we express our spirituality. Being spiritual means that we have a system of beliefs that guides our behaviour in the world. Whether we believe in a God or not we cannot deny that there is something inside of us that makes us who we are. That "who we are" is determined by more than that lump of grey matter inside our head.

When we pray our *pneuma*, that which is a reflection of the one who created us, begins a conversation with the Creator. So why pray? Some say that prayer or meditation can bring about great physical benefits.

And now for one final story:

A husband and wife from California were travelling by car through Texas when they saw a tornado coming. The husband drove the car to the side of the road. The couple got out of the car and crouched down beside it. The twister was coming directly for them. At the last moment it veered away and headed off across a field where it hit a small wooden house, totally demolishing it. The couple pulled themselves together and ran to the spot where the house had been. All that was left was the cellar, a mere hole in the ground. Down in the hole they saw an old man, clutching a piece of timber, his eyes tightly shut. They yelled down to him, "Are you okay?" The old man slowly opened his eyes, looked around cautiously and said, "I guess so." Then the couple asked, "Is there anyone else with you?" The old man replied, "Just me and God, and we were having an urgent conversation."

(This is my last article as I am posted to 3 PPCLI in Edmonton. God bless everyone.)

NEXT DEADLINE 5 JULY - NOON

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Combined SVCS Rugby wants YOU!

by Capt Bob Parent,
PPCLI

The Canadian Combined Services Rugby program exists to promote and support rugby within the Armed Forces and provide Canadian servicemen the opportunity to play rugby at the representative level.

It is hoped that a decision to formally adopt rugby as the official summer sport of the Canadian Army will be made this summer, and that it will serve to develop the program by establishing rugby at the unit level and convince the entire military establishment that rugby is a sport worthy of their time, effort and support. In this way, Canadian Combined Services Rugby can continue to grow and make matches like the one against the U.S. Combined Services team (played last year), the norm instead of the exception.

Canadian Forces Rugby is going strong. All across the CF, there are individuals who play for civilian rugby clubs, or who are part of a Base or Wing team. The important thing is to capitalize on the talent available. PO Lorne Baird of CFS Aldergrove has taken on the awesome job of gathering information on soldiers, sailors and airmen who are active players and who would be interested in playing for the Combined Services side. Those who are interested should contact PO Lorne Baird, Box 4000, CFS Aldergrove, Aldergrove, B.C., or call AUTOVON 252-9268, with the following information: last name, first name, initials, rank, unit, SN, DOB, height, weight, position played, work phone, home phone, and rep of club played for.

Lorne is also working on forming a Combined Services Rugby side selected from teams who play in a Summer tournament in Kingston (July 26-Aug 6). He is hoping to have a Navy team (probably from the West Coast), an Air Force team from across Canada, and two Army teams (one from the West and one from the East). More details will follow once this becomes more clear. (If anyone knows of other rugby players, advise them of this exciting development in services rugby.)

It is hoped that an Edmonton Garrison Rugby side will be formed to play in the Alberta Rugby Union. Any active or aspiring players should call LCOL David Burke, Area Engineer at LFWAHQ, at 457-6046, to discuss how we can make a useful contribution to rugby here in Edmonton.

The CF Combined Services Rugby team had the opportunity to compete against the US Combined Services Rugby team last April, which proved to be a significant milestone for the young Canadian team.

For the first time the team was brought together to prepare for and play a representative match against another military combined services side and travel outside of Canada to do it. While this posed several logistical challenges to the union executive it was felt that such an opportunity could not be ignored and it was agreed that every effort should be made to take the field against the American Combined Services in St. Louis, Missouri on the appointed date of 21 April. Unde-

terred by the logistical challenge of bringing together a group of soldiers, airmen and sailors from all across the country, training them and then invading a foreign country (usually this takes a lot of paperwork) the call went out for players to report to Edmonton, Alberta for training camp. Unfortunately this is where the plan began to get a bit "unstuck." Traditionally, the Spring period is a very busy time in the Forces as everyone gears up for the end of the training year. This was compounded by our UN operational commitments in Bosnia and the need to monitor the Grand Banks during the Great Turbot Crisis. This meant that player availability began to get a little dicey. It had been hoped to invite the 25 short-listed players to train but circumstances forced this list to



At a recent FRP financial planning trade show, Investors Group had a draw for a gift certificate to The Black Fin. Pictured are the winners of the draw, Jean and Bob Bailey. The certificate is being presented by Lida Osborne and J. Kevin Dobbeltsteyn of Investors Group.



1995 Combined Services Team

Back row (L-R): PO Lorne Baird, LS G. Dale, Cpl Dave Pusch, Capt Mike DeGroot, Sgt Jim Davis, Capt Eric Leibert, Capt Mike Annis, Cpl Greg Clarke, Capt Kyle Easton, Capt (UK) Vic Gysin, Rosanne Prinsew (Physio), Capt Bob Parent. Front row (L-R): MCpl K. Lewitt, Pte Todd Lamb, 2nd Lt Dave Proctor, MCpl Randy Brooks, Capt W. Radcliffe, Cpl Paul Haskins, Pte Chris Chisolm, Capt Dave Duncan, Cpl Al Lewis.

be expanded to almost 50 with still only 19 players being able to commit themselves for the week. This was unfortunate as the training camp included some demanding fixtures and this left little scope for flexibility or injury.

The players arrived on Good Friday and the first fixture was on Sunday against Edmonton Clansmen RFC. This did not leave a lot of time for "shaking things out" but timings were tight with a planned departure scheduled for Wednesday via the USAF (our own Air Force kindly declined the opportunity to travel to the American Midwest). The match was designed as a selection game and everyone saw the pitch. The Clan put out an experienced and motivated side and won going away, although the score was close at the half. This one-sided result did not bode well for our next fixture which was slated for the next day, against Alberta. However, the players rose to the occasion and provided some spirited opposition to the provincial side. Combined Services put the first try on the board and was

close at the half again before experience, fitness and injuries began to tell the tale with Alberta well to the good at full time. It was a sore and sorry group of players which gathered the next day after some spirited hosting of both the Clan and Alberta sides.

Unfortunately the news was not good. The USAF was not going to be able to provide airlift to the USA. This left the side with only two choices: cancellation or submitting to a 35 hour road move from Edmonton to St. Louis. Fortunately, democratic choice was not an option and servicemen have a lot of experience being uncomfortable. The decision was therefore made to travel by vehicle (car, van and truck) to St. Louis. The trip itself can be summarized as long, boring and never to be repeated, but like all things military - good or bad - it eventually ended with the side arriving in St. Louis on late Thursday night.

The match was on Friday evening which gave everyone a chance to sleep and then work the kinks out, so it was with a fair degree of confidence that Canadian Combined Services took the

field. The Americans started off the game playing a driving, mauling game and feeding trailing forwards running in from depth. This was a surprise as it was not expected that the Americans would play such a tight, forward oriented style. This was probably due to the Americans' experience on tour in Australia and the skill level of their scrumhalf (an ex-Eagle). These tactics rewarded the American side with an early penalty goal and consistent pressure for the first 20 minutes. The tide began to change with some strong defense, solid set piece scrummaging and tactical kicking into the American end taking advantage of the wind. This resulted in some kicking opportunities as the Americans gave up penalties but not in points as the kicking eye was not in. This meant the score was 3-0 at the interval with the Canadian side now being forced to play into both the sun and the wind.

The restart proved to be disastrous as the US side immediately broke through the defense from the kick-off, linked backs in with the forwards and rumbled in for a decisive score. As the half proceeded they continued to pressure and score as the Canadians sought to regain the initiative. However, injury and the complete dominance of the lineup by the Americans made this difficult (abetted by some blatant lifting). The Canadian side was also not helped by two controversial decisions which resulted in tries from set piece play. A US backrow play - clearly both offside and obstructive - was allowed to stand on two occasions. While not the difference on the day they were points Canadian Services could ill afford to give up and further tipped the issue in favour of the Americans.

Continued on page 5

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Death and taxes
(At least I can help with one of them.)
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338-7811

The Editor gets a word in



Whither Clementine? (a.k.a. Klementine)

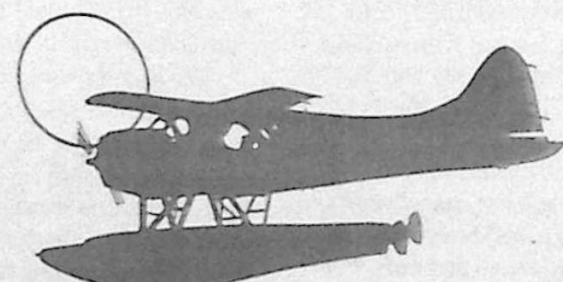
Two long months have passed, two months with the length of two long years, and still there is no word of Clementine. Unless you truly believe that the bags full of sawdust outside the office of LCol Abbott are all that remain of the noble bird.

Close inspection of the sawdust has revealed some interesting information. As everyone knows, Clementine was carved from one solid block of wood with the head being formed from that part of tree whence a branch started (this part commonly referred to as a "knot"). The sawdust shavings are of a uniform density. If the head is formed from a knot, then the head should be thicker than the rest of the body. The bags of sawdust could not have possibly come from Clementine and this means that she is still missing. And if she is missing, why has nobody started a search, or at least offered a reward?

Clementine, the mascot of the wingless support world, has been missing for too long. In days gone by, wars have been started and long lasting partnerships have been torn asunder by much less serious deeds than the kidnapping of an entire occupation's mascot. The search should be immediate and it should be seriously undertaken. When found, the person or persons responsible for the deed should be publicly displayed and their punishment well publicized. The men and women of 19 Wing deserve no less.

Joel Clarkston

Letters to the Editor



Dear Editor:

This letter is in response to a letter that you published on 2 May 1996, titled "Oil rebate not guaranteed."

As the National Manager, Special Services for CANEX and being directly responsible for the Home Heating Oil programmes across Canada, I was extremely surprised by this letter. Hopefully this response will help clear up any misrepresentations that were mentioned in your published letter.

On 15 September 1993, Payless Fuels acquired the assets of Thermoshell to become Columbia Fuels. Around the same time CANEX sent out a notice to all our Home Heating Oil customers notifying them of this change. The notice stated that as a current member of the programme, you need not make any changes. Columbia Fuels would automatically deliver to your home and offer you the CANEX programme. During this notice period CANEX learned that the local Comox Thermoshell agent was not part of the sale to Columbia Fuels and being an astute businessman, he tried to retain his

book of business by offering to all CANEX customers the option to stay with his company. In return for their commitment, he would apply a cash credit to their account equal to the CANEX year end dividend. I should mention here that this Thermoshell agent, Mr. Bill Allen, has since left Thermoshell.

Rest Assured that if you are a member of the CANEX Home Heating Oil programme serviced by Columbia Fuels, then you will receive your CANEX dividends this year, the same way that you have received them in past years. Unfortunately if you opted to stay with the Thermoshell agent at that time ... you should consider coming back to the CANEX Home Heating Oil programme by contacting the CANEX store at 219 Wing Comox, Lazo, B.C. telephone number 339-8147.

Finally CANEX has and intends on continuing our rebate programme to all members of the Home Heating Oil programme serviced by Columbia Fuels.

Yours truly
Robert S. Brunet
National Manager, Special Services



Leave buyout popular with some.



Sgt S.P. Nichols, being presented the CD1 by Gen Dequetteville at an awards presentation held on 2 Feb in the WComd Conference Room.

Dear Sir:

As a result of the recent advert in the "Wings" magazine, there has been considerable interest shown in a reunion of people who served with or were associated with 137 Transport Flight overseas during the 1950s and early 1960s.

The wheels are now in motion and the reunion is scheduled for September 6 and 7 in Winnipeg. The reunion headquarters will be at: The Viscount Gort Hotel, 1670 Portage Avenue, Winnipeg, MB, R3J 0C9. Phone (204) 775-0451, fax (204) 772-2161. Toll free number 1-800-665-1122.

A room rate of \$58.00 per night (breakfast included) has been negotiated. Please make accommodation arrangements directly with the hotel.

Friday evening will be an informal get together as people arrive. Registration will be at 8:00 am on Saturday morning. At 10:00 am a visit to the Western Canada Aviation Museum has been arranged. A Bristol Freighter will be on display and arrangements have been made for a photographer to be on hand. The museum director has requested that visitors bring their Flying Log Books and allow the copying of the appropriate pages. If anyone would like to donate a log book to the museum, that would be much appreciated.

From 4:00 to 6:00 pm on Saturday there will be a Meet and Greet session at the hotel, followed by a Smorgasbord dinner at 6:00 pm. We hope to have some

137 Flight memorabilia on display and we would appreciate it if you would bring any pictures or souvenirs of those far off days when we used to flog around the skies of Europe and North Africa in the old Bristol.

For those who do not have an early departure, there will be a farewell brunch at the hotel on Sunday morning.

Registration fee for this event, which includes the Smorgasbord, is \$25.00 per person. Cheques should be sent to me at: 137(T) Flight Reunion 1996, 721 Goulding Street, Winnipeg, MB, R3G 2S5.

We would appreciate an early response so that plans can be firm up.

Even if you do not plan on attending, we would like to hear from you so that we can update our records. In particular we would like to know the years that you served with 137(T) Flight and whether you were a Pilot, Nav, RO, AE/AF Tech, ETech, etc. We would also like to know your spouse or partner's name for the records.

It is now almost 44 years since Al Holmes flew the first Bristol Freighter from Edmonton to England. We are all becoming a bit long in the tooth now and this might be the last opportunity for many of us to attend such a reunion. Let's make it a memorable occasion. I look forward to hearing from you very soon.

Sincerely,
Harry Toset

TOTEM TIMES

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

Supply Signals



by PO2 Tom Harrison

Well it's been a long time since our last entry and many things have happened. To start with, we at Wing Supply would like to wish a fond farewell to the following personnel as they pursue a new beginning on retirement: Lt Emily Crumback, WO Claude Dufault, Sgt Karen Boudreau, PO2 Ian Campbell, Sgt Denis O'Brien, Sgt Frank Kaposvary, MCpl Judy Ireland, LS Mike Deveau, LS Darcy Gallipeau, Cpl Pat Kenney, Mr. Fred Kennedy, Mr. Adam Simpson.

Others will also be missed as they move on to new postings and new callings. Good luck to the following: Sgt Dwayne Neustater, Cpl Frank A'Hern, Cpl Darryl Eckhardt, Cpl Annie Girard, Cpl Brian Giraud, LS Mike Kewell, Cpl Kevin Lane, LS Phil Lemire, Cpl Joyce Mills, Cpl Pete Morneau, Cpl Holly Parsons, Cpl Chantal Roy, Cpl Jaquie Strutz.

Well now that that's done, I will do a quick (I hope) review... Annex Complete - well, sort of. Yes, the annex is complete. Oc-

cupancy should take place late July. At this time Customer Services and LPO will combine to create the new Customer Support Section and almost finalize Supply's quest for a One Stop Shop.

Other happenings are the addition of POL (packaged products) to Building 171 and the take over of the Tank Farm by Transport. Things to watch for when you come down to the Main Warehouse is SIGNS!!! As the warehouse has been revamped and Gen Stores, Publications, MSA, WHIMIS, Repair and Disposal, and Hazmat all have new locations - same BAT phones but new and improved location.

Enough of this work stuff, we Bin Rats do know how to socialize and have been quite busy honing our personal skills. The Annual Logspiel was a First Class affair and a few Sup Techs were able to stay focused enough to win the B Event. Congrats to Brian O'Neill, Jean Rowe, Claude Dufault and Skip Paul Voak. Congratulations to Barry Hewer for winning the Bin Rat Hockey Pool. (Sheesh... I could

have sworn I had the better team.) Oh, and how about that Snow to Surf team Snow White and the Seven Dorfs finishing a respectable 116?

Most recently we conducted a Golf/Retirement Luncheon that went superbly. Many old stories were told and we had to get out the tape measure for the Longest Drive as Jean Rowe was upset by Mr. Long Ball Art King. Jean did have her revenge though and took home the closest to the pin. (Too bad Frank, but this has to be done in one shot!) Finally, hidden score prizes went to Scott Crawford, Darren Tufts, Darcy Gallipeau and Little Robby Morrow.

Last, but not least, we would like to welcome back Jay MacDonald and Pierre Boudreau from the Golan and wish Paul Connell and Al Riendeau good luck on their tours.

OK enough is enough. I will try to be a little bit more punctual with my next column, but who knows in this outfit where we will be tomorrow, let alone next month. Adios Amigos!!!



Snow White and the Seven Dorfs.

Pressure down under

by
Capt Lynne Chaloux

Trade amalgamation for the 500 series trades, downsizing, budget cuts, contracting out of services... these terms usually sound intimidating to the technician who worries about his job or his employability in the air force of the future. Canada's aircraft maintenance world is being shaken up with changes and bottom lines and business cases. But, if it is any consolation, Canada's aircraft technicians can rest assured that they are not the first to undergo such dramatic alteration in their ways of doing business.

"Canada is the last of the air forces represented here to go through trade amalgamation," says Maj Bill Lewis, the Aircraft Maintenance Support Officer with Trenton's 8 Air Maintenance Sqn, which recently participated in Exercise Bullseye. Travelling to Australia gave Maj Lewis the unique opportunity to exchange information with air forces which

Maj Lewis notes that these air forces are all in the same proverbial boat. "What's been interesting to see is that we're all basically going through the same have already experienced and which continue to feel these pressures: The Royal Australian Air Force, the Royal New Zealand Air Force, and Britain's Royal Air Force.

As the squadron's ACES facilitator, Lewis has put in numerous ACES proposals and his team

has identified what they feel are "core" and "non-core" activities for 8 Aircraft Maintenance Sqn.

"This exchange gave me the chance to observe what the RAAF determines to be its core and non-core functions. Of course, it's based on their needs and roles and ours is based on our own needs and roles, but the similarities are there. It was interesting to see that we have not identified anything as non-core that the Aussies have determined was a core activity, and vice-versa. That tells me we're on the right track."

This exchange also taught Maj Lewis that things don't necessarily go according to plan. Some aspect of the Australian trade amalgamation went very well, such as the avionics amalgamation. However, other aspects did not go quite so well. "We can benefit from both of these experiences in our own squadron's plan for training our technicians," he says.

Maj Lewis realizes the pressures and stresses involved in making such decisions which affect his own squadron and the lives of his workers. He adds, "The process is not an easy one. We're making what we think are the best choices with forethought, but with some indecision. This exchange gives me the opportunity to discuss with fellow air force professionals their experiences and compare them to our own - basically we're all going through this together."

Continued from page 3

The Canadian side came alive for the last 15 minutes, running the ball and threatening the US goal line but lost possession on a tap penalty at the five metre line, once again causing the side to come away empty. Full time found the American side full value for a 30-0 victory.

The team stayed in the St. Louis area the next day enjoying some old fashioned hospitality and watching the American Services annual unit club side championship tournament (very robust and physical) with some individuals taking part in the open division as part of the President's XV. Unfortunately the open road, and the rental lease was calling us home and the interstate/trans-Canada highway system saw our small convoy to the frontier and eventually back to Edmonton. The passage home provided plenty of opportunity for reflection (the battles of Saratoga, New Orleans and Fort Ticonderoga all came to mind) but there were few excuses to offer. However, seeing that this was our first experience at this level it is nice to know there is room for improvement.

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407 Sqn



Demon Doin's

RIMPAC 96

The war has begun. At first we were just here to enforce a United Nations resolution to protect a small island nation's right to be a democratic and independent state and keep it's neighbour from bullying it. Then things escalated. The bully started doing insurgency operations to undermine the other's government, and as things progressed, the big boys got involved. Now on one side, we have a sort of big brother and his small bully brother against the UN and the nations that support it. We're flying "around the clock" ops right now in support of the UN. The war has been limited to small skirmishes so far, but it sounds like it'll get worse. I guess one of the Aussie P-3s was jumped the other night by enemy fighters doing an identification run. Soon we won't be given that luxury. They'll just start shooting down planes from a distance. I guess the good news is we probably won't know what hit us...

You just read the scenario from "Rimpac 96." It is a large exercise held every two years that involves nations from around the Pacific Rim. Canada participated in Rimpac this year and other participants included the United States, Chile, Australia, South Korea and Japan. It involved 30,000 personnel, 250 aircraft, 44 ships and lasted for a month.

407 sent three aircrews, three ground crews and two Auroras and Greenwood sent one Aurora with its aircrew. Canada also sent ships with their Sea King detachments, CF-18s, Hercules transports and Boeing 707 refuellers.

The exercise scenario was designed to get all participants working together, and overcoming the language barriers and different ways of conducting operations. The same as would be expected if nations partici-

pated in a Multi-National Force (MNF) under the UN. The exercise started in mid-May after all the participants had arrived and it tried to represent how things would happen in the real world. From things starting out calm and gradually intensifying as tensions increased. For the aircrew, we started with briefings on the situation and training flights to get us ready for what might come.

As tensions increased, we had to work around situations and restrictions that might actually occur working with a MNF under the UN. Things really heated up about two weeks into the exercise and the aircrew started around the clock operations. During the last week, it got to the point where all out war was declared and crews were flying 9-hour missions (plus five hours of briefings and debriefings), getting 14 hours crew rest and flying another mission in support of the MNF Carrier Battle Group. If there wasn't a mission for your crew right away, you did 1-hour standbys.

You received your brief at 6:00 am which prepared your crew for basically any mission the Battle Group might want you to do. Primarily either Anti-Submarine Warfare (ASW) or surface surveillance (finding out who is doing what and where). Whatever the UN commander needed in order to support his tasking, be it enforcing an embargo, driving away bad guys, or conducting war operations. Once your brief was done, your crew pre-flighted your aircraft so you could be airborne within one hour of the Battle Group wanting you. Then you went back to your room to wait and rest because you never knew when you'd be launched. Some were launched right away and others went in late afternoon, but you always got launched. Sometimes it was a long day.

The Detachment Staff and ground crew had schedules that were always changing as well. Both had to work around the aircrews' schedule (which was round the clock) and put up with all the demands and last minute changes. When the Battle Group wanted an aircraft, the Det staff had to scramble to get the required information for the mission and the ground crew had to prep the plane if the mission had changed. Changing sonobuoys which weigh 40 lbs. each, or computer boxes that are broken, in 35 degree Celsius heat is not fun.

Now, I can just imagine what you're thinking "A month in Hawaii, life is rough." Well, now you're going to read the everyday boring facts of life outside of work during a month long det in Hawaii.

First, and most obvious, the heat. Now I'll give you, if you are on a day off, the sun and heat are great (unless you sunburned your scalp because of your short haircut). When it comes to work, for the aircrew, we don't like it... I mean the heat. When you have to wear two layers of clothing the heat tends to increase your laundry load (and for us bachelors, that is something you try to avoid). The ground crew, who have to work on the aircraft in the heat, don't care for it much either. And the aircraft - well, they have their own agenda. The ground crew have to work their magic just to get them airborne and they still tended to break airborne. The Dawgs had one flight where the temperature in the back of the plane was 40 degrees Celsius (and we can't open a window). It tends to leave a lot of work for the techs when the aircraft lands.

Second, you need accommodation for everyone involved. People were spread everywhere throughout the base. Some people had beach huts. Sounds ideal, unless you're working nights and trying to sleep during the day. Between the heat and the Coast Guard station public address system across the street, sleep wasn't easy. Others had three people in a room the size of a small hotel room. Imagine working with someone for a 12 hour day and then having to room with them. I'm surprised there weren't more short sheeted beds. Some of us had the luxury suites. It was a bedroom and TV room connected by a bathroom. They moved a bunk bed into the TV room to go with the sink, couch, chairs, desk, fridge and fan in a 12' x 14' room (that was our bedroom). Space was at a premium. But we were lucky because we had a pet gecko. Nothing like a pet to make it feel more like home. The good thing about having a pet gecko was that you didn't have to worry about pet cockroaches. Short sheeting would have been a waste of time because we didn't use sheets. Plus it would have been too nice for my roommate...

Third, a month away from home is too long, even for some of us single guys. I don't envy the personnel who are away from

their families and their expectant wives for that long.

Now that you've read about all the work related activities of Rimpac 96, you'll probably want to know about all the fun stuff. To tell the truth, the exercise was rather quiet, even with the Demon Dawgs there. There was a story about an Acoustician attempting to booby board and instead nosing into the beach. Also a certain TacNav almost got killed by an armoured car while mopedding (prior to wiping out in another incident). A Crew Commander was seen displaying an impressive sunburn (you could count his white ribs through the red skin). Crew 4 adopted a marine style haircut for the entire crew with Capt "Jean-Luc Picard" Sullivan leading the way. Apparently Jean-Luc's abilities aren't the same as his TV counterpart because he had great difficulty getting his crew airborne. Speaking of Crew 4, Capt Engebretson was temporarily evicted from his room for having his pet flying termite farm there.

For anyone interested, the HMCS Regina accidentally started the war during Rimpac. It's the last time organizers use a codeword involving food to start a war, when there are Canadians around. I'm still curious where Regina heard "steak sandwich"

which caused them to fire on a Ticonderoga Class cruiser, which then proceeded to kick Regina's butt all over the Pacific. The Dawgs were there and we like to call it our 8-minute war. You'll be happy to know that a cease-fire was called after Regina was put out of action.

The Discovery Channel flew with Crew 7 during the exercise so make sure you keep an eye out for that. I hear they actually have footage of the super secret squirrel stuff that we do in the back of the Aurora.

That is about all the grit I have on this deployment, but I haven't seen much of the other crews. Any incriminating information will be held against them in the next article.

Until next time, Demons out...



Cops Corner

In this issue of the Totem Times we would like to comment on Traffic Accidents that result from excessive speed. To Law Enforcement Officers, these types of Accidents are referred to as *Traffic Collisions* as there is usually very little accidental about them. The causes of Traffic Collisions are almost always preventable, and excessive speed is certainly the most obvious cause of serious injury and fatalities in the province of British Columbia.

With summer upon us, it's the season to indulge in the long anticipated vacation. To get to our points of destination, most people have to travel one of the most frustrating stretches of road in the province - the Island Highway. Unfortunately, it seems as if every resident of the island, the rest of the country and the western seaboard of the continental United States is driving on the same roadway. We have all felt the frustration of being trapped behind an endless stream of RVs and the temptation to leapfrog traffic at high rates of speed is almost unbearable. Unfortunately, some vacations are cut short when the unsafe driver finally runs out of luck.

Traffic collisions just don't happen to the other guy, they can happen to anyone. Getting to your destination a few minutes earlier this summer is not worth the guilt and anguish that a serious collision causes, especially if the collision results in a loss of human life.

Slow down and arrive alive.



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WO Goble promoted to Master Warrant Officer.



Sgt Spragg promoted to Warrant Officer.



Sgt DeVries promoted to Warrant Officer.

(Photos by Cpl Josée Ménard)



Let the adventures begin!



19 AMS

by Eric Travis
ArmPAvo (COSMO?)

From 2-4 June inclusive, many members of the base may have noticed that the number of personnel in the halls of 19 AMS was drastically reduced. The reason for this sudden depopulation was somewhat comparable to the Safeway strike! 36 members of 19 AMS decided that they were working too hard, so they headed out to spend three days living in the wild and travelling by canoe. You, as well as I, know what can happen when 36 city dwelling members of the Canadian Forces get together in the wild country. You don't? Let me tell you...

To cut down on the length of this article, I will try to give you a brief summary version of only the prime events.

The first commotion was caused on the first evening of the trip as everyone broke out the camp stoves, steaks, potatoes, and frozen vegetables. Whoever planned the trip was quite mischievous in that they included exactly four extra steaks. As everyone ravaged their first steak and stared longingly at what they knew were the four only real pieces of meat they would see for three days, I knew that I would have my work cut out for me in trying to get my hands on one. After much deliberation, clawing, hissing, and general mass hysteria, I was victorious along with a couple of other die hard carnivores.

The next few events were caused by rapids, whether or not they were difficult to manoeuvre is not the question. First group, to remain nameless (initials are John Sims and Mike LaFleur), entered the first area with a current only to find themselves raked under a tree and, upon freeing themselves from its grasp, they displayed their agility in white water by demonstrating a 360 degree pirouette on top of a rock (Wow!)

Next group (initials Michel Doyon and Neil Kwasnicki) went through the same rapids and, rather than demonstrate agility in the canoe, one member (Michel) decided to abandon ship and take his chances solo.

The gold medal for best display of agility in white water is given to group three (Michelle McKenzie and Sue Didsbury). After successfully running the initial portion of the rapids, they decided shooting the rapids was too easy in a canoe and proceeded to perform a synchronized swimming routine that impressed us all (too bad the canoe was swamped in the process/which way should we go anyway?).

The final incident occurred just after the rapids in an area of flowing water and very little solid ground. A final group, who I promised not to mention (Jean-Guy Champagne and Tom La-Fontaine) were cruising along (with wheels?) when the next

thing they knew they were in Canada's fourth submarine. Thanks to some armoured, a mighty librarian, and Mr. "Hercules" Broadbent, the mighty submarine was dragged to dry docks and forced to surface.

Even with all the minor mishaps, there were no injuries (with the exception of some bad hair and a little indigestion). All in all the trip was a huge success and all in attendance can't wait for the next one. Thanks goes out to the team of John LaPointe and Warren Wade for the support as the "LAST/SAFETY" canoe for all legs of the trip, and to Capt Ashcroft for an extremely well organized adventure, not to mention some great stories.

Well, it's that time of year again. The time of year when many people walk around the halls of work with big grins on their faces, and others harass them to buy beer. Yes, I'm talking about the strange link that exists between posting season, FRP and promotions.

This past while in 19 AMS we have had a number of promotions. Sgt Spragg, recently promoted to WO Spragg, was obviously promoted due to the size of his mustache and his award for cardio-vascular fitness. Sgt Spragg will be missed by all the members of Safety Systems, except those who forgot to shave



Canada's newest submarine?

JULY 1ST
IN COURTENAY

07:00 Kinsmen Pancake Breakfast
08:00 Parade Marshalling Near Lake Trail School
09:00 Grass Court Volleyball Lewis Park
09:30 Children's Bike Decorating Lake Trail School
09:30 Parade Judging
10:15 5th Street Fun Run
10:30 Grand Parade
10:30 Horse Shoe Pitch
11:30 Opening Day Ceremonies
12:00 Bingo @ Courtenay Legion
12:30-1:30 C R A Pool Free Children's Swim
1:00pm Comox Rotary Ducky 500 on Courtenay River
1:45pm Ladies Nall Driving Contest
2:00pm Parachute Jumping
3:00pm Bike Draw Many Bicycles to be WON

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FAMILY DANCE Sunday Nite June 30-7:30
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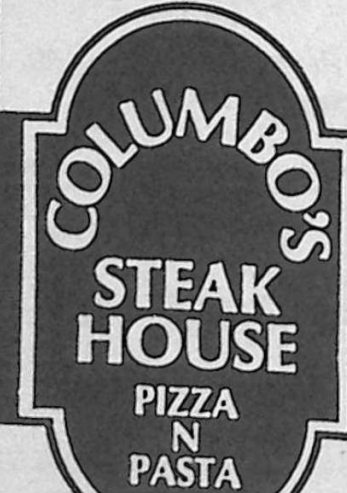
Moving to 4 Wing Cold Lake?

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

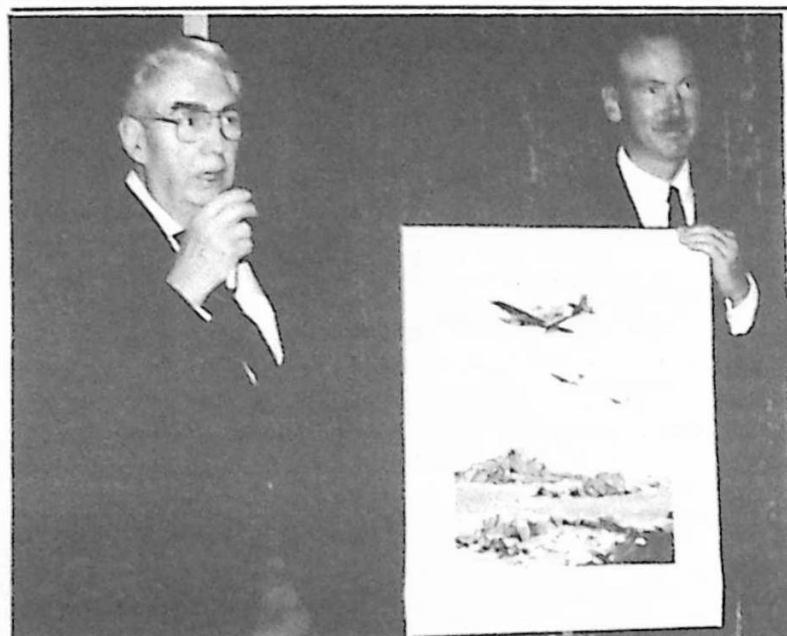
Medley Family and Community Services exists to provide services and programs that serve to strengthen family and community life. Through volunteer efforts and community input, needs are identified and programs established.

We offer Information and Referral: Family Education and Preventative Programs, such as School Supervision, Youth/Teen Centre, Parenting Courses, Suicide Prevention Seminars and Connecting Friends; Counselling (individual and family); Community Services and Events such as RV Compound, Rec Clubs, Arts and Craft Sales, and Medley Days; Childcare Services such as Day Care, Satellite Day Homes, Babysitting, Pre-School, Toy Library and Play With Me; Lifeskills Programme, Volunteer Opportunities and much, much more!!

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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Major Clarkston, Chairman of the Museum Committee, accepts a painting presented by the West Coast Chapter of the Canadian Fighter Pilots Association. Mr. John Mallandaine presenting.



Norduyn Norseman aircraft seen here on floats and in civilian livery, was a workhorse of the Air Force during WWII. It served at several locations on the West Coast, has been modelled in 1/5 scale for Airshow 96, and will be flying in the Air Force Museum sponsored contest on 20 July. (See feature opposite.)

Fighter pilots present

The Western Wing of the Canadian Fighter pilots Association held a reunion at 19 Wing over the weekend of 1 June. Registration started on Thursday, 30 May and a large number of attendees was noted with personnel arriving from as far away as Winnipeg. A buffet dinner was held on the Saturday and events concluded with an informal farewell to new and old friends at a Sunday breakfast.

The buffet dinner was hosted by the local chapter with the ceremonies being organized by John Mallandaine, Bill Vincent, Duke Warren, Stocky Edwards, Grant Nichols, Bob Harmer and Irish Ireland. The master of ceremonies was Duke Warren with John Mallandaine making a series of presentations during and after the dinner. A print of the painting, "Beacons of Liberty" was presented to the Air Force Museum and another was presented to the Commanding Officer of 442 Sqn, LCol Hardy.



LCol Hardy, Commanding Officer of 442 Squadron, accepts a print of the painting "Beacons of Liberty," from representatives of the Canadian Fighter Pilots Association.



North American AT-6 "Harvard" aircraft shown here over the prairies, circa 1941. As well as being trainers, these aircraft were used as squadron "hacks" when stationed at Pat Bay during WWII. The Harvard has been modelled in 1/5 scale and will fly in the scale aircraft competition sponsored by the Air Force Museum.

B-17 & HE111 on static display

by the United Services Institute

The Flying Fortress and Heinkel 111 will be on static display at Nanaimo Airport from 12 - 15 July. Admission to Air Display will be at the Nanaimo Flying Club gate. The souvenir badge/pass costing \$5.00 provides admission for the full three days and includes supervised parking, for as many visits as the badge holder cares to make. Badges are on sale now at \$5.00 each.

We have a special offer to Legion Branches, Service Clubs, professional associations, or any other organizations, and we need USI members who will honcho the sale of badges at two free with ten to their fraternal friends.

Remember, ALL proceeds will go to support Navy, Army and Air Cadets of Nanaimo and Ladysmith. Cadet units in other communities may take advantage of the two free with ten to raise funds for their own use by setting up operations in local shopping centres, as we are doing.



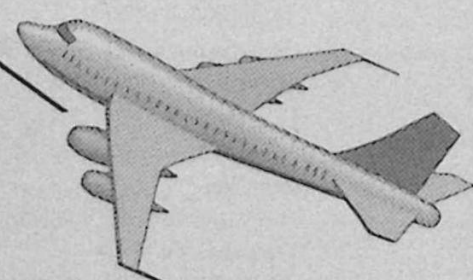
Print of R.W. Bradford painting depicts an aerial victory by Wing Commander Johnny Johnson of 1 Canadian Wing. His Spitfire MK IX has been modelled in 1/5 scale and will fly again in Airshow 96. The 25 lb. scale model will be flown by Frank McCrindle of Merville. (See feature page opposite.)

Comox Airshow 96

PLANE PULL

Why just watch the Comox Air Show? Why not be part of it? Ever pull a plane? In an effort to have fun and raise funds for the Canadian Cancer Society, teams will compete against each other to PULL - A - PLANE 100 feet across the tarmac during Airshow 96.

Teams of seven will compete and help raise money to finance research and give services to cancer patients through the Canadian Cancer Society. Phone your friends and pull a team together. Deadline for team selection is June 28. Phone the Courtenay branch of the Cancer Society at 338-5454 for more details.



Boulton Paul Defiant & Airshow 96

After eight months of work, the museum's entry for Airshow 96 is finally ready. This airshow, the museum is sponsoring a scale military radio controlled aircraft competition and the theme is "Canadian Military Aviation," with emphasis on pilots and aircraft that were either flown by West Coast aviators or flew within British Columbia at some time. The museum's entry is the Boulton Paul Defiant which was the first fighter aircraft flown operationally by 409 Sqn. Most of the aircraft that flew the Defiant do not speak affectionately of it as a fighter aircraft, although they do say that it had very forgiving flight characteristics. In fact, the majority say that it was inferior to most of its adversaries and was an aircraft/gun concept that belonged in a previous era. Nevertheless, the Defiant is a significant part of our aviation heritage and thus deserves to be mentioned, even featured, in this year's airshow.

As part of Airshow 96, the scale aircraft competition will be held on Saturday, 20 July at CFB Comox. The flying of the radio controlled aircraft will take place on the unused taxiway in front of the control tower and flying will commence at 1100 hrs with the competition ending around 1700 hrs. The public will be invited to view the activities and there will be no admission charged on Saturday. Entrance is gained via gate "Delta" which is located in the Tee Pee Park campground, just behind the concession stand. The gate will be open to the public at 1000 hrs.

Interest in the competition has been good so far with an expected 20 aircraft participating. The majority of these entrants are 1/5 scale which means they are quite big on average and weigh in the neighbourhood of 20 - 25 pounds each. Powered by large two-cycle engines, these aircraft look and sound just like the real thing.

Spectator appeal is usually very good.

The museum is offering prize money for the top four aircraft so the quality of the entrants is expected to be very good. Of note is a Nieuport 11 biplane, circa 1917, that has been entered by a person from Gibsons. Another entrant that has the other competitors worried is a P-51D fighter in 1/6 scale. Entered from Victoria, it is said to have exceptional scale detailing.

If you are looking for some fascinating entertainment on Saturday, 20 July then by all means take in this first ever event sponsored by the museum. If you wish further information, simply contact any member of the museum committee or contact the museum at 339-8162.



"Aerial Battle Cruiser"

(Taken from the scrapbook of George Futer of Black Creek.)
Dateline: May 1940

The Royal Air Force, which has already demonstrated its superiority to the Nazi "Luftwaffe" in aerial combat, is now flying a new and immensely superior "Battle cruiser of the air," the greatest development in military aviation since the outbreak of war, it is revealed today.

This terrifically powerful fighting plane is the new turreted multi-gun Boulton Paul "Defiant."

Messerschmidts Beaten

While the Nazis have been boasting of their improved Messerschmidt 110 as the most deadly fighter in the air, its measure has already been taken by Britain's old Hawker Hurricanes and Supermarine Spitfires.

Air Force sources state that the Defiant is the result of proof in North Sea air fighting that the "free" moveable gun is much superior to the fixed machine gun batteries used in the conventional fighters.

The Defiant is a two-man fighter with a multi-gunned, power operated turret in the rear cockpit, with fixed guns forward under the pilot's control.

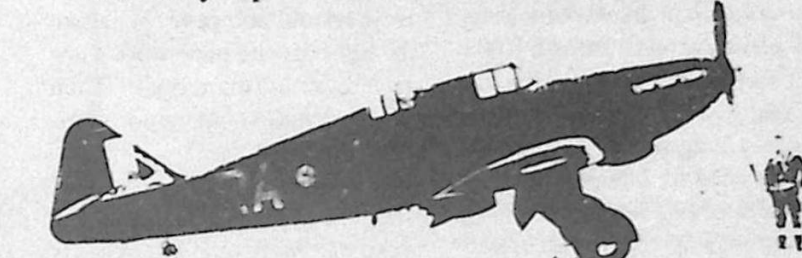
Fast Monoplane

The plane, extremely manoeuvrable and fast, is a very shapely, low wing cantilever monoplane of all metal construction, powered with a new type Rolls Royce Merlin engine driving a three bladed, variable pitch airscrew.

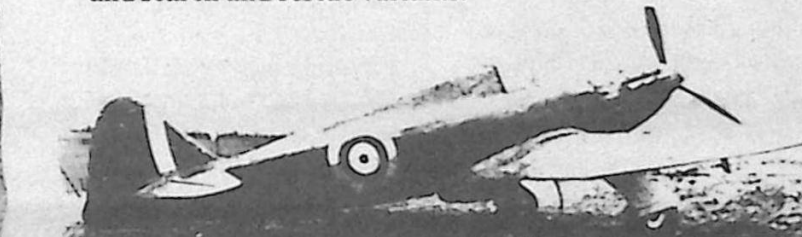
Great Britain has pioneered the power operated gun turret for military planes. The turret permits accurate firing of a battery of guns without regard to the direction the plane is flying, while fixed gun fighters can fire only straight ahead.



Corky Hansen, curator of the Comox Air Force Museum, and a workman who hangs around the museum from time to time, display the two 1/6 scale models of the Boulton Paul Defiant. The one held by Mr. Hansen is modelled after the Defiant night fighter flown by 409 Squadron during WWII. It will form part of the 409 display in the museum. The one held by the itinerant worker is modelled after the single seat version of the Defiant and will fly as part of the Museum's Airshow 96 competition.



Boulton Paul Defiant Mk I in the colours of 410 Squadron, as seen in England during WWII. Note the four-gun turret just aft of the pilot's cockpit, an arrangement that made this aircraft unique among fighters. Harold Marfell of Union Bay, flew in the Boulton Paul Defiant as an air gunner in the night fighter and search and rescue variants.



The single seat Boulton Paul Defiant. This version was proposed as a "Panic Fighter" in 1940, just after the fall of France. There was an anticipated shortage of Hurricane and Spitfire fighters and a proposal was made by Boulton Paul to remove the four-gun turret, upgrade the engine, and equip the fighter with eight wing guns. The original prototype, K8310, was modified and test flown but this version never went into production. The museum staff have modelled this aircraft for flying in the Airshow 96 competition.

Comox Air Force Museum

and the Radio Control Aeronautical Association

will be presenting a Standoff Scale Radio Controlled Military Aircraft competition during the Airshow 96 weekend. On Saturday, 20 July come on out and see large scale flying models of a

Open to the public.
No spectator entry fee.
Enter by the Tee Pee Park Campground at CFB Comox.

Spitfire Mk IX
Harvard
Fleet Biplane
Nieuport II
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P-51D Mustang
Boulton Paul Defiant
Hurricane Mk XII
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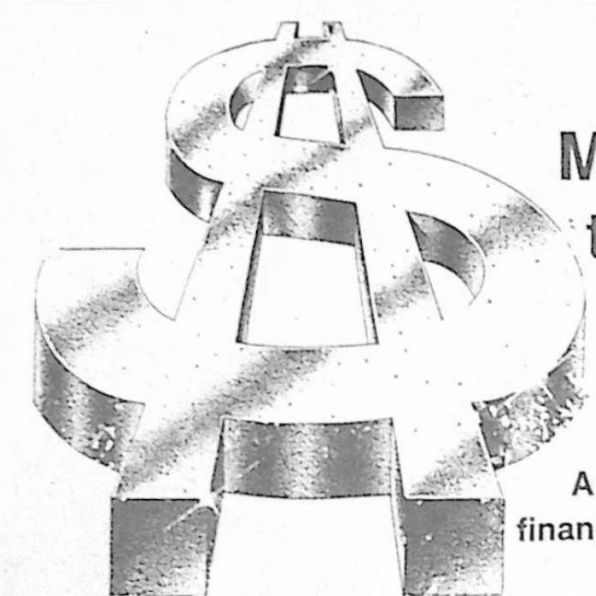
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Money talks

A guide to financial planning

by Kim Vogel
Financial Advisor

Comox Valley Rice Financial
All too often, the art of financial planning is supposed to be of relevance only to the wealthy and their high-priced advisors. But no one needs a financial plan more than the young family with mortgage and other debts, children to educate, dreams of expensive pleasures and, though it's a long way off, the need to save for old age.

The young family is particularly in need of financial advice. Young marrieds tend to be creatures of expensive impulse, mimicking the financial habits of their parents, which may not be good, and susceptible to the suggestions of their peer group (living in "in" places). They are also likely to feel "Tomorrow is a long way off" syndrome.

Although there is no sure-fire defence against worldwide inflation, the young family must take steps to protect itself and this can best be done by getting a clear perspective on yourself. To do this you should prepare a financial planning work sheet - that is, make an exact analysis of where you stand financially. At this point, you are ready to decide on your priorities and objectives.

A major goal is housing. What are the economics of buying versus renting? Should one buy now or later? Is it better to buy a new or an old house, or build one? How should one pay? What are the ins, outs and paperwork associated with financing? Then again, what about condominiums?

Career is another goal. Is it better to stay put or make a change? What are the benefits and short-comings of becoming your own boss (sometimes known as someone else's sweat)? Advice can be obtained on shopping and wise car buying; how to borrow wisely and, more importantly, how to figure out loan costs.

Preparing income tax is a burden and a bore but I urge young people to do so personally. It educates one in the pleasure of making deductions, but most of all it gives a better perspective on

the ebb and flow of one's money.

For the young couple who believe life is simple, it's clearly never true where personal finances are concerned.

Basic planning techniques

Fear can be a positive influence if it forces us to assess our current situation, find faults and then take action to correct them.

A common fear is facing retirement without adequate income. Can you imagine earning \$50,000 per year and then have it drop to \$12,000? The \$12,000 would come from maximum Canada Pension Plan (CPP) and Old Age Security (OAS) benefits. We all know those who have 15 or 20 years to go before retirement will probably receive significantly less value from government programs. Although the government won't eliminate these benefits, they will probably let inflation erode CPP's and OAS's purchasing power. As well, income tests could be applied to eliminate benefits for those with above average income.

There are only two ways to generate income: people at work and money at work. When one retires, employment income stops but the need for income doesn't. That's when an adequate pool of investments need to change gears from generating growth to generating income. The interest, capital gains or dividend income from the investments is the money at work.

In planning properly, you must determine your target amount of retirement income. If you feel \$50,000 per year would be adequate, you must then calculate:

1. what your current savings will grow to;
2. what employment pensions and government benefits may provide (if you can count on them);
3. how much you should invest out of your current cash flow to achieve your target retirement income.

If you have a computer program to calculate the future value of your current savings and ongoing deposits, great, but for a quick calculation, the following formulas will help. If you feel your portfolio of savings and investments can achieve a growth rate of 10%, "The Rule of 72" says your investments will double in 7.2 years. If you plan to retire in 25 years, this block of investments will double over three times in the next 22 years. Therefore, if you currently have \$25,000, it will grow to \$270,000 in 25 years. What income can you expect from \$270,000? Well, at 10% this will give you \$27,000 per year without eroding your capital.

I call the next formula the "Baby Boomers' Rule of 10." If you have just started investing and, for example, have 25 years to work before retiring and feel you

can achieve 10% return on your investments, you would need to save 10% of your current annual income to maintain that income in retirement. If you have only 20 years left to work, you need to save 16% of current income.

Using both formulas as illustrated in this chart, an individual with \$25,000 of investments (using the Rule of 72) would have just over \$27,000 of annual retirement income in 25 years. For someone who wants a total income of \$50,000, the extra \$23,000 would come from new investments using the Baby Boomers' Rule of Ten. One

would only need to contribute 10% of \$24,000 or \$2,300 per year.

Even though some politicians say inflation is beaten, we still need to increase retirement savings contributions as employment income goes up and to allow for even moderate inflation. Government benefits, to whatever extent they continue to exist, could be considered as an extra measure of inflation proofing.

Analyze what steps you need to take with your financial planning and take action; not just out of fear but for peace of mind.

FREE

Financial counselling every Wednesday evening from 6:30 to 9:30 p.m. in the corner office next to the Barber Shop in the Canex Bldg.

Drop ins accepted but appointments recommended.

To book an appointment call:
Capt John Lalonde 339-8211 ext. 8464
MWO Tom Harper 339-8211 ext. 8577

This service is open to all military/DND civilian personnel and their dependents.



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- will ensure that professional responsibility to the client takes precedence over the counsellor's personal aims or values
- will respect the rights and interests of third parties
- will ensure all financial assessments are fair and unbiased
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July 8 - 19 • July 22 - Aug 2 • Aug 5 - 16 • Aug 19 - 30

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Registrations will be held on:

Saturday, June 8th at the Canex Lobby

FROM 9:00 TO 12:00

For more information call Claudia at 339-5051 or Linda at 339-8211 loc. 8571

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ages 6-12
Sponsored by
Wallace Gardens Community Association
and the Comox Military Family Resource Centre

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\$30/session**

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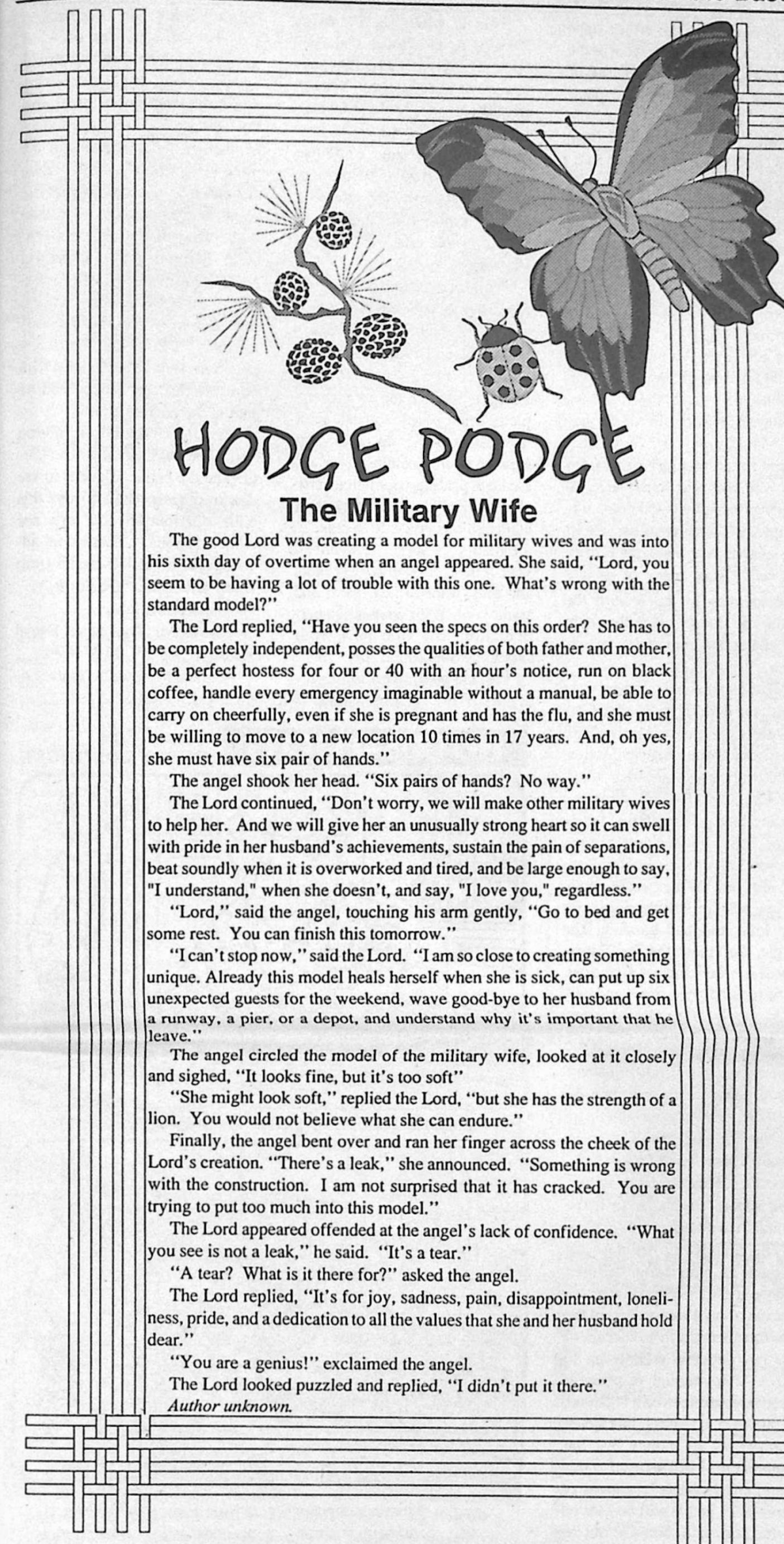
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Registrations will be held on:

Saturday, June 8th at the Canex Lobby

For more information call Claudia at 339-5051 or Linda at 339-8211 loc. 8571



HODGE PODGE

The Military Wife

The good Lord was creating a model for military wives and was into his sixth day of overtime when an angel appeared. She said, "Lord, you seem to be having a lot of trouble with this one. What's wrong with the standard model?"

The Lord replied, "Have you seen the specs on this order? She has to be completely independent, possess the qualities of both father and mother, be a perfect hostess for four or 40 with an hour's notice, run on black coffee, handle every emergency imaginable without a manual, be able to carry on cheerfully, even if she is pregnant and has the flu, and she must be willing to move to a new location 10 times in 17 years. And, oh yes, she must have six pair of hands."

The angel shook her head. "Six pairs of hands? No way."

The Lord continued, "Don't worry, we will make other military wives to help her. And we will give her an unusually strong heart so it can swell with pride in her husband's achievements, sustain the pain of separations, beat soundly when it is overworked and tired, and be large enough to say, 'I understand,' when she doesn't, and say, 'I love you,' regardless."

"Lord," said the angel, touching his arm gently, "Go to bed and get some rest. You can finish this tomorrow."

"I can't stop now," said the Lord. "I am so close to creating something unique. Already this model heals herself when she is sick, can put up six unexpected guests for the weekend, wave good-bye to her husband from a runway, a pier, or a depot, and understand why it's important that he leave."

The angel circled the model of the military wife, looked at it closely and sighed, "It looks fine, but it's too soft"

"She might look soft," replied the Lord, "but she has the strength of a lion. You would not believe what she can endure."

Finally, the angel bent over and ran her finger across the cheek of the Lord's creation. "There's a leak," she announced. "Something is wrong with the construction. I am not surprised that it has cracked. You are trying to put too much into this model."

The Lord appeared offended at the angel's lack of confidence. "What you see is not a leak," he said. "It's a tear."

"A tear? What is it there for?" asked the angel.

The Lord replied, "It's for joy, sadness, pain, disappointment, loneliness, pride, and a dedication to all the values that she and her husband hold dear."

"You are a genius!" exclaimed the angel.

The Lord looked puzzled and replied, "I didn't put it there."

Author unknown.

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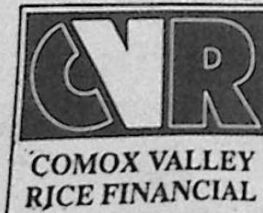
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Hello fellow Zooites! Two of us were sitting around sipping "Buca," remembering the good old days when we decided it would be a good idea if we had a way for all Zooites, ancient past, recent past, present, and those members to come, to tell tales of their exploits, find out what has happened to others of their era, and keep up on the activities of the Zoo and Alert. Then it hit us, a Zooite newsletter!!

What would be needed from you, the Zooites, is lots of input. As well as \$4.00 to cover postage and paper for at least biannual editions. Input such as: What is happening in Alert with all the changes? Do you have information for other Zooites? Do you have news of Zooites here in the south? Do you have news to share with us about what is going on with you personally? What are present Zooites hearing about the future of the Zoo? Who is posted where, and how can they be reached? What about the brewing "Lifetime Member/Associate Zooite" controversy? Are you looking to locate a fellow member? There are many Zooites that pass through during a member's tour. Where are they now? Such friends only come once in a lifetime, don't lose track of them!

We realize that the folks from Leitrim and Trenton are pretty well situated for contact with their fellow members but there are many more of us who are out on the fringe who would like to have a "blue light" forum to talk to Zooites without running up phone bills all the time!

So write! Tell me who, what, when, where, why, how, and anything else you would like. I'll publish any info you may wish to pass on to your fellow Zooites. (It may be subject to editing for length, info duplication, blurred letters due to "Buca abuse," etc.) As well, there will be a listing of all addresses and phone numbers provided so that you may find those you seek.

For your info, Andy Euteneier and myself are both now in Comox. We work for Wing Telecom at IFRCC, and the RTT Lab of 19 Air Maintenance Sqn respectively. We golf and carouse together and we brew some darn good wine. The difference being that Andy is able to make his at home! (Where are you when we need you Francis?) I discovered just today that two more Zooites arrived to the south of us in Esquimalt this past summer. It was good to hear another familiar voice!

That's the kind of stuff we are looking for, only elaborated on much more. I hope to have the Zoo itself contributing articles regularly so we can all keep up on the daily activities of the Zoo in particular and Alert in general. A newsletter gives us a forum to discuss the Zoo activities as they were known since the beginning of time and what goes on today. Having discussed this idea with the then-serving Mr. Zookeeper, Cam Loucks, the newsletter was thought to be a good thing for as

many members as possible to take part in. Cam's replacement in the big chair was Dale Murray, one of the Zoo's original founding members.

So, I'm looking to hear from ALL Zooites. Past, present, military and civilian. There are over 1,000 of us out there somewhere. From the Zoo we want to know: Who is replacing who? What position? Who won the Sunset and Sunrise Carnivals? The Bostop Olympics? Who was on the Northern Tour? What Zoo activities are going on at present? What's planned? What are conditions like now? Do you have pictures or a floor plan of the present-day Zoo layout? What happened to the accoutrements from the wall that was removed? Inquiring minds want to know. It is of interest to many of us here in the south to hear about the Frozen Chosen. Also, many of us just like to keep in touch with the place and the people with whom we shared such a unique experience.

The Zoo, the cold, Sunset Carnival, the dark days, Sunrise Carnival, the sunlit nights, the Northern Tour, wolves, foxes, killer rabbits, plane-day mail, ACTV, CHAR-FM, Cinzano Beach, Friday afternoons, Saturdays fun, the accoutrements, Chrystal Mountain, the Red Devils, lifelines, the phonecalls south, turkey roll for Thanksgiving, really loud and bad karaoke, Hat Night, the Troast, the Zoo Dance. These are the things of memories, of friends, of good times and bad, of fellow Zooites and Alertites. Those who have been in the U.N. know what it is like to leave such a close group of friends at the end of your tour. But having enjoyed two U.N. tours myself, it's Alert and the Zoo that I can't seem to shake. Thor is in the same boat. It seems, for reasons unclear, that some places are harder to leave behind than others!

The number of articles and amount of information printed will be a direct reflection of the amount of mail received from the Zoo membership. The success of this newsletter is entirely up to YOU. If not enough response is received to make even a biannual, let alone a quarterly newsletter worthwhile, all money that has been received will be used to buy something suitable for a game of Three-Man and it will be sent on to the Zoo. I'll then put out an article saying the newsletter is cancelled. Don't disappoint us!

This is what it's all about. Keeping us all in touch with each other regardless of when we were there. We were Zooites! We still are. We always will be, and we want to know what is up in your corner of the world. Write me, tell me, and I'll tell everyone else for you. Names, card numbers, phone numbers and addresses, anecdotes and articles. I want it all, from #1 to #1000+.

Well fellow Zooites, that's all for now. Please pass this article on to as many members as possible in your area, and then sit down and write! You've got some food for thought, some thing to contemplate, some people to find, some memories to dig up, and some areas to open up dialogue on. So I'll be expecting your letters, articles, stories, ideas, and any other contributions you care to make in the mail very soon. Remember, your fellow Zooites are out there and they want to hear from and about you! With your active participation, the first newsletter should be out around July '96.

I'd also be grateful to receive copies of any personal videos of

fellow Zooites, the Zoo, parties, scenery and activities of Alert from the March 93 to September 94 era, as well as any interesting photos from the same time frame. I'd like to see pictures and videos from more recent times and the more distant past as well. These are for my personal use unless some can be put in the newsletter without much trouble, or a censor! (If I ever get a scanner!) I know a lot of videos were taken during my time. Is there anyone out there willing to make a copy for me? I'll copy and return any negatives sent. They, along with your articles and letters, can be sent to the address below.

Remember, this all depends on you. The more Zooites who participate the better. I'd like to see dozens of responses! So give this wide distribution and let's see what happens. Thanks in advance and a big Viking Hi from Dusty and Thor. "Go For It!"

Yours in the Zoo,
Former Mr. Zookeeper, David Walsh, 6 Sep 93 - 11 Mar 94.
#8 - 1650 Comox Avenue, Comox, B.C. V9M 3N2.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Vase is moved. 2. Curtain is different. 3. Title is changed. 4. Book is smaller. 5. Calendar is missing. 6. Pull-over is added.

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19 Wing Totems Men's Fast Ball Team 1996

Front row (L-R): Francis Lapante, T.J. Harrison, Bob McCulley, Mike Lonigro, Dale Warren and Rick Smith. Back row (L-R): Steve Thomas, Dave Boudreau, Curtis Waldner, Kirk Waugh, Dennis Bellamy, Troy MacDonald. Absent: Michel Brisebois, Mike Krak, Rick Patterson.

7 and 1 Totems host Tourney

by K.J. Saunders

The Totems faced Overwaitea last week for the second time this season. Not unlike the previous game, the Totems came on strong in the first inning scoring two runs. At the end of the second inning the Totems had a lead of 3 to 0. Overwaitea managed to hold them for the remainder of the game and were able to score two runs of their own. Thanks to a strong return performance by pitcher Bob McCulley, the Totems were able to hold onto the lead and eked out the win. McCulley struck out 15 batters on the way to improving the Totems record to 7 and 1 and his personal

record to 3 and 0 with one save.

The Totems are hosting a league tournament this weekend at the base. The tournament set up will be a nine team, double knock out, with the first pitch taking place at 1900 Friday, 21 June. Games continue all day Saturday, with a home run derby and the semi and final games taking place Sunday.

On the grill will be smokes and hamburgers, and in the coolers will be cold refreshments. The tournament promises to be great opportunity to bring out the family and see some entertaining fast ball.



On loan from Greenwood for the summer, Troy MacDonald has established himself as an offensive threat and a defensive force in the league this season.

The Pool is now Open

Schedule 18 May - 30 June

Mon - Fri 1130 - 1245 Mil Swim 1300 - 1500 Open Swim
1830 - 2000 Open Swim 1500 - 1600 Adult Swim
Sunday Only 1800 - 1900 Family Swim 1900 - 2000 Adult Swim

Divers Scuba Club

by Cpl Lafleur

96/97 membership rates are:
\$30.00 regular (incl. Rec fee)
\$45.00 ordinary (incl. Rec fee)
\$55.00 associate.

The Pacific Divers Scuba Club is well into the new fiscal year and the good weather is upon us once again. We are looking forward to this year and the anticipated trips planned for the future. Some places we are planning to visit include a venture to Bamfield and the Barclay Sound area, a return trip to Gabriola Island, the annual Port Hardy excursion which is always popular, and a possible trip to Monterey Bay in the Fall. This past weekend, we spent some time diving down the road in Victoria. It proved to be a fun filled weekend for all with some new dive sites found and new contacts made. Ogden Point Breakwater was first on the list. A dive site frequented by many

divers, this was a great way to start the trip. Bruce was not happy with the walk out (he has a problem with low tides and rocky beaches) but was thrilled with the number of BIG fish he saw.

The afternoon was spent at Spring Bay. A nice dive with typical sealife around. Bobbi still won't believe that Ron and Mike saw an octopus and Bruce can't convince anyone he came across a giant squid (I think it was plankton on his mask). This was followed up

with supper and refreshments at the Six Mile Pub. Sunday took us out to Ten Mile Point and the highlight of the weekend. A wall dive with a wide variety of life and colour, it was voted by all as the best dive of the weekend. We then retired to the park for lunch and stories and to prepare for the drive home. An excellent time was had by all and we are looking forward to the next time the club can visit the area.

SILVER TOTEMS AND TOTEMS HOCKEY CLINIC

The 19 Wing Silver Totems Old-timers and the Totems hockey clubs will be holding the Second Annual Hockey Clinic from 11-24 August. There will be two sessions: 11-17 August and 18-24 August. The clinic is open for players aged 8 years and older. Participants will be divided into five age groups: 8-9, 10-11, 12-13, and 14-15. As well, we offer a program for those 16 years and over.

A typical day for those under 16 will consist of:

- 45 minutes power skating
 - 2 hours on-ice hockey instruction
 - 2 hours dry land conditioning
 - 2 hours video instruction and classroom.
- As well, there will be a pre-clinic open skate on 11 Aug and another on 18 Aug. Each age group will also have an organized game of 1 hr. 30 min. on the final day. This equates to 17 hours ice time per week! A typical day for the A group (age 8-9) will go from 0630-1630, group B (age 10-11) 0730-1745, and so on.

The adult session will consist of 1 hr. and 30 min. ice time daily as well as the pre-clinic skate and final game, for a total of 9 hrs. ice time.

Proper skating techniques as well as basic hockey skills will be stressed and reviewed. The players will also receive instruction on individual and team tactics. In the conditioning sessions they will learn proper exercises and the importance of stretching and warm-up. They will also receive instruction on nutrition and risk management for hockey. Part of the dry land conditioning will be conducted in the swimming pool as well as some friendly soccer and football. The classroom sessions consist of films on the proper execution of drills as well as discussion of techniques used to improve both individual and team play.

The cost for this program is \$150.00 up to age 15, the adult session will cost \$75.00. This price includes all the above hockey as well as a sweater and our guarantee of a week of great hockey fun!

The instructors are all volunteers from the base hockey teams who welcome this occasion to return some of the enjoyment they have received from hockey to the community. The clinic also offers the opportunity for local players pre-conditioning prior to the start of the regular season.

There will be a registration at the Driftwood Mall from 10:00 am - 15:00 pm on 22 June, or you may fill out the registration form below and mail it in to us. You may also contact Kurt Patrick 339-6839, Bill Moon 339-1011 or Jim Cahill 339-9986 for any further information.

See you at the mall and remember: HOCKEY IS LIFE!!!

APPLICATION FORM

FOR MORE INFORMATION

NAME: _____
CHILD'S NAME: _____
ADDRESS: _____
CITY: _____
PROV: _____
POSTAL CODE: _____
PHONE: _____
AGE (as of Dec 31/96): _____
DOB: _____
HEALTH CARE NUMBER: _____
YEARS PLAYING EXP: _____
POSITION: _____

BILL MOON 339-1011
KURT PATRICK 339-6839
JIM CAHILL 339-9986
RETURN APPLICATION TO
SILVER TOTEMS HOCKEY CLINIC
PO BOX 134
LAZO, B.C.
V0R 2K0

OFFICE USE ONLY

DATE REC'D: _____
PAID: CASH / CHEQUE _____
RECEIPT #: _____
RECORDED BY: _____
PRINT: _____
SIG: _____
COMMENTS: _____

CANCELLATIONS: No refund will be given without a Drs. Certificate after 1 Jul 96.

WAIVER:
The applicant, parent or guardian agrees that Totem Hockey Clinic, instructors and trainers are not liable for, and will not be held responsible for, any injury or loss regardless of cause and releases the Totem Clinic and its personnel from all claims and damages.

Signature of Parent or Guardian

SESSION DESIRED:

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YES / NO
SESSION II 18 AUG - 24 AUG
YES / NO

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Welcome to the Comox Valley

We offer special banking packages for Base personnel. Please visit our branch or contact one of our Managers or our Mobile Mortgage Specialist for more information.

Christa Dehmel Manager
Personal Banking
1761 Comox Ave.
Comox, B.C.
Tel: 339-4821

Marilyn Homer Manager
Personal Banking
360 - 8th Street
Courtenay, B.C.
Tel: 334-6151

Paul Healey Mobile Mortgage Specialist
Comox Valley
Tel: 337-5859
Pager: 1-604-978-2272



ROYAL BANK

We also offer 24 hour Telephone Banking.
Dial Royal Direct at 1-800-769-2511 for more information.

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.

FOR SALE

21' Bayliner. This boat is fully loaded including all the safety & fishing gear. Must be seen. Excellent price. Must sell. 338-1956.

House to Share

Private rooms, own entrance and parking. Own fridge, w/d hookup. \$425/mo. includes heat, elec, cable. Suitable for N/S single. Avail 1 July. 338-5182.

For Sale

• Various outboard motors from 6 HP up to 55 HP. Electric start with controls. Reasonably priced. Running excellent.

• 16' fibreglass boat. 55 HP electric start motor, trailer, kicker bracket, new bty, hull redone 2 years ago. Electric bilge pump and paper graph depth sounder. Bill 337-4755. <1/2>

Babysitter

Mother will babysit in own home. Close to Airport School. Also speak French. Reference available upon request. Available weekend & week nights. Elaine 339-6483. <1/2>

MISC FOR SALE

1 JVC mini stereo system. CD player, tape deck, AM/FM, remote control. Too many options to list. Excellent sound, excellent system. \$220.00.

2 JVC tower speakers 4 years old. \$65.00 pair.
1 sports mask/bra to fit Mazda MX-3 Precida. Adds superior look and protection. Used 2 months. \$75.00.

1 pair size 9-1/2 rollerblade in-line skates Area blade abt's. ANEC 5 bearings. Air pump system. Used 3 weeks. New \$400, asking \$225. Michelle or Paul 339-1882. <2/2>

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.

For Sale

1980 Buick Century. 3.8 V-6, new rubber, sound body, \$775.00. 76 Leash Road, Courtenay. 338-4321, 339-5530. <1/2>

For Sale

1995 Geo Tracker only 7000 km. in excellent shape. \$11,000 firm. 334-1698, 338-8447. <1/2>

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

Exceptional Comox house, West Coast type, by Davis Wood, 2070 sq.ft., 3 decks, 3 bedrooms, 2 baths, broadloom, fireplace, storage/workshop, garden shed, carport, RV parking. Quiet, secure neighbourhood. \$156,000 - by owner. 339-2258 (after 4:00 pm). <1/2>

FOR SALE

1993 36' Kingsley 5th wheeler. Complete with 2 slideouts, dishwasher & much, much more. Comes with a 2 ton GMC Top Kick custom made truck. Both in mint condition. \$82,900 will take all. For serious inquiries please contact Jim at 339-8211, loc 8483.

MODULAR RENTALS

Comox-1June. 3 bedroom, 2 bath modular with deck and mud room. Fenced, low maintenance. Comox-1July. 3 bedroom, 1 bath modular with formal dining and front living room, storage shed, fenced. Both homes located in quiet subdivision, not home park. Special lease rate for right tenant. Owner 204-895-4730, manager 339-7189. <2/2>

FOR RENT

2 bedroom one level Condo in Comox. 5 appliances, patio, shed, own parking & entrance. Available July. \$700/mo. Call Manon 339-5049 or local 8108. <2/2>

IMMEDIATE POSSESSION

Home for Sale by Owner

2 bedrooms, LR, DR & very large kitchen. Blinds on all windows. 5 appliances. Gas heat. Split entrance, full walk out basement. Basement partly finished with bathroom toilet & sink. Situated on large Comox lot in cul-d-sac bordering Brooklyn Creek. Close to schools, mall & golf course. Priced to sell at \$137,000. Phone 339-0058. If no answer leave message: <1/2>

For Sale

11-piece man's RH golf clubs w/bag and cart, ex. cond. \$150.00.

Man's 18-speed mountain bike. Ex. cond. Comes with extras \$150.00. Deb/George 339-2136 <1/2>

For Sale

2-bedroom bungalow with basement. Fireplace. 1070 sq.ft. Double lot 125 x 100. Blinds & curtains. Appliances negotiable. 235 Willemar Ave, Courtenay. Close to schools. Open to offers. 897-7027. <1/2>

**CUSTOM PRINT
ENHANCEMENT
NEEDLEPOINT
PHOTO FOCUS
338-1956**

For Sale

Black & Decker electric lawn mower & cord \$60.00. Weed eater \$25.00. Water filter system for water pipes and two filters \$35.00. 339-0602. <1/2>

Public & Personal Announcements

Be Part of the July 1st Parade

Applications are being taken for entrants in Courtenay's July 1st parade. If your organization or business is interested in having a float, marching unit, special car or you just want to dress up and be part of the parade please register by leaving a message at Courtenay city hall or call Skip Blain at 334-22.8 or his wk # 334-3443.

The parade starts at 10:30 Monday July 1st. The theme is "sharing our heritage".

Send a message to Haiti

Those with spouses serving in Haiti can send them messages on the internet. The Air Command home page has just opened up a sub-page which enables military spouses to send E-mail directly to their husband or wife. The internet may be accessed at the Military Family Resource Centre from 0830 to 1600 hrs. The Air Command home page can be found at:

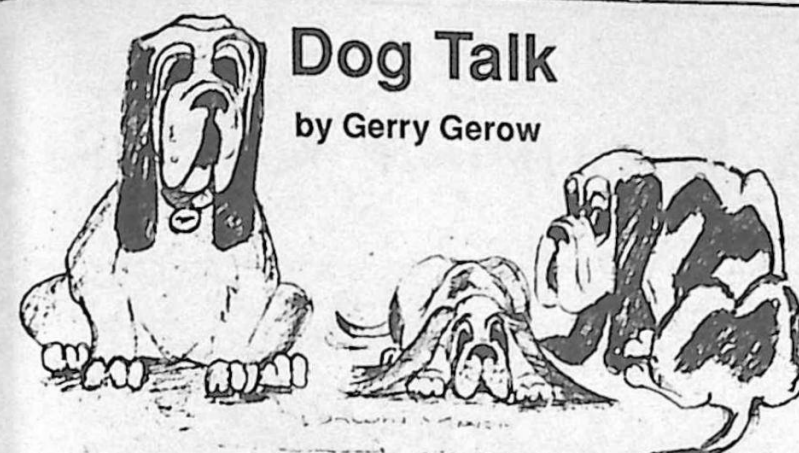
Http://www.achq.dnd.ca/ and the Haiti subsection is entitled "Peacekeepers home page."

ATTENTION RETIRED MILITARY MEMBERS

Manulife is now the underwriter for a dental plan for retired military, civil servant and RCMP members who are receiving a pension. Anyone interested in more information on this plan should call their toll free number 1-888-484-4448

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.



Dog Talk

by Gerry Gerow

Travelling with dogs

I've missed a column or two due to holidays. We drove across the four western provinces accompanied by our two German Shorthairs. The dogs proved that there was no reason to leave them home when travelling, and helped make the trip more fun. We covered the back seat with a blanket and they slept there most of the time when on the road. A bottle of water was always kept in the trunk so a drink could be provided at rest stops and each time we stopped to relieve ourselves, they got a walk and a drink.

Motels didn't seem to mind us having dogs with us. Only one said "No" and, in Moose Jaw, the lady allowed us to stay after a lengthy dissertation about the state the rooms were left in during a recent local dog show. This really struck in my craw because one would expect dog show people to be professionals and to set the example but I guess one encounters slob in every walk of life.

One thing we did religiously was to always carry a couple of baggies with us when exercising the dogs in order to pick up after them. For those that don't know, you can pick up doggy droppings cleanly and easily using a baggy fitted over your hand and then turned inside out with the droppings inside. It can then be deposited in the handiest garbage can.

So many people don't do this and, as a result, many of our parks and beaches are being ruled off limits to pets. It is easy to do and I find I feel a little good each time I pick up after my dog. Try it, you'll like it.

On your next motor holiday, try taking your doggy along. He/she will like it and so will you.

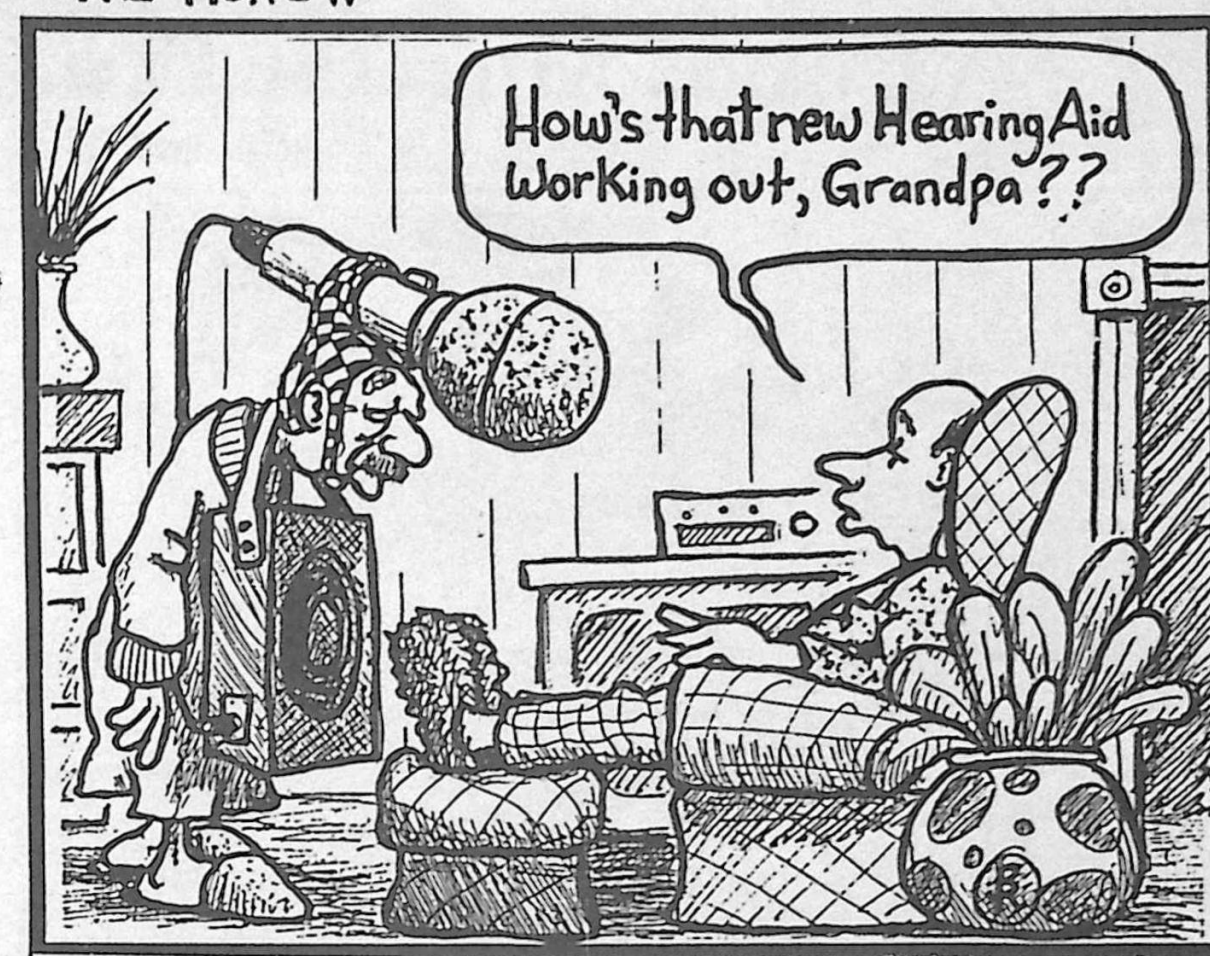
This week an interesting book - *The Adoption Option* by Eliza Rubenstein and Shari Kalina, Howell Book House, Macmillan Publishing, New York. US \$10.95.

If you are thinking of going to the local SPCA for a dog, then this is a book you should read. It will definitely help your adoption of a pet to turn out right instead of becoming a disaster.

Rubenstein and Kalina have written a book which is the first of its kind to begin where the adoption process itself actually starts. Specific chapters help readers decide how to assess what kind of dog will suit them best. Invaluable information regarding what to expect from a dog with a new life "on the outside" and stories of successful adoptions punctuate the text and make it clear that, with a little wise advice, a shelter dog will become your best friend.

This is a 180 page paperback, well illustrated and quite attractively priced. Ask the store to order it for you.

FREAKSHOW



24-Hour Relay



by JoAnne McLeod

There is less than a month to go before all the walkers and joggers start on their 24 Hour Relay commitment to raise money for the Pulmonary Function Lab at St. Joe's. They hope to raise enough money to purchase the "Ergometer," which will be used to test patients with breathing difficulties. It can be used by anyone over six years of age as a diagnostic tool or to help evaluate the effectiveness of their treatment. Asthma is no longer considered an elderly person's disease, as more and more children are being diagnosed with it. Please be generous when a member of a relay team approaches you for a donation to this worthy cause. Income tax receipts are available for donations of \$10.00 or more.

This is a community effort and everyone is invited to the Fairgrounds on July 6 and 7 from 10:00 am to 10:00 pm. Feel free to cheer on the athletes and to enjoy the variety of entertainment. Seven different bands are scheduled from 1:00 - 11:00 pm on Saturday. Come and enjoy the live theatre, mime, face painting and multiple food concessions. Highlight of the food available is

the Evergreen Seniors' breakfast Saturday and Sunday mornings. A feast of pancakes, eggs and sausages for \$3.00 is available to spectators as well as competitors. I hope these hard working cooks realize how much the participants look forward to their culinary contributions.

Once again the Forbidden and the 60 Minute Toastmasters clubs have offered to MC the entire event. Competitors enjoy their cheery comments and banter as we leave and arrive. Thanks

TODAY'S CROSSWORD PUZZLE

ACROSS

1 Happen again
6 Liniment
10 Chitchats
14 Climb a soapbox
15 On the Caspian
16 Butter substitute
17 Summoned
(to court)
18 — Kong
19 Fly high
20 Large green
parrot
21 Obvious
24 Large house
25 Songs in an
opera
27 Lily-livered
29 Pause
31 Rabbit's cousin
32 Tiana
34 Jog
37 Pass into law
39 Brownish fur
40 Pool member
42 57 DeSoto
leaves
43 Industrialist
Nobel
46 Elevator pioneer
47 Potters'
materials
48 Very bright
50 Flower
52 Different
53 School-cafeteria
eater, perhaps

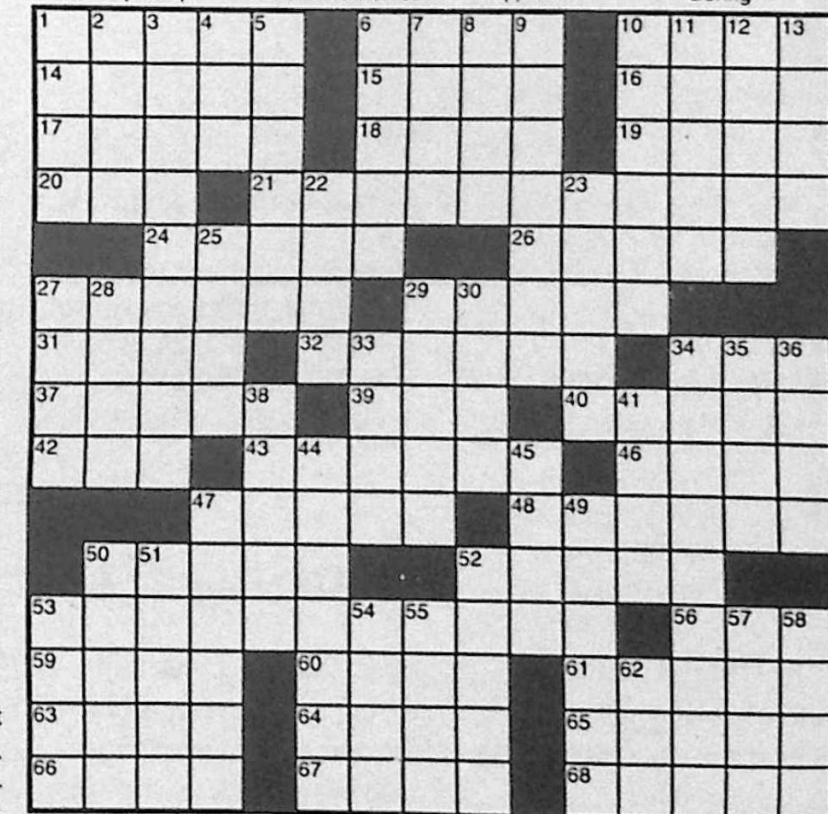
DOWN

1 Shake
2 Buffalo's lake
3 Sailing vessel
4 Colorado Indian
5 Remodeled
6 Bread maker
7 A — apple
8 Singer Home
9 Influential
person
10 Loose talk
11 Hawaiian
greeting
12 Admirers
13 Variety
14 Softly glowing
15 See socially
famous
playwright
49 Narrow strips
50 Shout of
approval

PREVIOUS PUZZLE SOLVED

TYKE ASSET AFRO
REEL SONAR PROS
ATEE COATI PEAL
PINGPONG BOLERO
ALT RUBE
URANUS ANISEED
SUETUS ODIE ALA
UPS IDOLS SOL
REO COGS GREPE
PEPPIER CAUSES
ARCS ARM
OMIT ESCAPADE
OMIT EARTH LIED
DAME AGGIE EDEN
SHAD MOORS SARIA

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STUMPED?

Call for Answers • Touch-tone or Rotary Phones
1-900-454-3535 ext. code 500 • 95¢ per minute

Toastmasters from the entire committee. It is a great relief to leave this 24 hour job in such capable hands!

Saturday will also be everyone's last chance to purchase a 24 Hour Relay raffle ticket. Local businesses have generously do-

nated a variety of great prizes including golf green fees, a mountain bike, several framed paintings by local artists, and golf equipment. At \$2.00 each or 3/\$5.00 they are a great buy. Just another way to support a good cause. Thanks!

THE ROLLING PIN BAKERY

CAFE NOW OPEN

With BILL'S Country Meats

"European Specialties" "Satisfaction Guaranteed"

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

SEE YOU AT LEWIS PARK.....CANADA DAY



Bills' COUNTRY MEATS

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

With The Rolling Pin Bakery

"Custom orders to
your Specifications"

HOME OF
FARMER, BRATWURST
& ITALIAN SAUSAGES

"All custom orders
10% Discount"

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Just outside the Base! 339-3800 Open Mon-Sat 9-6
Sunday 10-5

CHOCOLATE RANCH

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NEAR THE AIRBASE GATE

890-0772

Hand Made Specialty Chocolates
Made with World Famous
Belgian Chocolate

OPEN TUE-SAT 10-6 & SUN. 12-4

ATTENTION MILITARY REC PASS HOLDERS

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

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

A priority system will be in effect as follows:

1. Junior NCMs (Pte, Cpl and MCpls), OCds 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.



COMOX MILITARY FAMILY RESOURCE CENTRE

phone: 339-8290



All Shook Up! -Part 2

Is your home a danger zone ?

An earthquake can cause a lot of damage. Is your home prepared to take it ? The following are some suggestions for home safety.

Go through your home, imagining what could happen to each part if it were shaken violently. Check for home hazards: Is the house bolted to its foundations? Are the walls braced? Chimneys weak? Are roof tiles loose? Tie down your water heater and other appliances that could break gas or water lines if they toppled. Secure top heavy furniture (e.g. shelving units) to prevent tipping. Keep heavy items on lower shelves. Fix mirrors or other hanging objects so they won't fall off hooks.

Locate beds away from chimneys, windows, heavy pictures, etc. Closed curtains will help keep broken glass off nearby occupied beds. Keep sturdy

shoes and outdoor clothing handy (*broken glass is hard on bare feet!*)

Use child-proof or safety latches on cupboards to prevent contents from spilling out. Keep flammable items and household chemicals away from heat and where they can't spill. Keep them in a safe cupboard if they can't be stored in an outside shed.

Put plywood up in the attic on joists around each chimney to help prevent bricks and mortar from coming through the ceiling.

Know safe and dangerous places in your home.

Safe: Under heavy tables or desks, inside hallways; corners or rooms, archways.

Dangerous: Near windows or mirrors, under any object that can fall; the kitchen; doorways because the

shaking may slam the door on you.

- *Practise taking cover.
- *Train the family to use fire extinguishers.
- *Sign up for a first aid course
- *Plan and practice leaving your home.
- *Talk to your children about what to do if they are at home or at school if the quake separates family.
- *Arrange an out of province contact
- *Make sure each member of your family knows how to shut off utilities-gas, electricity and water. (Don't shut off the gas unless there is a leak or a fire. If the gas is turned off don't turn it on again. That must be done by a qualified technician).
- *Know where your emergency equipment and supplies are stored.
- *Share your plan with neighbours.

Acting Out

The CMFRC hosted a three session Improv Theatre workshop in May and June. This improvisational workshop, the first of its kind for military teens and their friends, was a great success; with lots of fun, laughs and learning. Fourteen youths ages 10-17 participated in the energizing "sound & movement" game. This

game includes creativity, action, and humour all in one and all you need as a prop is yourself ! Some of the comments are as follows: David Cameron and Tony Dixon said they both had lots of fun. Lee Dixon expressed that she felt more energized after the workshop. Heather Cameron said she felt safe enough to express herself

freely even though she didn't know many people, and she could see everybody step out of their comfort zones and have fun at the same time. Since the improv was so much fun there are plans to start a regular theatre group. Anyone interested is asked to call Jill at 339 - 8290 for more information.



Kinnikinnik Child Care Centre

Register Now For:

Day Care (ages 3 - 5 years)
Toddler Care (ages 15 - 36 months)
Out of School Care (ages 6 - 9 years)
° Open 7 am - 5:30 pm
° Monday - Friday
Full, Part-Time and Drop In spaces available

September Preschool (ages 3-5 years)
° Monday, Wednesday and Friday
8:45 - 11:45 am or 12:00 - 2:30 pm
° Tuesday and Thursday (with intro to French)
12:00 - 2:30 pm

September Toddler Playgroup (ages 15 - 36 months)
° Tuesday
8:45 - 11:15 am

Special Events

Beach Blanket Volleyball

A Day of Fun in the Sun for the whole family.

Date: June 23rd

Time: 2:00 - 5:00 pm

Location: Airforce Beach

Registration: Teams or individuals register by calling the CMFRC at 339-8290

Ideally players will be a wide variety of shapes, sizes, and ages. No skills are required for this game.

Wreath Making for all Seasons

Learn to make a simple yet elegant wreath out of local plants. Once you have the basics you can dress your wreath up for any occasion! The facilitator for this workshop will be Edith Picard

Date: July 3rd

Time: 7:00 pm - 8:30 pm

Fee: \$7.00, includes supplies, due at time of registration

Location: CMFRC

Registration: Call 339-8290

Youth Activities

Attention All Baseball Enthusiasts

Tony Murphy and Gordon Tordoff, on their own initiative have organized a teen slow pitch team. Any other team who may be up to a game of slow pitch are here by being challenged. If you are interested in playing please contact Tony Murphy at 339-7878 or Gordon Tordoff at 339-7852.

Face Painting

Date: July 1st

Time:

Location: Airforce Beach

Any teens interested in helping out with face painting at the Canada Day celebrations are asked to call the CMFRC at 339-8290. This will be a fund raising event for the Crows Teen Club as well as an opportunity to enjoy the Canada Day festivities with friends and family.

Car Wash

Date: July 6th

Time: 10 - 2 pm

Location: Petro Can on 17th & Cliffe

Come out & support the local teen program and have your car leave sparkling clean.