



TOTEM TIMES

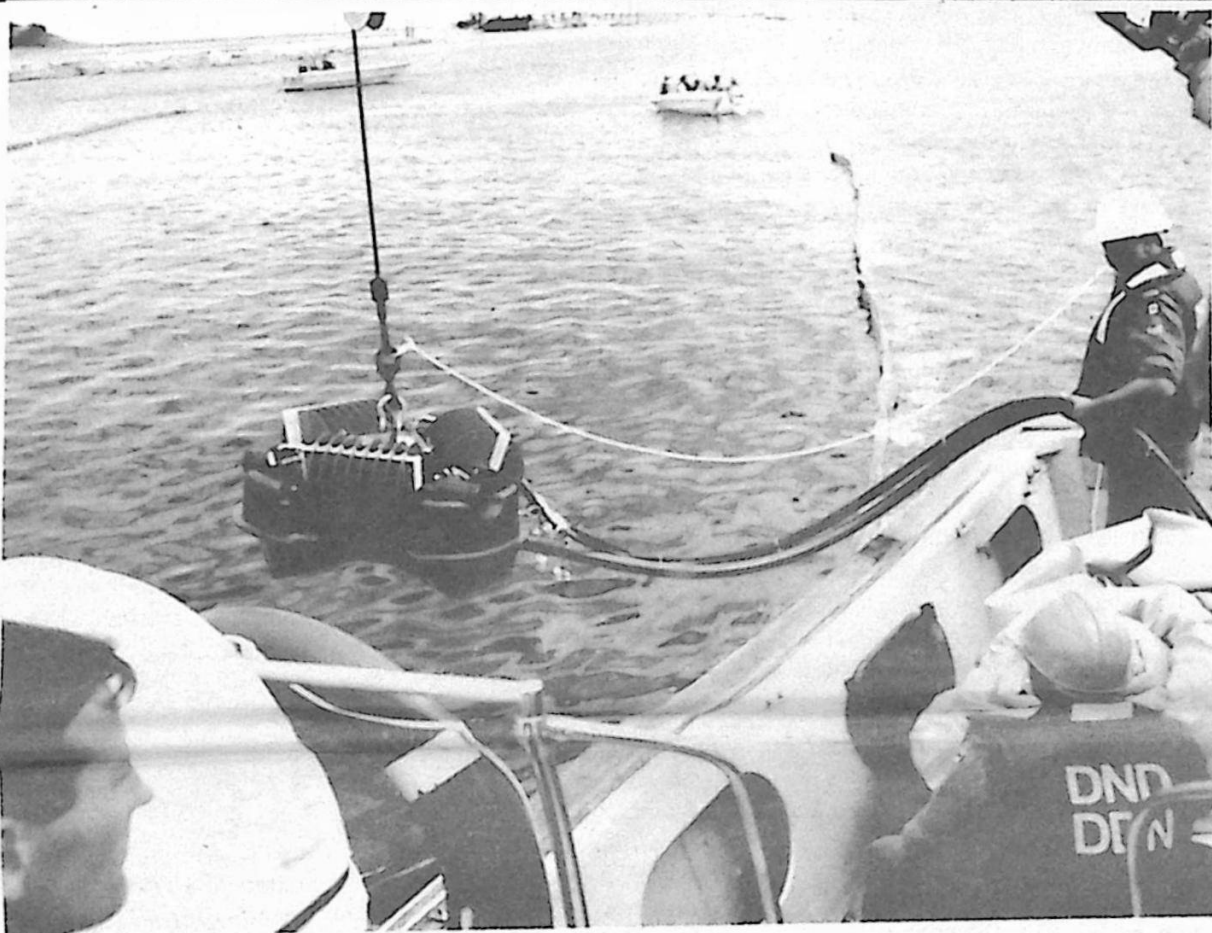
19 Wing CFB Comox B.C.



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 Bank, 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 QUEBEC FLOOD 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

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.

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 northern 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 partici-

pated 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.

Stewardship in action - marine spill response

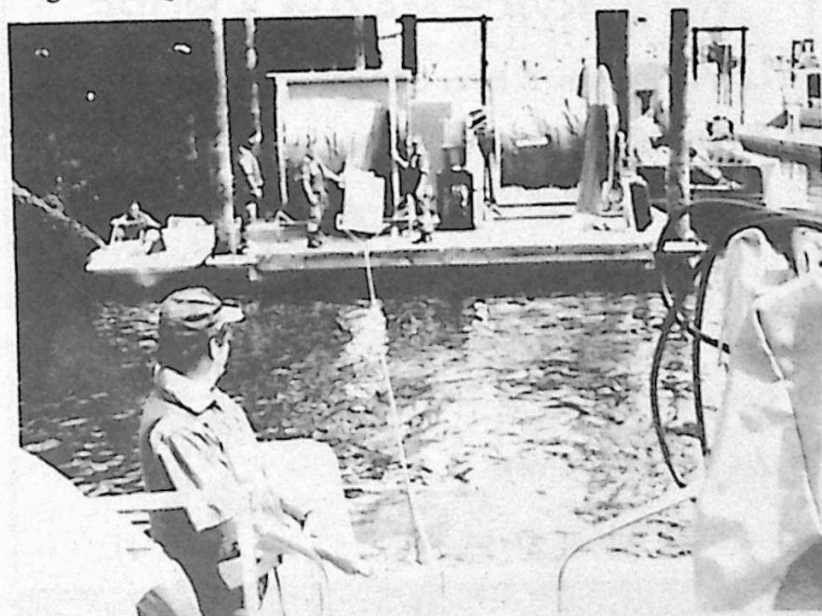
"Damage Control this is the POL Wharf. We have fuel spill in the Comox Marina; estimated volume 2,000 litres." Hopefully, this message will never require transmission. If it did, however, CE Damage Control and the Marine Section would ensure the response would be swift and the damage minimal.

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.



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



Legion Log

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
MONDAYS.....LA Drop-In Bingo, Upper Hall, 7:00 pm
Monday night Men's Dart League recessed until Sept.
TUESDAYS.....Mixed Dart League recessed until Sept.
Ladies Crib League recessed until Sept.
WEDNESDAYS.....Navy League Drop-In Bingo, 7:00 pm
Upper Island Men's Crib League recessed until Sept.
THURSDAYS.....*1st Br.160 Exec. Mtg. Upper Hall, 7:30 pm
1st L.A. Executive Meeting (as required) 7:30 pm
*2nd L.A. General Meeting, Upper Hall, 8:00 pm
*3rd Branch 160 General Meeting, Upper Hall, 8:00 pm
FRIDAYS.....TGIF, Meat Draws in Lounge, 3:00 - 6:00 pm
Dance, Lounge (unless advised)

SATURDAYS.....Meat Draws in Lounge, 3:00 - 6:00 pm

SPECIAL EVENTS:

Friday BBQs have started - hamburgers, hot dogs, etc. 12 noon to 2:00 pm and 4:00 to 6:30 pm every Friday. Watch the notice board for details.

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.....every Friday night, 8:00 pm

2 Aug ...	Beyond Belief
9 Aug ...	Norm's Combo
16 Aug ...	Andrew Schmidt
23 Aug ...	Kirby
30 Aug ...	Special Delivery

FUN EUCHRE.....every Monday night 7:00 pm
FUN CRIB.....every Wednesday night 8:00 pm
FUN DARTS.....15 & 29 August, 7:00 pm
BARGAIN DAY.....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.

3 Aug ...	Music Man
17 Aug ...	Music Man
31 Aug ...	Special Delivery

MEMBERS & BONA FIDE GUESTS WELCOME

BASE PERSONNEL WELCOME AT BR. 17

Career Review (medical) Board

When the medical category of a member of the Regular Force is lowered, the resulting employment 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, therefore, 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-

tions or work anywhere in the world. It goes without saying that our military duties must be carried out with no prior warning. Our military tasks are often executed in situations over which we have no control. Consequently, we must be capable of physical exertions which are unpredictable, enduring long, irregular 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 and that of our comrades.

In preparing these guidelines, the Assistant Deputy Minister (Personnel) (ADM(Per)) issued guidelines for the retention of members with medical restrictions. These directives state that should a member be unable to perform the military duties attached to the MOC and general military tasks, as a result of a permanent employment restriction, his or her retention shall be recommended only under the circumstances indicated below. Ordinarily, restrictions of this kind are indicated by the member's medical category. However, it is not the medical category but the employment restriction itself and its effect on the member's service which must serve as the basis for the CRB(M)'s recommendation concerning the member's professional future. Consequently, the CRB(M) must ensure that the employment restriction and the justifications for it are clearly indicated in the medical documents.

A recommendation for continuation of employment may be made when the member has a specific 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 the length of time required to locate a replacement.

When a member is nearing the end of his/her period of service or eligibility date for a retirement pension, a recommendation of

continued employment may be made to permit completion of service, on the condition that another position can be found for his/her rank and MOC and that he/she is capable of performing the duties of this position within the limits of the medical restriction. Ordinarily, the period of time recommended must not exceed two years.

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.

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, including side effects, drug interactions and the misuse of drugs.

You got a question? We've got the answer! You can reach us at 822-1330 in the lower mainland or toll free in B.C. at 1-800-668-6233 Monday to Friday 10:00 am to 4:00 pm.



Girl Guides
of Canada
Guides
du 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

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 full-time. Check out the basic accounting course, introductory insurance course and the Canadian Securities course - all available in the evening. Don't put it off!

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 education.

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.

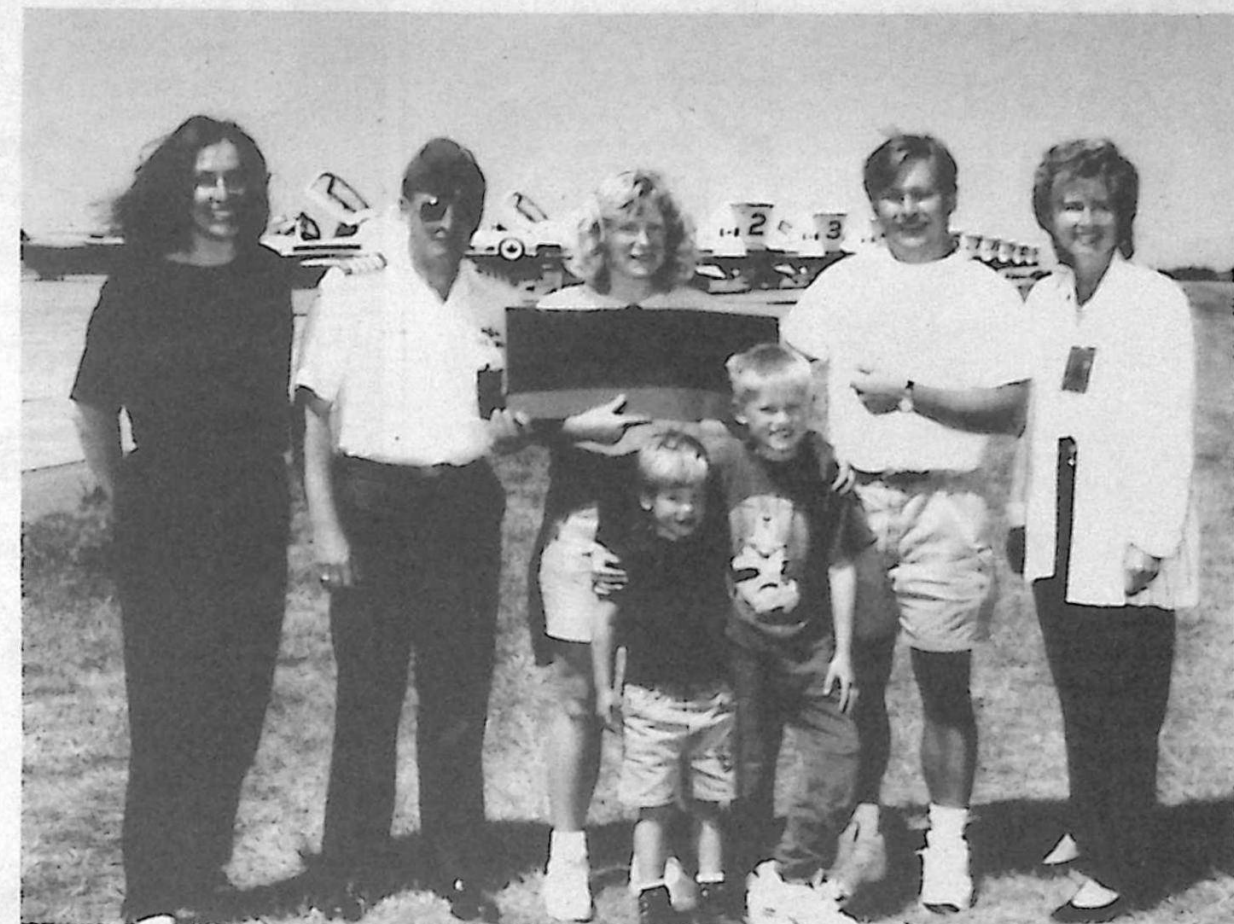
When you register at any Network college, be sure to identify yourself as a CFCCN member. You will be able to take advantage of Network benefits now and in the future. Call local 8889 for more information.



Safety First

WGSO Mr. Ken Initsky accepts his Deputy Minister Commendation from DM Louise Frechette at a ceremony last month in the foyer of NDHQ. Mr. Initsky was awarded the decoration primarily for his work on the 1995 Canada Health and Occupational Safety Week, when 19 Wing won first prize in the federal government department.

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.



Changes in recruiting

By Cdr Doug Maybee
CFRETS PAO

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

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, Quebec.

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

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, however, be maintained.

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 Kelowna.

On 3 September, 1996, Phase the Western Zone, despite losses in some locations and gains in others. Affected regular force

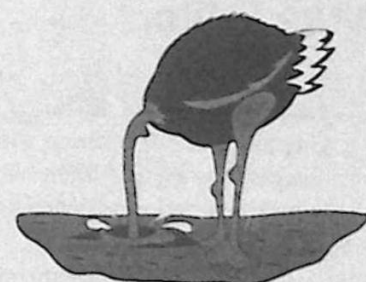
The new

Western Model

After careful study of demographics 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.

To provide these processing centres with customers, 11 attraction teams, based in Victoria, Vancouver, Yellowknife, Edmonton, Calgary, Saskatoon, Regina, Winnipeg 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 armoured (reinforcing Total Force integrated recruiting) or into much smaller leased accommodation, thus reducing overall costs to Public Works and Government Services Canada.

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V9N 3P6

The Editor gets a word in



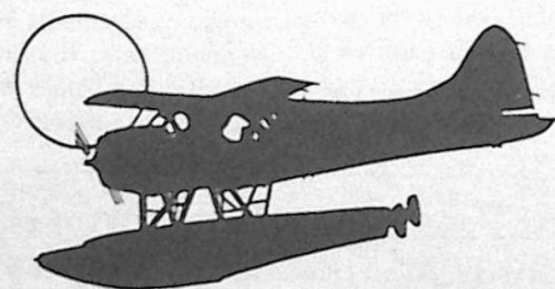
Trouble in Paradise

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 dirt.

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 concerned 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 Clarkson



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 CFM program which includes a self study package requiring approximately 200 after duty hours of study, followed by an intensive three hour exam for which the

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

In June 1996, having completed 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 prestigious designation. This professional designation is rapidly becoming recognized as a measurement of competence and dedication to the position of Foodservices Manager. It demonstrates a level of skill, knowledge and experience which the

industry has identified as necessary for competent performance in any type of foodservices operation. It will prepare military foodservices managers to fulfill the requirement of providing effective 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 comments:

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 immensely."

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 delightful 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 STORAGE
*OVERWATER 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.
*PAT HOLLAND
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 SMILE).

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 about it.

"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

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Bufs are broke...

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-

442 Sqn



ing a helicopter mission at sea, or transporting the search headquarters during a major search, in the past 407 has always been there to help.

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 restructuring initiative within the SAR Tech shop was a proposal to reduce the amount of maintenance done by

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 Systems personnel, the amalgamation of the 500 series trades detailed 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

without precedent: in the early days of Para Rescue, all of the personnel were either medics or safety systems. All USAF Para Rescue shops employ a large number of riggers.

If the month of July is any indication, 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 date.

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 Menard.)

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 Verrey?) Na, that's old news. The newest additions to the SAR Tech inventory of things things (like little pack rats, we like shiny things) are 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 results: solid as a rock. If the lockers 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 just load a couple of the lockers onto our skidoo trailer and sleep in them; they sleep nine."

by Sgt Al Banky



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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 wing.

"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 features 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 succeed."

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,



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 to."

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

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



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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 regional detachments.

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.

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407 Sqn



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.

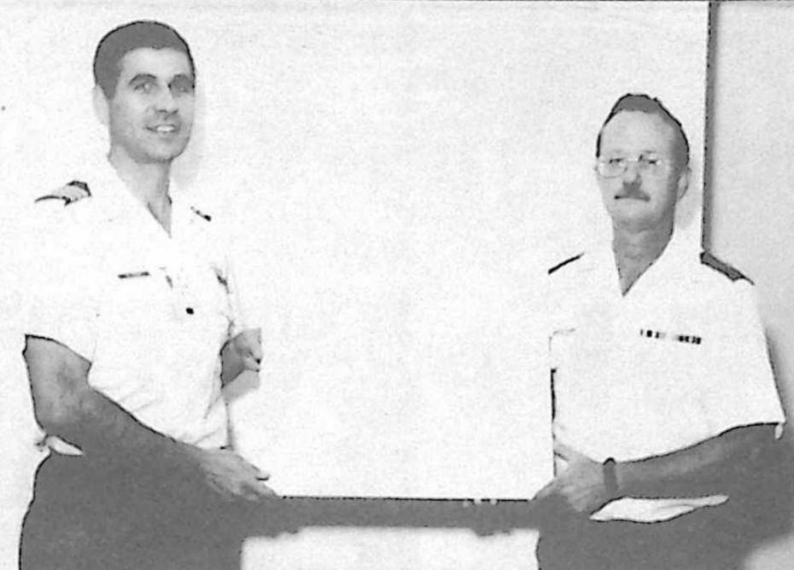
The MOC 500 re-engineering adventure continues as more of our technicians are being sent to the various phases of their training, both here and in Greenwood. Cross-training is proving to be a challenge with fewer technicians in each trade.

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 Hurland 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 airframe 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 1991 and 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 G.B. Lewis, CO 407 (MP) Sqn.



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 Decoration.

icing in late October following further OSS training in Greenwood.

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 work.



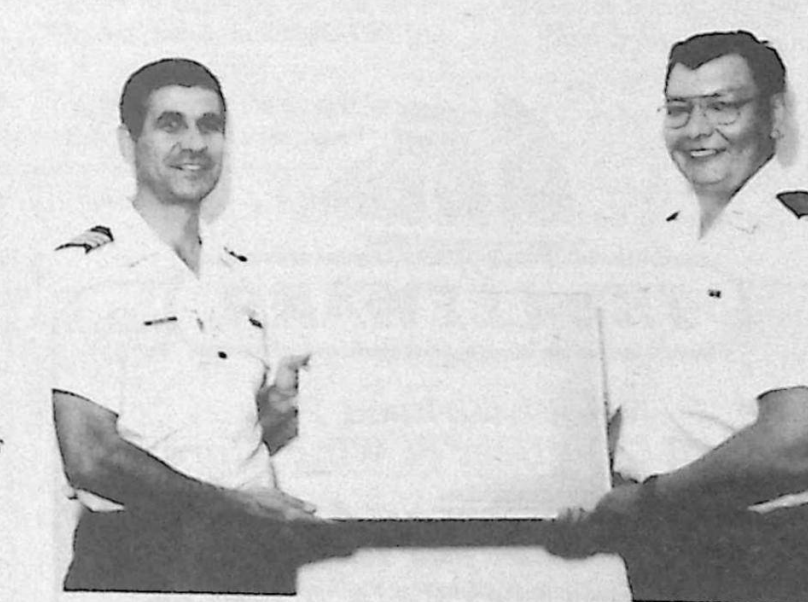
You can come home again

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 discharged 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 Association.



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.

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Maj Bourget presents CD to Cpl Heitanen.



Cpl Babiak earns title of Engineering Technologist.

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 given the outstanding 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 Forrest 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 seem 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 thing.

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



Cpl Dumonceau receives Aerobic Award.



CD being presented to Cpl Farrell.



Cpl Morton receives his CD from his good looking boss.



Money talks

by
J. Kevin Dobbelsteyn,
P.Eng., MBA

Watch out for those "guaranteed" investment deals

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, get-rich-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-term 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.

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 promoter.

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 commissions 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:

- Hockey Official Level 1-2 (9601) 19-24 August.
- Hockey Official Level 3-4 (9602) 26-31 August.
- UPTA (9605) 9 Sep - 9 October.
- Ice Makers Course (9602) 14-18 October.
- RALC (9603) 21-25 October.
- UPTA (9606) 4 Nov - 5 Dec.
- UPTA (9701) 8 Jan - 7 Feb 97.
- UPTA (9702) 12 Feb - 14 Mar 97.
- RALC (9701) 12-21 May 97.

UPTA = Unit Physical Training Assistance.
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 8783/8315.

Note: Personnel applying for UPTA must report to the PERI staff for pre-requisite fitness testing.

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.



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!

HOCUS-FOCUS

BY
HENRY BOLTINOFF



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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.

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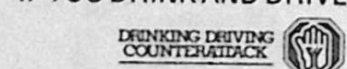
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- | | |
|---------------------------|------------|
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| 2. Tap, Tap | Martin |
| 3. Green Mile Park Five | King |
| 4. Finding Moon | Hillerman |
| 5. Power Games | Jordan |
| 6. Desperate Measures | Michaels |
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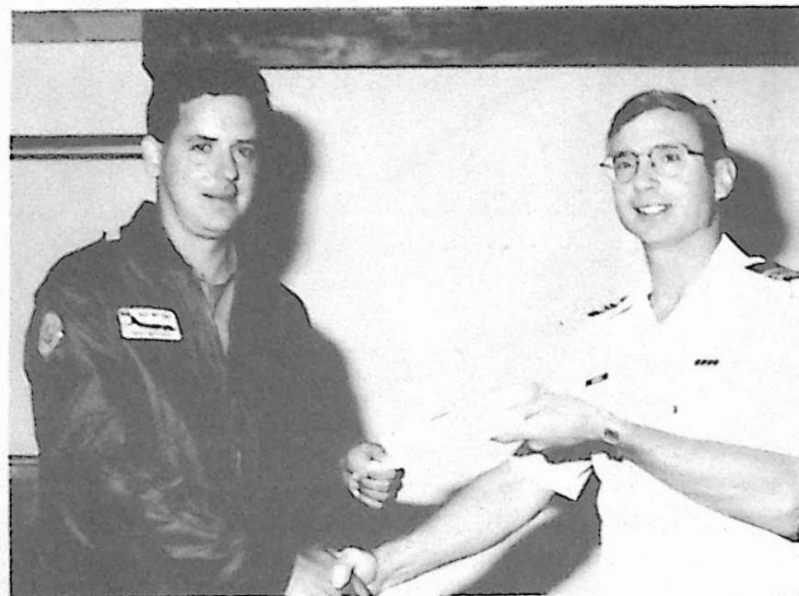


See Gary Deyoung

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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 work, Moe.

Smile

...can't from page 4

around the province, referred by organizations as diverse as Dial-a-Dietician, the B.C. College of Physicians and Surgeons and the 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.

"We will help anyone," says Kam, "it's just that our sponsors felt we should give priority to seniors as they are the group most at risk for medication problems." While seniors make up 12% of the provincial population, they receive over 25% of prescription

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 not break that figure down by age group.

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 unless they have a condition that requires a visit to the doctor or a prescription to fill at the pharmacy," says Kam. "Sometimes people want a second or a third opinion about their medication, or they have a question that requires considerable research."

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.

"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 prescription 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-the-counter pharmacy products, particularly calcium and iron. A small number of callers asked about unlisted drugs and herbal remedies.

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 medications.

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 1-800-668-6233.



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Naval navigation

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

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 - 7-30 August REGISTRATION for Golf Tournament at JRM office from 8:00 am to 12 noon.
 - 23 August TGIF Sports - Food & game TBA
 - 30 August TGIF Sports - PRIZES for the FISHING DERBY will be presented. Food & game TBA.
 - 4 September GOLF TOURNAMENT. Additional info available at sign-up. See flyer in this newspaper.
- Note: Sunday Movie Night is back to normal, come and watch for yourselves!
DON'T FORGET THE SNOWBALL DRAW - EVERY FRIDAY AT 1700 HRS.



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Totems first in league play

The Totems finished their season with a double header at Lewis Park on 22 July. The Totems clinched 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 CVMRS 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.



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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 +(GGC MEMBERSHIP # IF MEMBER)

*REGISTRATION AT JR MESS MNGR OFFICE

0800-1200HRS MON-FRI.BETWEEN AUG 7-AUG 30

*ADDITIONAL INFO AVAILABLE AT SIGN UP

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 half 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 information, call 703-525-3372, fax 703-525-0520, e-mail: RetReveille@aol.com.



Golf-A-Thon

Glacier Greens is hosting a 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 will golf from sunrise to sunset.

Pledges per hole would be greatly appreciated. The record for the most holes golfed stands at 156. Scott Fraser and Butch 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 (Storey Creek), or by signing up at the respective courses.

Pacific Region Running Championship

CFB Esquimalt is hosting the Pacific Region Running Championship 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.



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, generosity.

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 or Cpl Retieffe at local 8315.

Keep the Dream Alive!



Happy 5th birthday
JESSICA
love
Dad, Mom & Stephanie

The Fishing Report

sponsored by King Coho
Resort
339-2039

Fishing continues to be good out at King Coho. There is evidence of some big Springs moving into our area. Live, frozen 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 TWILIGHT RATES

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



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

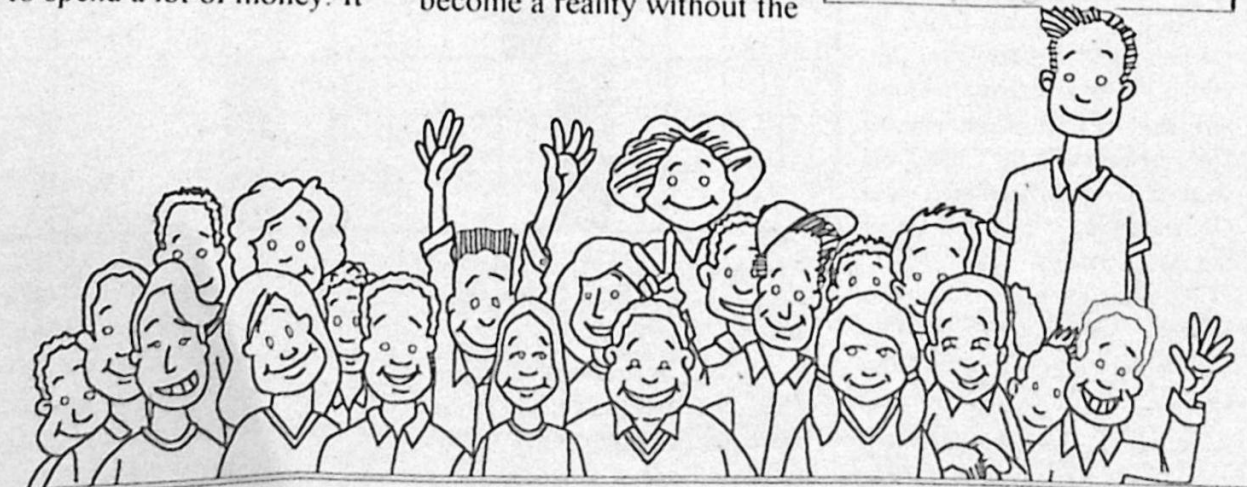
also gives you the opportunity to "test drive" a toy before purchasing that really expensive "got to have item" that is only played with once. As well, children can be exposed to new activities every two weeks which keeps them well stimulated and amused. One more advantage to the toy lending library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

We need your involvement, 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