

# Heritage Section

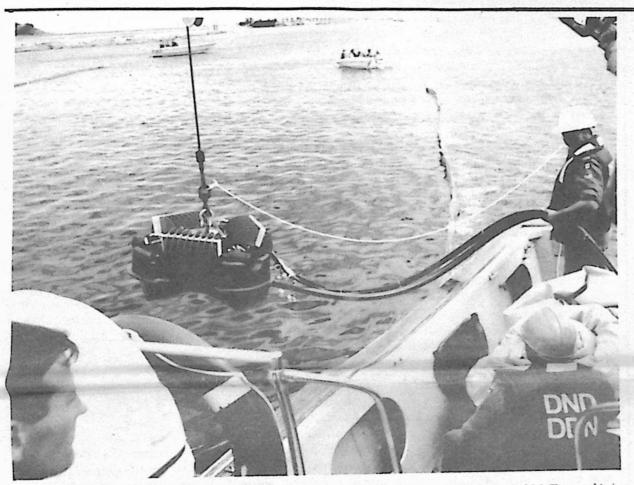
The Comox Valley's Oldest Newspaper

# 19 Wing CFB Comox B.C.

**VOL 38 NO 14** 

THURSDAY 15 AUGUST 1996

COST: PRICELESS



Oil skimmer is lowered within the boomed area during oil spill training. (Photo by Cpl M. Tsagatakis.)

# Assistance sought for Bagotville flood victims

Air Command has directed that "to ensure the fastest and best means possible to aid the victims, and to assist those DND members, dependants, and employees who wish to provide aid...," personnel may drop off donations at any branch of the Caisse Populaire, Canadian Imperial Bank of Commerce, Bank of Nova Scotia, Toronto Dominion Band, or Royal Bank.

Cheques should be made out to "QUEBEC FLOOD."

Personnel may also contact their local Red Cross for further information and cheques may be sent directly to the Red Cross made out to "RED CROSS QUE-BEC FLOOR APPEAL." The

mailing address is:

Red Cross
6 Place du Commerce

Verdun, PQ, H3E 1P4

CFB Bagotville has also set up a trust fund, to be used to assist DND members, dependants, and civilian flood victims. Cheque

Personnel may also contact donations may be made out to "Fond des Militaire Sinistres" and sent to:

Base CWO Cote

or Lt Grand-Maison Deputy Services Officer (Local 8701)

CFB Bagotville.

If you have any further queries contact Lt Anderson, Air Command HQ, at Local 5635.

# Stewardship in action - marine spill response

"Damage Control this is the POL Wharf. We have fuel spill in the Comox Marina; estimated volume 2,000 litres." Hopefully, this message will never require transmission. If it did, however, CE Damage Control and the Marine Section would ensure the response would be swift and the damage minimal.

One of the less conspicuous activities at 19 Wing is the off loading of up to three million litres of aviation fuel approximately every three weeks. A tanker ship or fuel barge connects at the POL Wharf in the Comox Marina to the 6 Km long pipeline running through the Town of Comox to the POL compound. For the unloading period, which can last up to 12 hours, the potential exists for a fuel spill. The Comox Harbour is very environmentally sensitive; shellfish stocks, bottom fish, a DFO salmon pen, seal and aquatic bird habitat, and the ecologically sensitive estuary are all at risk in the event of a fuel spill. This is not to mention shoreline recreation sites and millions of dollars worth of commercial fishing vessels and pleasure craft. In accordance with the Marine Spill Response Plan, a Damage Control Team (DCT) has been organized using the Airfield Engineer Flight (AEF) and the Marine Section located at HMCS Quadra.

In the event of a spill the DCT would deploy a floating plastic boom of a length of up to 100 metres. Both ends would be pulled by rescue vessels to encircle and contain the fuel floating on the water's surface under the direction of the Damage Control Officer. Because of the dangerous conditions as a result of fuel vapours, Water Fuel and Environment Techs from the AEF would oversee the recovery of the product through a fuel skimmer and absorbent material. Depending on the size of the spill, a contractor specializing in oil spill recovery would be hired to clean up product that could not be immediately contained.

Thankfully, there have been few opportunities to put these measures into practice in a real situation. The best that can be done is to conduct regular training such as the Basic Oil Spill Response Course run by the Canadian Coast Guard and to run regular simulated spill exercises. In this way, 19 Wing and the community can rest assured that all that can be done is being done to ensure flying operations can continue in a safe and environmentally responsible manner.

# **Domestic operations**

# by the Minister of National Defence

The excellent response by the Canadian Forces to the recent flood disaster in Quebec has reminded Canadians of the outstanding capability and professionalism that the forces bring to bear in such crises. Whether airlifting forest fire victims in British Columbia, rescuing an in-

jured trapper in a remote region of norther Ontario, or plucking survivors from a sinking ship off our eastern seaboard, the forces are there to help Canadians whose lives are in danger.

On behalf of the Government and the people of Canada, I would like to express my gratitude to all members of the Canadian Forces for their dedication and to thank, in particular, those who participated in the relief effort in the Saguenay Lac St. Jean region. The quick and effective response to the catastrophe saved many lives and helped prevent this tragedy from becoming even more devastating.

Congratulations on a job well done.



Boom is deployed to contain spills during an exercise by Logistics Sqn personnel. (Photo by Cpl Manny Tsagatakis.)



### BRANCH 160 COMOX 339-2022

### ENTERTAINMENT:

Fri 02 August - music by ELDORADO

Fri 09 August - music by BEYOND BELIEF Fri 16 August - music by COUNTRY COUSINS

Fri 23 August - music by ALLEY CATS

Fri 30 August - music by VESTED INTEREST

### REGULAR EVENTS:

SUNDAYS.. ..Lounge Hours 12:00 Noon to 7:00 pm .LA Drop-In Bingo, Upper Hall, 7:00 pm Monday night Men's Dart League recessed until Sept. .Mixed Dart League recessed until Sept. Ladies Crib League recessed until Sept.

.. 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 lst 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 ...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.

The annual "Hank Wardale-King" Memorial Picnic will be held at Air Force Beach on Sunday 25 August from 1:00 to 6:00 p.m. Branch 160, L.A. Members and their families and guests are welcome. NO DOGS, PLEASE.

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. ight, 8:00 pm

	every Friday ni
2 Aug	Beyond Belief
9 Aug	Norm's Combo
16 Aug	Andrew Schmid

23 Aug ... Kirby Special Delivery 30 Aug ... **FUN EUCHRE** .every Monday night 7:00 pm

every Wednesday night 8:00 pm FUN CRIB. FUN DARTS. ..15 & 29 August, 7:00 pm ..every Tuesday, all day BBQ LUNCH SPECIALS..every Weds & Fri 11:30 am - 1:30 pm

# SPECIAL EVENTS:

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

Music Man 3 Aug... 17 Aug... Music Man

Special Delivery 31 Aug... MEMBERS & BONA FIDE GUESTS WELCOME

**BASE PERSONNEL WELCOME AT BR. 17** 



# WE SERVICE MAZDA & MORE

- Latest Snap-on & Bear Diagnostic Equipment
- Provincial Safety Inspections
- Brake Inspection & Renew
- Transmissions
- Tune Ups, Gas & Propane
- Competitive Rates
- Suspension Repairs
- Estimates Gladly Given

1325 Comox Road Courtenay, DL#10154

338-5777

**OPEN** 

7:30 am TO

6 PM Daily

# Career Review (medical) Board

When the medical category of

a member of the Regular Force is

lowered, the resulting employ-

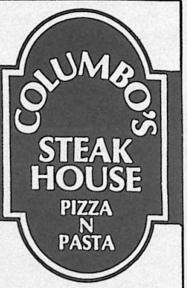
ment restrictions pertaining to geography or occupation may have a considerable effect on the member's ability to perform military duties and duties associated with the military occupation code (MOC). Under these circumstances, a mechanism is required to objectively assess a member's contribution to a specific military occupation,. This mechanism is called the Career Review Board (Medical) (CRB(M)); it is responsible for making recommendations concerning the future careers of officers and non-commissioned members (NCMs) who have been placed in a permanent medical category lower than a level which is acceptable or is required by the MOC. Although everyone has heard of the CRB(M) and the kinds of recommendations it is empowered to make, few people know that one of the basic criteria for continued employment in the Canadian Forces is universality of service.

Universality of service has its origin in Section 33(1) of the National Defence Act. It specifies that "the regular force, all units and other elements thereof and all officers and men thereof are at all times liable to perform any lawful duty." This section is the source of the concept that, prior to being specialists in a given field, we are all soldiers, sailors and airmen. We have the responsibility, there-

fore, to be prepared to perform military duties, as required, in addition to the duties associated with our position or MOC.

Members may also be required to perform tasks not associated with their MOC. Serving with the CF may mean serving with the Base Auxiliary Security Force, participating in search and rescue, offering assistance in the event of a natural disaster, or aid to the civil authority, fighting fires, replacing wounded members, making a forced march for a long period armed with a weapon and a backpack, or performing any

other kind of physical activity. We must be prepared to do our work under any climatic conditions, accepting any accommoda-



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

....

continued employment may be tions or work anywhere in the made to permit completion of world. It goes without saying that service, on the condition that anour military duties must be carother position can be found for ried out with no prior warning. his/her rank and MOC and that Our military tasks are often exehe/she is capable of performing cuted in situations over which we the duties of this position within have no control. Consequently, the limits of the medical restricwe must be capable of physical tion. Ordinarily, the period of exertions which are unpretime recommended must not exdictable, enduring long, irregular ceed two years. work hours, living on meagre meals (field rations) and, under

certain circumstances, missing

one or more meals altogether.

Furthermore, we cannot permit

any work restrictions which, in

the absence of medical care,

might compromise the success of

the mission, as well as our safety

In preparing these guidelines,

the Assistant Deputy Minister

(Personnel) (ADM(Per)) issued

guidelines for the retention of

members with medical restric-

tions. These directives state that

should a member be unable to

perform the military duties at-

tached to the MOC and general

military tasks, as a result of a per-

manent employment restriction,

his or her retention shall be rec-

ommended only under the cir-

cumstances indicated below.

Ordinarily, restrictions of this

kind are indicated by the mem-

ber's medical category. How-

ever, it is not the medical category

but the employment restriction it-

self and its effect on the member's

service which must serve as the

basis for the CRB(M)'s recom-

mendation concerning the mem-

ber's professional future.

Consequently, the CRB(M) must

ensure that the employment re-

striction and the justifications for

it are clearly indicated in the

A recommendation for con-

tinuation of employment may be

made when the member has a spe-

cific skill or qualification which

is urgently required, where no

other member is available who

can act as a credible replacement.

In such a situation, action will be

taken as quickly as possible to fill

the vacancy by means of training,

recruitment or the posting of a

replacement. A recommendation

of retention only applies during

cate a replacement.

medical documents.

and that of our comrades.

When the character of the medical restriction is such that the member may continue to serve with a few minor restrictions or subsequent to reclassification, a recommendation of continued employment may be made. For example, a member who suffers from chronic seasickness may be reclassified to an MOC that will guarantee that he/she will never again be required to serve at sea.

THURSDAY 15 AUGUST 1996

Under extremely exceptional circumstances having nothing to do with personal considerations, continued employment may be authorized subsequent to consultation with ADM(Per).

Whatever your rank or military occupation, the privilege of wearing the uniform flows from the particular nature of your work, i.e. the duty to perform any legitimate service anywhere in the world at any time. It is more than reasonable, therefore, that universality of service should have precedence over all other considerations during CRB(M) deliberations. Such an approach guarantees the operational effectiveness of the Canadian Forces.

# Free hotline

The B.C. Seniors medication information line (BC Smile) is now extending its service to all seniors in the province.

BC Smile is a free telephone hotline staffed by licensed pharmacists established to assist seniors, their families and caregivers with information about medication, inluding side effects, drug interactions and the misuse of

the length of time required to lo-You got a question? We've got the answer! You can reach us at When a member is nearing the 822-1330 in the lower mainland end of his/her period of service or or toll free in B.C. at 1-800-668eligibility date for a retirement 6233 Monday to Friday 10:00 am pension, a recommendation of to 4:00 pm.



Girl Guides of Canada

# **GIRL GUIDES REGISTRATION**

(For Sparks, Brownies, Guides, Pathfinders and Senior Branches) Courtenay area:

Thursday, 5 September, 6:30 pm - St. George's United Church.

For more info call Marg Slater 338-1992. Cumberland, Denman Island and Union Bay areas:

Monday, 9 September, 2:30 pm - Cumberland Elementary School for Sparks, Brownies and Guides. Thursday, 5 September, 6:30 pm - Denman United Church for

Guides and Pathfinders. Tuesday, 10 September, 3:30 pm - Union Bay United Church for

Sparks and Brownies. Comox area:

Wednesday, 4 September, 6:00 to 7:30 pm - Comox United Church for Sparks and Brownies.

Thursday, 5 September, 6:00 to 7:30 pm - Comox United Church for Guides, Pathfinders and Senior Branches. For more info call Carole White 339-3112.

Mt. Washington area:

(For Merville) Monday, 9 September, 6:30 pm - Grantham Hall. (For Black Creek) Tuesday, 10 September, 6:30 pm - Black Creek Hall. For more info call Nancy Lawrence 337-2230.

# It's back to school time

Safety First

WGSO Mr. Ken Ilnitsky accepts his Deputy Minister Commen-

dation from DM Louise Frechette at a ceremony last month in

the foyer of NDHQ. Mr. Ilnitsky was awarded the decoration

primarily for his work on the 1995 Canada Health and Occu-

pantional Safety Week, when 19 Wing won first prize in the

REID'S COURTENAY (Esso)

RENT-A-WRECK RENTS Moving Trucks & Bases

CARS M

334-2060

DAVE REID 334-3844

Mike & Marge Gariepy

CD1 C.G.A., R.I. (B.C.)

334-3124

V9N 3PG

**BUYING or SELLING?** 

federal government department.

Exhaust Pipe Bending Truck & Auto Repairs

Propane Key-Lock

REALTY WORLD™

Realty World

451 RYAN ROAD. COURTENAY

Mike & Marge Make

Real Estate EASY

"We give that extra service"

res. phone/fax

Coast Country Realty

(604) 339-7910

#121-750 Comox Road, Courtenay, B.C.

Auto Propane & Repairs

Steam Cleaning

# by Pat Allan. **CFCCN Coordinator**

Now is the time for you to be thinking not just about the kids' back-to-school plans, but about yours too. As adults, we are all responsible for preparing ourselves for our future successes. College programs can help.

Although it still seems like summer, North Island College (NIC) is taking registration for regular fall and winter courses now, and many are already full. A few of these are offered in the evening so they are accessible even to people who work fulltime. Check out the basic accounting course, introductory insurance course and the Canadian Securities course - all available in the evening. Don't put it

The resource room in the WPSO's office (Bldg 22) has copies of NIC's current course calendar and the fall and winter timetable, with evening courses highlighted. There is also course information from colleges across Canada, including distance edu-

The Canadian Forces Community College Network (CFCCN) links 21 colleges across Canada to help you build a program to meet your goals. As a serving or retired member of the regular or reserve forces, a civilian working for DND, or a family member of one of those groups, you are eligible for service from the Network. If you aren't sure what direction you'd like to move into or how to get there, we can help.

When you register at any Network college, be sure to identify yourself as a CFCCN member. You will be able to take advantage of Network benefits now and in the future. Call local 8889 for more information.



# Changes recruiting

# CFRETS PAO

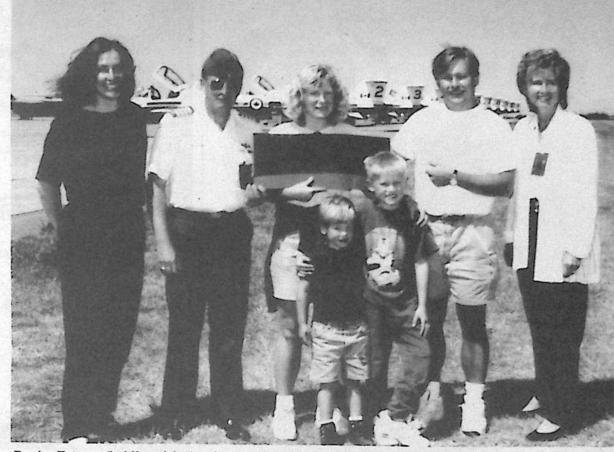
ganization is undergoing a massive re-engineering brought on by a 47% cumulative reduction in recruiting personnel since 1993.

As the new Eastern Zone spends 1996/97 cohering, the West will undertake a profound two-phase re-engineering. The proficiency of recruiting operations across the country will,

The only visible changes are the recent co-location of the CFRC Ottawa and the Hull Detachment into CFRC Ottawa-Hull, and the closure of the Kamloops Detachment on 31 July. Kamloops will be serviced by a mobile recruiting team from Vancouver, just as Kamloops serviced Prince George and

On 3 September, 1996, Phase the Western Zone, despite losses in some locations and gains in

# Airshow 96 Air Canada trip winner



Denise Esterer (holding ticket), winner of trip for two anywhere Air Canada flies, with husband Rob Esterer and sons Nicholas and Christopher.

I will commence in British Co-

lumbia and Saskatchewan. By

February 1997 Phase I will be

evaluated by an independent team

of previous recruiters and busi-

ness consultants. If validated,

Phase II will commence Sept-

ember 1997 in Alberta and Mani-

toba. Based on a recent Tiger

Team report on recruiting in the

Phase II timetable in the West.

Of the five civilian positions

affected by the re-engineering in

the Western Zone, all have been

accorded fair and equitable com-

pensation, consistent with the

Early Retirement and Early De-

parture Incentives and the Work

Force Adjustment directive.

Upon completion of the re-engi-

neering, there will be the same

number of reservist positions in

personnel received postings else-

# By Cdr Doug Maybee

The entire CF recruiting or-

Where once there were four zones - Western, Central, Quebec and Atlantic - now there are two. The Western Zone, located in Edmonton, remains intact and covers the geographical area from Thunder Bay to Victoria and the Yukon and Northwest Territories. The new Eastern Zone consists of the former zones of Central, Quebec and Atlantic. Its new headquarters is located in Hull,

The former zone headquarters in Toronto, Quebec City and Halifax will remain as reducd regional offices until APS 97.

however, be maintained.

others. Affected regular force

### The new Western Model After careful study of demo-

graphics and historical data, the West will consist of four processing centres: Vancouver, Calgary, Regina and Winnipeg. They will be capable of local and remote recruiting. "Processing Centre" simply means a location for processing of all applicants to the CF.

former Atlantic Zone, it is highly To provide these processing possible that the Atlantic Region centres with customers, 11 attrac-CFRC/Dets/Satellites might tion teams, based in Victoria, adopt the Western model and im-Vancouver, Yellowknife, Edmonplement it in parallel with the ton, Calgary, Saskatoon, Regina, Winnipega and Thunder Bay, will be set up and grouped provincially. "Attraction Team" simply means a team responsible for attracting applicants to the CF. By switching to attraction teams, previous CFRCs/Dets will be reduced significantly and moved into either armouries (reinforcing Total Force integrated recruiting) or into much smaller leased accommodation, thus reducing overall costs to Public Works and Government Services Canada

Your Printing problems won't go away just because you bury your head in the sand!



Take it easy on yourself and call the Experts at **MINUTEMAN** PRESS.

We would be pleased to give you a "FREE" estimate for any or all of your printing needs that you will need during your business year.

Ask about our "FREE COLOUR DAYS" and NOW we have "FREE COLOUR COMBO DAYS"

We have FREE pickup and delivery for your convenience, and we look forward to being of service to you in the coming years.



#9-2401 CLIFFE AVE. Courtenay. BC V9N 2L5 PH (604) 338-8889 Fax (604) 338-8818

Editorial

# The Editor gets a word in



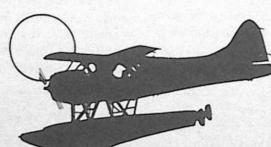
# Trouble in Paradise

I must admit, I'm one of the few people I know that actually drives slow enough to not exceed the posted speed limit. That is, unless I'm riding a motorcycle which for some unknown reason was never designed for a speed limit, but that's another story. Because I am content to putt along at this scientifically arrived at speed, I get to see and hear from some of the most interesting folks in the Comox Valley. In fact, the most watched item in my car is the rear view mirror because there's a lot of people in a big hurry out there, who seem to arrive at the stop sign a good two or three cars ahead of me after passing my old rust bucket in a flurry of dust and

Because I am getting older and not a lot wiser, I choose to fight back rather than give in. Recently, while being tail-gated by some rich person in a brand new pickup truck whom I assume was trying to get to the Powell River ferry terminal before closing time, I felt very uncomfortable looking into the rear view mirror and seeing the whites of an angry driver's eyes. Normally I would simply stooge along and hope that he would pass me at the earliest opportunity, but this is the Comox Valley where I have learned that confrontation is possibly the high road to success. So I tentatively jabbed my middle finger in the air, in such a manner that the anxious driver behind me could not miss my gesture of displeasure and, to my surprise and delight, it worked. The guy backed off a good two car lengths and stayed there.

On reflection of course, I wondered why I have started to sink to such aggressive depths. I come from a small northern B.C. town where people normally wave to each other, even if they are strangers, rather than give the universal sign of displeasure. So what is it about the Comox Valley that evokes such aggression in most normal people. Could it be that the Valley is such a nice place to live that most people are no longer concerened with pitting themselves against the environment and must focus all of their energies on something else? Or could it be that the most entertaining things in the local media is the constant confrontation between various groups and this attitude has begun to rub off on the average person. Could be. I don't know either. What I do know is that it's not getting any better and I'm saddened to realize that I'm becoming a part of it.

Joel Clarkston



### Letters to the Editor

Dear Sir;

I would like to recognize the outstanding achievement of Capt Gary Guymer in attaining the prestigious professional designation of Certified Foodservice Manager (CFM) from the Canadian Restaurant and Foodservices Association (CRFA).

In early 1995, D Food S, with the support of CFSAL, initiated a project to fill a gap in the training of CF Food Services personnel in management positions. To minimize development and residence costs, we decided that the use of a commercial, self-study package should be explored. We chose the idly becoming recognized as a CFM program which includes a measurement of competence and self study package requiring ap- dedication to the position of proximately 200 after duty hours Foodservices Manager. It demof study, followed by an intensive onstrates a level of skill, knowlthree hour exam for which the edge and experience which the

passing mark is 80%. Capt Guymer was one of those willing "leaders" who put their skills, knowledge and experience to the

In June 1996, having com-

pleted the study packages, he was among 54 people from all sectors of the industry to write the examination, which was held at educational institutes across Canada. He was one of only 34 successful examinees and now joins 350 Foodservices Managers across Canada who have earned this presitigious designation. This professional designation is rap-



industry has identified as necessary for competent performance in any type of foodservices operation. It will prepare military foodservices managers to fulfil the requirement of providing ef- sely." fective and economical foodservices support to DND.

Please convey my warmest congratulations to Capt Guymer for a job well done. He is a credit to the CF and we are all very proud of his accomplishment.

> Col L.M. Lashkevich Director of Supply

So the Comox International Air Show is over for another year. But those cards and letters continue to come in: yes, even phone calls. Though the correspondence is inevitably addressed to WComd Col MacLean, he thought the true addressee could more appropriately have been the personnel of 19 Wing. So this is what the community is saying about you all. Here's just a sampling of the

From Alicia Burns, the Mayor of Comox - "The Air Show is one of the great community events that displays the expertise and excellence of the personnel at CFB Comox... Congratulations on the hugely successful 1996 Air Show. May there be many more in the future."

Writes Dove Hendren, proprietor of Fosket House - "If it ever comes down to a vote on whether the continuation of air shows should continue at the base, you have two "yes" votes from two people who love airplane noise, who love to watch the skill and agility of well-trained professionals... We're looking

forward to '98." Says Mike Couture, local businessman and retired Wing Transport Officer - "Everything which was obvious to the public, including pre-show marketing, static displays, public facilities and services at the base...seemed flawless. There was not a dull moment during the entire day."

From C.R. Weigum, Officer Commanding Courtenay Subdivision, RCMP - "Once again, the Air Show proved to be a great success... I enjoyed it immend-

Lloyd Hawley, President of the Courtenay Legion - "It was a day I shall remember for a long time. The weather could not have been better...and the chance to speak with the other invited guests, particularly LCol Chris Hadfield, was very interesting and informative. Thank you for a delightul afternoon.

And finally, remarks MGen (Ret.) Robert L. Mortimer - "I want to congratulate you and all personnel of 19 Wing on the absolutely first-class Air Show '96 last Sunday. The collection of aircraft that were on static display was most impressive, and the organization and operation of all the facilities and services reflected dedication, enthusiasm, and a lot of plain hard work. From the comments I have heard, and from the local newspapers, the clear consensus is that it was a real winner. The flying demonstrations were excellent - a good variety and nicely paced."

Take a bow 19 Wing!

Comox Branch 160, The Royal Canadian Legion, wish to acknowledge the following firms who graciously donated prizes for our Fishing Derby on 27 July: \*AIRPORT SERVICE & MINI

\*OVERWAITEA FOODS \*EDGEWATER MARINE PUB

\*JEANIE'S SNACK BAR THRIFTY FOODS PAYLESS GAS (COMOX)

LORNE HOTEL \*COMOX SHOES

SMITTY'S PANCAKE HOUSE SUPER VALUE #24 \*Tom's PIES

\*MIDDLETON MEATS LTD. BLACK FIN PUB CAPTAIN'S SEAFOOD LTD.

There were 23 entries, good weather and a good time had by all. Thank you all once again.

# B.C. Smile

# hotline

Concerns about drug interactions, the misuse of medications, and even the possible side-effects of a dye in a tablet are among the questions fielded by pharmacists operating the BC Seniors Medication Information Line (BC

BC SMILE is a free telephone

hotline established to assist seniors, their families and caregivers with information about medications. The line is a joint project of the B.C. Ministry of Health and Ministry Responsible for Seniors (Pharmacare Division), UBC Faculty of Pharmaceutical Sciences, B.C. Drug and Poison Information Centre, the Canadian Pharmaceutical Industry, and Science Council of B.C. SMILE has been in operation since April 1995 and coordinator Dr. Elaine Kam says her team is now ready to let the entire province know

"We wanted to start slowly and build up our skill and expertise in answering a wide range of calls," explains Kam. "That's why we have only promoted BC SMILE in two regions, the Capital Regional District and the South Okanagan. But now we're ready to extend our service to the whole province."

It would seem that the need for the service is there. Already SMILE has received calls from Continued on page 12



# Buffs are broke...

**THURSDAY 15 AUGUST 1996** 

## now what?

What happens when a call for help goes out and all of 442's Buffalo are broken? There are six of them, how could they all be broken at the same time? It may sound far fetched, but that's what happened on the night of August 10. When bolts sheared on two different engines on three different occasions, the entire Buffalo fleet was grounded until a new batch of bolts could be shipped in, more than 24 hours.

When a call went out for assistance from a boat off the Queen Charlottes there were no Buffalo available to help. What to do? Help for the boat, and for 442, came in the shape of the sleek grey Chihuahua of life, (sometimes referred to as the greyhound of death). Although 442 is for the most part self sufficient, occasionally we require help from our neighbours to the north (407 Sqn). Whether it's top cover dur-

# 秦 TOTEN TIMES 養

**EDITOR** Major Joel Clarkston

ASSISTANT EDITOR MCpl Edith Cuerrier

WING PAFFO Capt David Krayden

CARTOONIST Gord Hatch

TYPESETTER/BOOKKEEPER

PRODUCTION STAFF Sgt Robert Trombley

CIRCULATION Jenny Cooper (339-3486)

PHONE: 339-2541

FAX: 339-5209

Address correspondence to: The Editor, Totem Times, CFB Comox, Lazo, B.C. VOR 2KO

SUBSCRIPTION RATE \$12.50 per year, GST included.

The TOTEM TIMES is an unofficial pub lication of 19 Wing CFB Comox, B.C. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF, or other agencies In case of typographical errors, no good may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Material may be reprinted with attribution.

Published 22 times a year with permission of the Wing Commander, 19 Wing CFB Comox, B.C. Publications Mail Registration No.4098. Printed by Ladysmith Printing, Ladysmith, B.C.

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

# 442 Sqn

ing a helicopter mission at sea, or tranporting the search headquarter during a major search, in the past 407 has always been there to

In case it hasn't been said before, every member of 442 appreciates the help provided by the members of the Demon Squadron. In this time of fiscal restraint it's easy to forget who your friends are, we try to remember...thanks, I'm sure the crew of the boat would say the same!

# Stealth rescue?

Wondering what's up at the SAR Tech Section? Combat clothing, maroon berets, jump smocks...Stealth SAR? The newest additions to the SAR Tech Section come in green wrappers: airborne parachute riggers MCpl Russ Brassor and Cpl Denis Bellamy. Part of the restructing initiative within the SAR Tech shop was a proposal to reduce the amount of maintenance done by

"Serving The

Military

Community

With Personal

Experience"

Sales Associate

REALTY WORLD

Coast Country Realty

(604) 334-3124

#121-750 Comox Road, Courtenay, B.C. V9N 3P6

Each office is independently owned and operated

REALTY WORLD™

Res. 339-9987

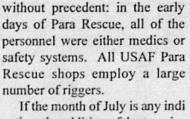
Fax (604) 334-1901

the SAR Techs, allowing them to concentrate on holding standby and doing some much needed training.

Brassor and Bellamy are now responsible for primary maintenance on the standby parachutes, both personnel and equipment, the pumps, air droppable survival kits, life rafts, harnesses, toboggans...in short, all of the equipment that used to take up a good portion of the SAR Tech's day. Because of the requirement for quality control, both of the riggers will maintain currencies as active parachutists. If you want me to jump it, you have to be willing to jump it yourself.

Brassor was posted directly from the Parachute Maintenance Depot in Edmonton, while Bellamy spent a year in Wing Supply before recommencing his duties as a rigger - all parachute packer/riggers are Supply Techs who have specialised training as riggers. While Bellamy wears a blue dress uniform, Brassor comes from an army background and the Airforce is a new "experience" for him. In an effort to "enlighten" him, he being sent away to Borden on an Airforce Indoctrination course.

Although the initial suggestion was to staff the two positions with Safety Sytems personnel, the amalgamation of the 500 series trades detrailed the process and sent us looking for other alternatives - straight to the Army. Although the employment of the riggers appears to be new, it is not



number of riggers. If the month of July is any indi cation, the addition of the two riggers to the section couldn't have come at a better time. Because of injury, a seven day week schedule and the loss of four personnel on

postings, the shop was down to less than 10 personnel; there are eight on standby at any given time. Every piece of equipment was inspected and packed on time and as per regulations. Had it not been for the riggers, it's doubtful that the equipment would be up to

The SAR Tech shop has always been stealthy, now it's just a little bit greener.



MCpl Rodrigue admires his own handiwork. (Photo by Cpl

# And it sleeps nine

What's new, grey, shiny, sleeps up to nine and is parked outside the SAR Tech shop? The new SAR trailer (now unofficially known as "Bob's bingo palace," after STL MWO Bob Verret)? Na, that's old news. The newest additions to the SAR Tech inventory of thiny things (like little the 25 personal lockers now parked on the floor of 1 Hangar.

After years of constant use and an ever-increasing amount of gear, the old wooden lockers used by the SAR Techs were showing their age. Shelves were collapsing, the backs were popping off, the hinges were breaking and they were becoming a general eyesore. At the request of the STL, MCpl, now Mr. Luc Rodrigue, carpenter

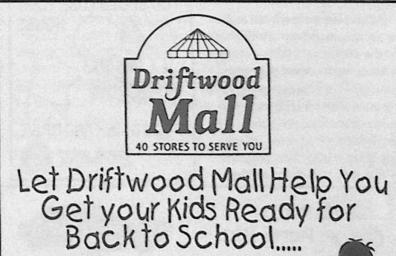
extraordinaire, spent his last few weeks in the military constructing lockers that are truly "SAR proof."

In an effort to test the stability and ruggedness of the new lockers and find a new hiding spot, eight SAR Techs climbed, along with Rodrigue, into one. The re-

ers are any indication, Rodrigue should have nothing but happy customers in his new life as a professional carpenter.

According to the SAR Tech Leader, "Next time the trailer is unavailable or in for servicing we'll iust load a couple of the lockers onto our skidoo trailer and sleep in them; they sleep nine."

by Sgt Al Banky



WithA Back to School Fashion Show

On... Saturday 24, August 1996 After 1.00pm

Driftwood Mall Open 7 Days a Week For Your Shopping Convenience.

Monday-Wed. & Sat. 9:30 - 6:00 pm Thurs. & Fri. 9:30 - 9:00 pm Sunday 12 noon - 5:00 pm

# **New CFCCN** Coordinator

W.J. Riddel, National Director of the Canadian Forces Community College Network, is pleased to announce the appointment of Ms. Pat Allan, BA, MPA, as CFCCN Co-ordinator for 19 Wing Comox.

Ms. Allan's appointment is part of a reorganization to provide better service to 19 Wing personnel and their families. Rather than a co-ordinator to cover all B.C. bases, a local co-ordinator has been hired for each base or

"Being local, I hope to be able to provide more consistent and accessible service," says Allan. "A real bonus for me will be staying in touch with the people I knew before, and meeting a lot more. Education is an exciting and important part of everyone's future and I'm fortunate to be able to work with people on their plans."

Allan previously worked at 19 Wing as an Internal Auditor and has worked with North Island College as a consultant.

The CFCCN is an information and co-ordination service, linking 21 member community colleges across Canada. It is available to serving and retired members of the regular forces and reserves, to civilian employees of DND, and to families of those groups. It feature individual support to students, recognition for credits earned at any network college, standardized assessment of military training for college credit, and residency requirements of only 25% at any one college.

"The issue of flexibility is key to many people," explains Allan. "Making it easier to apply credits from courses you took during your last posting and being able to take evening or distance courses, mean a lot more ways to suc-

Allan plans to reach out to the family members who are eligible for the service. "I think a really exciting aspect of the program is the support for family members. It's often hard for spouses to pursue an educational program and it can become a frustration. We can help people plan their programs so that they can complete them,



Section News

LS B. Wallman, Wing Security, being presented with his CF Decoration by LCol Drover, WOpsO.



MCpl J.A.H. Thibodeau, Wing Ops Centre, being presented with his CF Decoration by WOpsO, LCol Drover.

regardless of where they move

In its first year of operation, over 4,500 college registrations were identified as CFCCN mem-

For information about CFCCN, Pat can be contacted at local 8889.









Fast Service & Delivery • Compare Our Prices

LOCAL & ISLAND MADE CRAFTS

Iewelry & Candles & Soaps Dish Cloths & Snowmen CV Mugs & Fimo Bunnies & Cherubs

1440 Ryan Road, By the Base HRS: 10-5 Tue-Sat

Four Rooms in all to Browse Through



Tri-City Boot Repair & Sales



TOP QUALITY Shoe & Leather Repairs Cliffe Ave & 8th St. Next to Subway Tues-Sat. 9:00 - 5:50



# Cops Corner

### Police Pass-Ons

In this issue, we'd like to introduce you to our Criminal Investigations Section, and dispel the popular misconception that they are members of the SIU (Special Investigations Unit). Although both are members of the MP trade and are employed in civilian attire, the SIU has an entirely different mandate, and works out of its own

Members of the Criminal Investigations Section are mandated for exactly that which their name implies. The investigators handle many criminal/sensitive files which are generated on a Base/Wing. which require a large number of man hours to bring to a conclusion. The Patrol Section is thereby free to assume a preventative policing role on the Wing, rather than bogging themselves down in a particular file for weeks, or even months. As well, the Criminal Investigations Section handles the "Historical Files." These files relate to crimes which have happened in the past, sometimes many years ago, and have been reactivated because of new information or evidence. The investigators also deal with many of the "requests for assistance" which come to a Guardhouse. These are files generated by other MP Sections or civilian police agencies across the country who need individuals interviewed, or specific information from one geographical location to aid them in concluding their own investigations.

Additionally, at the majority of MP Sections, the investigators have other responsibilities which frequently include such things as representing the unit on community/Wing committees, acting as community relations representatives, being the unit evidence custodian, and performing Court and civilian police liaison duties.

A duty investigator is on call 24 hours a day and seven days a week to provide any required assistance to the Patrol Section. They are the individuals who are frequently seen about the Wing in civilian attire, turning over rocks and stones for that one essential clue which will conclude an investigation. The wearing of civilian attire is authorized under CFAO 22-4, para 23. This allows the investigator more flexibility to carry on investigations that may lead to businesses, residences and schools downtown. It will normally put a victim of a crime more at ease and the ability to establish discretion in a sensitive investigation.

In our next issue we will look at the SAMP Identification Section.

# THE KIDS ARE THERE. **DRIVE WITH CARE!**



Four members of 19 Wing Comox celebrate Canada Day by receiving their UN Medal while participating in Op Standard in Haiti. (L-R): Cpl Doug Barnes, Cpl Phil Daraiche, Cpl Frank Perry, and Cpl Sylvain Bellerose.

# COMOX MINI WAREHOUSE "BEST LITTLE WAREHOUSE IN THE WEST"



\*Safety

Comox, B.C.

Knight Rd & Pritchard Rd

Store IT Lock It Keep the Key

**CLOSE TO THE BASE & TOWN** \*Security

\*Supervision

339-3424

# 407 Sqn

THURSDAY 15 AUGUST 1996



# Demon Doin's

Doins for 407 Sqn ground crews have been relatively challenging these past few months. With a lot of people away on course, on TD, on leave, or posted out, and an unusually heavy workload created by a hectic deployment schedule, we still managed to get two aircraft out of Periodic earlier than scheduled.

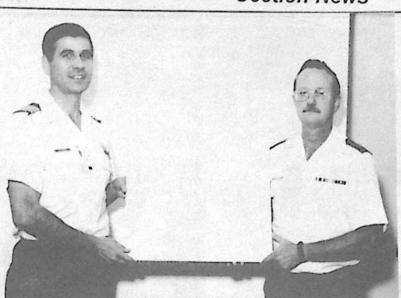
The MOC 500 re-engineering adventure continues as more of our technicians are being sent to the various phases of their training, both here and in Greenwood. Cross-training is proving to be a challenge with fewer technicians in each trade.

On the up side, there have been new additions to the maintenance organization. The latest one, Myles Everett MacFayden, was born to proud parents Kim and Alex on 7 August at 23:58 hrs. Congratulations from all of us! Posted in this summer were Cpl Chris O'Brien, Cpl Stephane Senay and MCpl Myles Devers. WO Frank Russo came to us from servicing, as did Cpl Monty Huland and Cpl Rick Riley. Welcome to maintenance, the backbone of 407! Of course, gain some, lose some. Cpl Curadeau was sad to see WO Moe Michaud posted to Trenton; MCpl Laverne Buck left for Cold Lake ... do they do welcome luncheons there? Cpl Isabelle Johnson left us for Greenwood where apparently anyone going on course is more than welcome to visit her and Mitch in their new mansion. Cpl Claude Levesque and his family are on their way to Petawawa.

A few people were shuffled over from maintenance to servicing. Cpl Scott Longland (on TD already?), Cpl Mark Prinzing (the aiframe crew just isn't the same anymore...), MCpl Harold Norman (the AVS twins are now leaderless!), MCpl Scott Misener and Cpl Dan Allard are now shift workers.

In addition, there are those who are now, or soon will be, part of the FRP Club: Sgt Dale Frey, Sgt Bill Moon, MCpl Brian Beal, Cpl Pierre Boivin, Cpl Harry Francis, and Cpl Guy Desrosiers. Good luck to all of you and enjoy your retirement! AMCRO and ETO have had a

number of changes as well. MCpl Jean Bisson has departed on his posting to Trenton and MCpl Bill Malouin will assume the vacant position on 16 August. WO Jim Cathcart, following his summer leave, will be taking up position in servicing, being replaced as D/ETO by WO Andy De Vries. Newly promoted Sgt, Larry Jensen is on internal transfer to maintenance and MCpl Phil Hunter will be replacing him at the beginning of October. Sgt Norman Ruby has taken up position as NCM i/c Research as Sgt Vince Vincent will be moving into serv-



Sgt Roger Corbin joined the CF as a grunt in 1966. He spent 13 years in the Army travelling to such places as Germany, Egypt and Cyprus. He decided that he needed a change of pace and remustered to Photo Tech in 1979. His first posting was to AETE, Cold Lake where he spent 8 1/2 years. He was posted to 407 Sqn in 1991and liked the place so much that he decided to retire here. Good luck in your retirement, Roger.



MCpl Jensen receiving his well deserved promotion to Sgt from LCol



Cpl Wales receives his CF Decoration from CO 407 (MP) Sqn, LCol G.B. Lewis.



LCol G.B. Lewis, CO 407 (MP) Sqn, presents Cpl Leger with his CF

icing in late October following further OSS training in Green-

Not only are there big changes to the ground crew sections, there are changes going on with 407 facilities as well. The biggest project underway has been the relocation of the periodic inspection while the 7 hanger doors are being refurbished. Work on the doors is

expected to commence in mid-August.

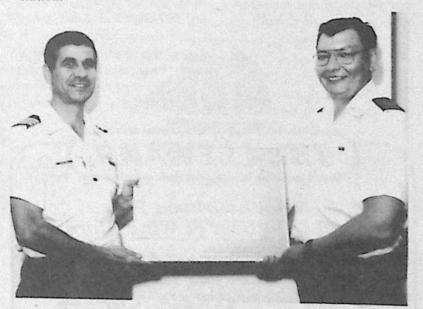
These are demanding times for everybody, but despite all the challenges we are facing, the 407 ground crew personnel are still going strong. Working together makes it a lot easier for all involved. Let's keep up the hard



You can come home again After an absence of 52 years, WO1 (Ret.) Alex Brown returned to 19 Wing Comox last week, the base where he had conducted his OTU on the C-47 Dakota from July-Sept 1944. A sergeant pilot with the RAF at the time, Brown was shipped out to the China-Burma-India theatre after training and flew Daks and Expeditors in Burma with 31 Sqn for the duration of the war. He was discharaged from the service in 1946. Brown lives in Kent, England today and decided to take a trip to Alberta and B.C. to relive some wartime memories. Here WO1 Brown stands next to his 19 Wing host, and fellow member of the Commonwealth Aircrew Association, Maj Andy Clark, WOCD. After a visit to the Air Force Museum, Maj Clark escorted Brown for a tour of the base. (Photo by Cpl Luc Champagne.)



Royal Canadian Order of Demons awarded BGen B.N. Cameron, Commander of Maritime Air Group, presented Mrs. Edith Kelly (CO's Sec) of 407 (MP) Sqn with the Royal Canadian Order of Demons on 11 July, during the squadron's Change of Command parade. This order is dedicated to those who have served the squadron, who have exceeded all expectations, and who have greatly contributed to 407 (MP) Sqn by their presence. This venerable and ancient Order of Demons is proud to have as a member Mrs. Edith Kelly, who has been with the squadron for the past 16 years. Mrs. Kelly is highly deserving of this lifetime membership in 407 Sqn Demon Asso-



MCpl Larry Cook joined the CF as a grunt in Nov 72. He served with 1 PPCLI from May 73 until Jul 75 when he was posted to the Canadian Airborne Regiment. He finally saw the light in Oct 83 and remustered to Photo Tech. He was posted to AETE, Cold Lake in Mar 84 where he spent eight long, cold years. In Jul 92 he escaped from the cold and was posted to 407 Sqn. Larry will be leaving the regular forces but will not be leaving 407 Sqn. He will be back two days a week as a reservist.

# Comox - west coast hub of the RCAF

by F/L J.W. Kuzyk

(Reprinted from "Roundel" Vol. 17 No 1, February 1965.)

Each day, high over Vancouver Island against the majestic backdrop of Forbidden Plateau and the snow-capped Comox glacier, search and rescue Voyager helicopters and albatross flying boats, anti-submarine Neptune and Voodo interceptors fly to and from RCAF Station Comox. This air force station, located on a peninsula 100 miles northwest of Vancouver, is home for the RCAF's west coast SAR, maritime and air defence squadrons. The present day hustle is a

marked contrast to the quiet calm of a March afternoon in 1943 when an RCAF Grummon Goose, piloted by F/L H.A. McDonald, became the first aircraft to land at the station. F/L McDonald, now retired from the RCAF, recently recalled that landing over 20 years ago. Under construction at the time, the airfield was incorporated two months late as an RCAF aerodrome and given the task of providing flying control for #32 OT, a Coastal Command school, and later a transport OTU for the RAF. In time the RAF unit at Comox gave way to #6 OTU, an RCAF transport and training establishment, under the command of G/C D.C. MacDonald. This unit, then flying Dakotas and Expeditors, continued the training of Commonwealth aircrew in the long-range transport role for the remainder of the war.

Station Comox was closed in January 1946 and remained dormant until the early 1950s brought with them increasing concern over the threat of surprise air and undersea attack on continental North America. Consequently, Comox was ordered re-opened in June 1952 to support Canadian anti-submarine and air defence forces assigned to the west coast. G/C G.S. Austin (A/C retired) took command of the reactivated station on 15 Sep 52.

Although assigned a dual maritime and air defence role, Comox was designated as an ADC establishment under No.5 Air

Div. H/Q, then in Vancouver, with a maritime lodger unit. The first operational squadron slated for Comox was the lodger, #407 (Maritime Patrol) Sqn., under W/C C.W. McNeill. The "Demons" were re-activated in July '52, and equipped with wartime Lancaster bombers. By the end of their first year in business, the squadron had had its west coast reconnaissance role expanded from local territorial commitments to joint USN/RCAF operations and exercises, extending from Alaskan coastal waters to the shores of southern California.

The second organization to be established at Comox was #51 (Aircraft Control and Warning) Sgn which, in 1954, became part of the expanding NORAD Pinetree system. For the next five years this unit's call sign, "Waterfall," became well known and heavily utilized in the control, detection and interception of west coast air traffic

Early in 1955 the station's main runway was extended from 5,000 to 8,000 feet and the CF-100 equipped #409 (All-weather Interceptor) Sqn flew to Comox. S/L F.E. Haley was then the squadron's CO and held that position until the arrival of W/C T.J. Evans in March of the following year. Changes were introduced to the station's two squadrons as time went by. #407 Sqn received the newer Neptune aircraft to replace their aging Lancasters; #409 Sqn was integrated into the 25th NORAD Region for operational control.

Two years after their integration into NORAD the 409ers, in February 1960, under W/C H.E. Bridges, won the Steinhardt Trophy, hallmark of all-weather operational excellence. Not to be outdone, #407 Sqn representatives (F/L W. Stedman and crew) brought home the Fincastle Trophy in 1962, after winning the Commonwealth maritime bombing competitions.

Since its post-war re-activation, RCAF Station Comox had been an ADC establishment but, in Sep '61, it was assigned to MAC and the positions of #407 and 409 Squadrons were, therefore, reversed. Instead of being a lodger unit, #407 became part of Station Comox and #409 forfeited its position as station squadron and became a lodger unit. The status of the squadrons changed again in June '64, when Station Comox reverted to ADC control. However, these administrative changeovers had no effect on the physical or operational

make-up of the unit.

In 1961 there was another lengthening of Comox's main runway - this time from 8,000 to 10,000 feet - for the arrival of CF-101Bs, due in the early spring of 1962. #409 crews underwent conversion training on these supersonic aircraft at Station Namao during the latter part of 1961 and acquired their aircraft in Mid-March 1962. Along with the

arrival of the CF-101Bs came the potential problem of noise abatement. Fortunately, however, this problem never materialized. Rumours about the noise associated with the Voodoos had initially brought some apprehension and speculation among local residents. But the introduction of the sonic boom into the relatively peaceful valley produced only an initial barrage of queries. After a few months the queries dropped off sharply with little adverse comment over aircraft noise. In fact, there was even an entry on the credit side of the ledger as the

pyrotechnic display of CF-101 af-

Some Comox-based RCAF activities are illustrated in this composite photo (L-R from top): 409 Sqn

Voodoo pilot prepares for take-off; 407 Sqn Neptune exercises off west coast with HMCS's Marguerite and Assinibolne; 121 K Flt. pararescue jumper in action; meteorological observer reads weather instruments; aero-engine technician checks jet engine; medical assistant in station hospital; instrument technician at work; RCAF crash boat in Comox Bay; Neptune pilot in the driver's seat.

ter-burners in the evening skies beame a local tourist attraction. (When asked about the reason for the small number of complaints at Comox compared to some other units, the station CO's quiet comment was, "Whatever it is, let's not knock it.")

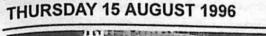
Five months after receiving its dubious honour of being the first

RCAF unit to lose one of these aircraft. However, even this unfortunate event had a few redeeming features. First of all, the crew bailed out safely and was recovered, thus demonstrating conclusively the soundness of the ejection equipment and the efficiency of the search and rescue organization. Secondly, the incitional cooperation since both



#407 (Maritime Patrol) Sqn flew Lancasters until these aircraft were replaced by Neptunes.







Building boom at RCAF Stn. Comox in the early 1950s, just after station's re-activation.

two changes in the composition of

flying units took place at Comox.

The first change was a reduction

in the strength of #407 Sqn and

the second was the arrival of #121

Composite Flight from now-

closed RCAF Station Vancouver.

The tarmac at Comox today

would prove a real challenge to

any aircraft reconnaissance ex-

pert. There are CF-101Bs parked

alongside visiting USAF F-102

Delta Darts, RCAF and USN

Neptunes, Argus aircraft visiting

from Canada's east coast, Hercu-

les in transit, Albatross, Dakotas

and Expeditors plus the odd CF-

100, T-33, Voyager helicopters as

well as several commercial and

share of visiting on operational

errands. During a normal year

roundel-marked Neptunes and

Voodoos dot the flight lines of US

naval air stations from Kodiak,

Alaska, to southern California

and at 25th NORAD fighter bases

scattered across the states of

Washington, Montana and Ore-

gon. And, during the past sum-

mer Comox's #409 Sqn became

the first Canadian fighter squad-

ron to operate full-time from an

American air base. This situation

came about when #409 was sta-

ways were being reconstructed.

Comox aircraft also do their

private aircraft.

Canadian aircraft and American helicopters were used to bring back the downed fliers.

Although the faithful CF-100s were being rapidly phased out by the RCAF, they were not yet through. In the fall of 1962 an electronic warfare detachment was stationed at Comox with CF-100s to harass their supersonic replacements and to give a workout to other NORAD squadrons.

During its years at Comox the telecommunications organization had several changes in fortune. #51 (AC & W) Sqn operated successfully from 1954 until 1959 but in that year improved radar coverage from other units resulted in #51 being disbanded. For the next four years radio facilities consisted of only a local air traffic control agency but, early in 1963, following an electronic face lifting, these facilities were rated as one of the top air traffic control terminals in Can-

Another milestone which marked the eventful year 1963 at RCAF Station Comox was two visits by ban-the-bombers. These visits were prompted by the government's announcement naming Comox as a potential special armament storage depot. On both their visits the ban-the-bombers picketed the station gate protesting nuclear arms. The demonstrations were orderly, well organized and without incident.

Last year, in addition to the aforementioned reversion of command from MAC to ADC, dens, the local PMQ area. These were filled immediately upon completion. More housing, which absorbed another 100 families, was made available in June 1956, through a low subsidy housing project in the village of Comox, about four miles from the base. Again in 1960, an additional 100 PMOs were added to Wallace Gardens. Although these efforts helped to relieve the situation somewhat, there are still more than 700 air force families scattered throughout the local area in rented or purchased prop-

A similar situation exists in the case of schools. Dependants' schools at Comox were always hard pressed to keep pace with the station's influx of personnel and dependants and, in 1960, seven additional classes were added to the station's original school. Throughout its 12-year postwar history, Comox has maintained an active a varied program

of sports, cultural and recreation activities. Efforts in this direction were fully recognized last year when RCAF Station Comox was awarded the Mynarski Trophy for its achievments in the development of youth recreation. Station Comox is unique in

tioned at Paine, Washington, for several ways. It is the RCAF's two months while Comox's runmost westerly flying station and the only one in the air force which On the non-operational side of has maritime, air defence and airthings the story of Comox has sea rescue units based there. It is also been one of growth. Initially, also adjacent to the finest salmon 200 housing units were confishing waters in Canada - which structed in 1953 in Wallace Garmay be the reason so many retired RCAF personnel have chosen to continue living in the area.



# Moustaches... wearing of

(The following article is taken from the 26 September, 1942 edition of "The Flypaper.")

Editor's note: It recently came to notice through official channels that the Air Ministry was seriously worried by the large number of instances of fainting at high altitudes which had occurred as the result of improperly fitting oxygen masks. In a number of these cases the leakage of oxygen was attributed to the fact that the pilots were the proud owners of 'Browser" moustaches, these appendages being of such proportions as to constitute a serious obstruction between the face and the mask. A recent ARFO concerning

Browser type moustaches - the wearing of - has baffled a number of officers and men whose upper lips are fluffily concealed. The Oxford Dictionary definition of "browse" helped little to clear up any doubts, as to browse means "to feed on pastures or on the shoots and leaves of trees." It seems improbable that the higher authorities are under the impression that Air Force personnel eat their moustaches - but this no doubt depends on the standard of food on the station. Hitherto personnel have been accustomed to call their moustaches by pet names - such as "Wirey Willie" or "Moist Mona" - and being called upon to classify them in more detail than mere size, thickness and dampness has started many wild rumours. It is, therefore, for the ignorant and the unitiated, that the following - a classifiation of all moustaches falling under the title

of "Browser" - is being printed: 1. The Dundreary: a profuse growth, untwisted and projecting outward and downward. A type calculated to impart an air of disttinction to the wearer. Much favoured by elderly adiministrative officers.

2. The Plantagenet: similar to type 1, but of a somewhat weedy texture. Significance - aristocracy, denoting generally that the wearer is the "Last of a Long Line." Usually favoured by youthful pilot officers of doubtful intelligence.

3. The Sir Jasper or Wicked Squire: A profuse growth, generally dark, twisting outwards and downwards through ninety degrees of arc and terminating in an upward twist through a further

hundred and ninety-five degrees. This type usually denotes a cunning, crafty and unscrupulous individual of low moral fibre but, strange to relate, is much favoured by fighter pilots. Possibly the slight element of "dash" may be responsible for this. However, a grave word of warning - this type, if associated with a sparkling eye, indicates a predilection for unnatural practices. 4. The Naughty Ninety: A

moderately profuse growth sweeping outward in a smooth curve, definitely lacking the sinister twist of type 3. Much favoured during the latter part of the last century, and much favoured by Army officers of the Edwardian era. Denotes an air of mischief combined with dash, also a passion for voluptuous blondes. Generally speaking, worn by a jolly harmless type of individual who likes the good things in life. The wearer being of a benevolent disposition may be regarded as potential flying instructor material.

5. The Sergeant Major: A growth extending directly outward at right angles to the nose and heavily waxed at the extremities. Denotes an irrascible, bullying and intolerant disposition, frequently entire lacking in intelligence. Thrived fairly well until the twentieth year of the present century - is now rapidly becoming

6. The Walrus or Old Bill: This type can be divided into further sub-classifications depending on the strength of the growth, but for present purposes can best be dealt with broadly under the one heading. A shaggy and frequently unkempt growth, curving directly over both upper and lower lips. This type, in addition to serving as a filter for the removal of stray hops from beer in transit from tankard to aesophagus, also denotes an extrememly benevolent disposition and is the hallmark of the British working man - the salt of the earth. It is not possible to associate this type with flying men owing to the dangers of ice accretion.

It is hoped that the foregoing will provide some definite means of classifying the various types of moustaches, Browser type. The description are not yet official but their promulgation at an early date as an addendum to AFRO 1197 may be expected.

Dogwood Insurance

Jervices Itd.

Harreson's Military Store & Outdoor Supplies Inc. Bay#1-7381 Island Hwy, Merville B.C. 1-604-337-8299 FAX 604-337-8296 Military clothing/Uniforms

Combat boots & Uniforms Cap badges-ensignias Knives Tents • Medals • Pepper spray Outdoor supplies Nato Cdn U.S. Sleeping bags Tents Medals Ribbons-mounting, Raingear-military & civilian new/used . Sunglasses . Flags Parachutes · Packsacks, Webbing . Camo uniforms, Everything for the outdoors,

We Also BUY Military Items

OR ALL YOUR INSURANCE NEEDS Homeowners, Tenants, Camper & Trailer, Mobile. Marine, Business, Life And Travel OUT OF PROVINCE TRANSFERS/PERMITS Courtenay: 470 Puntledge Road (opposite Block Buster Video) Phone: 338-6766 Fax: 338-2324 SERVICE Cumberland office: 336-8524

# Neighbourhood Pub and Cold Beer & Wine Store Want the best in great food & great service? Come Join Us!

Tuesdays - WING NIGHT and anytime -

for your next celebration or group meeting 649 Anderton, Comox 339-5400

we can accommodate up to 50 guests

Commercial; Industrial & Retail Units; Serving The Comox Valley for Over 25 Years"

COAST

PACIFIC

Your own aircraft? Mustang P-51D fighters of the RCAF struck

off strength and awaiting disposal at Carberry, Manitoba, June

PROPERTY MANAGEMENT SPECIALISTS

Complete Management of: Residential Investment Properties

Strata Corporations; Rental Pools;

Looking for Rental Property?

Drop in to see us at the Paladin

Professional Center

576 England Ave. Courtenay, B.C.

Phone (604)338-6900 Fax (604)338-6959

1961. (Courtesy Manitoba Archives, photographer Barnett.)

Cpl Dumonceau receives Aerobic Award.

CD being presented to Cpl Farrell.





Maj Bourget presents CD to Cpl Heitanem.



Cpl Babiak earns title of Engineering Technologist.

### Bookshell Bestsellers Courtenay, B.C. 99 N2 L8 Manager 10% off for mil pers - show ID. Get your Totem Times here. Week ending: 17 August 1996 1. L is for Lawless Grafton 2. Tap, Tap Martin 3. Green Mile Park Five ... 4. Finding Moon Hillerman 5. Power Games 6. Desperate Measures ... Michaels Kellerman 8. Corruption of Blood ... Tannenbaum 9. A Place Called Freedom Follett



334-3161

Leonard

TOYOTA MONSTER TRUCK 4X4

10. Riding the Rap

360 Old Island Highway, Courtenay, B.C.



TODAY BEFORE IT'S GONE

# From the **Bat Cave**

### by Eric Travis ArmPAvO (COSMO?)

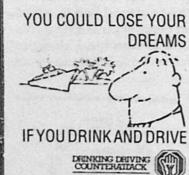
Good day and welcome to the Batcave. 19 AMS has once again had a number of its members recognized for their exceptional service and dedication. This is not surprising giv en the outstandng calibre of even our average technicians. The charming, incredibly young looking major presenting the awards is Maj J.D.P.R. Bourget, and yes, he is my new boss. Maj Bourget comes to us from a Tac Hel background and he is looking forward to his first posting to an Air Force base. Without further delay, I will summarize the presentations.

Starting out with Cpl Keith Babiak - after years of education, hard work and dedication, Cpl Babiak has earned the title of Engineering Technologist from the Certified Technicians and Technologists Association of Manitoba. Not only has he mastered the avionics side of the house, you should see this man play beach volleyball.

Cpl Rob Dumonceau has been trying his best to catch up to Forest Gump. He has been awarded another certificate for aerobic fitness. He has now travelled far enough to have crossed the country once and is well on his way home. I personally don't believe that he has as much endurance as these awards seeem to merit, after all, I did see him attempt to brave the rapids on the 19 AMS adventure training canoe trip.

Last, but far from least, three individuals from 19 AMS were awarded their CD. They are Cpl Terry Farrell, Cpl Terry Heitanen, and Cpl Al Morton. If not for Al, I could swear it was a first name

I would like to express my congratulations to all and charge you all for looking so good. Thanks to Cpl Tsagatakis for the photos.





In order to maintain a safe water level at CFB Comox the following watering restrictions must be put into effect commencing immediately until 30 September 1996:

Cpl Morton receives his CD from his good looking boss.

MQ lawns will be watered according to house numbering, even numbers on even calendar days and odd numbers on odd calendar days. Watering will take place only between 1800 and 2100 hours.

The only exception permitted is for those MQs with newly sodded lawns which are to be watered daily.

The cooperation of all MQ residents would be greatly appreciated. The importance of an adequate supply of water for fire fighting purposes and domestic use cannot be stressed too strongly.

By order of the Wing Commander



# Watch out for those "guaranteed" investment deals

**HURSDAY 15 AUGUST 1996** 

There's a saying that goes: "If it sounds too good to be true, it probably is." Yet when it comes to investing, many Canadians are willing to suspend disbelief in the hope of making a lot of money, very fast.

Investors have been duped by everything from the sale of shares in non-existent companies to Florida swampland. The truth is, most of the losses from bad investments as well as from outright scams could have been prevented if investors had thoroughly investigated these proposals before parting with their money.

Here are some things to consider when assessing an investment proposal.

1. Have someone you know and trust handle your investment affairs. This is something you should be doing for all your investment activities, not just for checking out proposals you are unsure about. If you work with a professional advisor you will always have someone whose advice you can trust and who will be better at appraising investment possibilities than you are.

2. How does the investment relate to your long-range financial plan? There are no risk-free, getrich-quick miracles. But there are plenty of ways to lose money in a hurry. No matter how good an investment proposal sounds, if it will put your long-tern goals at risk you probably can't afford the gamble. The best thing to do is to stick to a carefully considered long-range plan and not be tempted by high-risk, short-term payoffs.

Mutual Funds

berta (Birdia) Pilo

NEXT DEADLINE

6 SEPTEMBER- NOON

Ask about borrowing one of our Mutual Fund Videos.

REGAL CAPITAL PLANNERS LTD.

PH: 334-9300 FAX: 897-3600

COMPLETE FINANCIAL PLANNING

Mutual Funds
GIC'S
Tax Saving Programs

• Life, Disability & □
Group Health Insurance □
□
□

J. Kevin Dobbelsteyn, P.Eng., MBA

3. Research your investments. This is your best defence against bad investments. Smooth talk may sound good, but always ask for documentation to support any claims made by an investment

Ideally, this documentation should be filed with a regulatory body - for instance, ask for a prospectus filed with a provincial securities commission when considering a stock issue. Ask to see the company's financial statements. Where property is involved, check it out personally and get a third-party professional assessment of its value.

4. Don't give in to high-pressure sales tactics. Many investors have bought highly speculative, and sometimes worthless, stocks by aggressive telephone brokers charging huge commisisons on sales.

Many scams are also conducted by phone, such as the sale of gemstones or precious metals at inflated prices.

Obviously, you should never make any major investment over the phone with someone you don't know, nor should you give in to high-pressure sales pitches demanding a snap decision.

5. Stay away from a "sure thing." Guarantees of huge profits are often the first sign that something is wrong with the investment proposal.

6. Take "tips" with a grain of salt. When your neighbour tells you about a hot investment, don't run out and buy it. Most tips are unfounded rumours. That isn't to say the odd one won't pay off-but you'll only be able to separate the good from the useless by doing your own homework, and have an expert independently assess the proposal.

# Specialty Courses CFB Borden

CFLSTC PE&R Coy will be conducting the following specialty courses for FY 96/97: a) Hockey Official Level 1-2 (9601) 19-24 August. b) Hockey Official Level 3-4 (9602) 26-31 August. c) UPTA (9605) 9 Sep - 9

d) Ice Makers Course (9602) 14-18 October. e) RALC (9603) 21-25 October.

f) UPTA (9606) 4 Nov - 5 Dec. g) UPTA (9701) 8 Jan - 7 Feb

h) UPTA (9702) 12 Feb - 14 Mar 97.

i) RALC (9701) 12-21 May 97. UPTA = Unit Physical Training RALC = Recreation Activity

Leadership Course. Individuals who wish to be nominated for any of the listed courses may do so by contacting the Wing PE&R staff at loc

Note: Personnel applying for

TA must report to the PERI staff for pre-requisite fitness test-

Due to the upcoming elimination of the PE&R Branch in August of 1997, squadrons, units and sections are strongly recommended to train some of their personnel in order to conduct safe and appropriate PT classes and sports activities.

# New B.C. area code

As of 19 October, 1996 the province of B.C. is going to have two telephone area codes. As a general statement, the geographical boundaries for area code (604) will constitute locations from Pemberton (north) to Abbotsford (south) and Powell River (west) to Boston Bar (east).

Vancouver Island and all other locations within B.C. will convert to an area code of (250). There will be a grace period of eight months where either area code may be dialled. However, effective 1 June, 1997 this transition period will end.

Consult your local Telco telephone directories for correct area code listing effective 1997. CFB Comox telephone directory distribution will reflect area code changes in the 1997 edition. These changes do not affect ATVN, NTAS, or any other local calling procedures previously established at CFB Comox.

# **ELECTRO** AUDIO VIDEO

**REPAIR & SERVICE** 

AUDIO/VIDEO COMPONENTS

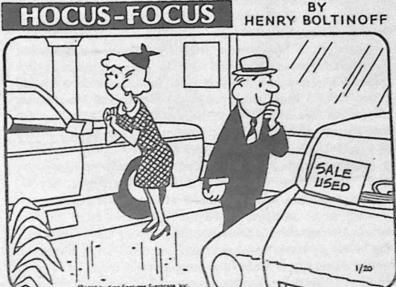
POPULAR BRAND WARRANTY DEPOT Sears, RCA, GE, ProScan, Goldstar, Hitachi, Kenwood, and Samsung

"Herve Thibodeau" 334-4224

4927 Island Hwy. N. Courtenay B.C.



LCol Abbott recently presented MCpl Paul Kombargi (WCE WFE crew) with his new rank, effective 1 July 96. Congratulations Paul and good luck on your posting to Petawawa in August!



Find at least six differences in details between panels.



is shorter. 4. Sign is larger. 5. Expression is changed. 6. Win-Differences: 1. Column is moved. 2. Hat is different. 3. Dress

# 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.





Perennials, Trees & Shrubs, Geraniums, Fuschia Bulbs, Seeds, Garden Supplies, Hanging Baskets

2012 Anderton Road, Comox 339-4726



### Dedicated Demon wins No Retreat Award

WO J.M.M. (Moe) Michaud was awarded a No Retreat Award on 19 July for his contributions to 407 Sqn. His efforts have greatly exceeded the call of duty and have resulted in many significant improvements within 407 Sqn.

In August 95 Moe was the Senior Groundcrew and Equipment Coordinator for the Abbotsford Air Show. His performance in this capacity won him many heartfelt thanks from the Air Show OPI. In November 95 Moe was appointed as the Aircraft Maintenance Support Officer, a position previously held by an AERE officer. He eagerly accepted this additional responsibility and quickly proved that the faith placed in him was well founded.

Moe's greatest achievement within 407 Sqn has been in his duties as UGSO. He was appointed to this secondary duty in July 95. Although he came into this position with very little experience or training, he has completely revitalized the general safety program within four months. He has succeeded in solving many long-standing safety problems and has greatly increased safety awareness within the squadron. He has also overseen the introduction of a new fuel cell repair policy and has volunteered to coordinate the introduction of improved fuel cell repair safety equipment for use by all the squadrons. His efforts in this critical safety area have resulted in a dramatic improvement at 19 Wing and have earned him the General Safety Commendation.

Moe has contributed greatly to 407 Sqn and 19 Wing. He is an exceptional leader who has earned the respect of all those who know him. Unfortunately, Moe will be leaving us very shortly for 8 AMS Trenton. Gook luck on your next posting and keep up the excellent

# Smile

....con't from page 4

around the province, referred by organizations as diverse as Diala-Dietician, the B.C. College of not break that figure down by age Physicians and Surgeons and the group. Ministry of Health Info Line. Somewhat surprisingly, 40% of the 817 calls received in the first year were from, or related to, patients under 65 years old.

Kam, "it's just that our sponsors requires a visit to the doctor or a felt we should give priority to sen- prescription to fill at the phariors as they are the group most at macy," says Kam. "Sometimes risk for medication problems." people want a second or a third While seniors make up 12% of the opinion about their medication, or provincial population, they re- they have a question that requires ceive over 25% of prescription considerable research."

medication and it is estimated that up to 40% of those prescriptions are used inappropriately. Adverse drug reactions also account for a quarter of all hospital admissions, although the statistics do

Why do people call SMILE rather than their own doctor or pharmacist? "We find that people often feel they can't ask a question about their medication "We will help anyone," says unless they have a condition that



The question about the possible side-effects of the dye used as an inactive ingredient in a tablet is an example of a query requiring intensive research, such as contacting the drug company or conducting a Medline search - a computerized search of the UBC medical library. It's also an example of the lengths the BC SMILE pharmacists are willing to go to assist their callers.

On & Off the Base

"We respect the privacy of our callers," says Kam, but if we have a concern about the inquiry we might ask if they would like us to phone them again in a couple of weeks to see how they're doing. Most people welcome that suggestion.'

In its first year, nearly 85% of SMILE's calls related to medications patients were already taking. Callers asked about a review of their prescrption drugs, side effects and drug interactions. The drugs most commonly referred to were antidepressants, hypnotics (sleeping pills), anti-inflammatory agents and cardiovascular medications. Ten per cent of the inquiries involved over-thecounter pharmacy products, particularly calcium and iron. A small number of callers asked about unlisted drugs and herbal

All questions were answered by licensed pharmacists specially trained to provide drug information to consumers. When not taking calls on the phone, the SMILE pharmacists have focused on the education portion of their mandate. In January, for instance, Kam will begin teaching a new elective on drug information to fourth year pharmacy students at UBC. Plans are also under way for incorporating drug information into the curriculum of other health care disciplines, including medicine, nursing and rehabilitation sciences.

BC SMILE has also used a Community Outreach Partnership grant from the Ministry of Skills, Training and Labour to develop a series of public workshops. Topics include sunscreen, cough and cold medications, calcium supplementation, sleep medications, laxatives and pain

The workshops can be provided free of charge to interested seniors' groups in the Greater Vancouver area. Budget restrictions prevent SMILE from presenting workshops outside the Lower Mainland, but the telephone service is available throughout the province Monday through Friday from 10:00 am to 4:00 pm. Outside Vancouver, call toll free 1-800-

NOW OPEN IN COURTENAY!!!

S GROWLIES DONAIRS Pizza. Subs o Fries

SACROSS FROM COURTENAY OUTDOOR POOL, BESIDE AVIS 320A NORTH ISLAND RD.



Naval navigation

While in Ottawa to accept his Deputy Minister Commendation, Mr. Ken Ilnitsky and wife Kay had a chance to meet and chat with the VCDS, VAdm Murray. A formal naval officer, Mr. Ilnitsky, had plenty of stories to share with Adm Murray.

# FOR EMERGENCY AMBÜLANCE SERVICE ON BASE

During Normal Working Hours Local 8444

After Hours Local 8231

OFF BASE ANYTIME Call 911

# Meet Old Friends, **New Friends**

Past and present Traffic Technicians and Loadmasters, come out to meet old friends and make new ones. A Traffic Tech Gathering will be held in Winnipeg, Manitoba, 20-21 Sept. Contact CWO Al Cox (ret.) (204)888-5659; WO Hank Snow home (204)895-3691, work (204)833-6779; WO Fred Moores home (204)896-1246, work (204)833-2441; or Cpl David Burrill home (204)885-6852, work (204)833-

# **BUILDING MATERIALS**

Lumber & Plywood Panelling - Arborite **Builders Supplies** Doors & Windows Cement Dept. Electrical Truck Delivery Roofing & Siding Plumbing Supplies Customer Financing

**CENTRAL BUILDERS** 610 Anderton Avenue 334-4416

# **Junior Ranks Mess UPCOMING EVENTS**

REGISTRATION for Fishing Derby at JRM office from 8:00 am - 12 noon FISHING DERBY starts. See flyer for more details. REGISTRATION for Golf Tournament at

23 August 30 August

4 September

Note:

7-30 August

JRM office from 8:00 am to 12 noon. TGIF Sports - Food & game TBA TGIF Sports - PRIZES for the FISHING DERBY will be presented. Food & game

GOLF TOURNAMENT. Additional info available at sign-up. See flyer in this news-

Sunday Movie Night is back to normal,

come and watch for yourselves! \*\*\*DON'T FORGET THE SNOWBALL DRAW - EVERY FRIDAY AT 1700 HRS.\*\*\*

220 Mulholland Dr., Comox (Off Lazo Rd., One Block Past Butcher Rd.) 339-7611

Services For Men & Women • Essential Facials
 Electrolysis • Personal Skin Care & Haircare Systems
 Stress Relieving Manicures & Pedicures

AROMAOLOGY-THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

# Totems first in

THURSDAY 15 AUGUST 1996

# league play

The Totems finished their seaon with a double header at Lewis park on 22 July. The Totems cinched first place in the league with their 8-4 win over the second placed team, the Fun Guys. Due to that win, the second game of the night against Gullivers wasn't necessary. However, the Totems, exuding class and sportsmanship delayed the "mandatory" celebratory refreshments and played their second game of the night. The Totems stayed true to form and came away with a 10-0 win over Gullivers.

On 24 July, and in first place, the Totems faced The Hitmen on home turf. Malheureusement, the boys were unable to keep the fourth place Hitmen from exacting a painful and sobering revenge. The Hitmen came on strong with 5 runs scored by the bottom of the second inning. The Totems were able to avoid being skunked with 2 runs scored by the fourth. However, the final score ended up being 11-2 for the "bad guys." Being a double knockout play-off series, the Totems had to face the Hitmen the following night. On Thursday night the Ts led 5-4 after the third inning but were unable to maintain the lead and fell behind in the bottom of the sixth inning. The Hitmen scored a whopping 6 runs, finishing the game with a score of 12-7 - and finishing off the Totems in

league play for the season.
The Totems are able to hold their heads up high and claim bragging rights, as they were the first place team in the CVMRSL for the 1996 season. Big congrats boys! Job well done! The 19 Wing Totems Fast Ball Team for 1996 season: Dennis Bellamy. Dave Boudreau, Michel Brisebois, Tom Harrison, Mike Krak, Francis LaPlante, Mike Lonigro, Troy MacDonald, Bob McCulley, Rick Patterson, Rick Smith, Steve

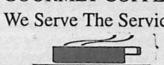
Thomas, Curtis Waldner, Dale Warren and Kirk Waugh.



# tion, call 703-525-3372, fax 703-525-0520, e-mail: RetReveille @ Kitchen Bin

With This Coupon Get 20% off Tee & Sweat Shirts

BEANS TO YOU **GOURMET COFFEE** We Serve The Service



"Our Business is a Grind"
190 PORT AUGUSTA, COMOX MALL DON GATES.....339-7313



BIKE RENTALS A Rentals A Guided Tours > Trailers & Racks > Babyseats

> 20 % OFF All Rentals for DND & Military Employees

Getting there is more than Half the fun... 334-BIKE Next to the 5th Street Bridge

# J.R.MESS

# GOLF

# TOURNAMENT SEPT. 04

OVER \$1000 IN PRIZES!!!

\*TEE-OFF 8 AM AT GLACIER GREENS SEPT 04 \*FEE- \$5 +( GREEN FEES IF NON MEMBER = \$21 \*FEE- \$5 +( GGGC MEMBERSHIP # IF MEMBER) \*REGISTRATION AT JR MESS MNGR OFFICE 0800-1200HRS MON-FRI.BETWEEN AUG 7-AUG 30 \*ADDITIONAL INFO AVAILABLE AT SIGN UP

Golf-A-Thon

Golf-A-Thon on 21 August. This

event is held annually to raise

funds to support the development

of Juniors. The head professional

of Glacier Greens, Scott Fraser,

and Storey Creek's Butch Kelly

Pledges per hole would be

will golf from sunrise to sunset.

greatly appreciated. The record

for the most holes golfed stands at

156. Scott Fraser and Butch

Glacier Greens is hosting a

# B & B Club

Retreat & Reveille International, the Military Bed & Breakfast Club, has over 300 places to stay - across Canada from Comox B.C. to Yarmouth Nova Scotia; in all 50 U.S. states; and in 15 more countries around the world.

A club goal is to have military host members in all Canadian provinces.

Retreat & Reveille invites Canadian and other military personnel (active, reserve, retired, and former) and their families and surviving spouses to join their growing B&B network. About alf of the accommodations described in the annual host directory and quarterly newsletter are private homes, vacation rentals, or commercial B&Bs of fellow members; the rest are commercial B&Bs and inns, most of whom discount to members. Members may be non-host travellers and/or hosts who charge something less than B&B businesses charge.

The club was started in 1992 by Capt Leonard A. Stoehr, USN (Ret.) and his wife Jan. To join, send your military affiliation and a (US)\$25.00 cheque for annual club dues to Retreat & Reveille International, 3106 Military Road, Arlington, VA 22207-4136, U.S.A. For more informa-

# Running CFB Esquimalt is hosting the

onship on Sunday 25 August. All military personnel who wish to represent 19 Wing Comox in this competition may do so by contacting the Wing PE&R staff at local 8783/8315.

# Fleece garments recalled

Health Canada is warning consumers not to wear certain brands of fleece fabric garments which do not meet flammability regulations under the Hazardous Products Act. These garments may ignite readily and burn within seconds, resulting in serious burn injuries. At Health Canada's request, Canadian manufacturers and retailers have stopped using the affected products and have initiated recalls. For more information contact your local Product Safety Office of Health Canada at Vancouver (604)666-5003 or consult retailers about refunds or exchanges. For additional information call Bonnie Fox-McIntyre, Health Canada (613)957-

Kelly's goal is to beat this and raise enough money to support their courses' future golfers. Your donation may be given

by calling the golf courses at 339-6516 (Glacier Greens) or 923-3673 (Stoney Creek), or by signing up at the respective courses.

# **Pacific Region** Championship

Pacific Region Running Champi-



Happy 5th birthday **JESSICA** love Dad, Mom & Stephanie



### The Terry Fox Run

Once or twice in a lifetime, someone special comes along who touches our hearts, deepens our faith in humanity and changes forever the way we look at the world. Someone who exhibits courage, selflessness and tenacity, someone who fights for a dream and works to make it come true. Terry Fox was that kind of person. He touched a common chord that spoke to us of goodness and possibilities, of defiance in the face of an enemy, of human decency and, most of all, generos-

On 22 September at 10:00 hours in the 19 Wing Comox Gymnasium, we can become part of Terry's dream and participate in a worthy cause toward the fight against cancer. For pledge sheets and more info, contact your Unit Sports Rep of Cpl Retieffe at local 8315.

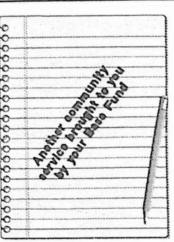
Keep the Dream Alive!



big Springs moving into our area. Live, fozen and herring strip are the bait of choice for the bigger fish. The army truck hoochie as well as several varieties of scuds continue to produce as well. The extended outlook for marine weather is quite favourable for local waters. See you out there. Tight lines.

# 3PM TWILL GHT RATES at Glacier Greens Golf Club

Reduced from \$18 to \$12 for Military and \$27 to \$20 for Civilians (Phone one day in advance)



FOR SALE

# 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

1989 Harley Davidson. Fast, lots of extras, clean, well maintained. \$15,000. Len 334-1976. <2/2> FOR RENT

### Bonair 1700 trailer. Sleeps 6, 3-

way fridge, 3 burner stove, furnace & toilet. Reasonable rates. Opening available in August. 897-1648. <2/2> FOR SALE

### way fridge, 3 burner stove, fur-

For Sale nace, water tank, hydraulic jacks, sleeps 4. Good condition, very clean. \$4,800. 334-4195. <2/2>

### FOR SALE

1986 Frontier Import camper, 3-

40 HP Mercury outboard for parts or overhaul. Scott 334-1937.

### FOR SALE

1981 Class C 23' motorhome P6/PS/tilt/DA/good condition. \$12,500 obo. 339-2559. <2/2>

### Alert flags for sale

Unique keepsakes from Canada's most northerly permanent settlement are being offered for purchase. Souvenir Canadian flags, each flown for one day at CFS Alert, are now on sale for \$27.00 by the Canadian Forces

# Comox Valley Amateur Radio Club

The Comox Valley Amateur Radio Club meets at 1930 hours on the fourth Thursday of every month (July, August and December excepted) at the Kin Hut, Courtenay (behind the curling rink). For information on Ham Radio Courses call Jack at 339-5868 or Don at 338-8537.

## Lordy, Lordy, Look who is 40! Happy Birthday Diane Love, Mom & Dad



1977 Ponti c Lem ns sport coupe - 2 door. Ex. running order. To view & drive c II Judy. 339-5925. Best offer. <1/2>

### For Sale

Import c mper, suit ble for Dodge D kot . 3-w y fridge, stove, furn ce, hydr ulic j cks, sleeps 4, one piece met I roof, ex. condition. \$4,300. 334-4195.

14' S ngster bo t in ex. condition. Kicker br cket, R m steering c/w tilt tr iler in good condition. 334-1937. <1/2>

### For Sale

1981 C dill c Fleetwood, new tires, br kes, muffler, fuel pump Runs well. \$2,250 o.b.o. Bill 339-6156. <1/2>

### For Sale

1977 Toyota Corolla Hatchback, rusted out in spots but with radio, brand new tires, and very reliable, rebuilt engine. Great for roustabout on private lands. \$250.00. 339-2258 (after 4 pm).

### For Rent

House in a park, 5 acres, horse potential, grassy trails and personal campsite. Custom 4 bedroom, formal dining, sunroom studio and large basement. 334-2970 or 337-5611.

NEXT DEADLINE

6 SEPTEMBER 1996

NOON

THE KIDS

ARE THERE

**DRIVE WITH** 

CARE!

### For Sale

L wnmower \$30, cr set \$30, stroller \$30, shed (86" x 90" x 112") \$230. Guy or Angele 339-0624. <1/2>

## For Sale

24.5 ft. Reinell, with t ndem tr iler, 302/188 Merc. Runs excellent. Stove, sink, ice box, he d, etc. \$8,500 o.b.o. 339-6493. <1/2>

### Bill Perry Manager Must Sell

19 ft. c bin cruiser, epoxy gl ssed, complete unit \$6,000

Numerous telescopes from \$250 nd up: 60mm, 2-6 in, 1-8 in, nd 1-12.5 in. John 339-3090. <1/2>

### **OBITUARY** William (Bill) Robins

A Part of

the Comox Valley

for Over 50 Years

In Ottawa, Wednesday 31 July, 1996. William Robins aged 88 years. Beloved husband of Jeanne Proulx. Dear father of David (Pauline) and Barbara (Jim Schauer). Step-father of Roger, Lucy and Robert. Cherished grandfather of 12 grandchildren and 19 great-grandchildren. A service in memory of Mr. Robins will be held in Ottawa at a later date. In memoriam donations to the Canadian Cancer Society appreciated.

# Public & Personal Announcements

# Attention all Former Terns

Maritime Proving and Evaluation Unit is seeking your help and input for two projects - a book on the unit and the updating of our Alumni List. What we need are humourous anecdotes, pictures, serious stuff, silly stuff - anything pertaining to the unit and the people therein. We need to know something about you too, such as your address, telephone number, name of spouse and position you held, i.e. CO, AESOp, Tech, etc.

Any pictures, cuttings, etc., submitted will be returned to you provided a clear and legible name and return address are submitted with them.

Put on your thinking caps and send us your input. Our fax number is AVN 568-5449 or Commercial (902) 765-1494, ext. 5449. Any queries can be directed to the Orderly Room at AVN 568-5335 or Commercial (902) 765-1494, ext. 5335.

### Moose Lodge to open in Comox Valley soon

The Loyal Order of the Moose hope to open a chapter in the Comox Valley in the near future. If you are interested in serving your community, this could be the route for you to follow. An organizational meeting will be held at the end of August or beginning of September. Watch for further

# Placed for Adoption Here?

# It's a Boy!

pleased to announce the birth of their son Cody, born 10 August 96 at 5.45 a.m. in St. Joseph's hospital. Cody weighed in at 7 lbs. 8-1/2 oz. Proud grandparents are Tony and Karen Wells, happy uncle is Chuck Wells. Thanks to Dr. McCrone and the maternity staff.

TOBACCO IS A DRUG. Protect your children. BREAKTIVE

### **Comox District Concert Band**

The new season will open on Tuesday, 10 September. Rehearsals are held in Courtenay Junior High School Band Room at 6:30 pm for the Swing Band and 7:30pm for the Concert Band. All players welcome.

We do need percussion players. For further information call Pat Jackson at 339-5091.

### Adopted in B.C?

B.C. gets a new Adoption Act Nov. 4, 1996.

Birth parents and adopted people can get information about each other. If you don't want your information released, call Toll Free 1-888-212-1188. If you want details on the new Adoption Act, call Toll Free 1-888-236-7888. Ministry of Social Services, Province of B.C.

### \*IMPORTANT NOTICE\* For students planning to apply for admis-

sion to the Faculty of Arts at the University of Manitoba: the cut-off date for receipt of applications to the Faculty of Arts has been changed from 2 Jul 96 to 30 Aug 96! Applicants should note, however, that since correspondence courses begin 4 Sep 96, they should apply as early as possible to avoid delays in receiving course mate-

Students should call the Canadian Forces University Progam if they have any questions concerning degree programs. You can contact the WPSO's office at 339-8211, local 8293 for further information.

# 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,

• Passes must be used on the day purchased, unless rained out and then on the next day;

•Maximum of four passes sold per day; and

·Limit of one pass, per person, per month. A priority system will be in effect as follows:

1. Junior NCMs (Pte, Cpl and MCpls), OCdts and 2 Lts; 2. Senior NCMs and officers (Lt and above); and Personnel wishing to reserve a golf pass must have a tee time

booked at Glacier Greens prior to purchase. Sport Stores is open from Mon to Fri from 0900-1230 hrs and 1330-1600 hrs.

An interesting book this week:

**THURSDAY 15 AUGUST 1996** 

Dog Talk

by Gerry Gerow

ing, New York. US \$19.95. Taking your pet to places such as senior care homes, crippled children's hospitals and other places where people are "shut in" can be a very rewarding hobby, and many dog owners derive great pleasure out of seeing the

Volunteering With Your Pet, by

Mary R. Burch, PhD, Howell

Book House, Macmillan Publish-

joy others get from their animals. In her book, Burch tells you about the different kinds of animal-assisted therapy and how to get started in this rewarding hobby. This is a 224 page attractively bound hardcover edition, well illustrated with about 50 black and white photos. An excellent gift for any pet lover. Ask your bookstore to order it for you.

In this column we will take a look at the modern sporting dog. Known variously as Continental gun dogs, or Versatile dogs, they were developed when the prerogative of hunting passed from the wealthy ruling class to the gentry. These folk could not afford to keep kennels of specialized dogs like the nobility. They needed an animal that could combine the traits of finding game, pointing it, retrieving and tracking, both fur and feather. Mostly the Germans, with some help from other continental Europeans, then began the task of developing and stabilizing such an animal. It was a formidable task.

They started, it is commonly believed, with the old Spanish Pointer, then infused the blood of other dogs such as retrievers and tracking breeds. There is much discussion as to whether or not the blood of English Pointers was used. Some say yes, but many say no. There was great emnity between the English and the Continentals in those days, and it is unlikely that they would have used English blood. I am of the

magnificent point which virtually screams, "Hey, you guys, over game is bagged, they will retrieve from hunting stock and not pet or it in a non-slip fashion. They love show stock. My own Shorthairs

here, I found one." When the the water and will retrieve water- excell at being house pets but, fowl equally well. If game is once in the field, it is all business. and retrieve. They do this well on for? both feathered and haired game. Their noses are unbelievably sharp. A good dog will discount the use of the eyes in favour of the

school which says no. There is a

tremendous difference between

the pointing style of the Versatile

dogs and the Pointer. Also, if one

observes the gait of these dogs

Whatever the ancestry, what

evolved from this was a type of

dog which excels at all require-

ments of the hunter. They find the

game, usually staying close to

gun range, unlike the Pointers,

which range very wide. Once

game is located, they go into a

there is a noticeable difference.

nose, every time. Some of the breeds I am referring to here are German Shorthaired Pointers, German Longhaired Pointers, German Wirehaired Pointers, Weimaraners, Pudlepointers, Vislas, Brittany Spaniels, and Wirehaired Pointing Griffons. There are others such as large and small Muensterlanders which are not known yet in North America.

The undisputed king of these dogs, in Canada, is the German Shorthaired Pointer. However, they are out numbered two to one in their native country by the German Wirehaired Pointer and it seems only a matter of time before that will happen here. Most will admit that the Shorthair has superior ability, but their short hair leads to problems in cold weather and thick brambles.

So, if you want a dog for the field, you should be looking at one of these breeds. But, as I have said before, be sure that it comes

"CHOCOLATE, Embued with so many Virtues, It's Energetic value, Attributed to the Magnesium, Potassium & Vitamin A, as well as Theobromine, A Healthy Antidepressant that can be a Wonderful way of dispelling Gloom." (Robert Linxe) Paris 1995 Chocolate Trivia, Brought to you by:

CHOCOLATE RANCH 890-0772 OPEN TUE-SAT. 10-6 & SUN. 12-5



# FREAKSHOW



wounded they will trail, locate What more can a sportsman ask

# Appointment Colonel Commandant RCAC

The Chief of Defence Staff, 24 Actor Majors Gen Jean Boyle, announced June 25 Christening 29 Approval 21 the honourary appointment of 33 Rent retired MajGen Howard R. 34 Eager 36 Food carrier Wheatley of Ottawa, as Colonel 37 Jackie's second Commandant, Royal Canadian husband 38 Zinc — ointment Army Cadets, for a period of three 39 Split years. MajGen Wheatley takes 40 Cairo's river 42 Good-natured over from LGen Charles Belzile 43 Annoy who served in the position since 45 Dry places 47 Curvy September 1992. The position of 49 — Grande colonel of a branch is a prestig- 50 Missouri hrs. 51 Improvise ious appointment to a retired sen- 54 Regions near ior officer or prominent civilian.

MajGen Wheatley was first introduced to military activities during the period 1947 to 1954 while he was an army cadet in No.11 Strathroy District Collegiate Institute Cadet Corps. In 1952, at the age of 17, he joined the Canadian Army (Reserve) where he trained both as a private and as an officer cadet. In 1954, he accepted an invitation to attend the Royal Military Colleges under the Regular Oficer Training Plan. He completed the programs at Royal Roads in Victoria, B.C. and at the Royal Military College in Kingston, Ont, and was commissioned in 1958.

MajGen Wheatley served in Germany and in Petawawa, Ont. with the Royal Canadian Horse Artillery. He also served with the United Nations in the Congo and worked at Army Headquarters in Ottawa during the integration of the three services.

As a senior officer, MajGen Wheatley served on the Directing Staff at the Canadian Land Forces Command and Staff College, Kingston; as Commanding Officer, Second Regiment, Royal Ca-

# TODAY'S **CROSSWORD PUZZLE**

**ACROSS** 1 Window-blind piece 5 "Saturday Night Live" piece

author 15 Welsh dog 16 Affirm

65 Actress 66 The boy -7 Baking powde ingredient 18 Watchful

20 Avocado dip

Marco -10 Most vigilant 11 Tennis great

60 Actor Danny 61 Divide into two

equal parts

63 Taverns

64 Speck in the

DOWN 1 Catch (a fly

3 Water, in Baja

creatures

5 Rascals

12 Fender

9 Hale and hearty

24 Mother - (ore)

damage 13 Units of energy

2-3-96

48 Choral 28 Long skirts ensembles 29 Apple drink 30 Made a 52 Great -31 Unsophisti-

26 Eagle's nest

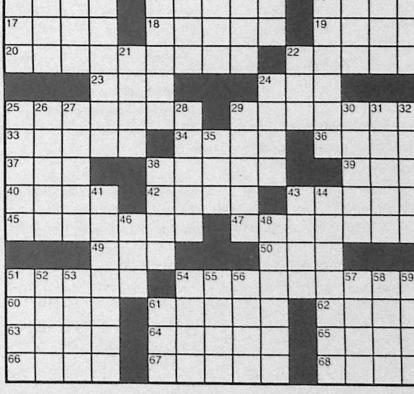
55 Earthen 32 Used a

56 Above tricks!

PREVIOUS PUZZLE SOLVED

flavor 59 Break

44 Lured



nadian Horse Artillery, in Petawawa; as Senior Staff Officer Plans in the Directorate of Land Operations at National Defence Headquarters, Ottawa; and as the Base Administration Officer, Canadian Forces Base Europe

(Lahr). He also served as Senior Evaluation Analyst at NDHQ and, later, assumed the duel appointments of Director of Land Requirements and Director of Ar-



# COMOX MILITARY FAMILY RESOURCE CENTRE

phone: 339-8290

# **Expanding Services**

The CMFRC has literally grown out of 119 Kinnikinnik. Last fall the Child Care Programs moved to the Kinnikinnik Child Care Centre and early this fall we will be expanding to include the building next door - 120 Kinnikinnik. This increase in space means that we will be better equipped to serve your needs in a permanent location. 120 Kinnikinnik will be the Program Building and will be home to the adult programs, including deployment support, volunteer services and welcoming programs, and also the teen program.

This new space will make it possible to have a central shared space for the programs, and the opportunity to reserve the space for the needs of individual groups. Jill Sturrock (Youth Worker) Mara Pungente ( Adult Program Coordinator), and Zan Sinclair (Outreach & Volunteer Services

Coordinator) will move their offices over to the new building also.

119 Kinnikinnik will remain the Reception & Administrative building. Here, you will find Dennis McMahon (Executive Director), Judy Walker (Bookkeeper & Admin. Assistant), Tina Matchett-Bianco (Receptionist & Admin. Assistant) and the office of our new Family Counselling Services Coordinator. The building will also continue to hold the Resource and Toy Lending Libraries and will still be used for groups and workshops in the evenings.

The acquisition of 120 Kinnikinnik could not have come at a better time as we are gearing up for an exciting fall schedule. This fall promises to have something for all the family: from fun and educational workshops for the teens to craft nights, an employment seminar, the Butt Out

program, a new book club and drop in/coffee break club for adults. As well, there is a Parenting Teens workshop and a computer familiarization workshop scheduled. Our Child Care Programs are also introducing some new things to their ever exciting program including a new toddlers play group and an introduction to French preschool. For upcoming events check the Totem Times and watch for flyers, and our fall newsletter which will be out the first week of September.



# **GRAND RE-OPENING!**

On Saturday, August 24th from 12:00 - 4:00 pm the CMFRC will be re-opening the doors to the Toy Lending Library. Come and see the wonderful selection of toys available for your children to enjoy!! We have Playmobil, Fisher Price, Little Tykes, Ravensburger, Discovery Toys and lots more for children from birth up to 13 or so !!

Toy lending libraries offer a number of great advantages to families with children. The CMFRC Toy Lending Library allows your children access to a wide variety of quality toys without having to spend a lot of money. It

also gives you the opportunity to "test drive" a toy before purchasing that really expensive "got to have item" that is only played with Wendy! once. As well, children can be exposed to new activities We need your involvement, every two weeks which keeps them well stimulated and amused. One more advantage to the toy lending library is that children have the opportunity to learn about borrowing and sharing and being part of a community.

The CMFRC is very excited that the Toy Lending Library is once again open to the public. This could not have become a reality without the

hard work and dedication of our new Toy Lending Library volunteer, Wendy Reynish. Many Thanks

to make this venture a success, so please drop in, see the toys, and fill out a suggestion sheet. We look forward to seeing everyone on Saturday August 24th between noon and 4:00pm at the CMFRC, 119 Kinnikinnik.

Have your child colour the picture below and bring it in for a chance to win our Grand Opening draw



# Special Events

**Butt Out** 

The successful Canadian Forces quit smoking program "Butt Out" is now available for spouses and dependents of military members. This information session is a free, no obligation evening to discuss the up coming Butt Out program. Registration is required.

Facilitator: Mara Pungente Date: September 16th Time: 6:30 - 8:30 pm

Location: CMFRC Program Bldg. 120 Kinnikinnik Registration: Call 339-8290

Who's Driving this Bus?

- Community Orientation & Job Finding Workshop Are you new to this area? Are you unemployed? Do you need to revamp your resume? Do you want to make community connections and network? Then "Who's driving this bus" is for you. This program is designed to help new Valley residents explore their skills, find employment and discover the many resources of the Comox Valley. The program has nine sessions and will run three days a week. who's driving this Bus promises to be fast paced, challenging and very rewarding. Register early as spaces are limited

Dates: Sept 24, 26 & 27, Oct 1, 3, 4, 8, 10 & 11

Time: 9:00 - 12:30

Location: Protestant Chapel Annex Registration: Call 339-8290

# **Youth Activities**

Teens' Gym Nights

Starting again this fall the CMFRC will be hosting gym nights! Come out and enjoy floor hockey, volleyball, indoor soccer, basketball, dodgeball, etc. - you name the game! Please wear white soled shoes or you'll be watching the fun! Recreation passes are not necessary during this time.

Date: Wednesday, September 11 Time: 7:00 - 9:00 pm

Location: Base Gym

Fitness and Nutrition

This workshop deals with information on the health benefits of exercise, planning your own fitness routine, and successful methods of weight control.

Date: Monday, September 17th Time: 7:00 - 9:00pm

Location: CMFRC Program Bldg. - 120 Kinnikinnik Registration: CMFRC 339-8290

Youth Committee Meetings

If you are a planner or have some creative ideas of what we could do for fundraising, activities, workshops, and community projects then bring your friends and join our committee. New Comers are most welcome to come and share their ideas.

Date: Wednesday, September 19th

Time: 4:00 - 6:00pm

Location: CMFRC Program Bldg. 120 Kinnikinnik

# Kinnikinnik **Child Care Centre**

Register Now!

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

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