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TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 38 NO 16

THURSDAY 26 SEPTEMBER 1996

COST: PRICELESS

Red Returns



Red Robinson stands in front of a 442 Sqn Buffalo while filming a segment for the weekly Vancouver series, Red's Classic Theatre. (Photo: Cpl Luc Champagne, 19 Wing Photo.)

The man known as "Canada's Dick Clark" and a West Coast institution for 35 years, made a return trip to 19 Wing Comox this August. Red Robinson, Vancouver deejay, promoter, humanitarian, celebrity and all-time Rock 'n' Roller spent a few days in Comox to showcase search and rescue operations for his weekly television show Red's Classic Theatre, which is seen every Sunday evening throughout B.C. and Washington state. The TV series highlights a service or institution of significance to the Pacific Coast.

It was Red's second filming at the base. An unabashed supporter of Canada's military in general - and the Air Force in particular - Robinson was an air cadet while growing up in Vancouver and was drafted into the U.S. Army while studying broadcasting in California.

He never misses an opportunity as Vancouver's best-known broadcaster to advocate the necessity of a vital national defence.

To film the segment, the television crew were given a first-hand look at West Coast SAR on the Labrador helicopter and Buf-

falo fixed-wing aircraft, the mainstays of Comox's 442 Transport and Rescue Squadron. With sunshine and clear skies, the experience afforded the crew an excellent opportunity to view the unique topography that makes SAR in B.C. particularly challenging. After flying through one of the many deep valleys on Vancouver Island, the SAR Techs demonstrated equipment and supply drops as well as a parachute jump. On the Labrador, the SAR Techs were hoisted to the ground.

As the only Air Force base remaining in B.C., 19 Wing, in conjunction with the Rescue Coordination Centre in Victoria, is responsible for a massive SAR sector that includes B.C., the Yukon and parts of Alberta. The mountainous, treed terrain makes it some of the most dangerous in North America. "Canadians should be proud of the work that's going on here," said Robinson. "I think if more Canadians knew how increasingly slim are the resources allocated to vital Air Force operations like search and rescue, they might care more about the issues involved."



The cameraman accompanying Red Robinson films the SAR Tech jump over the base. The jumper is unidentified but looks suspiciously like Sgt Brad Gough.

(Photo Cpl Luc Champagne)

United Way launched



United Way



The United Way Campaign was officially opened by the traditional raising of the United Way Flag. (L-R): United Way Base Coordinators Capt Pierre Bouchard and MWO Cyril Rodgers, WComd Col Brian MacLean, Marg Silman and Pamela Jolin.



Legion Log

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

27 Sept ... Wylie and the Other Guy
04 October ... Rob Petrie
11 October ... Wild River
18 October ... Country Cousins
25 October ... Eldorado

FUN EUCHRE.....every Monday night 7:00 pm
FUN CRIB.....every Wednesday night 8:00 pm
SUNDAY CRIB.....Sun. 27 October at 1:00 pm
FUN DARTS.....every Thursday night 7:30 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

15 October ... Rob Petrie
19 October ... Music Man

NCVI Zone Travelling Gavel at Br. 17 5 Oct.
Cocktails 6:00 pm, dinner 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.

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BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

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 Bingo, 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 Bingo, 7:00 pm
Upper Island Men's Crib League 8:00 pm, 18 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 EVENT:

The Annual Veterans Dinner will be held in the Branch Upper

Hall at 6:00 pm on Saturday, 12 October. Free admission. Sign

up at the bar or call 339-2112 to register.

Hall Rentals or requests for Special Functions: Please contact

Ken Seymour in office, Mon - Fri, at 339-2022.

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J. Kevin Dobbels
P.Eng, MBA
338-7611/339-1326



Chaplain's Chatter

by

Charlie "the Chaplain"
Massey

The following is an actual
event that occurred several years
ago, but it illustrates the need for
accurate, up-to-date information
on the Personal Emergency Notifi-
cation form known as the PEN.

The time is about 0030 hours.
The phone rings.

"Padre Massey?"

"Yes."

"This is the Duty Officer at X
Wing. There has been a plane
crash and the crew has been
killed. We need you to notify the
next of kin of the pilot - two brothers
who in your area. Can you do
that for us?"

"Certainly. Who are they and
where do they live?"

"One brother is John Whis-
tler and he lives at RR#2,
"A" County, Ontario and the other
is Bob who lives at RR#1, "B"
County. There are no phone num-
bers."

"Is that all the info you have?"

"Yes."

"It could take a while. "A"
County is 80 miles from here and
RR#2 covers about 400 miles of
road. "B" County is about 175
miles away and who knows what
RR#1 is."

"They are listed as United
Church of Canada - will that
help?"

"Maybe. I'll give it a try and
get back to you with updates as I
can."

"OK. Thanks."

I called local parishes in the
area with no luck. They hadn't
heard of the families. I called the
Ontario Provincial Police in
County "A," told him the story
and lucked out. I got the only
officer on duty at 0100 hours and
he was a fellow I had worked with
many years before. He said he'd
try to find the brother and get back
to me. He called me back at about
0200 hours and had located the
brother and passed the message -
he had also got a tighter location
of the other brother. By 0400
hours he was informed.

If the information on the PEN
had been complete, accurate and
detailed, the notification could
have been done in very short or-
der. Seven clergy would not have
been called in the middle of the
night. Much frustration would
have been avoided. The families
would have been better served.

To continually fill out, revise,
update and check PENs can seem
like a nuisance and a bother but,
when the chips are down and the
need arises, they are very impor-
tant documents.

Please, please please, make
sure your PENs are accurate. If
you move, change phone num-
bers, get married, divorced,
change primary and secondary
next-of-kin, or if the info on
NOKs changes, then bring your

PENs into line. Change the docu-
ments on your Pers file and
change the info on the Chaplain's
cards that you filled in on posting.
These things are not for the bene-
fit of the chaplains - they are for
your benefit and the benefit of

your own loved ones.
Is the info you initially put
down still current? Is it accurate?
Is it complete? Please check.
God forbid that we should ever
have to use the info, but, if we do,
it needs to be right.



LCol Lewis presents Capt Dave Masnyk with his CD.

Battle of Britain ceremony



Tet Walston and "Irish" Ireland share a lighter moment during the Battle of Britain ceremonies held at the Heritage Air Park on 15 September. (Photo courtesy The Echo.)



The Air Command Band graced the Battle of Britain ceremony.



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19 Wing United Way

19 Wing Comox has set a goal
of \$22,500 for its 1996 United
Way Campaign. The campaign,
which runs from 9 September to
31 October, is organized by ap-
proximately 40 volunteers. As in
the past, participation is the key to
success for the United Way Cam-
paign. Without everyone's sup-
port, it will be very difficult to
reach our goal. Therefore, all
DND employees of the Wing will
be approached by a designated
United Way canvasser. Everyone
is encouraged to contribute either
by pay deduction, cash or cheque.
Even those on an attached posting
or TD may make a donation. Any
amount, no matter how big or
small, is most welcome. By giv-
ing a little, you will be helping a
large number of people who rely
on the various agencies supported
by United Way.

The Comox Valley United
Way plays an important part in
raising funds for non-profit com-
munity organizations in the val-
ley. This year, the Comox Valley
United Way will be distributing
the funds among 27 agencies. All
funds raised at the Wing will be
distributed locally; in this way, all
our donations will be helping
members of our community. This
year approximately 12,000 Co-

mox Valley residents will benefit
directly from the donations made
to the United Way.

19 Wing Comox is a signifi-
cant contributor to the Comox
Valley United Way. Remember,
the contributions you make have
an enormous effect on those who
live in the Comox Valley. To-
gether we can accomplish our
goal.

The various unit/section rep-
resentatives have been, and will
continue, to canvass all individu-
als. If you think you have been
missed by a canvasser or require
more information please contact
the Wing Coordinators: Capt
Pierre Bouchard at 339-8299 or
MWO Cyril Rodgers at local
8501. This is our opportunity to
help our community.

A reminder to canvassers:
please submit your weekly pro-
gress reports to the Wing Co-ord
every Monday. These figures are
needed to accurately update the
total board, located near the MP
shack.

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Comox District
United Way

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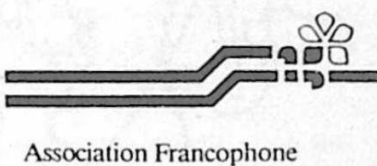
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LCol Burt (A/WComd) presents Cpl Dan Borne with Wing Commander's Commendation.



de la Vallée de Comox

Everyone Invited

You are cordially invited to the
Francophone Association Annual
General Meeting which will be
held on Thursday, 26 September
at 7:30 pm in the Washington Inn,
1001 Ryan Road, Courtenay.
There are several positions to fill
on our Board of Directors: Chair-
person, vice-chairperson, secre-
tary, cultural and social affairs
director and newsletter director.
We are expecting a strong partici-
pation and would like to remind
you that this meeting is open to
francophones and francophiles,
whether members or not.
Note: All documents will be
available at the meeting.

Cours d'anglais à l'Association Francophone - Inscrivez-vous dès maintenant!

Nos cours d'anglais sont de retour
pour la session d'automne, si
nous avons assez d'inscriptions.
Que vous planifiez un voyage, le
retour sur le marché du travail, ou
tout simplement des rencontres
sociales, venez améliorer votre
anglais parlé en assistant à nos
cours d'anglais 1 fois par semaine
pendant 10 semaines.

Appelez-nous dès maintenant à
l'Association francophone au
334-8884. Les inscriptions pour
le niveau 1 auront lieu le ven-
dredi, 4 octobre, de midi à 20H00
au 479A, 4e rue, Courtenay. Les
classes commenceront le mer-
credi, 9 octobre à 18H00. Nous
offrons des cours au niveau 2
dans un avenir proche.
Communiquer avec l'Association
du mardi au vendredi, de 12H30
à 16H30, en signalant le 334-
8884.

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The Tutor's Tutor

Now the new school year is
under way, it may be a good time
to look at homework routines and
home-teaching strategies that will
be effective for the students in
your home.

A B.C. teacher has spent this
summer self-publishing a manual
for parents who are not teachers
but who need to know how to
teach. Wendy Hall, a learning as-
sistance teacher who was born
and raised in Victoria and is a
graduate of the University of Vi-
ctoria, wants to pass on to parents
many of the principles of instruc-
tion she learned in university and
has practised in 15 years of teach-
ing in public schools.

"Children's educational de-
velopment is of great importance
to parents, and every parent gets
involved in it to some extent," she
says. "Consumer publications
aimed at parents do not give them
the how-to of teaching, yet many
parents want to learn. The trouble
is that teachers and parents just
don't have the time to spend at the
end of the full days."

The eight chapters in *The Tu-
tor's Tutor* include learning the
topic, the teacher's expectation
and the child's level of under-
standing, lesson planning, teach-
ing tips and assessment, and two
chapters dealing specifically with
reading and writing.

The book also contains an
overview of mathematics and lan-
guage arts at the elementary
school level, tips on doing in-
class observations and sample
learning goals with correspond-
ing teaching methods and activi-
ties for independent practice.

The Tutor's Tutor is only
available by mail order at this
time. To obtain a copy, send a
cheque or money order for \$9.95,
plus \$2.00 for postage and han-
dling, to Wendy Hall, 2460
Cameron Crescent, Abbotsford,
B.C. V3G 2B1. The book is also
offered to Parent Advisory Coun-
cils as a fund-raiser.

French classes at the Francophone Assoc- iation. Sign up now!

The French classes are back for
the fall session, providing we
have enough registrations. If you
have plans to travel, or want to
speak the language of your sweet-
heart, or if you want to keep up
with your children's education in
Programme Cadre or Immersion,
all reasons are good to improve
your communication skills by
taking a class once a week for 10
weeks.

Sign up now by calling the Fran-
cophone Association at 334-
8884. Register on 2 October,
from noon to 8:00 pm, at the Fran-
cophone Association located at
479A, Fourth Street, Courtenay
for Beginner I French classes.
Classes will begin October 9 and
will be held on Wednesday nights.
We are planning Beginner II
classes for the following session.

Registration cost is \$60.00 and an
additional \$20.00 for the materi-
als. This course uses the commu-
nicative approach and has proven to
be successful.
Contact the Francophone Assoc-
iation, Tuesday to Friday, 12:30
- 4:00 pm at 334-8884.

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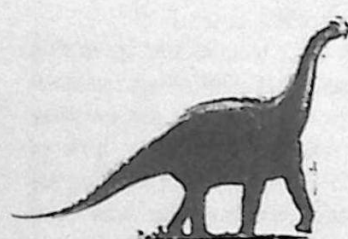
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The Editor gets a word in



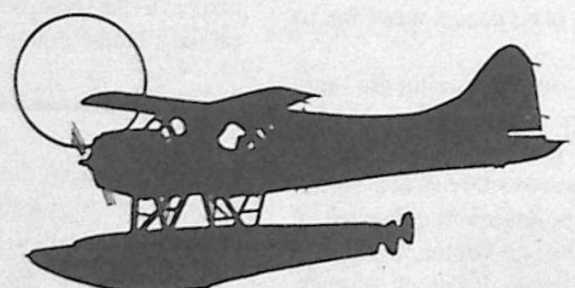
OK, so I'm a Dinosaur

I freely admit that I'm a dinosaur, because I just don't buy all this sales talk about the forthcoming moneyless society. Sure Mr. Gates of Microsoft fame and all of the banks assure us that there is very little need for paper money any more. Why, just go into any grocery store, or any store for that matter, and you can see the computer literate paying for their purchase with a bank card rather than that nasty old paper money. And your monthly bills? No problem, just use the friendly bank machine. Got to go on T.D.? Again, not a problem. Just get some instant cash with your En Route card. It's all done electronically and there's no need for any of that personal contact stuff. That's all well and good till something goes wrong.

Recently two things occurred that really soured me on automatic tellers. One was a hurricane and the other caused a bit of a storm. Firstly, what about that hurricane that recently hit the eastern seaboard of the United States? Did anybody notice the quaint little aside that the most devastating thing about the aftermath was that all of the automatic teller machines no longer worked and all financial transactions came to a complete halt. Cute, but a bit disturbing when you really think about it in the context of a larger catastrophe, like an earthquake. Secondly, what do you do when the automatic teller machine says that it gave you your money when it really didn't? Worse yet, what happens when that machine was not at the bank that you regularly do business with and the staff is not about to help you because you're not a regular customer? You're hooped. Electronically hooped and there's really not a lot you can do about it because a machine doesn't put much faith in character, honesty or contingency funding.

If you're in the supermarket and using a bank card to pay, watch out for double debiting on your account. It does happen, particularly when the clerk runs your card through twice when it appears that the scanner didn't take it the first time. The banks assure us that the reliability of the system is in the high ninety per cent range. It only takes one wrong debit to make you think twice about the moneyless society. I'm just like Bob Richter. I keep my gold buried in the garden and I pay cash.

Joel Clarkston



Letters to the Editor

(The following letter was sent to WComd, Col B.B. MacLean.)
Air Show 1996

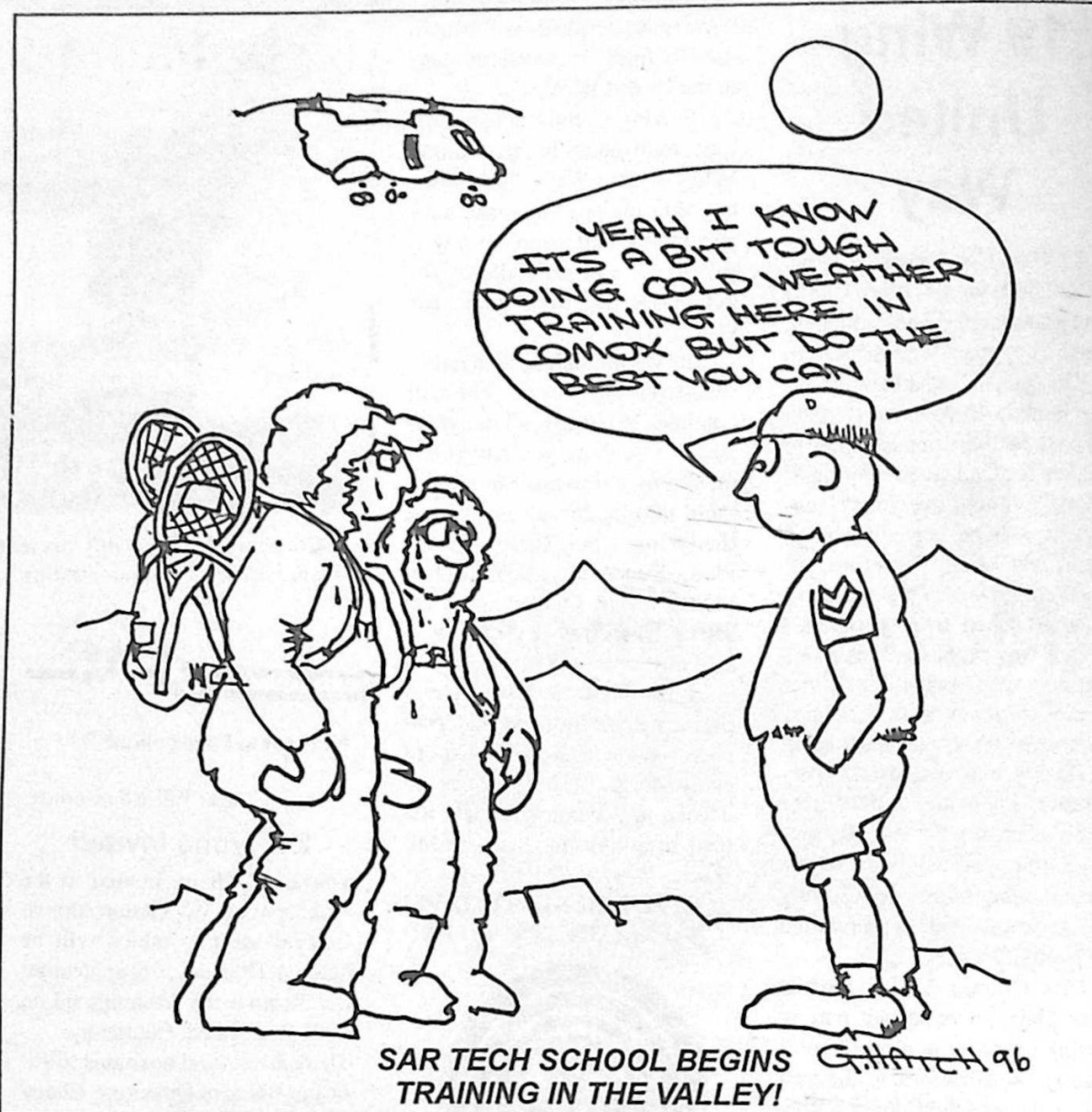
I would like to take this opportunity to thank you for inviting my wife Donna and I to the 1996 Air Show as your guests in the Commander's Club. Your outstanding hospitality is very much appreciated and the air show itself was certainly one to remember. I can only imagine the painstaking work and organizational skill it takes to hold such an event. I would like to congratulate you and your air show committee for a great show.

I have always felt a great sense of pride and admiration for the Canadian Forces and I hold all of its members in the highest esteem. I believe it is very important that the Canadian Forces show our citizens and the world what you do every day to ensure the sover-

eignty of our great country. There are those who feel that in a free society such as ours it is not necessary to have a well equipped and well trained Armed Forces. Those people need to see exactly what it is you do and the Air Show goes a long way in doing just that. You are a proud, dedicated group of Canadian men and women who serve our country well. Anyone who has any sense of pride in our country could easily see that during your Air Show day. I am proud to have affiliation with the Canadian Forces through your base at 19 Wing Comox and I look forward to our continued relationship.

Once again a big thank you for a truly rewarding and memorable experience.

Yours truly,
R.J.G. Boyd, Inspector
OIC Courtenay Det.



SAR TECH SCHOOL BEGINS TRAINING IN THE VALLEY!

Air Force Association awards announced



The Air Force Association of Canada has recently announced the recipients of the association's 1996 awards programme. They are as follows:

Air Marshal C.R. Slemon Award for Airperson of the Year: this is awarded to an individual who has made unique contributions or demonstrated outstanding personal performance in support of any aspect of the total Air Force function. This year the award is presented to MCpl R.C.A. Fisher of HT 406 Shearwater in recognition of his bravery, professionalism and dedication during the daring rescue of 30 crew members from the MV Mt. Olympus on 1 Dec 95.

Air Marshal W.A. Bishop, VC, Memorial Trophy: this is awarded in recognition of outstanding and meritorious achievement by a member/unit/organization in any field of aviation other than air transportation or search and rescue. This year the award is presented to 8 Air Maintenance Squadron Trenton in recognition of their work as part of the Halifax recovery team which saw the recovery and return of the lone surviving Halifax bomber to Canada.

Mynarski Trophy: this is awarded to an individual/unit/organization engaged in search and rescue in recognition of a specific event or a contribution to aviation search and rescue in Canada. This year the award is presented to the CH-124 crew of 443 (MH) Squadron Esquimalt in recogni-

Commander MARPAC visits



At the Wing for a one-day tour, RAdm Russell Moore was met upon his arrival by WComd Brian MacLean and Wing Chief CWO Dennis Dupuis. The new Commander of MARPAC was here to meet with the WComd and view some of the aircraft which support the Pacific Fleet. A strong advocate of the importance of the PACRIM, Adm Moore emphasized the continuing need to maintain prominent maritime patrol operations along the West Coast. (Photo by Cpl Luc Champagne, 19 Wing Photo.)

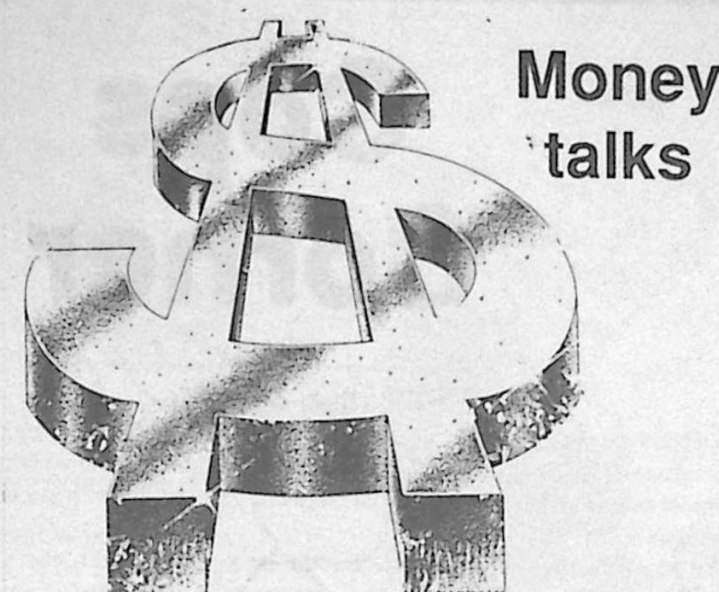
tion of their heroic and professional performance during the daring rescue of 30 crew members from the MV Mt. Olympus on 1 Dec 95, and

RCAF Golden Hawks Award: this is awarded in recognition of outstanding contributions or highly commendable achievements in any field of military aviation. This year the award is presented to the Canadian Airfield Engineering Squadron, United Nations Mission in Haiti in recognition of their outstanding support to Canadian air assets and personnel in Haiti, as well as their representing the Air Force with pride and distinction in their humanitarian work while employed with UNMHI.

The Fishing Report

sponsored by King Coho Resort
339-2039

Fishing continues to be quite reasonable in September as Mother Nature often cooperates. There is still a considerable amount of bait in the Strait. Lures of choice include the Army Truck, green hoochie and the Green Seal. Recent catches of Chinook weighed in the 15 - 25 lb bracket and Coho in the 6 - 12 lb bracket. Finally, we should see a run of Chum in the very near future. See you on the water.



Money talks

Mutual Funds

by Kim Vogel,
Financial Advisor

Comox Valley Rice Financial
Many of you chose a mutual fund for your RRSP contribution this past RRSP season. Whether you are a new mutual fund investor or simply adding to an existing mutual fund portfolio, there are a number of factors you must keep in mind.

Many investors make the mistake of thinking their fund investment will act in the same fashion as their CICs. If you have not already been told, or were told and discounted the value of what was said, your mutual fund investment is not comparable to GICs at all.

Financial markets, politics, media, speculators, institutional investors, and countless other factors will affect your investment on a daily basis. Buying a fund does not mean keeping up with these daily events. It means choosing a fund manager to do it for you - effectively. The following are some of the things that have the potential to draw you into a "daily watch" of your fund. Watch out for them and, if possible, avoid them altogether.

• **Many people bought mutual funds this year only because interest rates were lower than they were willing to accept.** Subsequently, there has been a great deal of money flow into the various mutual funds available. Chances are the markets have become temporarily overvalued and will correct slightly through the first half of the year. This is not something that should concern you. Over the next five years, the basket of investments in the fund you bought will outperform GICs. Sir John Templeton was recently quoted as saying, "while there may be great volatility in markets, underlying value is very

stable." Buying mutual funds means buying value, not market trends.

• **Looking back as recently as the 1993/94 RRSP season, we saw many investors buying mutual funds for the same reason many bought this year - low interest rates.** During that year, markets suffered and the result was low and even negative returns for many mutual funds. Many fund buyers acted based on emotion and sold their mutual fund investments at a lower unit price than that at which they were bought, thereby solidifying a loss. Many of those investors would be in a positive return position today had they been patient and utilized the knowledge and information of their financial advisor before making a decision to sell. hindsight is 20/20, so take the time to learn from past mistakes. It will help you avoid the same mistakes in the future. Buy and sell based on fact and information, not emotion.

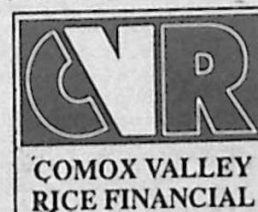
• **Beware of the press.** Just as you are increasing your awareness of mutual funds, so too are giant newspapers dedicating more of their pages to this very topic. You will find articles about all types of funds, quoting all kinds of returns, with reasons for just about any fund to be good, bad, too expensive, too volatile, or something of the sort. Ask your financial advisor about what you read. They will help to separate fact from fiction.

Purchasing mutual funds for your investment portfolio is not a confusing proposition. The information available about mutual funds is. Without some help and objective direction you will find yourself second guessing your every decision.

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Kim Vogel
Financial Advisor

Management Development courses

by Pat Allan, CFCN
Co-ordinator

The Canadian Forces Community College Network is again offering Seneca College's Management Development Program at 19 Wing. This certificate program has been designed for first-level supervisors and those who would like to explore the field of management. It can help you build on your experiences to become a more effective supervisor or manager, and develop in creased confidence in your abilities as a decision maker and leader.

The program consists of six courses covering the major topics

supervisors and managers need to understand to be more effective in their work. Courses are delivered in weekend workshops. Sessions feature discussion of ideas, sharing of experiences, case study analysis, practical exercises and mini-lectures. The focus is on applying ideas to on-the-job situations.

On October 25 - 27, MDP 300: Effective Supervision: Administration will be offered. This course provides an overview of management in modern organizations. It includes theoretical background, management tools, in-class exercises and interesting case studies.

On November 29, 30 and De-

cember 1, MDP 100: Effective Supervision: Human Relations is scheduled. Designed to help managers work more effectively with their people, the focus is on techniques to assist supervisors to deal with employees in a variety of on-the-job situations.

Further courses will be offered after Christmas.

Courses will be open to CFCN members for priority registration until two weeks prior to classes. Serving, reserve, and retired military personnel, civilian employees, and their families are CFCN members. If there is space remaining in the courses, they will be opened up to the general public to ensure enough participants to run the course.

Each course costs \$120.00 plus materials (about \$50.00). Payment by cheque or credit card is accepted.

Anyone interested in more information or registration for these courses should call the CFCN Co-ordinator at local 8889 immediately. See you in class!



Heat Stress!

Over the past several weeks there have been a number of incidents across the CF of heat stress during rigorous training activities. One incident resulted in the death of a service member. Investigations currently under way may shed more light on these specific cases but, in the interim, it is considered essential to provide a basic reminder on heat stress prevention.

Heat stress is defined as an illness which occurs if body temperature becomes too high. It is a spectrum of disorders including heat cramps, which are relatively mild, heat exhaustion, which is more severe, and heat stroke which is life threatening. Everyone in the CF should know what preventative measures to take prior to training activities, be able to recognize the symptoms of heat stress, and know how to treat cases when they occur.

Prevention of heat stress is fundamentally a leadership responsibility. Education of command and supervisory personnel in recognition and prevention of heat stress is, therefore, of utmost importance. The following guidelines will assist personnel in dealing with potential cases of heat stress.

Signs and symptoms of heat stress which can occur singly or in combination include: headache, nausea, hot/dry skin, malaise (a general sense of feeling unwell), tingling in extremities, pallor (paleness or loss of colour to the skin), uncoordination (increasing difficulty making ones arms and legs work smoothly or properly), confusion and aggression.

Prevention involves development of procedures to alert individuals to the existence of dangerous heat stress measures

to reduce the severity of exposure and the use of methods to increase the resistance of personnel to heat stress.

The three main methods used to prevent heat stress are: water intake, work rest cycles and acclimatization.

Rigorous training, such as route marches or competitions, conducted during periods of high temperature or humidity should, if at all possible, be planned for cooler times of the day such as early morning, evening or night. Personnel should be thoroughly briefed on the demands they will be put under.

Leaders must ensure that the training is paced and that water is available and consumed in a supervised manner. Pressure of competitions must not prevent this from happening.

Personnel must be briefed on the symptoms of overheating and prostration and be encouraged to report these symptoms, either their own or others. Leaders must frequently check their personnel, look for signs and take immediate action to tend to affected personnel.

Medical services are responsible for advising commanders concerning physical activity levels in hot environments.

Leaders at all levels should take an active role in ensuring that all of us are able to recognize the symptoms of heat stress and know what preventative measures and treatment needs to be taken when confronted with potential cases.

TOTEM TIMES

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SUBSCRIPTION RATE

\$17.50 per year, GST included.

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CFSSAR up and running



Upon our arrival and en-route to Comox there wasn't a single staff member who didn't receive the same response. "You're posted to where?" Even the Wing PSS had put together an impromptu message file knowing that someday someone was going to show up saying they were posted in to CFSSAR.

The staff of CFSSAR would like to take this opportunity to say "hello" and provide the Wing with some background informa-

tion on our relocation to Comox. Due to the changing role and future requirements of the CF School of Survival and Rescue (CFSSAR) at CFB Edmonton, suitable relocation sites were sought. As of July 1996, the former CFSSAR was dissolved and two new schools were formed. The CF School of Survival and Aeromedical Training (CFSAR) at 17 Wing Winnipeg and (utilizing the present acronym) the CF School of Search and Res-

cue (CFSSAR) at 19 Wing Comox.

CFSSAR was formed as the primary agency responsible for all SAR Tech trade specific, basic, career and recertification training as well as jet-aircrew sea survival. Presently, the staff is operating from the former Sea Survival School at Quadra but future plans do include the construction of a new school (date and location TBA).

The school staff currently consists of seven SAR Techs (CWO, MWO, WO and four Sgts), an Admin Clerk, Supply Tech and Safety Systems Tech. All members would like to thank 19 Wing for the assistance they have provided during this hectic period of preparing the school for operation. Our first official course has already been completed by conducting a parachute recertification and the schedule is filled with a variety of courses for the remainder of the year.

In future articles, we will submit a short biography on a member of the staff and an update regarding what is happening at the school. We look forward to an enjoyable time in Lotus Land and hope to meet with as many Wing personnel as possible during the coming years.

"THAT OTHERS MAY LIVE"

Star gazers meet

"The Canadian and our own military space programs are very well respected by the other nations," says BrigGen Proulx. Our main objective here is to exchange information on our various national programs and to recommend practical, joint initiatives which may benefit the member states of SICOFAA."

The discussions focus on the use of satellites, global positioning systems and remote sensing. Each of these technologies, provides valuable data on many human activities on earth as seen from space.

For the users of the data, the result is improved precision and speed in areas such as navigation and data collection. Planning for more effective action in search and rescue as well as response to oil spills or deforestation, for example, are also facilitated.

LCol Rob Reilander, the manager of the CF Joint Space Program and the SAR satellite (SARSAT) system spoke of the prohibitive costs of acquiring space based technology for individual nations, except perhaps for

the U.S. Cooperation is the most realistic option for most SICOFAA nations in order to share in the benefits of the available resources.

"It is clear that nations which participate in satellite-based programs greatly enhance their capabilities in areas which have a direct impact on the public," says LCol Reilander. "Specifically, the chance of saving lives in search and rescue as well as accurate and thorough environmental monitoring are steadily increasing."

Improvements in aerospace technology are occurring at the same pace as developments in the computer industry. RADARSAT, for example, is designed and built in Canada and launched by the U.S. It provides users with highly accurate satellite images, ranging from oil spills to farm and military land use. RADARSAT 2 is on the drawing board and will offer even greater detail and speed of data delivery.

In addition to the formal presentation at the National Conference Centre, the delegates will



Cops Corner

The Identification Section

Welcome back to your tour of our Military Police Guardhouse, and its sub-sections. In this issue we'll be looking at a sub-section which almost everyone has visited at least once before - our Identification Section.

The Ident Section is responsible for the issuing of all I.D. cards (civilian, military, temporary, etc.), as well as Restricted Area Passes. If you've ever obtained a Dependant's Pass, or a set of Identification Discs ("dog tags"), then you've utilized their services too.

From a policing perspective, the Ident Section takes any fingerprints/photographs which may be required for the Identification of Criminals Act. This Act allows for any individual who is in lawful custody, charged with, or under conviction for an Indictable Offence, to be fingerprinted and/or photographed.

The Ident Section also take what are known as "elimination prints." An example of this is when someone's home is broken into. When items from that break-in are located, then all the residents of that home are asked to be fingerprinted. This, in turn, allows us to "eliminate" any of the rightful owners' prints and anything left can be used to help identify whoever is responsible for committing the crime.

Here at 19 Wing, our Ident operator is an MP. However, at some of your previous Bases/Wings, you may have seen a civilian or a member of the Canadian Corps of Commissioners doing the job. There is no requirement for this position to be filled by a qualified MP and each individual MP Section decides who will do this job, based on their own manning levels/requirements.

Regardless of who is employed in this sub-section, everyone must attend the same training. To be a qualified Ident operator, the member must successfully complete a week long course which is held at the National Defence Identification Service, Ottawa, Ontario. The course teaches the proper use of the 35mm Camerz-Medallion camera and magazine, the cutting/packaging of film, and the taking of fingerprints.

In the next issue we will visit our Security Section.

THE KIDS ARE THERE. DRIVE WITH CARE!

visit the Canadian Space Agency in Montreal and will participate in the annual meeting of the Aerospace Industry Association of Canada.

"This conference provides an outstanding opportunity for us to show off Canadian capabilities and leadership in space-based technology," says BrigGen Proulx. "Not all the nations will be in a position to implement the technology to the same degree, but I am confident they will take home the recommendations of the committee with a renewed sense of friendship and understanding of Canada."

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407 Sqn



Demon Doin's

Greetings all...to bring you up to date on the doings of the Demons, we'll begin with Crew 2.

They recently returned from yet another exercise in too hot, too sunny, Southern California. Their strenuous ordeal began with Rodeo Wolfhunting, followed up with a gruelling week and a half Joint Fleet Exercise (psst, is that Pamela Lee?) Burned out (or just sunburned) and desperate to return home, Crew 2 was then forced to participate in the last Airshow to be held at NAS Miramar. Apparently, the crew is relieved they'll never have to return...the days just never seemed to end...not only were they required to man the static all day, but they had to participate in the mandatory night-time activities. The favourite events seemed to be the nocturnal synchronized swim in the Officers' Mess pool followed by an attempt by Skinhead to get in the Guinness Book of World Records for the most people in a golf cart.

The squadron has been a little quieter since Crew 3 has been deployed to Chile; all except for Anne-Renee, of course.

We are pleased to announce Crew 4 has finally earned an away trip. Australia eagerly awaits their November arrival. Incidentally, Crew 2 passed up this trip. Apparently their previous two trips down under were too arduous.

Reprinted to our March 1996 edition...Congratulations Dave on your upgrade!

Under the watchful eye of "Mountain Man" Cutland, Crew 5 enters the B.C. wilderness for three days of adventure training. Maj Cutland's experiences in the outdoors are legendary. He is not only skilled in bushcraft but also on the finer points of setting up camp. This time Paige, don't forget the toilet paper.

Crew 6 has just returned from an exercise in Iceland. They are relieved to return home. We hear the high prices in Keflavik lightened their wallets immensely. Imagine paying \$20.00 U.S. for a hamburger and fries!



LCol Lewis (WOpsO) presents Capt Scott Sinclair with award for completing the OPDP program with distinction.



LCol Lewis presents Capt Dave Masnyk with "For Professionalism" award for flight safety.

a consolation prize, they earned a FleetEx trip to Greenwood. We now understand that that exercise no longer requires their presence. Last time we checked, they were in their crew room watching a Richard Simmons HOME EXERCISE video.

Despite the bad weather, Family Day was a resounding success. The day began with a delicious pancake breakfast, followed by familiarization flights and static displays. This annual event allows family members a chance to see firsthand the operations of the squadron. The day was topped with a BBQ at the Community Centre which was enjoyed by all who attended.

Crew 7, having just returned from patrolling the North Pacific

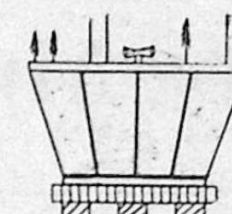
looking for illegal fishing activities, were excited to hear they were selected to participate in Joint Maritime Course in Scotland. Unfortunately, their presence is no longer required and, as

Sports

• Hockey season is gearing up. There will be three teams but Mike Krak says, after they squash the other two, there will only be one.

• Rugby season is under way. The first game of the season against last year's B.C. Champions was won 23-7. Games are played on the soccer field behind Canex. Next home game is on 6 Oct. A home game schedule will be advertised in future papers. COME OUT AND CHEER US ON (cheap refreshments!).

As the Beacon Turns



by MCpl J.W. Healey

The posting season is over, school has started and everything is returning to a normal routine in ATC after a busy summer. All of our new personnel are settled in and have quickly become valued members of our small world on this side of the airfield.

The end of summer is an important time in Air Traffic Control. The weather starts to become an important factor in our jobs and causes a significant jump in the amount of traffic in the IFRCC (radar). Those of us in radar are looking forward to the challenge.

We in ATC pride ourselves in being able to provide a high quality of Air traffic services to 19 Wing Comox. During the past two months, several awards were presented at ATC members for exceptional work. First, Cpl Dan Borne (now posted to Greenwood) received a Wing Commander's Commendation for outstanding work and attention to duty. Dan prevented an aircraft from taking off on a taxiway, averting a flight safety incident.

The second and third awards were presented to Capt Dave Masnyk and Dan Ceniccola for a significant contribution to flight safety when they were directing an American civilian aircraft for landing at Campbell River airport. The aircraft was cleared for a non-precision approach when the pilot levelled off 1,000 feet below the minimum approach altitude. Capt Ceniccola observed this error and immediately advised the aircraft to climb to the proper altitude. The aircraft then commenced a turn, which would place him in another unsafe condition, and was again corrected by Capt Ceniccola. The aircraft was then switched over to Campbell River flight service station to complete the approach when Capt Masnyk, having replaced Capt Ceniccola, noted the aircraft was too high, turning north and descending! Capt Masnyk re-established communication with the aircraft and it was determined that the pilot was disoriented and using out of date publications. Capt Masnyk vectored the aircraft for a precision approach radar (PAR) into Comox where the aircraft landed safely.

Farewell to the Chief

CWO Ron Gibson flew his last operational mission on 16 Sep 96. In 1969, he began his 27 year career as an Airframe Tech in CFB Moose Jaw. In 1977, he then remustered to the Flight Engineer trade where he continued to distinguish himself for the next 19 years. CWO Gibson has flown on the Twin Huey helicopter in Petawawa and Gagetown as well as the Aurora in both Greenwood and Comox, where he has accumulated more than 7,000 flying hours.

Good luck to Ron and his family who will continue to reside in the Comox area.

Capt Masnyk and Ceniccola are commended for their professionalism and attention to detail in averting a potentially serious flight safety occurrence. Very well done! Capt Masnyk was presented his award, along with his CD, by LCol Lewis (WOpsO) on 10 Sep. Capt Ceniccola, who is presently on TD in Germany, prior to which he was on TD in Italy for 10 days, (tough job, but someone has to do it) will return to Comox on 22 Sep and shortly afterwards will be presented with his award.

Not to be outdone, Capt Scott Sinclair decided to complete the OPDP program and get in on all of this picture taking and award receiving. Capt Sinclair completed the program "with distinction" by achieving a mark of Honours on four of the six courses and was presented with his certificate by LCol Lewis on 10 Sep. Congratulations on a job well done.

On the lighter side, rumour has it that MWO Phil Nakashima is being sent to Winnipeg for a course that will improve his fishing skills. I made an effort to verify this rumour, but anyone who asks the MWO how the fishing is going is likely to find themselves on a snowmaking course in CFS Alert!

Several members of the section braved the elements to participate in the annual Junior Ranks Mess Golf Tournament on 4 Sep. Cpl Bob Johnson placed first overall with a low net of 70, playing a Calloway system.

The Commander's Cup Slowpitch Ball Tournament was held 24-26 Aug. Capt Dave Thurston from WATC organized, coached and managed a team for the Wing Ops Branch. The Team had a slow start, winning only one game in round robin play, but came on strong in the playoffs, making it to the finals against 442 Sqn. Wing Ops lost the final game, placing second overall. However, the team made a very good show of themselves with all players enjoying the games, won and lost. This was noticed by all and the Most Sportsmanlike Player Award went to Capt Barry Scott from WATC! Congrats on a good tournament to the team and a special thanks to Dave Thurston for all his hard work!

Upcoming events to look forward to will be the Fall ATC/Tech Fishing trip at Brewster Lake, scheduled for mid-October and the Snowdon Hassle Curling Trip, which will be held in Trenton from 7-9 Nov.

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NATIONAL FAMILY WEEK SEPTEMBER 30 - OCTOBER 04



Come Celebrate
Family Week
at the
CMFRC Open
House

Date: Thursday October 3rd
Time: 1:30 - 4:30pm
Location: 119 Kinnikinnik

Tour the Kinnikinnik Child Care Centre, eat some good food, win fabulous prizes and celebrate the Grand Opening of the new CMFRC Program Building!

Come out and meet The CMFRC Team and see what we have to offer!

"Whatever"

The Teen/Parent Relationship

For teens, adolescence is a period of the transition from childhood to adulthood. It is a time of uncertainty, confusion, and exaggerated emotions - all of which are indicators of the developmental changes. For parents of teens, it is a time of transition from parenting a child to parenting an "almost adult" - it is also a time of uncertainty, confusion, and exaggerated emotions! An added ingredient for parents, however, is "worry." We worry about their education, drugs, and alcohol, pregnancy, peer pressure, and safety. We worry that the purple hair, the nose earrings, and the baggy pants are a reflection of how they will enter into adulthood. Essentially we worry for their future.

During this time of transition, the development tasks for our teens are: 1.) to explore a sense of individual identity which they will carry into adulthood, and 2.) to move from dependence (you do the wash) to independence and separate functioning (they do the wash). Both of these important tasks are the jobs,

so to speak, of learning to become functioning adults. Our soon to be grown-ups must eventually answer the questions: Who am I? What do I believe in? Where do I fit into the world? Unfortunately, for parents, these essential elements of adolescent development are in direct conflict with what we see as our job - to protect and direct them into their future.

One of the most common mistakes that we all make parenting our teens is to resort to the same techniques that we used parenting our child - "Do as I say or else!" Essentially, we don't know what "else" to do but attempt to maintain some control over their hot and cold behaviour. While they may have worked for the young ones who were dependent on us, these old methods do not work for teens. Often, they only serve to feed the battle for control which is a major cause of conflict, anger and relationship stress.

Beginning in mid-October, Wendy Case, a Parent Educator and mother of a teen, will be offering a six week

course at the CMFRC. The emphasis of this course will be preserving the parent/teen relationship and bringing some harmony to this difficult transition. While it will take some thought and effort, participants will learn how to coach their teen towards the responsible, caring, moral adults that they will eventually be. Parents will have the opportunity to gain a better understanding of their adolescent, and learn practical and effective skills that can be used on a daily basis to: reduce conflict, communicate effectively, maintain limits and consequences, and reduce the high level of emotion often experienced.

Join us for this informative and life saving course on parenting. You won't regret it. October 15th - November 26th from 6:30 - 8:30 pm at 120 Kinnikinnik. Cost is \$45/single and \$60/couple for more information and to register call 339-8290

Special Events

Funding Your Future
WHAT IS A MUTUAL FUND? If you are still asking this question, don't miss this workshop! It will be an informative, easy to understand presentation explaining what a Mutual Fund is and how you can benefit by investing in Mutual Funds yourself. A workbook is included.

Date: October 9th
Time: 6:30 - 8:30 pm
Location: 120 Kinnikinnik
Facilitators: Anne Davies, Chartered Financial Planner & Roberta (Birdie) Pilon, Investment Representative.

PARENTING TEENS

This six session workshop will cover a number of topics including adolescent development, communicating effectively with your teen, and setting limits and consequences. Each session will have lots of examples and practical tips, time for discussion, questions, and plenty more, including laughter.

Date: October 15th - November 26th
Time: 6:30 - 8:30pm
Location: 120 Kinnikinnik
Fee: \$45/single \$60/couple
Registration: Call 339-8290
Facilitator: Wendy Case, Parent Educator & Mother of a teen.

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

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 Weddidi Spec. Weddidi 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: Weddidi Spec

Drug & Alcohol Prevention Video Creation

Are you interested in making a video from scratch with a positive message? Join Sue Rose from Robb Road & Jill Sturrock from CMFRC and create your own video to present to schools and the base during Drug & Alcohol week in November.

Date: October 2nd, 9th, 23rd, 30th
Time: 4-5:30 pm
Location: 120 Kinnikinnik

Wallace Gardens



FAMILY FUN DAY

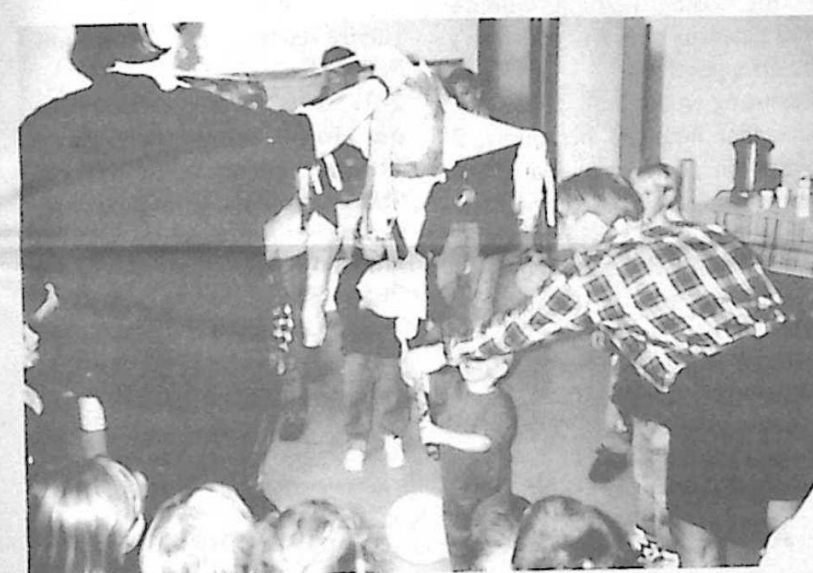
AT AIRPORT SCHOOL
FROM 10:00 AM TO 3:00 PM
WHEN: SEPT 28, 1996

COME ON OUT AND JOIN THE FUN. BRING YOUR BEST POT OF CHILI AND ENTER OUR CHILI CONTEST. YOU CAN ALSO ENTER OUR OTHER CONTESTS, SUCH AS THE FAMILY GORGE CONTEST, GORGE AND PEEL, LOOK A LIKE CONTEST (PLEASE SUPPLY PHOTO OF YOUR FAMILY CAN ALSO ENTER OUR WALLACE GARDENS CONTEST, WHICH YOUR FAMILY CREATES THE DAY OF THE EVENT. THERE WILL BE FIRST, SECOND, AND THIRD PRIZES. PRIZES VALUED UP TO \$4000.

THERE WILL ALSO BE FACE PAINTING, DUCK POND, LITTLE TOOT AND LOTS OF GAMES. A TEAM MUST BE FORMED BY USING MEMBERS OF YOUR FAMILY. TO ENTER THE GAMES, THERE MUST BE AT LEAST ONE ADULT PER TEAM. COME OUT AND HAVE A DAY THE WHOLE FAMILY CAN ENJOY TOGETHER.

RAIN OR SHINE

DRINKING DRIVING COUNTERATTACK



407 Squadron Family Day a success.



Fun with parachutes at 407 Sqn family day

WHAT IS A MUTUAL FUND?

If you are still asking this question, Plan to Attend our Workshop "Funding Your Future" October 9, 1996, Sponsored By CMFRC.



Anne Davies, C.F.P.
Comox Valley Division Manager



Roberta (Birdie) Pilon
Investment Representative

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Wallace Gardens Teen Centre

The teens would like to thank all of the kind people who live in PMQs who donated to their bottle drive on 14 Sep. It was a great success and the money raised will be divided up and put towards paint ball, ceramics, video rentals for movie nights and door prizes for our up and coming dance. We would like to also thank the following teens and adults for their help: Derek, Tony, Amanda, Elmer, Jake, Lee, Helene and Nadine.

We would like to invite any teens (aged 13-18) who wish to join us to come on out for any of our events. For more information on what the teens will be doing in the future, just drop over to 49 Oak and get a copy of the 1996 Schedule of Events, or come to the Teen Centre for your copy on the first or third Saturday of every month.

WALLACE GARDENS COMMUNITY ASSOCIATION

YOUTH SOCK HOP FOR AGES 6 TO 11 YRS

WHEN: TUESDAY 10:30 TO 8:30 PM
COST: 50 CENTS WHERE: COMMUNITY CENTRE, BUS STOP BESIDE CAFE
THERE WILL BE LOTS OF MUSIC, PRIZES AND FUN. DON'T FORGET ABOUT OUR CANTEN. COME ONE OUT AND DANCE THE NIGHT AWAY!!!!

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800 HRS TO 1000 HRS
ON SATURDAY, OCTOBER 5 IN MOV

Clothing
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Furniture
Bikes
Plants
and much more...

Family Bingo

We held our first Family Bingo on 15 Sep and a good time was had by all. Many prizes were won by the 48 people who attended. There were two winners on the jackpot. One winner received a movie, pop and popcorn, the other received a movie rental, pop and popcorn. Our next bingo will be on Sunday, 6 October from 1:00-3:00 pm at the Community Centre. Hope to see you there.

Just roller blading...



MOVING YOURSELF EVERY DAY

Teen Centre Schedule of Events

This is a new year for the Wallace Gardens Community Association (WGCA) Teen Centre. Listed below are the many activities we have planned. Some activities will be a cooperative effort with the WGCA Teen Centre and CMFRC. Please keep this schedule by your calendar for quick reference. If you have any questions, call Carmie at 339-7696.

September

Thur. 26 - Legends, Listening & Laughter (storytelling) 6:30-8:30 pm at 120 Kinnikinnik. FREE. Registration deadline: 23 Sep.
Sat. 28 - Family Fun Day: Cup Cake Walk 25 cents a play. Volunteering to help Terry with the games.

October

Thur. 3 or 10 - Youth Circle meeting (FRC), 4-6 pm or 7-9 pm at 120 Kinnikinnik.
Fri. 4 - Ceramics begin for 3-4 Fridays in a row, from 6:30-9:30 pm. 11 teens will be able to sign up.
Sat. 5 - Yard Sale table for Teens in my yard at 49 Oak.
Sat. 5 - Video (2) Night, 7-11 pm.
Sat. 19 - Teen "Painted Faces" Dance, 7:30-10:30 pm. Wierdest, ugliest, funniest, scariest, etc.
Tues. 29 - Hand Reflexology for Teens, 7-9 pm. \$1.00 per person. Register soon. Location 120 Kinnikinnik. Facilitator: Michele Brunsills. (Ever wonder why some people who are studying for exams tap their fingers? Do you believe this helps them think clearer? Did you know when you massage your finger tips you are stimulating your brain to work more efficiently? Are you interested in learning more on how to think clearer or relax before exams? If so, come check this workshop out.)

November

Sat. 2 - Video (2) Night, 7-11 pm.
Thur. 14 - Survival Skills for Teens living with Parents, 4:30-6:00 pm at CMFRC. \$1.00 per person or FREE.
Sat. 16 - Teen Dance, 7:30-10:30 pm.
Tues. 19 - Eat & Exercise to be Energized, 7-9 pm. 120 Kinnikinnik. Free. Registration call 339-8290. Facilitators: Bobbi Howard & Jill Sturrock.
Thur. 28 - Youth Circle Meeting (FRC), 4-6 or 7-9 pm at 120 Kinnikinnik.
Sat. 30 - Paint Ball. Cost \$15 - \$30. For further info & registration call Carmie at 339-7696.

December

Sat. 7 - Teen Christmas Party, 7:30-10:30 pm. Wear a Santa or Elf hat and get in FREE.
Sat. 14 - Babysitting from 9:00 am to 2:00 pm for parents who want to do some Christmas shopping without their children. \$1.00 per hour, per child, \$2.00 for lunch. If late returning, then \$4.00 per hour, per child.
Sat. 21 - A Super Nintendo contest during Christmas break.

Gym Nights

Time: 7-9 pm. Place: Base Gym. Cost: FREE drop in.
Dates: October 2, 9, 16, 23, 30. November 6, 13, 20, 27. December 4, 11, 18.

Drug & Alcohol Prevention Video Creation

Yes! This is the making of a video and you, the teens, will be doing the work and making it.
Dates: October 2, 9, 23, 30. Time: 4:00-5:30 pm.
November 12 - practice
November 18-22 presentation. Time: 10 am - 12 noon.
Location: Base Messes with Brian Butnor. Cost: FREE.
Registration: CMFRC.

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nothing else matters

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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.

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. <2/2>
1981 Toyota Corolla, sound body, runs very well, new parts (starter, water pump, more), asking \$975.00. Mike 890-0051. <2/2>
1985 Oldsmobile Firenza station wagon, new engine, exhaust, fuel pump, dist. cap, spark plugs, etc., low mileage. \$1,999.00. Tom 339-6625. <2/2>

Boats for Sale

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

Patio Home

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

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.

Wanted

Driving to Nanaimo (Malaspina College) Mon, Wed & Thurs. Looking for someone to carpool and share gas. Christina 339-7035. <2/2>
Room mate wanted to share house: hot tub, swimming pool, bedroom furniture optional. \$350.00/month, utilities included. Marie 338-6880, or local 8399. <2/2>

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. <2/2>

"I need a vacation!"

Stay at the Villa Del Palmar in luxury studio-style accommodations in Puerto Vallarta, Mexico. Available for two weeks: Dec 1-15. Only \$600.00 (or \$350.00 per week). Pay your own air. For more info on this 4-star resort call 338-1956 and ask for Brenda or Bob.

Alert flags for sale

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

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>

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. <2/2>

Rare Offering - Unique Property for Sale

Located in South West corner of Tweedsmuir Park. Minutes from world famous Atmarko River and B.C.'s newest Grizzly Bear sanctuary. If you enjoy great fishing, hiking, skiing, hunting, wildlife and beautiful scenery, you won't be disappointed! Featuring on one acre, 1600 sq.ft. all cedar home, 3 bedrooms, 2 bathrooms, oak hardwood floors, stone fireplace, gas and wood furnaces, large deck with hot tub, satellite dish, out buildings, own fire protection and much more. \$225,000. Serious inquiries please: 1(604) 982-2953. <2/2>

For Sale Miscellaneous

Solid wood bed frame (accommodates queen or double) and box spring and mattress. Queen size \$500.00 o.b.o. 339-6311, local 8732. <1/2>
Apple red man's mountain bike with narrow tires, kick stand, front & rear reflectors \$100.00 o.b.o. 339-6311, local 0732.
Trailer hitch, fits early 80s GMC vehicles \$75.00. 339-4996. <2/2>

Two white blackout roller blinds, white microwave stand, Sears blue living/dining room curtains (fit PMQ), Sears blue area rug. Ruth 334-2367. <2/2>
Hockey equipment: helmet, face gear, pants, pads, gloves, all in good cond. All junior sizes. Andre or Chantel 890-0140. <2/2>

Bundy tenor saxophone & case \$600 o.b.o. 339-1634. <2/2>
2-185 x 13" Michelin winter tires on Honda rims, like new, \$150.00. 339-1634. <2/2>
Tama drum set - snare, hi hat, sticks, bass, ride, stool, 5 toms, crash, ex. cond. \$1,400. Paul 339-7035 <2/2>

Kittens

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

Public & Personal Announcements

Attention all Former Terns

Maritime Proving and Evaluation Unit is seeking your help and input for two projects - a book on the unit and the updating of our Alumni List. What we need are 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.

Reunion - Mini SAR Tech/Para Rescue, Pacific Region

The Pacific Region SAR Tech/Para Rescue Chapter of the SAR Tech Association Canada is hosting a gathering of the clan at the Royal Canadian Air Force Association, 888 Komox Wing, on 4 & 5 October, 1996.
4 Oct. 1400-0100 hrs. Meet & Greet
5 Oct. 1600-0100 hrs. Private Party
Reg. rep: Bill Krier 338-5107

Canoe & Kayak Club

Komox Valley Paddlers Canoe and Kayak Club meeting will be held at 6:30 pm on 3 October at the Edgewater Pub upstairs meeting room. More info call Betty 339-6475.

Pie Sale

The Comox Valley Presbyterian Church is holding a sale of fresh homemade pies and tarts on Saturday, 28 September, at the Driftwood Mall from 9:30 am to 12 noon. Proceeds to the Building Fund.

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.

Calling all Ex and Current Officers in the Comox Valley

The Officers' Mess will be holding a Meet & Greet for all ex and current officers residing in or near the Comox Valley. The Meet & Greet will be held 11 October during the regular TGIF and will start at 1600 hours. There is no Mess membership required for this event and the invitation is open to all ex and current officers. Please help out and call a friend! Come out and get re-acquainted with old friends and make some new ones. Upcoming events in October at the Officers' Mess include: a Mug Out for our outgoing PMC, Maj Gibbs 4 Oct, an all Ranks Oktoberfest being held at the Sgt/WO and Jr Ranks Messes on 18 Oct and a HUGE Toga Halloween Party on the 26th. Please come out and enjoy the Mess.

For ticket information contact the Mess at local 8295. Queries and ideas: call Lt Evans, local 8573.

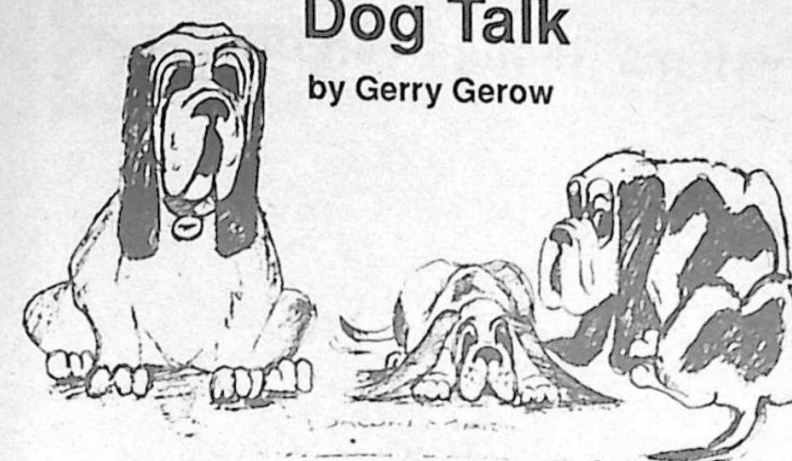
How you can buy Federal Government surplus

If you are interested in buying Federal Government surplus, which includes items and equipment from 19 Wing Comox, you can do so through Crown Assets Distribution Centres (CADC).

Aleta Kennedy is the Customer Service Coordinator at the CADC office in Victoria. Aleta will be more than happy to answer any queries you have about buying Federal Government surplus. She can be reached at 604-363-3153.

Dog Talk

by Gerry Gerow



Lately, we are hearing a lot about responsible dog ownership. Just what is responsible dog ownership? Well, to me, it is two things. The first is the care we owe to our pets. We brought them into our family in just the same way we brought our children into our family and yet, in many cases, we do not give our pets the same degree of care.

Diet is extremely important, especially in the first year of life. Just like children, puppies require a healthy diet of meats, vegetables, cereals, and other vitamins. If they don't get this, they will grow up lacking certain attributes one would expect in a healthy animal. I refuse to refer to most of the cheaper dog foods on the market as garbage as your pet would be better off eating garbage than some of these.

Health care is next on the list. Dogs need their annual checkup, just as we do, to find abnormalities in time to do something about them. They also need their inoculations against disease. Usually both checkup and shots are combined in one visit. Veterinarians usually charge only for the shots and throw in the examination. Shots are probably more important for your pet than for your children. The majority of human illnesses are under strict control and many of them have been almost completely eliminated. Not so with animal illnesses. Many are spread through wild animals,

which pass them on to our pets.

What about keeping your pet safe from harm? You normally won't let your children play in the street, so why do you permit your pet to do this?

Training is very important. Why? Well, for one thing, instant obedience may save your pet's life. If he drops on command it just might save him from running out in front of a car. Also, a well trained dog is a pleasure to own. All too frequently we get angry with our pets for doing something when we really have not properly

trained them not to do it. So, for instance, the poor little doggy gets chastised and sometimes smacked for jumping up on a visitor, when he has never been properly trained not to do it.

The second part of responsible dog ownership, in my mind, is ensuring that your pet is not a nuisance to others. This means cleaning up after him in the park. Many of our parks now have signs prohibiting dogs. This has occurred because so many people have not cleaned up after their pets. Always carry a plastic baggy when you walk your pet.

Lastly, keep your pet on your own property, where he/she belongs. Do not allow your pet to bark incessantly annoying your neighbours and waking up their children who are taking a nap. BE RESPONSIBLE!

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FREAKSHOW



Greenwood's new mess



The Honourable David Dingwall, Minister of Health, announced, on behalf of the Honourable David Collette, Minister of National Defence, the awarding of a contract of \$8.138 million to AXOR Group for the construction of a 4,500 square metre Combined Food Services and Mess facility at 14 Wing Greenwood. This project is expected to generate an additional 70-95 jobs in the Greenwood area over the next year and a half.

"This project, along with the recently constructed hangar to accommodate 434 and 413 Squadrons, the renovations to the base hospital, plus runway repairs and extensions, are examples of how this government is staking steps to bring work to the area while, at the same time, improving support for the community and our military personnel," said Mr. Dingwall.

The construction of the new facility will replace the existing Officers' Mess, Non-Commissioned Members' Messes, combined kitchen and the bulk food distribution area.

"Combining facilities on large bases like Greenwood is not only logical but is also a cost effective use of taxpayer's dollars," said Minister Collette. "Most of the existing services and buildings are in excess of 50 years old and beyond the point of economical maintenance or repair," said the minister.

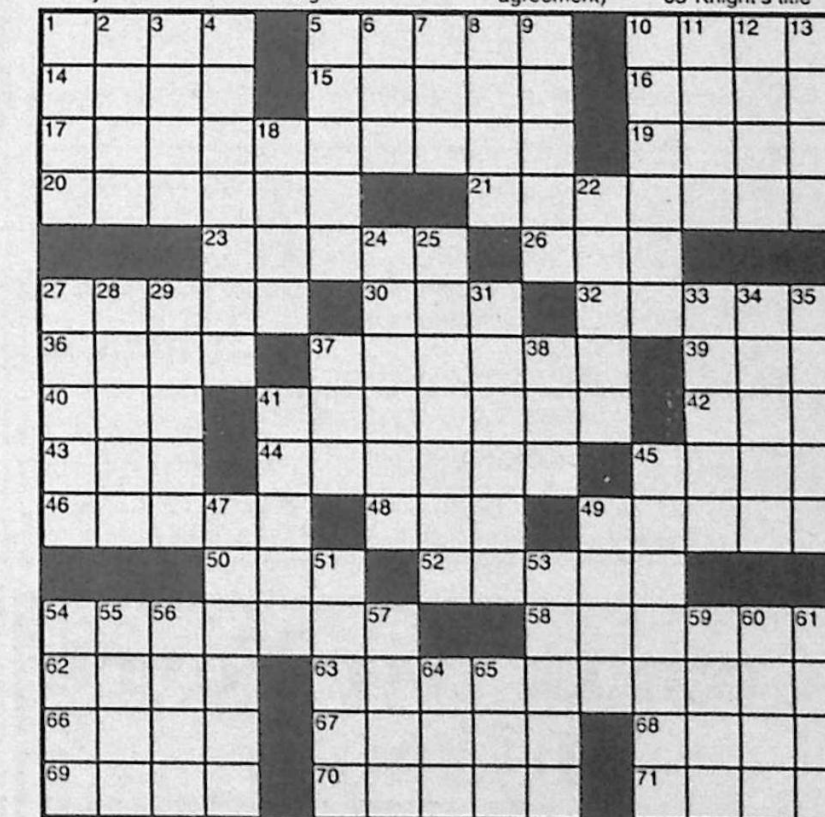
This contract award follows an announcement awarded earlier this summer for L&R Construction of Stewiacke, N.S., to provide an improved sewage treatment plant which will be operated by the Municipality of Kings County. The \$3,530,700 system and plant, is funded through an innovative cost sharing partnership under the Canada/Nova Scotia Infrastructure

TODAY'S CROSSWORD PUZZLE

ACROSS
1 Clutter
5 Bite
10 Aware of
14 Actor Baldwin
15 Crude person
16 Recreation facility
17 Bedside item
19 Capri, e.g.
20 How-to book
21 Animal "hotels"
23 Dreary
25 "Norma"
27 Perhaps
30 Pen point
32 Religious song
35 Tie the line
37 Main course
39 Country singer
40 Type of turkey
41 Speakers
42 Believe it or —
43 Adam's spouse
44 Fence stake
45 Money
46 Sixth —
48 Tennis-match division
49 Seeps
50 French sculptor
51 Hans
52 Run-down
54 Uncomfortable weather
58 Worshipped
62 Dry

DOWN
1 Polite address
2 — Fitzgerald
3 Actor Connery
4 Stunted, as trees
5 Bike or trike
6 Computer in "2001"
7 Expression of surprise
8 Ridicule
9 Hearth tool
10 Hazards a guess
11 Snout
12 Type of road
13 Bulling cheers
18 Boy or man
22 Backs of necks
24 History
25 Money collections
27 Specks (of dust)
28 Superior to
29 Middle Eastern country
31 "Wuthering Heights"

PREVIOUS PUZZLE SOLVED
ABLE AFAR ELAN
CRUMB LULU RADE
TIBIA TROT RAID
GETTHELEADOUT
HERS BAR
VALLEYS HAMSTER
ILIAD PIGS IGO
OILY PASTA BABA
LEA DIRT CORER
ANCIENT FORMATS
DEN AONE
WILDANDWOOLLY
HARI COOL LOAMS
ICON LOBE EPTOS
SONG EKEK SCAT



Works Program. The Department of National Defence will contribute \$1,941,885; the municipality will provide \$834,101; the province will provide \$421,380 towards the project; and \$333,333 will be contributed through Infrastructure Works Program. This project is expected to sustain 14 jobs in the area.

14 Wing Greenwood, which

employs 2,250 military and approximately 450 civilians, was originally established in 1942 as a Royal Air Force training centre. Today, Greenwood is one of the largest air bases in the Canadian Forces.

Funding for this initiative was provided for in the 1996 Federal budget and is therefore built into the existing fiscal framework.

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Heritage Happenings

The Heritage Aircraft Committee, responsible for the restoration of the H-21 helicopter, held a meeting recently to elect new officers and breathe new life into the project. Mr. Murray Smith was elected to the Chairman's job, Mr. Rob Roy will retain the position of Vice Chairman and MCpl Tracy Reid will now assume the duties of Committee Secretary.

After a summer of acquiring needed equipment and working on supporting infrastructure, it looks like the business of actually restoring the helicopter will get under way. The committee has located and secured a high capacity compressed air unit that needed a little work but now seems to be putting out the airflow like a good thing. This unit, along with a portable electrical generating unit, is required to operate the bead blasters and air tools required to disassemble the helicopter and strip the paint. A new, non toxic, method of paint

stripping is also being investigated to allow the paint stripping to be done at the committee's temporary hangar facility next to the base arena.

The Heritage Committee is now actively recruiting volunteers, preferably with some knowledge of aircraft restoration, to help with the H-21. The committee falls administratively under the Air Force Museum and they provide the funding for materials and project expenses. Now that some of the needed facilities are in place, and the committee has a fixed place to hang their hats, the organization and gainful employment of volunteers should be that much easier. If anyone is interested in helping out they can go to the temporary shelter next to the arena any Saturday morning and ask for either Rob or Murray. For more information, phone the Air Force Museum, Thursday to Sunday, at 339-8162.



Piasecki H-21 (H-44) helicopter.



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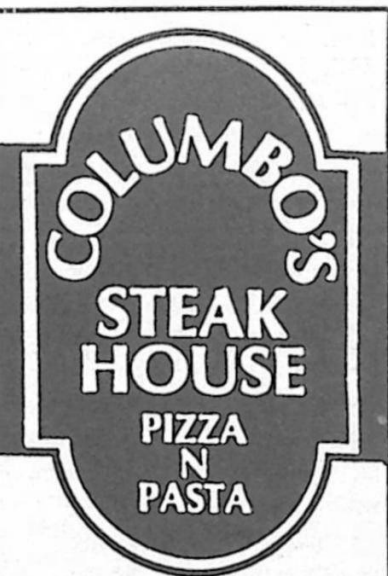
In an effort to cut the costs of testing equipment, the clever folks at Safety Systems have taken it upon themselves to test the flying helmets in a completely reengineered process. Now, when each aircrew member goes to pick up his or her helmet, the Safety System crew has to verify that the protective device will stand up to a sudden impact. Here a Sar Tech recruit can be seen testing his bone dome to ensure a comfortable, yet safe, fit. The Safety Systems staff can be seen congratulating themselves in the background. Kudos all round. (Actually Mr. W.T. Warren, wearing a helmet of his invention, takes a flying leap at the hangar to demonstrate its utility. Flight 1913.)



Quotations from letters actually received by the Quartermaster

The following quotes were taken from letters actually received from mothers, wives, etc., of the men in the service. They were either making, or correcting, applications for allotments.

- Please send me my elopement as I have a four months old baby and he is my only support and I need all I can get every day to buy food and keep kin in close.
- Both sides of my parents are poor and I can't expect nothing from them as my mother has been bed with the same doctor for one year and won't change.
- Please send my wife's form to fill out.
- Please send me a letter and tell me if my husband has made application for a wife and baby.
- I have already wrote to the President and if I don't hear from you, I will write to Uncle Same and tell him about both.
- I have had no clothing for a year and have been regularly visited by the clergy.
- This is my eighth child; what are you going to do about it?
- I can't get any of my sick pay. I got six children, can you tell me what this is?
- Sir: I am forwarding my marriage certificate and two children. One is a mistake as you can see.
- Please find out for certain if my husband is dead, as the man I am living with won't eat or do anything until he nose for sure.
- In answer to your letter, I gave birth to a boy weighing 11 pounds. I hope this is satisfactory.
- I have no children as my husband is a truck driver and works day and night.
- You changed my little boy to a girl. Does this make any difference?
- In accordance with your instructions, I have given birth to twins in the enclosed envelope.
- I am told that my husband sits in the YCMA every night with the piano playing in his uniform.



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