



A casual round of golf
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The Comox Valley's Oldest Newspaper

TOTEM TIMES

19 Wing CFB Comox B.C.



VOL 38 NO 15

THURSDAY 12 SEPTEMBER 1996

COST: PRICELESS

Sept 15 - Battle of Britain day



The public is invited to celebrate aviation history and the aerial defeat of Nazi Germany with members of 19 Wing Comox. Wing Commander Col Brian MacLean will be the reviewing officer for the annual Battle of Britain Day Parade this September 15 at 10:30 a.m. in the Heritage Aircraft Park (across from the base arena). Standing beside

members of today's Air Force will be representatives of the Royal Canadian Air Force Association's 888 Wing, the Korea Vets Association, the Comox, Courtenay and Cumberland Legions as well as 386 and 363 Squadrons of the Royal Canadian Air Cadets. The Air Force Band from Winnipeg, Manitoba, will provide musical accompaniment.

The parade commemorates that week, 56 years ago, when the air war between Great Britain and Germany reached its peak and the Royal Air Force gradually secured air superiority over the Luftwaffe. The Canadians in No.1 RCAF Fighter Squadron, as well as those detached to RAF squadrons, admirably represented the best of the fighter pilot breed,

those of whom Winston Churchill spoke when he told the Commonwealth that "never has so much been owed by so many to so few."

Because of the large numbers of Air Force veterans and decorated fighter pilots living in the Comox Valley, the parade, and the annual remembrance of the Battle of Britain, has become a pivotal date on the base calendar.



From the Wing Commander

As our children start back to school and we settle into the post APS routine, I would like to take this opportunity to offer a hearty welcome to all those who were posted in and joined our team here at 19 Wing Comox this past summer. I hope that your moves went smoothly and that you and your families were able to enjoy the journey. Clearly, moving is a traumatic experience that we in the military often take too lightly. However, I can assure all the new arrivals that Comox is worth the trek. It doesn't take a lot of getting used to.

A special welcome to CWO Ritchie and the staff of CFSSAR (School for SAR Techs) who moved here this summer from Edmonton. They are currently working out of the survival school at Quadra but should have a new school house on base by next summer. Welcome aboard folks, it's great to have you on the Wing.

I would also like to thank all the "old hands" for all their hard work and sharing the load during a very busy APS. Not only did we meet all of our operational commitments during this period, but we did it while following the new leave policy (use it or lose it), supporting several community events, supporting 1,200 cadets at HMCS Quadra, holding two Change of Command parades and staging what has been called the best Air Show ever. You demonstrated what team work can achieve and you can all be very proud of your efforts.

Currently, the CO's, Branch Heads and I are wrestling with future budgets for the Wing and an in-depth Business Plan (BP) for FY 97/98, which starts 1 April 1997. I will be briefing the Commander of Air Command in Winnipeg during the first week of October on key parts of our BP.

Cont'd page 2

"Address"

19 Wing makes a difference

by
Capt David Krayden,
Wing PAffO

Though the personnel levels at 19 Wing are continuing to decline, the base remains the largest employer in the Comox Valley, with a gross payroll dispensing \$63.5 million in 1995/96. This represented 11 percent of all employment income generated in the valley, though the total number of employees, spouses and dependents at CFB Comox is only seven percent of the total population: 4,213 people out of 56,246 people living in the Comox Valley.

According to the annual 19 Wing Comox Social and Economic Impact Analysis, the base remains a vital source of economic stimulus with \$44.7 million of the annual payroll being spent within the local economy. The annual posting season continues to offer direct and consistent support to real estate transaction services. Food, clothing and the other necessities of life continue to be purchased from local stores. The base itself has traditionally looked to local suppliers of goods and services to supply many of its support requirements; as the Air Force is asked to increasingly ex-

amine the feasibility of alternate service delivery, this is a relationship that can only be enhanced.

Total personnel at 19 Wing now stands at 1,284 Regular Force military, 65 Reservists, and 332 civilian workers, including full-time unionized labour and part-time casual workers. Though these military figures will decrease again in 1996/97, the degree of personnel cuts has diminished.

The report, based in part on an extensive survey of 19 Wing personnel last winter, points to extensive community involvement by the members of the Wing. Em-

ployees are active participants in community sports, service clubs, volunteer organizations and pursue a variety of interests and hobbies in their off-hours. Members continue to actively participate in the success of community events such as the Canada Day parade and the Filberg Festival.

In conclusion, the military community offers a relatively youthful, educated, highly skilled and culturally diverse cross-section of the Canadian population to interact with the local citizenry.



Legion Log

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri 13 September - music by COUNTRY COUSINS
Fri 20 September - music by WILD RIVER
Fri 27 September - music by HIGHWAY 19
Sun 29 September - music by WYLIE & THE OTHER GUY in the Lower Lounge from 3-7 pm

REGULAR EVENTS:

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 pm
MONDAYS.....LA Drop-In ingo, Upper Hall, 7:00 pm
Monday night Men's Dart League 7:30 pm, 9 Sept.
TUESDAYS.....Mixed Dart League 7:30 pm, 10 Sept.
Ladies Crib League 7:30 pm, 10 Sept.
WEDNESDAYS.....Navy League Drop-In ingo, 7:00 pm
Upper Island Men's Crib League 8:00 pm, 18 Sept.
THURSDAYS.....* 1st r.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 ranch 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
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:

INGO.....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
13 Sept ... Vested Interest
20 Sept ... Norm's Combo
27 Sept ... Wylie and the Other Guy
FUN EUCRE.....every Monday night 7:00 pm
FUN CRI.....every Wednesday night 8:00 pm
FUN DARTS.....every Thursday night 7:30 pm
ARGAIN DAY.....every Tuesday, all day
Q LUNCH SPECIALS.....every Weds & Fri 11:30 am - 1:30 pm

SPECIAL EVENTS:

Saturday Night Dances in the Lower Lounge, 8:00 pm - midnight
21 Sept ... Norm's Combo

NCVI Zone Travelling Gavel at Branch 17 5 October

Cocktails at 6:00 pm, dinner at 7:00 pm.
Music by Rob Petrie

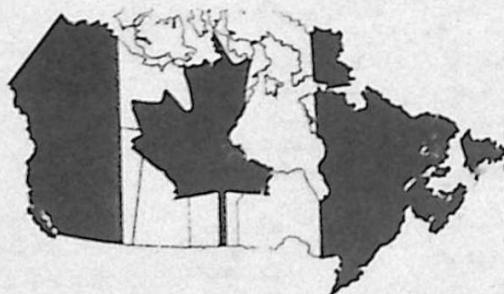
Fall Auction - 19 October at 1:00 pm

Proceeds to Legion charities.
Items can be dropped off at the office.

MEMBERS & BONA FIDE GUESTS WELCOME

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BASE PERSONNEL WELCOME AT BR. 17



Association Francophone de la Vallée de Comox

Voici une liste d'activités pour le mois de septembre:

Premièrement, l'Association francophone, 479a, 4e rue désire vous rappeler que les heures d'ouverture du bureau sont du mardi au vendredi entre 12h30 et 16h30. De plus, la chorale francophone, les Voix de l'île, débutera la saison, le 10 septembre, à la salle de musique de l'Ecole Puntledge. Pour plus de renseignements, composez le 338-2193.

Vous êtes cordialement invités à l'Assemblée Générale Annuelle de l'Association francophone, qui

se tiendra le jeudi, 26 septembre à 19h30 à l'hôtel Washington, 1001 Ryan Rd. Courtenay. Si vous désirez vous impliquer, plusieurs postes sont à combler au sein du Conseil d'Administration: Présidence, vice-présidence, secrétaire, directeur des activités sociales et culturelles, directeur du journal. Nous vous attendons en grand nombre et vous remercions de cette réunion est ouverte aux francophones et francophiles, membres et non-membres. Pour plus de renseignements, composez le 334-8884.

FP 97 is back!

Where has the summer gone? It seems as if I was just getting into the sun tan, BBQ, and beach mode when it's time to think of school again. Yes, school! The Flight Plan '97 Ground School is gearing up to resume training this month. All of you who were unable to attend before can take heart because you now have the opportunity to find out what exactly a ZIN is.

New facilitators were trained in August and the two of them will return to 19 Wing energized and enthusiastic about the program and ready to practice all the neat things they learned. Be prepared!

The training schedule remains the same. The initial introduction will be done at the AFIS theatre starting at 0730 hrs. The course runs for three days, and during that time you get all the free coffee you can drink and an appetizing lunch each day. The only thing required is that you bring an open mind, and a willingness to discuss the issues.

Our doors will open on 17 September. I hope you enjoyed your summer because it's back to school for some of us. Take heart though, I'll make sure the coffee is on.

Commander's address

You, too, should be hearing lots about our BP in your Units and Sections over the next few months and how it applies to you. I think it will be very obvious that we must continue to seek ways and means to become more efficient if we are to succeed. To do this everyone needs to become involved in finding solutions. The bottom line is - we're not done yet.

Finally, I would like to remind everyone that ground school for Flight Plan '97 will be starting again on 17 September. We have a new team of facilitators raring to get started and, with less than 300 on the Wing who require the training, we should complete this phase by December. That will be a red letter day for our Wing.

P.S. Good luck to our men's and women's Ball Teams as they represent our Base and this region at the Nationals in Shilo.

Col Humphries retires



A Canadian Forces "Canadian Open" golf tournament was held at Caesarea, Israel, in honour of Col Terry Humphries, who is completing his tour of duty as Canadian Defence attaché in Israel.

LCol Art Carveth, Commanding Officer, Canadian contingent, UN Forces on the Golan Heights, presented the trophies. The golf tournament was sponsored by Greentours, a pioneer tourist company operated by two Canadians, Arthur Goldberg (from Vancouver) and Lionel Druker (Sydney N.S.), the participants were from the UN, Canadian, American, British and Japanese embassies.

Col Humphries is retiring from the Air Force, after 31 years of service, and will be taking up residence on Vancouver Island this Autumn.

NEXT DEADLINE 20 SEPTEMBER NOON

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CF BUTT OUT PROGRAM

Descision Time:

Are you interested in a healthier lifestyle? Would you like to stop smoking?

If so, come to either one of the 19 Wing BUTT OUT information sessions on Mon 16 Sep 96:

First session
Second session

- Bldg 22, room 11 @ 1300 hrs
- Military Family Resource Centre @ 1830 hrs

WHO: 19 WING MILITARY, DND EMPLOYEES, AND THEIR DEPENDANTS

NOTE: TO TAKE THE BUTT OUT PROGRAM, YOU MUST ATTEND ONE OF THE INFO SESSIONS

FOR MORE INFO CONTACT: SGT BRIAN BUTTNOR @ 8789
PO2 MITCH SCOTT @ 8792, CPL DAWN MEIER @ 8417, or MARA PUNGENTE @ 8290

Quadra staff wear civilian clothes



Chief Petty Officer First Class Joel Biesenthal, Coxswain of HMCS Quadra, on behalf of the ship, presented to members of the You Are Not Alone (YANA) foundation a cheque for \$877.35.

On 25 July and 9 August, over 100 Cadet Instructor Cadre Officers and Sea Cadets paid up to three dollars each to put away their naval uniforms for a day and wear T-shirts, jeans and other civilian attire in support of the Heart of Oak Fund.

"The Heart of Oak Fund is a community service initiative created by Quadra to assist charitable organizations in the Comox Valley," said Commander David Yates, Quadra's Commanding Officer. The amount raised for YANA will benefit its work in

covering accommodation and other expenses incurred by family members of sick children forced to travel to larger centres for surgery.

In 1995, St. Joseph's Hospital of Comox received \$800.00 from the Heart of Oak Fund for its emergency ward.

HMCS Quadra is the national Sea Cadet Summer Training Centre, located on Goose Spit in Comox Harbour. Over 1,000 cadets from across Canada travelled to Quadra this summer to train in a variety of trades including seamanship, sailing, parade drill, adventure training and music. The staff members who contributed to the Heart of Oak Fund worked as instructors, supervisors and support staff to these cadets during the summer.

Re-activation of 4th Air Defence Regiment, RCA

The CO and all ranks wish to announce the successful re-activation of 4 AD Regt as the newest Reg F unit in the army order of battle.

4 AD Regt is established as a unit within Land Forces Atlantic Area, with Regional Headquarters and 119 Air Defence Battery located at CFB Detachment Moncton, 128 Air Defence Battery and 210 Air Defence WKSP at CFB Gagetown and 4 Air Defence Regt Trg and LN Detachment at CFB Cold Lake.

4 AD Regt's role is to provide very low level and low level air defence to operationally de-

What college programs would you like to take?

by Pat Allan,
CFCCN Co-ordinator

The new college semester has started across Canada and many people have taken the exciting step of beginning a new college program. Other people, though, were not able to find the course or program they wanted locally. The Canadian Forces Community College Network may be able to help.

Many programs offered at colleges across Canada can be scheduled for local delivery if we have enough people who register for them. Normally a minimum of 15 people must commit to a course. With sufficient lead time for promotion, staffing and logistics, we can create opportunities for ourselves in areas of specific interest. Other Canadian Forces bases have run a local Small Business Certificate program and Advanced Police Science, for example.

If you would like to see a program offered, please call the CFCCN Co-ordinator at local 8889, or drop a note c/o WPSO to register your interest. Be sure to leave contact information so that we can follow up.

At 19 Wing, courses in the Management Development Program from Seneca College in On-

ario were offered last year, and will continue this Fall. We already have three graduates, with other students needing one to three courses to complete their requirements. This program consists of six courses covering the range of basic management topics. Each course is scheduled for one very intensive weekend, usually once per month. If we get enough demand, courses to cover the entire program could be offered before next posting season. Even those students who just begin their program this Fall could graduate with an MDP certificate by next Summer.

The MDP was specifically designed for the CF and, as such, recognizes the value of military training. Students may apply for advanced standing for JLC and SLC courses. This means you can apply those courses against requirements for the MDP, so you may only have to take four or five courses to complete the program.

The Fall schedule of MDP courses is being developed now. Registration information will be available when the schedule is confirmed. In the meantime, for more information about MDP or to register your interest for any other programs, please call the CFCCN Co-ordinator at local 8889.

ployed elements of the Canadian Forces.

The regiment is manned employing the Total Force concept, with approximately 45% of its strength drawn from the Reserve Force. While Regular and Reserve Force soldiers are employed throughout the regiment, the ma-

jority of the Reserve Force component will operate the Air Defence Anti-Tank System (ADATS) currently in service with the CF.

Questions concerning the regiment may be directed to the Adj. Capt M.G. Godefroy, at CSN 622-0372.

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Week ending: 14 September 1996

1. Green Mile #6 ... King
2. Melody ... Andrews
3. Pig Town ... Caunitz
4. Leonard Maltin's 1997 Movie & Video Guide ... Lynch
5. Carriers ... Tannenbaum
6. Corruption of Blood ... Powell
7. An American Journey ... Burke
8. Burning Angel ... Lescroart
9. A Certain Justice ... Grafton
10. "L" is for Lawless ... Grafton



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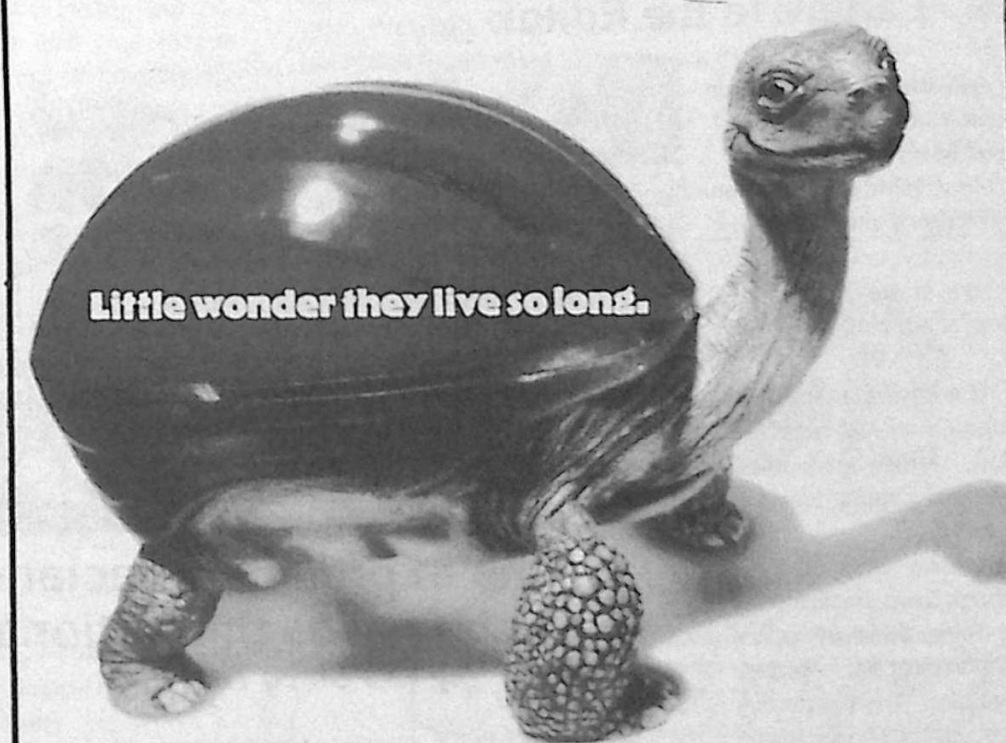
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V9N 3PG



Little wonder they live so long.

Wearing a bicycle helmet is a really good idea for kids and adults alike. In fact, this September it's also the law. So make sure your kids are wearing a properly fitted helmet when they pedal their way back to school. And with safe cycling skills, they can learn to steer clear of trouble before it happens. Kids aren't born with helmets. But good judgement can become second nature. And that's the best protection you can get.

BRAINS ARE SOFT.
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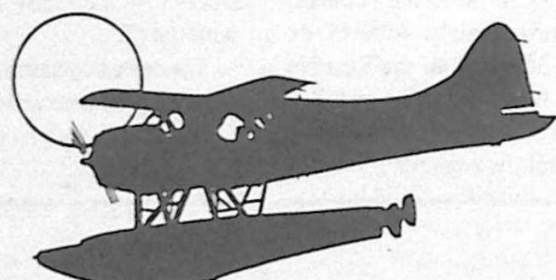
The Editor gets a word in

Going broke is good

All this lack of money and reengineering has a good side from time to time. You may or may not have noticed a little article submitted by Air Transport Group that outlines the engine upgrades, among other things, for the Labrador helicopter fleet. The SAR community has been literally trying for decades to improve the performance of the Labrador engines and also inject a measure of increased reliability into the fuel control management system. Many well intentioned and motivated aircrew and ground crew have documented, presented, argued and cajoled the "system" in an attempt to achieve what to them was an obvious case of an increased safety margin. At last it seems that a solution has been found for at least some of the Labrador's shortcomings and these are very positive steps indeed.

Reengineering it seems is a partial driver behind the engine modifications. The engine output can be boosted by several hundred shaft horsepower by modifying the main fuel control unit along with some other minor modifications. These modifications, for a myriad of reasons, have been prohibitively expensive in the past but now it seems that they make economic sense. A number of modifications necessary were already being done by the contractor during overhaul simply because the older parts necessary to maintain the older fuel control units were too costly to install or not available. It only made sense to go ahead with the upgrade, for economic as well as safety reasons. I like it!

Joel Clarkston



Letters to the Editor

(The following letter was sent to WComd, Col B.B. MacLean.)

Colonel MacLean,
I felt it was my duty as Mayor to inform you of the exemplary involvement of your CFB Totems fastball team in our fund raising tournament at our park this weekend past.

Their friendly sportsmanlike play combined with their excellent athletic ability made them one of the most popular teams in the tournament.

I congratulate them on their win and thank them sincerely for donating their \$350.00 prize money back to our park improvement committee. Their generous donation encouraged all the teams to follow suit and make our tournament a financial success.

I hope you will look kindly on their requests for future funding. You could not have a greater group of ambassadors for your Base.

Yours sincerely,
Harvey R. Brown
Mayor of Cumberland



Congratulations!
You set a great example for your peers.



Totems express appreciation on their way to the Nationals

by WO Steve Thomas

The Totems Men's Fastball team made several presentations at the Wing gym on 6 September, the eve of their departure for the CF National Championships in Shilo, Manitoba.

Presented to the Wing Commander, Col MacLean, were the Regional Championship pennant and a commemorative golf shirt for the occasion. The Totems also presented the WComd with a trophy won as the champions of the first annual Cumberland Village Park Fastball Tournament. The T's donated their prize money of \$300.00 back to the Village Park Fund on behalf of 19 Wing.

The T's also made a presentation to Lt K.J. Saunders in appreciation of her year-long efforts as the team's statistician, chief enforcer and number one fan. Thanks Kim!

The Totems would also like to thank Rick Penner and the Arbuckle Pub for their sponsorship this season and the PE&R staff for their support and cooperation.

Look for results of the Nationals later this month.



The Cumberland Tournament Trophy



Colonel MacLean being presented with the Pacific Region Champions' pennant 96.

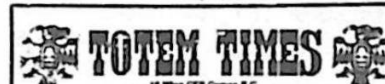


WO Saunders presents a team sweater to Lt Kim Saunders in recognition of her support as the #1 sports writer and fan.

96 SCAN seminar

As a result of the rising uncertainty that most members of the CF have had to endure in the recent past, it has become more important than ever before to plan for the future and your second career. In this regard, and IAW CFAO 50-20, all 19 Wing CF personnel who have reached career status (IE, IPS or 3A, 3B release) are entitled to attend Second Career Assistance Network (SCAN) seminars in preparation for their eventual departure from the CF.

The next 19 Wing SCAN seminar is scheduled for 30-31 October and will cover a variety of topics related to release, pension benefits and second career preparation. In addition to presentations by 19 Wing and Comox Valley organizations, this seminar will be highlighted by presentations from guest speakers including:



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V0R 2K0

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OFFICE HOURS

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



Change of Appointment parade

414 (CS) Squadron is pleased to announce the Honorary Colonel change of command parade to be held on 7 September, 1996. The Minister of National Defence, on the recommendation of the Chief of Defence Staff, has appointed LCol (Ret'd) A.C. Brown as the Black Knights' new Honorary Colonel. Taking over from Honorary LCol C. Stover, LCol Brown will be a point of contact, and serve as a beneficial link to the community and industry.

The parade will be held at 1345 hours on 17 September on the apron in front of #7 Hangar. To help commemorate this occasion, the Air Command Band will be accompanying 414 Squadron on parade. All past and present members of 414 Squadron and their families are welcome to come and share in this special event.

Following the parade, a reception will be held at the 19 Wing Officers' Mess where members and their families will be able to extend their farewells to Honorary LCol Stover as he leaves us, and to welcome Honorary LCol Brown as he joins the Black Knights.



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19 AMS - Who's who in the zoo

by Cpl McKenzie

Well, it's September again. Do you know where your kids are?

Once again the powers above want to hear from 19 AMS Component Shop. Has anyone seen Sgt Harper? Did he get taken into "the vortex of change," which has been sweeping throughout this base in an orderly fashion? Do you ever sense you're in a virtual reality with no logical way out? Mayhem! Sgt Harper may know the way.

Upstairs on the "penthouse floor," we can find Cpl Brian Scott battling it out with equipment. It works, it doesn't work, it works, it doesn't work. Smells like a hardware conspiracy. Have you ever noticed the length of his hair? Just long enough to pull out and short enough to be legal. Let's go back in the soap lab history just a tad. The understanding that I have is that Cpl Scott had two months to learn patch testing, soap sampling and ferrography testing before another member bit military dust. All this and being a trainer too!

Cpl Paul "Mr. Airframe" Moquin has at times been so low...oops...solo (computer keys jammed) but now he has Cpl Marie Lapierre from 442 to take over. It was an exchange for MCpl Ken Bedford and MCpl Gary Nyman. Hmm? Go, Marie, go! Between the two of them, they can inspect your brakes, your tires and a whole selection of other "odds and ends" for a respectfully reasonable price. In other words, PAY UP! WE KNOW THE WAY OF APLT/PRESH.

Next, we have MCpl "DOC SAV-A-A-G-E!!" This is called with the intent of having your tonsils dangling and your tongue three inches out of your mouth. Did you know Doc's grass is growing? (Hee! Hee!) He and his fearless wife have spent many weekends plotting this patch.

MCpl Rodger Perry enjoyed his course as per ??? Now he's home. Safe and sound. Have you heard about the oil and his boat?

It's all over it, but then, possession is 9/10ths of the law...I guess Cpl Burton's "clear cutting" a kayak can be topped. Actually his "incident" - aren't they all - was a safety systems thing. Sorry, that's beyond classified info. So, beyond this, I can't even let you know which classification. What's that saying? "If you want it bad enough..."

Outside, near servicing and accessible to natural lighting, keeping in mind someone shot the ozone layer, we have the electrically oriented tri-shop. That was an attempt at political correctness. Somehow IE Labs didn't make it out here. Maybe that's good. Who knows what "the doctor" might do. Anyhow, Cpl Rob Dumonceau, Cpl Michelle McKenzie, newly imported MCpl Suzy Cuenier and MCpl Sherri Dunn, who is presently on maternity leave, can be found charging batteries, inspecting generators, running to the "penthouse floor" to do patch tests and reciting CFTO's. Reciting CFTO's?! "Is it in the book?" Actually, we're not sure if Sherri is coming to us, but she definitely did have a baby. At any rate, the "Boy's Club" sign has been eradicated for ever!!! Sorry guys, the women are taking over the shop (world)! By the way, Marie is our female implant to the Comp Shop.

Saving the best until the end. We have Cpl Jim Lefevre and MCpl Lou St. Onge. Now, Cpl Lefevre is ex-army, so he really doesn't get hung up on things. He always has a humorous comment to throw into any discussion. He's really hard to hate. Yet, so is intimacy. Entering... MCpl St. Onge, our CISIM golf hopeful. Was. Can be. Next year. Presently MCpl St. Onge has had to forget about his house, put down his golf clubs, be dragged out of the nicad battery shop and endure I.O.C. classes. Go! Shmoo Go!

This pretty much sums up things. We all were given a demo of the new breathing system for fuel cell maintenance. Crawling in it is not on our agenda. Neither was the air show...Until next time. Batteries call.

by MCpl Bill Cecchin

I have the dubious honour of bringing everyone up to speed on the happenings in the 19 AMS NDT shop. After all the math has been completed, we are now down to a manpower strength of three, after all was said and done. There seems to be a light at the end of the tunnel as we would like to welcome MCpl Tim Wacey and family to our Pacific Island Paradise. Tim, originally from the Comox Valley, is excited to be back. Scheduled arrival is mid-September.

The sign on the door reads "UNDER NEW MANAGEMENT." That's right, our now retired Sgt John Stewart has left the building. Mr. Stewart has accepted a position at Hope Arrow, an aircraft inspection company based in the Toronto area. We at the 19 AMS NDT shop wish John and his family all the best.

In the past six months the 19 AMS Non Destructive Testing (NDT) shop has undergone some changes. Our leadership has been changed. At the helm now is MCpl Rick Franke (soon Sgt??). I guess once all the furniture has been moved to its rightful new and improved location things will settle down and return to just chaotic. The duties of AOAP that were once occupied by the now retired Cpl Todd Schneider, are now handed over to 19 AMS AVN (component shop), now occupied by Cpl Brian Scott. Brian can be reached at local 8657!! Todd took the FRP and plans to retire in the valley and took my job making the BIG BUCKS.

There are still lots of rumours as the the civilian future of NDT, but nothing is concrete as of yet. For all those individuals who are inquiring, the NDT office in Trenton has no plans to run any courses in the near or distant military future.

As we are all awaiting the next budget cuts to materialize into another FRP, this has to be by, buy me out from the NDT shop. Until next time...



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Engineers' Corner

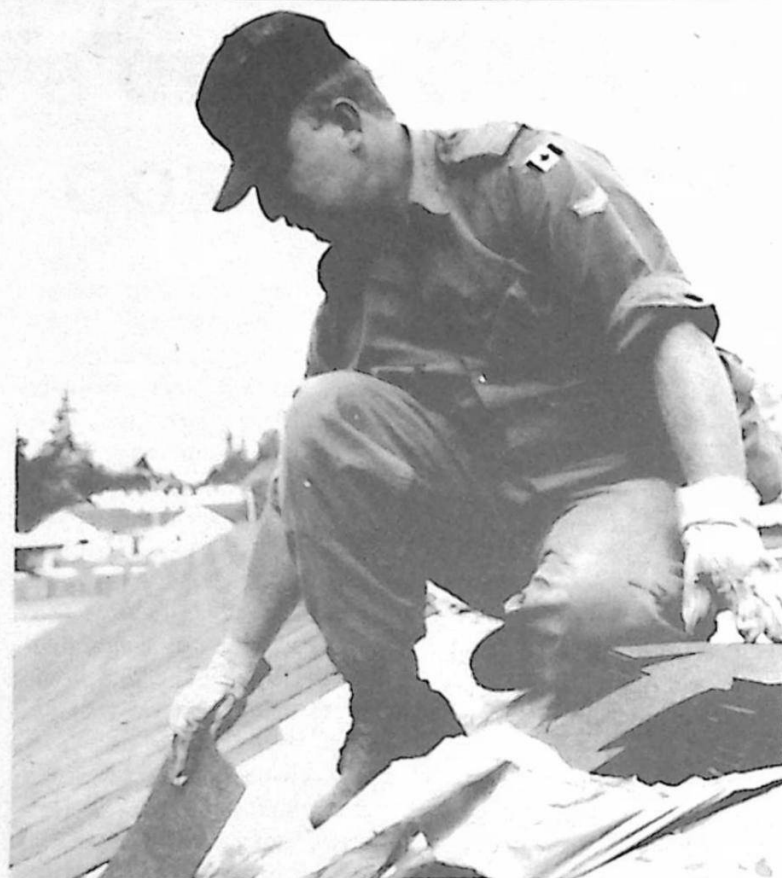
Many of you may have heard of the Airfield Engineers in Comox, but many of you may be wondering just who we are and what we do here in Comox. For your interest and general knowledge, let me tell you.

The Airfield Engineers' main mission is constructing and maintaining facilities, and providing utilities under any conditions. This includes setting up an air base in an austere location (known as force beddown), sustaining these facilities, and restoring operations to the airfield should it be attacked. Airfield Engineers accomplish these tasks by working in crews consisting of any of eight CE trade specialties.

In Comox, the Airfield Engineers form a flight consisting of one junior officer, an MWO, three multi skilled trade crews (25 Jr NCMs) headed by Sgts. Their daily activities consist of general military training, such as NBCD or weapons training, and also include support to Wing activities by completing various construction projects.



MCpl Carlson, an EGS Tech, working on rewiring the W Log O's office space in B45.



Cpl Saigeon, a Stat Eng, helping re-roof B35.



Cpl Parker, a Strut Tech, working on the roof of B35.

Arctic SAREX 96

For the first time in history, Canadian military search and rescue specialists will exercise, from 16-20 September, in far east Russia, alongside their former Cold War adversaries. The 21-member team will be led by Brig-Gen Bert Proulx, the Commander of Air Transport Group and Canada's SAR resources.

Arctic SAREX 96 is the fourth in a continuing series of tri-lateral Arctic search and rescue exercises alternatively hosted by the US, Russia and Canada. This year's exercise will be held in the vicinity of the city of Khabarovsk, Russia. Khabarovsk is an industrial city of 700,000 people located on the Amur River, close to the border with China. It is also the headquarters of the Russian Far Eastern Military District.

Canadian participants from 413 SAR Sqn, Greenwood, N.S. and other SAR squadrons from across Canada will leave from Trenton on 13 Sep. They will travel to Elmendorf Air Force Base, Alaska, for meetings with US counterparts, and then continue on across the international dateline to Khabarovsk, arriving on 16 Sep.

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Cops Corner

The new Bicycle Helmet Law

We are going to take a break from our tour of the 19 Wing Security and Military Police Flight this issue so we can introduce you to the province's new bicycle helmet law.

For those of you who like to go to the source to avoid any confusion, the new law can be found in the B.C. Motor Vehicle Act (BCMVA), Section 185.1, and it came into effect on 3 Sep 96.

This new section creates an offence for anyone to operate a bicycle on a "highway" (defined in the BCMVA as basically any roadway or area designed or intended for the use of the general public for the passage of vehicles) without properly wearing a bicycle safety helmet. The section goes on to set out the standards which a bicycle safety helmet must meet, however, it will suffice to say here that it must be an approved helmet.

The fines imposed by the provincial government for a breach of this section will range from \$25 - \$100. This means if you don't have a bicycle safety helmet yet, it's cheaper to go out and buy one than get fined.

As with most traffic laws, if a child under 16 years of age fails to obey this section, his/her parent or guardian will receive a violation ticket for the a/m amounts.

Some people are unhappy with this law, stating that it affects no one but themselves whether or not they wear a helmet. I would argue, however, that it affects us all. When there is an accident and someone is hurt, we all pay. The taxpayers must make good for medical costs, and the costs of emergency services which attend the accident. The victim may have to pay for ambulance services, but we all pay for the police officers or firefighters which show up as well.

It doesn't just affect us monetarily either. There is an emotional price as well. Family and friends have to deal with what at times can be life threatening injuries from bicycle accidents.

On a personal note, I can say that as a peace officer, there are few things as frustrating as attending an accident scene, where some extremely serious injuries could have been avoided with the use of the proper equipment, and some common sense.

For those of you operating "section" bicycles on the Wing, yes, you have to wear a helmet as well. The BCMVA is enforceable everywhere in the province, including the Wing.

In the next issue we will continue with our tour of the 19 Wing Section, as promised. Thank you and stay safe.

THE KIDS ARE THERE. DRIVE WITH CARE!

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407 Sqn



Demon Doin's

Greetings to one and all from the 407 Demon Sqn. Sniff, sniff... you can smell Fall in the air. The kids are back in school, the crew block leave periods are almost over, and the scheduling office is beginning to breathe a sigh of relief.

The APS is over (phew), most of the necessary shuffles and upgrades have been completed and it seems like we're back ready to take on another busy year of operations and training. Despite the fact that we lost a lot of experience this Summer, we definitely got some in and, with the talent and potential in-house, the future looks bright. Good luck to all of the squadron mates we've lost, though the tightness of this MPA community ensures that good-byes won't likely be for ever.

One of the recently departed Demons who has gone to join the Hornet wanna-be's down the hall received a special sendoff that begs special mention. Anyone who knows "Q" (no, not the omnipotent one of sci-fi fame) knows that he can get quite aggressive and hot headed at times.

So, to cool him off he was treated to a final 407 run through the bird bath (minus the Aurora). We think he enjoyed it, despite all of the colourful metaphors. So long Q! We hope that you have as much success and fun with your new buds as you did with us.

As for the rest of the gang, Crew 2 recently returned from JTFEX in San Diego, followed by the Miramar Air show. The smug smiles and all-knowing looks belie their testimony that nothing noteworthy happened during the trip. They did, however, manage to take in the participants' reception in the Miramar O-Mess... a gala hedonistic social which may explain those silent smiles.

The Crew 3 Dogs are in the final preparations for their departure to Chile for Unitas 96. Thanks to Sgt Collins for the Spanish lesson - they'll sure need it. Watch out for those big rocks boys!



MCpl Larry Reid, shown here receiving his new rank from LCol G.F. Reaume, CO 407 (MP) Sqn. His well-deserved promotion comes with an extension of service. Well done, Larry.

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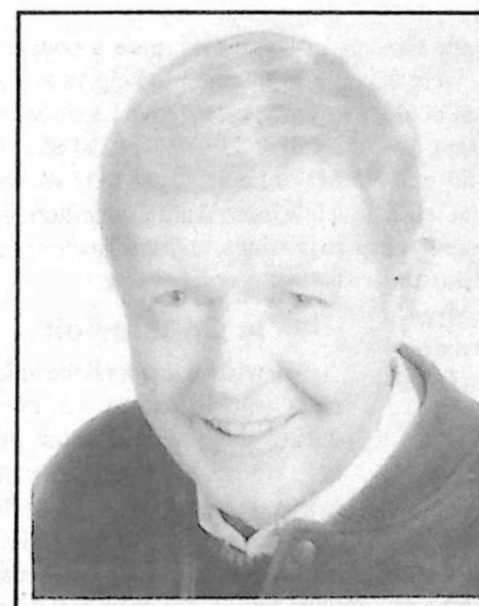
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Wallace Gardens

Annual Report

1995/96 was a very successful year for activities sponsored by your MQ association. All our activities are run by volunteers and, thanks to your support with MQ dues of \$3.21 a month, we are able to put on activities that the children enjoy. Please make sure you are a member so that your children can attend our functions.

Easter Event

The Easter Bunny was hopping around at our annual Easter Party. With a full turnout of children aged 12 and under, the Airport School gymnasium was full of laughter and games such as the bunny toss, egg rolling, bunny bowling, candy toss, egg hunt and much more. A pancake breakfast was served by the Community Ward Councillors. The highlight of this event was the Easter Egg Hunt which saw children scrambling throughout the wooded area beside the school and the parade that included the children and their newly decorated bicycles. The parade was a huge success and prizes were awarded for the best decorated bicycles. A good time was had by all.

Halloween Party

Our Halloween Party was a huge success. There were a total of 12 stations, each one consisted of a game, with plenty of candy being handed out throughout the day. The highlight of the event was the presentations for best costumes - no one envied the judges. Over 280 children attended the party. A special thank you to the OPI for this event Mrs. Sandra Lloyd and Mrs. Jean Allaby.

T-Ball

T-Ball for children aged 5-6 was also a huge success, not only for the children but for the moms and dads as well. We had a total of 60 children participating. Each received a hat and shirt made especially for their teams. The excited children could hardly wait for their turn to bat. The season closed with a pizza party at the Community Centre. The children bounced their little bodies away thanks to Bounce Mania. The food was wonderful and the players each received their own trophy. A special thank you to the

OPI Wayne and Mrs. Allaby for a job well done. Also our thanks to the parents for the help you gave to make this worthwhile event a success.

Youth Softball

We also had a Youth Softball for Fun. Youth aged 8-14 met on Wednesdays and Sundays throughout June and July. Sixty youths made up four teams. Team building and good sportsmanship was the focus of each game and practise throughout the summer. An excellent time was had by all and a very special thanks goes to those coaches who gave of their time, patience and knowledge. Each youth received a shirt and hat and they were so pleased when the Base Commander, Colonel MacLean, came out and presented medals to all the teams. He also presented two plaques to Peter and Linda Durst who were the OPI for this event. The WGCA would like to express our thanks for a job well done.

Summer Program

Our Summer program was run jointly with the CMFRC. It was a huge success with games, crafts, stories, outings, interesting theme events and overnight camping. This program was run over several sessions with many children having so much fun they returned for all the sessions. The overnight camping was a highlight for all. Everyone had a good time and, from the response we received, we are hoping to offer it again. A special thank you to Joleen Spragg and her staff who, once again, did an excellent job planning and carrying out this worthwhile program.

Canada Day Celebration

Our second Canada Day celebration saw over 7,000 people turn out. What a day we had! There was something for everyone at this event. The cost was kept to a minimum to enable everyone to participate in this special event. We had a story writing event entitled "What Canada Means To Me." There was a duck pond, home-made water slide, bouncers, bubble stations, relay races, face painting and Little Toot rides. Of course, there was

no charge. Hot dogs, hamburgers and drinks were the specialty of the house. It was back to the basics of an old fashioned picnic and making a profit was not at the top of our list. We wanted every family to be able to afford a day of fun and laughter. The evening ended with the best \$3,000 worth of fireworks one could buy. We would like to send a special thank you to all the people who helped in making this event special. Next year will be even better. SEE YOU THERE!!!!

Family Fun Day

The Family Fun Day, held in September, saw the school grounds packed with families registering for Fall events. Some of the clubs on the Wing had to go home early because they could not take any more members. Everyone was taking part in the many games and activities planned by your Community Council. There were many displays set up by the various organizations in our community. For the young and old there was the dunk tank, clowns, games and free hot dogs, hamburgers, and drinks for all. We had the square dancers visit and the duck pond, which the little ones really love. This event saw over 400 adults and children attend. The only way it can be described is "Oh!! What a day!!" Keep in mind, this year's event will take place on 28 September. SEE YOU THERE!!

Spring and Fall Garage Sale

As usual, we had our Spring and Fall garage sale. Every year we offer this event for those who would like to get rid of those items that have accumulated over the years. This was open to everyone in married quarters. The Monday after the sale we had a dry garbage pick up for all the items you wished to dispose of.

(Just a short note to let you know that this year's Garage Sale will be on 5 October, with the dry garbage pick up on 7 October. Make sure you are up early as they start arriving really early. A flyer will be going out to let you know how to stack your items for the dry garbage pick up. Make sure you have

Wallace Gardens Upcoming Events

Teen Centre grand opening/open house:

Sat. 21 Sept. 6:00-7:00 pm. Parents and teens are invited to meet volunteers and check out our new meeting place.

Teen Dance:

To follow open house from 7:30-10:30 pm for ages 13-18. Cost 50 cents for WGCC card holders. Non-members \$2.50. For more info call Carmie 339-7696.

Boy Scouts of Canada:

Beavers (ages 5, 6 and 7), Wednesday nights Wallace Gardens Community Centre. Contact Dave Legault 339-9298.

Cubs (ages 8, 9 and 10), Wednesday nights at 888 Wing. Contact Paul Legroulx 890-0048.

Girl Guides of Canada:

Sparks (ages 5 and 6) - TBA

Brownies (ages 7 and 8), Monday nights - contact Deb Hogenbom 339-5324. Tuesday nights - contact Sharla Hunter 339-2568.

Guides (ages 9 to 12), Thursday nights - contact Terry Newell 334-8898.

Pathfinders (13 to 15 years), contact Terry Newell 334-8898.

Family Fun Day:

Saturday, 28 September, at Airport School from 10:00 am to 3:00 pm. Bring the whole family for a day of laughter, fun, games, contests, bouncers, music, hot dogs and drinks. Don't forget to enter our chili contest. Excellent prizes. More details to follow.

MQs Yard Sale:

Saturday, 5 October, from 8:00 am to 2:00 pm. Dry garbage pick up will be on Monday, 7 October. Items must be out by 7:30 am.

these items out before 7:30 a.m.)

Youth Activities

These are held on the first and third Saturday of the month. On the first Saturday, the Youth and Parents Junior Bingos are held. Both children and adults seem to have had an excellent time. This was not only a fun event but was also a learning experience in getting the children to identify their numbers. Thank you to Mrs. Sharla Hunter and Mrs. Karen Barton, who was the OPI for this event for three quarters of the year, with Mrs. Allaby taking over with her team for the remainder. Sock Hops and activities such as darts, board games, videos and Nintendo are a huge success. These activities were a place where your children could go and have full supervision. We usually had around 50-60 children attending this event each week. They came dressed for special event dances like the 50/60s (many raided Mom's closet and were amazed at the outfits they found), Beach Boys, Halloween (the costumes were unique), etc.

Appreciation and Awards Night

Over 100 people came out to honour the 40 volunteers who received WGC awards. What a night we had! We wish to thank all those who took the time to submit a letter nominating someone who they thought deserved this special award. After a BBQ

steak dinner, the certificates were handed out by Colonel MacLean. The WGCA could not exist without the dedication shown by these people. Once again, we would like to say a special thank you to all our volunteers.

Your

Community Council

Your WGCC works hard throughout the year. We have over 350 children and adults using the Community Hall every week. We are always in need of volunteers who are willing to help out or serve on the WGCC. A special thank you to Airport School which supports us throughout the year.

If you can spare a couple of hours a month to help your community, please give Linda Jeffery a call at 339-8211, local 8571, or Major Laplante at 8103. We need a few more Ward Councillors, due to postings, and we also need help for our special events.

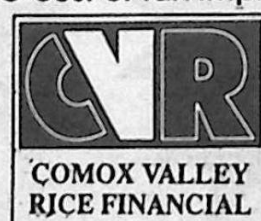
In Conclusion

We wish to thank all the volunteers who helped at our events during the year. Without your help we could not offer the programs we do. If you, or your children, attend any of the WGCA events please make sure you and your family are members of the MQ Association. All it costs is \$3.21 a month per family. This amount can be taken directly from your mess dues. If you are not sure if you are a member, please give Linda a call at local 8571.

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phone: 339-8290

Who's Driving This Bus?

Are you new to the area and not sure where to fit into the job market? 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 fall, the Family Resource Centre is pleased to offer a community orientation and job search program. This program is designed to help new Valley residents map out a career choice, find employment, and discover the many resources of the Comox Valley. The program will focus on:

- Skills Assessment
- Goal Setting
- Resume Writing
- Interview Skills

There will be plenty of guest speakers to keep you

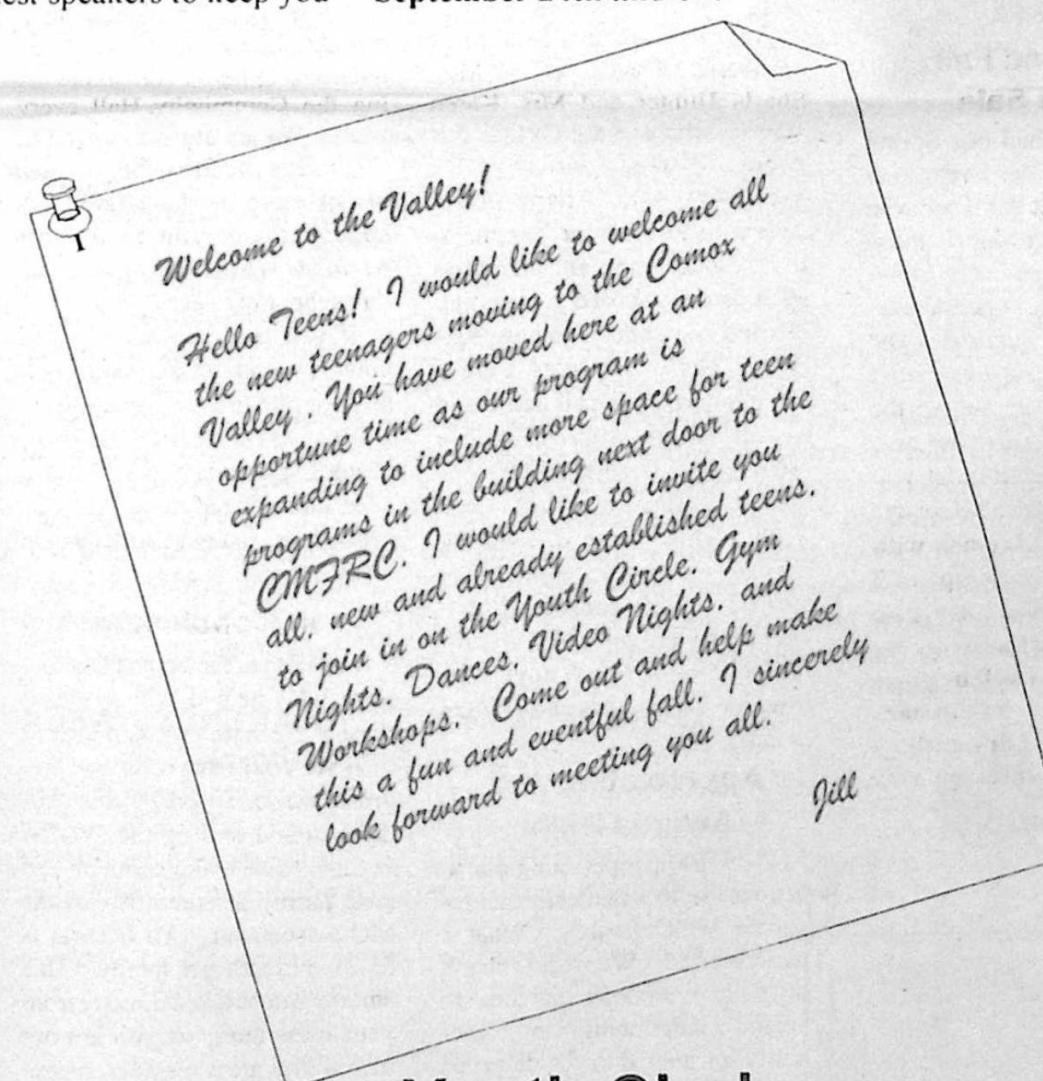
informed and entertained. Guest Speakers include: Barry Woods, Manager of the Comox Valley Chamber of Commerce; Terry Avery, Comox Valley Technical Institute; Ron Soolley, Community Futures Development Corporation of Strathcona; Captain Ron Porter, Wing Personnel Selection Officer; Pat Allen, Coordinator for the Canadian Forces Community College Network, Dorothy Winner North Island College; Liz Wouters, Private Consultant and Edith Picard, Independent Business Woman.

The program will run on Tuesday, Thursday, and Friday mornings for three weeks. "Who's Driving this Bus?" will start on September 24th and end

on October 11th and will run from 9:00 am to 12:30 pm each day.

This exciting program is open to all military spouses and spouses of retired military members who are relatively new to the Comox Valley. The cost is only \$25 and all participants will leave with a realistic career goal, a professional resume in hand, fine tuned interview skills, and a wealth of information.

The program promises to be fast paced, challenging and very rewarding. Register early as spaces are limited. To register or for more information call the CMFRC at 339-8290.



Youth Circle

Last year we had a Youth Committee with teens volunteering as president, vice president and so on. I would like to sincerely thank all those who were involved. With all your help, we ran a top notch 3 on 3 basketball tournament with prizes, medals, and certificates. Twelve teams from the valley participated and are ready to sign up for next year.

Are there any benefits of being on the committee? You bet! I witnessed committee members develop leadership skills, long term friendships, and have a lot of fun.

This fall we will be introducing a new and exciting circle format for the Youth Committee. Do you have creative ideas and an open mind with regards to

fundraising, fun activities, interesting workshops, and community projects? If yes, then bring your friends and join our circle. New comers are welcome to come and share their ideas. Date: September 19th Time: 4-6 pm Location: 120 Kinnikinnik. For more information call Jill at 339-8290

Special Events

Lunch and A Video

Are you looking for something to break up your day? Try the CMFRC Brown Bag Lunch Video Series. Bring your lunch and enjoy a short video and some great company. The first video is from the informative Power of Myth Series featuring Joseph Campbell. In *Love and The Goddess* Campbell talks about romantic love, and addresses questions about the image of woman - as goddess, virgin, Mother Earth. It is an exhilarating tale told by a masterful storyteller.

Date: September 17th

Time: 11:30 am - 12:30 pm

Location: 120 Kinnikinnik

Computer Familiarization

This workshop introduces participants to computer usage. It is designed for people who have no computer experience and provides hands on familiarization with windows and word processing applications. Register early as space is limited.

Workshop

Date: Sept. 23rd, 24th & 25th

Time: 6:30 - 9:00pm

Location: Headquarters Bldg

Fee: \$10.00

Registration: Call 339-8290

Facilitators: Jon Bianco & Peter Naaykens

Kinnikinnik Child Care Centre

Register Now! Limited Spaces Available:

- 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
- French Introduction Preschool Program
Starting in October
Monday, Wednesday and Friday
12:00 - 2:30 pm. \$93/month
- Toddler Playgroup (ages 15 - 36 months)
Tuesday, 8:45 - 11:15 am. \$40/month
- Parents & Tots Playgroup
(Parent participation required)
Thursday, 8:45 - 11:15 am. \$8/month

For more information call 339-5051 or visit us at 118 Kinnikinnik in Lazo (across CFB Comox).

Youth Activities

Eat & Exercise to be Energized

Come and join us in discussing how to make fitness fit into your life, what food nourishes your body, and how to become and stay healthy.

Date: September 17th

Time: 7-9 pm

Location: 120 Kinnikinnik

Registration Deadline: September 15th. Call 339-8290.

Facilitators: Bobbi Howard & Jill Sturrock

Legends, Listening & Laughter

Do you like hearing humorous stories and being able to tell your own stories? If so, come on out and join this storytime with Wedlii Spec. Wedlii Spec has been telling stories for 15 years. He is well known for his great sense of humour and enthusiasm. He will share some interesting stories with you and invite you to share your ideas and stories.

Date: September 26th

Time: 6:30- 8:30 pm

Location: 120 Kinnikinnik

Registration Deadline: September 23rd. Call 339-8290

Facilitator: Wedlii Spec

19 WING COMOX LIFESKILLS COURSE 21-24 OCTOBER 1996

WHO - 19 Wing Military Members or Spouses, and
- DND Employees or Spouses

WHERE - At 19 WING in Building 22, Room 11

TIMES - 08:00 a.m. to 4:00 p.m. each day

For more information contact: Sgt Brian Buttner @ 339-8211 local 8789; or Ms Mara Pungente @ 339-8211 local 8655.

Have you seen this aircraft?



Mr. Frank Lewis of Comox is pictured in a previous time when he was serving with the RCAF and stationed at Greenwood N.S. He was taken off regular duties and tasked with creating a hand built replica of the then ultra modern Argus aircraft to commemorate, along with other replica aircraft, the 50th anniversary of powered flight in Canada. (The wing of a replica Silver Dart is partially visible in the background.) The Argus model was subsequently donated to the Warrant Officers' and Sergeants' mess in Greenwood and then, as far as he knows, disappeared. He now thinks that it is hanging in the Comox Air Force Museum and the staff are not quite sure exactly how it came to be there. If anyone knows how the Argus model came to rest at Comox and if, in fact, it is the same 50th anniversary of powered flight example, would they please contact the staff at local 8162 and enlighten them. (Photo courtesy Mr. Frank Lewis.)

Air Force Blue

Blue uniforms were officially adopted for wear by members of the Royal Air Force in March 1918.

A legend attributes the adoption of blue uniforms to the Russian debacle of 1917. The Russians had ordered vast quantities of blue cloth for their cavalry.

A million yards of it lay in British warehouses undelivered. It was unsuitable for dyeing either khaki or navy blue, so it was appropriated for Air Force uniforms.

Air Force blue uniforms first made an appearance in October 1919. Since then, Commonwealth, European and the United States air forces have adopted air force blue.

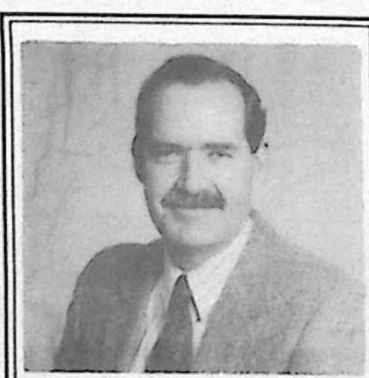
WO/Sgt's Mess
TGIF
Friday September 13th
SPORTS NIGHT
Darts
Mystery Partner Draw
Cash Prizes for 1st, 2nd, 3rd & 4th place

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10% off with this AD



Hurricane Mk XII does a runup at the Smithers airport, circa 1944. The Mk XII was a 12-gun Hurricane manufactured principally by Canadian Car and Foundry of Ontario. Most were powered by the Packard Merlin with a three-blade Hamilton Standard propeller (note the absence of the streamlining spinner typical of this type). This Hurricane is from 135 "Bulldog" Squadron which was tasked with western coastal air defence. This squadron operated principally from Pat Bay, Terrace, Prince Rupert, Tofino and Smithers. They were to provide air cover for the strategically important ports of Vancouver and Prince Rupert.



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The Roundel

The first Royal Flying Corps aircraft carried no national markings until the end of August 1914 when Union Jacks were painted on the under surface of lower wings. At a distance, the Union Flag was easily confused with the Iron Cross insignia of the Germans.

In October 1914, the British adopted the concentric circular "target" introduced by the French, but the colours were reversed.

Adoption of the RCAF roundel with a maple leaf as the central device was authorized during the Second World War, but the new design did not appear as aircraft markings for Canadian machines until after the war ended.

However, the distinctive maple leaf roundel did make an appearance on the RCAF Ensign before the war's end.



RCAF March Past

The original score of the March Past was the work of Sir Walford Davies, and combined the rhythm of the old RFC call with that of the RNAS call. The call appears as the introduction to the March Past in the coda. The second part of the March Past was composed by Sir George Dyson.

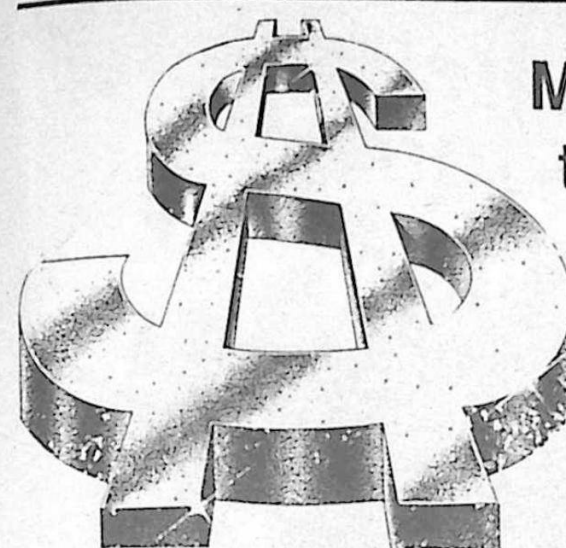
Alterations to the tune included a rearrangement of the rhythm to make it easier to march to.

In February 1943, authority was granted by H.M. Stationery Office to publish the tune in Canada under the title "RCAF March Past." In the early 1950s, a special pipe band arrangement was composed by RCAF Pipe Major A.R. Howie, late of the CFB Trenton Pipe Band and now resident pipe major for Toronto's Canadian National Exhibition Scottish World Festival.

CARBON MONOXIDE AWARENESS WEEK 22 - 28 September 96

- Carbon Monoxide (CO), a colourless, odourless, tasteless gas, is a natural by-product of combustion, and can be found anywhere fuel is burned.
- Each year some 200 Canadians are killed by carbon monoxide, and more than 1,500 others are exposed to levels so dangerous that medical attention is required.*
- When inhaled, CO combines with the haemoglobin in red blood cells to form a substance called carboxyhaemoglobin (COHb). CO combines with haemoglobin 200 times faster than oxygen. As COHb levels increase, oxygen decreases, asphyxiating the victim.
- Often referred to as "The Great Imitator," CO poisoning is difficult to diagnose because it often mimics other common illnesses like the flu. According to a study at the University of Kentucky Medical Centre, an estimated 23.5% of people who have flu or stress symptoms could actually be suffering from carbon monoxide poisoning.
- Symptoms of low level CO poisoning can include mild headaches and shortage of breath. Higher levels can cause severe headaches, mental confusion, nausea, dizziness, impairment of vision and hearing, fatigue and collapse. Severe CO poisoning can cause arrhythmia (irregular heart-beat), amnesia, brain damage, coma, and eventually death.*
- Medical studies have determined that a high percentage of the population are particularly vulnerable to CO, including low levels over longer periods of time. This high-risk group includes foetuses, children, the elderly and those with heart and lung disorders.
- The National Building Code requires that a carbon monoxide detector conforming with CAN/CGA-6.19 shall be installed on or near the ceiling in each room in which there is installed a solid fuel-burning appliance which does not incorporate doors that substantially close off the firebox opening when the appliance is in operation.

*Canada Safety Council, Carbon Monoxide: "The Silent Killer."



Money talks

by Kevin Dobbeltsteyn, P.Eng., MBA
Financial planner with Investors Group

The "Life Stage" approach to planning investment

You've probably heard the oft-repeated advice that the best way to manage your investments is to develop a long-term plan. But how do you go about it?

One excellent method is the "life stage" approach to investing and managing your finances. This strategy allows you to adjust your investment mix to match your financial priorities at different times during your life, while maintaining a long-term perspective.

The stages of life

This investment approach divides your life into three distinct stages: the savings years (age 25 to 40), the wealth-building years (age 40 to 60) and the retirement years (60 and over). Your financial needs differ during each stage, but your long-term goals usually remain the same. For most people, that means building enough wealth for a comfortable retirement.

Let's take a look at the three stages:

The saving years. This is when your expenses are most likely to be high and your investment potential lower than at other times in your life. You'll probably face expenses such as a mortgage and raising a family. It's important to invest while you're young, when the money you put away has longer to grow.

This is the time to develop good, life-long investment habits such as regular investing and contributing your allowable maximum to Registered Retirement Savings Plans (RRSPs). All the money you invest through an

RRSP grows especially quickly because it is sheltered from tax.

During the saving years, you can focus on investments that offer maximum growth potential. Equity investments - stocks or equity mutual funds - have historically provided higher growth than most other types of investments. Growth investments do fluctuate in value, but if you get an early start, time usually levels out the fluctuations. The long-term result is usually higher growth than you'd get from low-risk investments.

The wealth-building years. When you're over 40, the mortgage is closer to being paid off,

your income is usually higher and your debts are likely to be lower. Consequently, you should have more money to invest.

Ideally, you should maintain a healthy proportion of growth investments in your portfolio. Then as you grow older, it's a good idea to protect your retirement savings by investing more of your money in lower-risk, fixed-income investments such as bond mutual funds or Guaranteed Investment Certificates (GICs).

You should always make your maximum annual RRSP contributions, plus use your carry-forward entitlements to make up any missed contributions from past years.

The retirement years. This is when you enjoy the benefits of your many years of saving and building wealth. By now your portfolio should concentrate on capital preservation through income investing. But you should still maintain a proportion of growth investments as protection against inflation.

When you retire, you'll want to convert your RRSP capital to income through a Registered Retirement Income Fund (RRIF) or an annuity (by law, in most cases you must convert your RRSP by the end of the year in which you turn 69).

Speak to your financial planning advisor about how you can develop a life stage strategy for your investments. Your advisor will be able to recommend the proper investment mixes and investment types to meet your personal needs.

FRP '97

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J. Kevin Dobbeltsteyn
P.Eng., MBA
338-7811/339-1326



The cost of not recycling

by B. Allan, W. Env. O.

Due to lapses in its recycling practices, 19 Wing paid an increase of \$4,500 in tipping fees over the last two months at the local landfill. A recent change in the Regional District's bylaw makes thorough recycling more important than ever.

The bylaw was developed to encourage recycling in the Comox Valley and extend the life expectancy of the Pigeon Lake Landfill. It requires the \$35 tipping fee per tonne of regular garbage to be increased to \$105 per tonne if it includes recyclables. Tipping fees are applied to the entire load, so one piece of cardboard can result in an extra \$300 charge for the truckload. This is money that is taken directly from the operation of the Wing and consequently affects everyone.

Recyclable materials are defined as those items that can be commercially recycled in the Comox Valley. These include cardboard, newspaper, magazines, scrap metal, tires, brush and clean wood waste. 19 Wing has convenient programs for recycling all of these items. Your Unit Recycling Coordinator can tell you more or contact Capt Bouchard, Wing Recycling Officer at local 8299 or Bob Allan, Wing Environment Office at local 8187.

In order to keep recyclables out of the garbage, CE will be periodically inspecting dumpsters. When recyclables are found, the unit responsible will be advised and requested to remove the items for proper disposal. Reports from CE indicate that the biggest problems are with cardboard, wooden pallets and personal garbage, such as yard waste and metal. Cardboard and wood can be recycled through outlets on the base. Personal garbage should not be brought onto the Wing for disposal. These issues will be the focus of further attention and additional measures may be developed to curtail these costly problems.

Overall, the recycling programs at 19 Wing have been improving for the last several years. The items recycled and participation rates have increased steadily. For example, we now collect over two thousand bags of paper for recycling every year. We also have the most cardboard dumpsters in the Comox Valley. As well, we

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have 26 people appointed as Unit Recycling Coordinators who are actively promoting recycling throughout the Wing.

19 Wing has made good progress in recycling and is keeping in stride with the community. The new bylaw provides the Wing with additional motivation and a performance measure for our recycling efforts. The success is dependent upon all personnel at the Wing using the recycling programs available to reduce the costs of garbage disposal.

Remember the cost of one piece of cardboard in the dumpster!

Harreson's Military Store & Outdoor Supplies Inc.
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Administration matters

by Capt J.M. Nogue,
Chair, 19 Wing ATAC
ATAC

The Action Team for Administrative Change (ATAC), formerly the Administrative Practices Working Group (APWG), was created by the D2000 Committee to lead the review and improvement of our administrative practices. To that effect, ATAC has been gathering a list of "irritants" from NDHQ Groups and Commands. At 19 Wing, an ATAC committee has been created to lead the effort to identify, and make recommendations on the administrative practices and processes that contribute no added value, or that are inefficient and/or are perceived as an unnecessary burden and annoyance by our military and civilian members.

Administrative practices refer to policy and standards, rules and regulations, delegations and controls, and processes and procedures that affect the conduct and cost of routine, day-to-day administrative activities. In short, administrative practices are aimed at facilitating work being carried out.

It is a fact, however, that some of these practices are costly, inefficient and, while perhaps accomplishing their original aim, are real irritants to both military and civilian employees at 19 Wing. For purposes of illustration, such activities include, but are not limited to: staff procedures, correspondence, manuals and records, temporary duty, local travel and removal, identification and security, accommodation, office equipment and supplies, organization and establishment, career management or full-time Reservists and other procedures.

What is required therefore, is an examination with a broad perspective of the administrative practices within DND and the CF.

Empowered to act

This is an active working group. Members, at the Cpl to Capt level and civilian equivalents, who represent each unit at 19 Wing have been empowered to act, and they do so. If you feel that some 19 Wing, NDHQ rules or regulations require devolution

of authority, amendment or cancellation...this is the place to submit your case!

How does it work?

Issues and irritants are presented to ATAC by members acting as sponsors. Occasionally, a decision is made on the spot, however, usually a decision is rendered once ATAC has had the chance to consider both sides of the issue. In concrete terms, this means that OPIs of rules and regulations are asked to change the policy or rules or to justify their position. Once a decision is made, the policy OPI has 30 calendar days to communicate this decision via a memorandum, 19 Wing Standing Orders, Totem Times, or by other means. The change is effective on the date the correspondence is released.

Frequency

ATAC will meet every three to six weeks for a full day.

Record of decisions

A list of cases considered and decisions made at ATAC will be available in electronic format from any ATAC representative.

Getting ideas

Your ideas are welcome! Those interested in submitting proposals for change are requested to contact their ATAC representative for details. (See following story.)

Abolition of Nil Returns: A new philosophy

Have you ever requested a Nil Return? I know I have. Did you every wonder why we rely on such a beast? That is the question the Local Administrative Centre Business Process Reengineering Team (LACBPR) in Ottawa was faced with when the Nil Return process was presented to them as an irritant. At times, Nil Returns seem to be used as a means to confirm your addressee have received your request. Waiting for Nil Returns to ensure your link of communication is open seems self-defeating. Another reason for a Nil Return is a proof that your addressee had no input to provide. We keep those in case someone questions our report, and for sure someone will question it the one time we did not

request any Nil Returns... This frustrating reality demonstrates how very little trust we have for each other in this organization.

Since there are no written policies concerning Nil Returns, the only way to eliminate them is to change our habits. It will require a leap of faith from all of us and the determination to not fall under the corporate pressure should someone, let us say your boss, comes questioning you on how you got the data used in your report. It is up to us to make it easier for ourselves. So, next time you ask for responses, ask yourself if Nil Returns are really necessary. If not, just omit them.

If you know of administrative irritants in your work place, please present them to the ATAC. The WComd has empowered this group to make changes that will eliminate irritants.

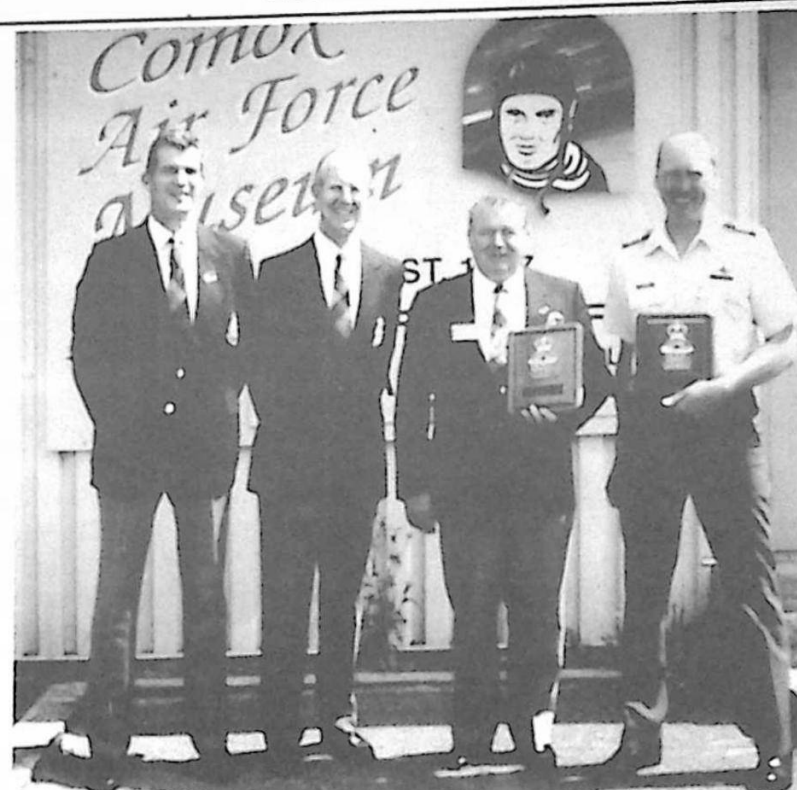
Your ATAC representatives are: 407 (MP) Sqn - Capt Nogue, loc 8204; Cpl Paquet-Combe, loc 8616; 442 (T&S) Sqn - Lt(N) Green, loc 8742; 414 (CS) Sqn - Cpl Hopkins, loc 8931; PSS - MCpl Seguin, loc 8732; W Compt - Lt(N) Guymier, loc 8330; 19 AMS - Sgt Ricard, loc 8831.

Labrador will keep flying... safely

The commander of Canada's search and rescue forces said the Labrador helicopter is safe, and action is being taken to make it even more so, until it is replaced.

Brig-Gen Bert Proulx, Commander of Air Transport Group, says planned engine upgrades have been well received by the crews who fly the aircraft, and work is due to start this October. "We are not just biding our time waiting for a new helicopter. We have a job to do, saving lives, and we are going to do it the best way we can, with the equipment we have. And that equipment will be in the best condition it can be."

"We would not be operating these helicopters if we did not know they were safe, and the crews can operate them with confidence," Brig-Gen Proulx says. The program to upgrade the engines in the Canadian fleet of 13 Labrador helicopters is scheduled to be completed by May 1997.



Air Force Association of Canada

Mr. "Paddy" Paddison, President of the Pacific Group of the Air Force Association of Canada recently visited 888 Wing AFAC and 19 Wing Comox. Mr. Paddison also dropped by the Air Force Museum to donate two plaques recently awarded to the Pacific Group by the National Executive of the Association. The Pacific Group was recognized as Group of the Year for 94 and 95. These awards will be prominently displayed in the museum and form the centrepiece for a forthcoming Air Force Association display. (L-R): Ron Molnar, MGen R. Mortimer (ret'd), Paddy Paddison and Maj Clarkson.

Techs in Russia

(Cont'd from page 6)

The field exercises will commence early on the morning of 18 Sep with a simulated distress signal from an emergency locator transmitter. A Russian aircraft will conduct a visual search in the vicinity of the ELT and locate and confirm the site of the crash. Two other Russian planes, the huge IL-76's, will fly overhead and drop life rafts and rescuers to a nearby lake and an inflatable field hospital near the crash site.

Eight Canadian Forces SAR Techs will parachute with their equipment into the site from the Canadian military CC130 Hercules. The SAR Techs will remain in the field overnight, with Russian and US medics, caring for the simulated casualties.

During Arctic SAREX, Canadian, US and Russian officials plan to negotiate an agreement on Arctic Search and Rescue which will formalize how each would support the other in a real major aircraft rescue in the remote Arctic.

The Canadian team is expected to return to Trenton late on the evening of 21 Sep.

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Totems win Regionals

by K.J. Saunders

The Totems went on the road the weekend of 10 August, down to Victoria for the Pacific Regionals. In a three team, round robin, single game final, the Totems first faced the Pac Fleet team. The score after four innings was 3-0 in favour of the good guys. By the end of the fifth, Pac Fleet answered with a few runs of their own, bringing the score to 5-3. Mike Lonigro went 3 for 4 and scored two runs with two stolen bases. Pitcher Rick Patterson went 3 for 4 with three runs scored. The player of the game, Kirk Waugh, hitting in the fifth position was 3 for 4, forcing the Fleet to pitch to the clean up batter, Patterson. The final score was 8-4 for the Totems.

The following morning, the Totems played CFB Esquimalt. They opened the game with three runs in the first inning. But Esquimalt quickly tied it up in the bottom half. The Totems gradually pulled away, leaving Esquimalt behind with a score of 8-6. Pitcher Bob McCulley had 13 Ks, aiding the Totems to the home advantage for the finals. The top four in the batting order scored all of the Totems runs, led by Lonigro scoring three in the lead off position.

In the game that would decide it all, the Totems were matched up one more time against Pac Fleet. The boys came on strong early on, with three runs in the bottom of the second inning. It was looking like a mercy-rule game by the bottom of the fourth, with a score of 8-3 for the Totems. And indeed the Totems nailed two more runs in the bottom of the fifth, finishing off Pac Fleet, the finals, and the Regional tournament. The Totems finally put their offensive game together with runs being scored up and down the order. Harry Hewer led the charge with two 2-out RBI doubles. Patterson threw 6 Ks and helped his cause by going 2 for 3 at bat.

The Totems are on to the Nationals in Shilo in September, having finished an excellent and very successful season. Coach Steve Thomas commented on the boys' efforts throughout the season, "The boys should be competitive at the Nationals, which is all that anybody can ask. The competition is such that a competitive team such as ours has a very good chance at the Nationals. Thanks to Rick Penner at the Arbuckle Pub for his financial support and we'd like to wish the Lady Totems good luck at the Nationals as well."

Spring Youth Baseball League

by Peter & Linda Durst

WGCC Youth Baseball Program Coordinators

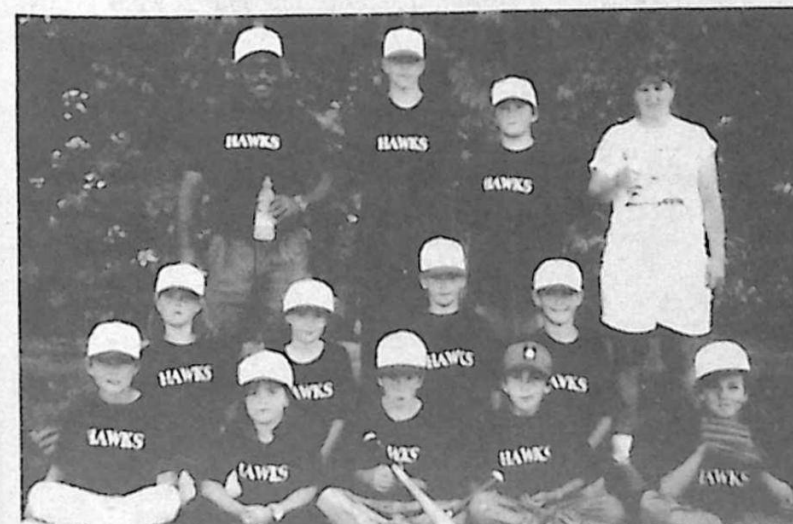
WOW!! What a season of baseball!

There were four teams who participated in our Spring season. They were the Expos, the Raptors, the Hawks, and the Blue Jays. Everyone who played learned a great deal and had a lot of fun. We would like to thank all of the youths who participated in this very spectacular baseball season. Our season was capped off with a playoff tournament. The first games had the Hawks play the Raptors to a 10-7 win, and the Blue Jays play the Expos to a 13-12 nail biter. The final game saw the Hawks defeat the Blue Jays 14-10. The Hawks received gold medals for their efforts, and the Blue Jays received silver medals. Both the Raptors and the Expos received bronze medals for their excellent efforts. Congratulations go out to all of the players, you played very good ball.

We would also like to thank all the coaches, umpires, score keepers, and everyone else who contributed to making this a great season. Once again, congratulations to all and many thanks for a great baseball season.



Spring Youth Baseball - The Blue Jays.



Spring Youth Baseball - The Hawks.

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.

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Pacific Divers Scuba Club

by Michelle McKenzie

It's printing time again. Recently, a number of our divers went to a place called "Rendezvous Island" and the Fullertons have been on the "snorkelling go." If I could just catch them on land! Details to follow... Apparently there were some interesting experiences.

For all personnel - keep an eye out for flyers referencing a club trip to California 19 - 27 October. This includes two days travelling time. Call Cpl LaFleur at 8834.

If anyone is looking for a relatively new dry suit at an exceptionally great price, call the club for more details at local 8402.

"Blup!" is coming, then... so is Christmas...

It's short!! We still exist. We obtained a new member from Winterpig. Now he had a serious ice diving story to tell at our recently held meeting. Where was that tape recorder?

Until next time... Get wet!



Glacier Greens' Junior Golf-a-thon

On behalf of the Junior's Program, we wish to thank Scott Fraser for his dedication in raising funds through the Golf-a-thon. By golfing from sunrise to sunset on 21 August, Scott, accompanied by Butch Kelly of Storey Creek, completed 200 holes - a new record.

Thanks go to those who generously donated a pledge and, as well, those who assisted by operating the warming cart, contributing with food/beverages, or just being there for the moral support. Your patronage will aid in the development of our future golfers.

Water Rec Center will be offering Red Cross Swimming Lessons
Every Sat Morning Starting 28 Sept 96

Welcome all

Registration will take place at the
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contact Cpl Frenette Local 8315

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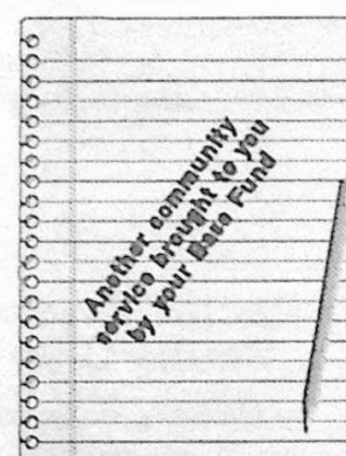
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The Bulletin Board

Free Classified Advertising for members of 19 Wing and their families.

Ads must be 25 words or less, legible and either hand delivered or dropped in the base mail. No phone ins please.



Piano Teacher

15 year old Grade 10 student, presently taking Grade 8 piano and Grade 3 piano history class, wishes to teach beginner and Grade 1 piano. Lessons: \$7.00 for 1/2 hour or \$28.00 for the month. Phone 339-9914 and ask for Danielle. <1/2>

Kittens

Himalayan kittens for sale. Call 890-0201 after 5:00 pm. <1/2>

Deluxe Condo

Deluxe 2-bedrm penthouse condo for sale. Panoramic view of the mountains from the top of Muir Road. 900 sq.ft. living space, 12x20 private deck, gas fireplace, in-suite laundry, 5 appliances, lots of in-suite storage, covered parking, central to Comox & Courtenay, close to schools, adjacent to parks & trails, on bus route. Private sale 334-0494. Offered at \$101,500.00.

Wanted

The Wallace Gardens Community Association is making up a room at the Community Centre for a Youth Drop-in. We are in need of a sofa and chairs, coffee table, end tables, one large chest freezer, etc. Contact Linda Jeffery at 339-8211, local 8571.

Do you live in MQs? Are all your animals registered?

You can register your pets at the MQ Association in Canex from 0800 - 1230 hours, Monday to Friday. If you have any questions, phone Linda at 339-8211, local 8571 or call Sgt J.P. Hebert, our Animal Control Officer, at 339-3715, local 8527.

YOU HAVE ONLY 30 DAYS LEFT TO REGISTER YOUR ANIMAL, OR BE SUBJECT TO A FINE.



L'Agence de logement des Forces canadiennes
Au service des familles militaires dans tout le Canada

L'Agence de logement des Forces canadiennes tiendra une séance d'information pour les membres des Forces canadiennes et leurs familles.

Il y aura une présentation de 40 minutes suivie d'une période où vos questions et commentaires seront les bienvenues.

Endroit: AFIS Theatre, 19 Wing Comox

Date: 30 September
Heure: 1900 hrs.

Wanted

Room mate wanted to share house: hot tub, swimming pool, bedroom furniture optional. \$350.00/month, utilities included. Marie 338-6880, or local 8399. <1/2>

For Sale

Miscellaneous

Cub uniform, medium, \$10.00. 339-4996. <1/2>

Trailer hitch, fits early 80s GMC vehicles \$75.00. 339-4996. <1/2>

Two white blackout roller blinds, white microwave stand, Sears blue living/dining room curtains (fit PMQ), Sears blue area rug. Ruth 334-2367. <1/2>

Hockey equipment: helmet, face gear, pants, pads, gloves, all in good cond. All junior sizes. Andre or Chantal 890-0140. <1/2>

Bundy tenor saxophone & case \$600 o.b.o. 339-1634. <1/2>

2-185 x 13" Michelin winter tires on Honda rims, like new, \$150.00. 339-1634. <1/2>

Tama drum set - snare, hi hat, sticks, bass, ride, stool, 5 toms, crash, ex. cond. \$1,400. Paul 339-7035 <1/2>

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 humorous 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.

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.

Wanted

Driving to Nanaimo (Malaspina College) Mon, Wed & Thurs. Looking for someone to carpool and share gas. Christina 339-7035. <1/2>

Patio Home

For sale - No GST! 2-bedrm patio home in Comox. Must see inside. 3 appliances & blinds incl. Only \$89,900. 339-3668 <1/2>

Boats for Sale

22' 1975 Searay cabin cruiser, 302/188 HP Merc. ex. cond. great trailer, many extras, must see to appreciate. 339-5802. <1/2>

15' Sangstercraft boat c/w, 65HP Mercury outboard motor, 2 gas tanks (portable), deep line, paddles & trailer, all in good shape. \$2,200.00. 339-4996. <1/2>

For Sale

Six year old 1750 sq.ft. 3-bedrm, 2 baths, dining, family room central vac, woodstove. Workshop with 3 bays, 2 storage sheds, dog kennel. Close to schools and Rec Centre. Great for family and father's toys or home business. Asking \$154,900. See 1875 Robb Avenue, Comox and call 339-4707, or CFB Comox local 8654. <1/2>

Autos for Sale

1987 Toyota 4x4 68,000km (auto), sunroof (ex. shape) with 1993 Northern Lite import camper - fridge, stove, furnace, \$17,000 o.b.o. 339-6625. <1/2>

1981 Toyota Corolla, sound body, runs very well, new parts (starter, water pump, more), asking \$975.00. Mike 890-0051. <1/2>

1985 Oldsmobile Firenza station wagon, new engine, exhaust, fuel pump, dist. cap, spark plugs, etc., low mileage. \$1,999.00. Tom 339-6625. <1/2>



Military Appreciation Day

MONDAY, SEPTEMBER 16TH, 1996

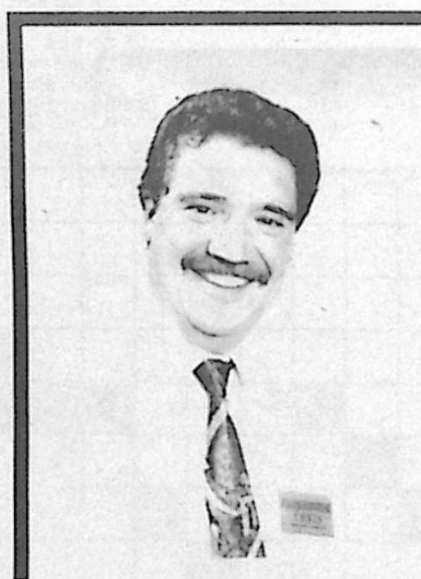


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CHRIS GALE, STORE MANAGER

Sometimes it's easy to forget how important a Military Base can be to the local community. Therefore we are declaring this Monday 'MILITARY APPRECIATION DAY'. Past and present members be sure to bring your D.N.D. Card and you will be entered in a draw for \$200.00 worth of gift certificates.

Thanks Chris



FREE Scratch and Win Tickets for the First 50 Customers through the door with DND Card

Enter to win \$200.00 worth of Gift Certificates with DND card

First 100 female members through the door receive a carnation

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