

# SCAN SEMINAR

30-31 October  
details .....page 6



## Wallace Gardens

..... page 9

The Comox Valley's Oldest Newspaper



# TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 38 NO 17

THURSDAY 10 OCTOBER 1996

COST: PRICELESS

## Comox gets first of updated T-33s



Capt Barry Watkin of 414 Sqn poses in front of the avionics-enhanced T-33. The long-time T-Bird pilot was the first man on squadron to fly the "new" aircraft.

by  
**Capt David Krayden,  
PAffo**

It's being called the new T-33 by some. From a distance, with its fresh hull grey paint job, it certainly looks newer. It just doesn't look any differently.

As far as the T-33 is concerned, it has no competition for its status of being the oldest aircraft in Canada's Air Force. The 12 which fly from 19 Wing Comox were all built between 1952-54. That means that 414 Combat Support Squadron doesn't have a single aircraft under 40 years old. Few of the squadron's pilots have ages that exceed that of their jets - one is the CO. So how can we speak of a new T-33?

Well, what the squadron now

possesses - and it is the first in Canada - is the avionics updated T-33 which will enable the aircraft to remain active in joint and combined operations until well into the next century.

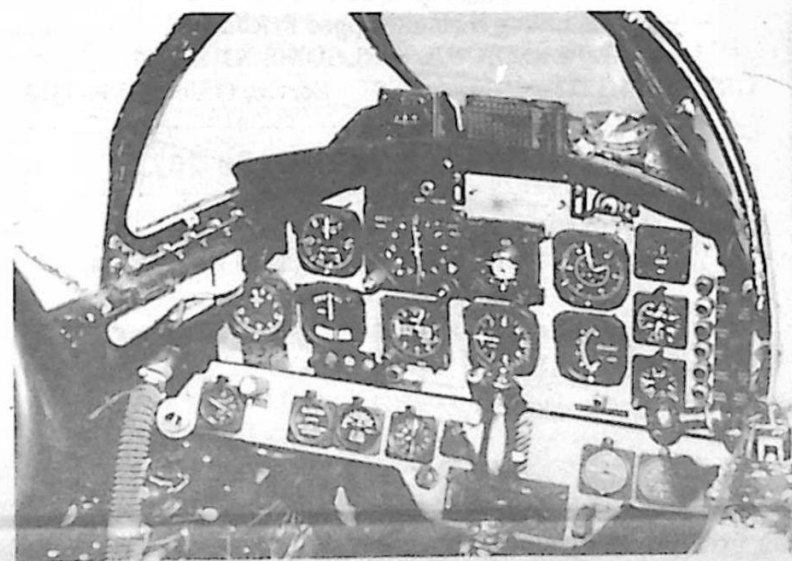
The CO's pride in the new aircraft is evident as he describes the vast number of changes that have occurred. He climbs into the cockpit of a regular T-Bird to outline the current configuration of the instrument panel; the various gauges are of differing size and shape and placed around the front panel with no particular attention to pattern. LCol Al Hunter then directs your attention to the interior of the updated aircraft: it is as if order has been retrieved from chaos. "The exterior is essentially the same but inside this is a new aircraft," he says.

So far, the only pilot on the squadron to fly the aircraft is Capt Barry Watkin, who works within the squadron's standards and training section when he isn't in the air. "I'm happy with the communications. The changes will make this a better aircraft that will allow us to do more with it."

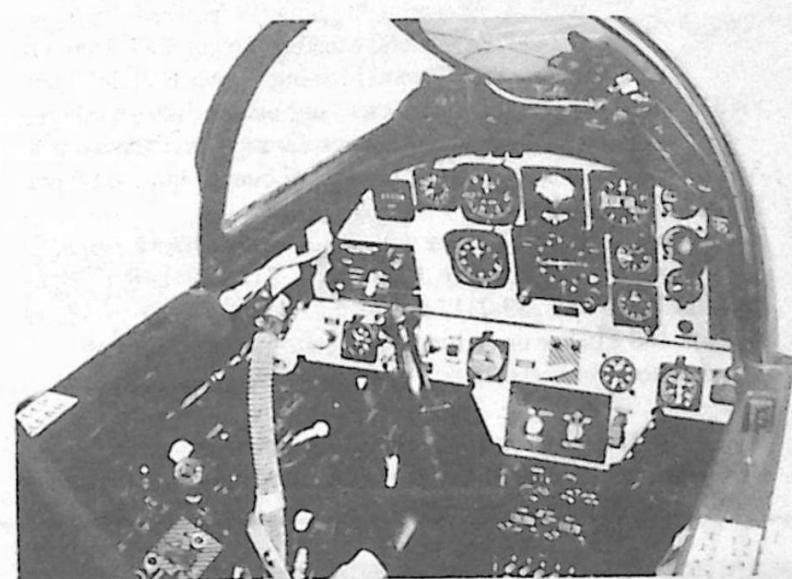
Specifically, the avionics update has reduced the size of the instrument gauges in the cockpit and reconfigures their placement to reflect the traditional "T pattern" of instrument panels, with the more significant indicators, like altimeter and airspeed indicator, centrally located in the letter T formation. The aircraft also has VHF communications capability which will enable the pilots to land safely at more airfields around the world.

The Instrument Landing System (ILS) gives the plane an improved navigational capability. New strobe lights on the side ensure night visibility for the T-33. The same rationalization has also been applied to the interior instruments in the front of the aircraft. Whereas, the position of the various boxes and wires appears somewhat haphazard in the current T-33s, the updated version reflects a desire for neatness and space conservation. Jokes Capt Watkin, "We'll have more room for the luggage in the nose now."

Strategically, the update has broad implications for the squadron and fighter combat support in general. The T-33 has proven to be a popular plane at major U.S. Air Force and Navy exercises. The reason: it can effectively replicate the shape and movement of an exocet missile and it can do so at one-tenth of the cost of a Learjet, the usual choice for such aerial simulation. The aircraft is also called upon to test the defence



Before....



and after!

systems of the Canadian Navy and Canadian CF-18s. The diversity of roles available for the T-33 and its interaction with the various services of both Canada and the U.S. make it a symbol for a major theme of Canadian defence policy: the emphasis on joint and combined operations.

Few would have guessed in the late 1950s that the T-33 would still be operating in the late 1990s, let alone that it would be one of only two fighter aircraft in the

Canadian Forces. But due to its operational cost-effectiveness, multiplicity of roles and smooth maintenance record, the T-33, somewhat ironically, has proven itself to be an aircraft of the '90s and, indeed, the next century.



H.E.R.E. COMPUTERS - COMOX VALLEY'S UPGRADE SPECIALIST

**H.E.R.E.**  
**COMPUTERS**  
INTO THE FUTURE

Built on Sales & Service Excellence

897-1286  
Fax: 897-1296

102-910 Fitzgerald Ave., Courtenay

THIS WEEKS SPECIAL BUY!

HEWLETT PACKARD

HP 680C DESK JET COLOUR PRINTER

- High Quality Printing
- Prints Banners
- Easy & Fun to Use

SALE \$449



Start | Come to H.E.R.E. not there...





## 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

11 October ... Wild River  
18 October ... Country Cousins  
25 October ... Eldorado

FUN EUCHE.....every Monday night 7:00 pm  
FUND 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  
19 October ... Music Man

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

\*\*Building is Handicapped Friendly\*\*

BASE PERSONNEL WELCOME AT BR. 17

Office: 334-4322

Service Officer: 334-3613

BRANCH 160 COMOX 339-2022

### ENTERTAINMENT:

Fri 11 October - music by VESTED INTEREST

Fri 18 October - music by ANDREW SCHMIDT

Fri 25 October - music by NORM'S COMBO

### 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.

Branch 160 Euchre on Saturday, 19 October in the Lower Lounge. Registration 6:30 pm, play starts 7:00 pm. \$5.00 per player.

Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

## W Log O gets new digs



Thursday, October 3 marked the official opening of the newly constructed Wing Logistics Officer's office and admin section. The opening was officially hosted by LCol Peter Abbott who had a personal hand in initiating and overseeing the reengineering initiative that increases efficiency while saving person years. A reengineering working group was organized over a year ago and studied all aspects of the former organization, including work space, job descriptions and command and control. The working group included Pat Carey, Sue Gibbs, Barb Casey, Bev Merchant, Capt Pattison and was spearheaded by Capt Angly, an AERE officer now retired. The recommendations from the working group were adopted and resulted in a new, more central workspace, the reduction of two secretarial positions and the relocation of the W Log O office. The construction costs were offset by the savings realized from the personnel reductions.

LCol Abbott has not finished yet, however. He has further plans for the former location of his office and staff and intends to explore the possibility of setting up a new conference centre, com-

plete with all of the electronics necessary for teleconferencing. "This may seem a bit ambitious" he said, "but you must plan for the future and recognize that this sort of medium has the potential to save many dollars." Some of the necessary equipment may be available as surplus items from CFB Esquimalt and his staff is actively pursuing their acquisition.

## Christmas Bazaar

Saturday, 2 November  
9 am to 2 p.m.

at the Airport School

Christmas Crafts \*  
Toys \* Housewares \*  
Baking \* and much,  
much more.

Registration \$10.00 per table.

Reserve your table early by calling Amie at  
339-5846 or Diane at 338 - 4897

Sponsored by St. Michael & All Angels Ladies Guild and Our Lady of the Sacred Heart Catholic Women's League



REALTY WORLD™

Mike & Marge Make  
Real Estate EASY

"We give that extra service"

res. phone/fax  
(604) 339-7910

Realty World  
Coast Country Realty

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

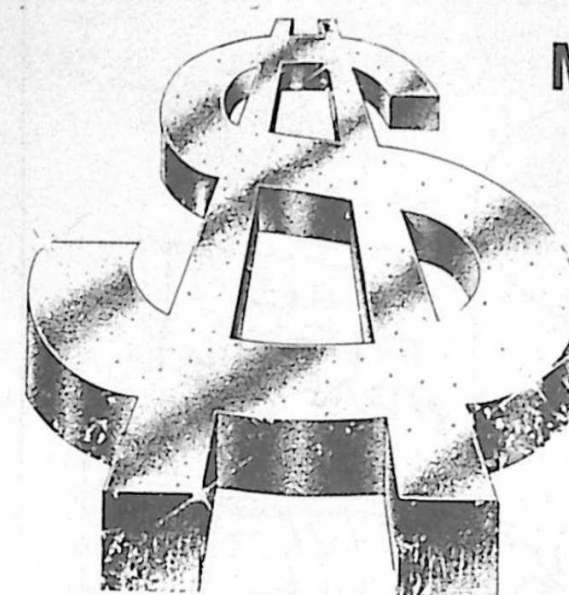
334-3124

V9N 3P6



Mike & Marge Gariepy  
CD1 C.G.A., R.I. (B.C.)

## BUYING or SELLING?



## Money talks

## Understanding mutual fund investments

by Kim Vogel  
Financial Advisor  
Comox Valley Rice Financial

The stock market continues to improve with the TSE and the DOW climbing to new heights. There are some who feel it could reverse, but with little evidence other than that it's never been that high. That's true. It hasn't, but there are valid reasons why the capital markets will continue to soar! It's life and realism after inflation.

Most equity stocks from the 70's to 90's reflected growth from assets that were increased by inflation, not from true corporate earnings. For the past five years, many of these companies have written down values from real estate and capital equipment and have trimmed payroll (with rightsizing through layoffs and severance packages). Their products and sales revenues continue to increase and new market opportunities are opening up, reflecting strong corporate balance sheets so profits will continue to be strong. Coupled with lower interest rates, this increases the real value of their shares.

Louis Rukheiser, host of Wall Street Week, claims that the past 20 years of growth on the DOW and TSE have not been as a result of real growth. If we adjusted the DOW's returns for inflation over the past 20 years, the actual growth in the stock market would

be flat or negative. The increase in the past 12 months has been real growth, bringing it back to normal, so there is a long way for the DOW to increase and continue to climb to new levels. We feel this makes good sense over the next five years and investors should react accordingly.

I expect funds to show strong returns over a four to seven year and longer term. Remember, when you buy a fund as part of your investment portfolio, you are looking for "long-term results." Therefore, you shouldn't place too much importance on what happens in the short term, as long as your results are strong in the longer term. Like a five-year term, it's left to mature.

Most good money managers are placing monies in stocks or holdings where they see opportunity for positive results over four and more years. They aren't buying or placing money today looking for an immediate price increase tomorrow based on short term market changes. (Note: some funds are managed in this fashion.) Those looking for good long-term results won't achieve them using short-term strategies.

Funds where the money manager is buying for the long-term gains can show slow, little, or even negative growth in the first two years. However, investment returns will likely strengthen over four to seven years. That's what you should be looking for.

## Allied nuclear vessels are safe

by Rear-Admiral  
Russel D. Moore,  
Commander Maritime  
Forces Pacific

National Defence recently released three studies that, taken together, are a comprehensive review of the visits by nuclear powered vessels to Canada. Such vessels occasionally visit the navy's harbours in Esquimalt and NanOOSE, B.C., and Halifax, N.S. In their reaction to the studies, critics quoted in the media, say the studies lack credibility because they were not conducted in a public forum, and that the reports "play down" the danger of such visits. Some opponents claim that no risk is acceptable arguing that the vessels should be banned.

Unfortunately, many of those opinions were offered to the media before the critics had taken the time to read the reports. It is equally lamentable that, in many instances, the media did not explain that the people they quoted had not seen the studies.

While it is correct that the studies were not conducted in a public forum, they are available to the public to review. Anyone who takes the time to go through the more than 4,000 pages will come to know that National Defence pulled no punches. A host of environmental, nuclear, and technical experts from the government and the private sector were given a broad mandate to carefully assess the visits and make frank conclusions and recommendations.

Far from playing down the danger of such visits, the experts took a highly conservative approach, opting for the far side of caution. For example, the assessment of risk posed by nuclear powered vessels assumed that there was a nuclear powered vessel in port every day of the year; and that the vessel's reactor operated at high power and pressure continuously. Even with that extreme circumstance as a benchmark, they concluded that the worse case scenario - against one in ten million odds - presented little or no threat to the environment beyond the immediate vicinity of the vessel.

In reality, nuclear powered vessels are in an authorized Canadian port for only a few days at a time. Over the past five years there has been an average of six visits annually to Esquimalt and four to NanOOSE. Their nuclear reactors run at 10% or less of full power when the vessel is underway. Furthermore, as the vessel is connected to shore power when in harbour, the reactor is placed on standby and is at near zero power and pressure. Moreover, dozens of allied nuclear powered subs have been operating in unforgiving seas for almost 40 years with an impeccable safety record. There has never been any release of radio-activity which has had a discernible effect on the environment.

Canada is not the first country to conclude that these visits pose little risk. The allies that operate these vessels have provided every assurance that their vessels are maintained to the highest possible standard. They have good reason to ensure their vessels are safe as they spend far more time in their home ports than anywhere else. They are also very costly to build and maintain. Studies conducted by other non-nuclear allies, like New Zealand and Australia, have also concluded that such visits are safe declaring that "the likelihood of any damage is so remote that it cannot give rise to any rational apprehension."

With regard to the question of risk. Critics often proclaim that no degree of risk is acceptable. Those same critics accept the

much higher, more frequent, and more probable risks we face daily. Endless amounts of hazardous materials are transported through and used within our cities. Aircraft fly over our heads. Trucks hurtle down our streets. Super-tankers laden with petroleum pass down our coasts.

These much more immediate risks are accepted because they are critical to our economy, our lifestyle. The same argument can be made for the visits of nuclear propelled vessels, which present infinitely lower risk. Visits by allied warships to Victoria and NanOOSE occur in support of Canada's security policy and our historical commitment to collective defence. Often there are joint exercises associated with the visit of an allied nuclear vessel, combined with crew rest and recreation. The crew members are most welcome guests. Goodwill visits reciprocate those of Canadian vessels to ports of our allies and are a visible demonstration of our treaty arrangements.

I offer one final comment about the presence of marine nuclear reactors. My family and I live in the dockyard at Esquimalt, just a few hundred yards from the jetty used to berth visiting nuclear propelled submarines. I assure you that I would not support the presence of these vessels if I felt there was any real danger. These visits do not present a significant risk and should not be a cause of citizen concern.

I invite you to visit the CFB Esquimalt base library where you may read each of the reports.

## DRIVE THE BEST BUY



Bill's Special of the Week

GET READY FOR SKIING

1993 Jeep YJ 4x4  
4 cyl 5 spd  
42,000 Kms  
STK# 8222B

Price: \$14,495.00

To View Call BILL at... 334-2425 Bill Snow CDI

**BRIAN McLEAN**  
CHEVROLET • GEO • OLDSMOBILE LTD.

334-2425 2145 Cliffe Avenue Courtenay B.C.  
Mon-Thurs: 9-6 Fri & Sat: 9-30 DEALER NO. 8379

## FRP - CRP OPTIONS

FREE QUALITY ADVICE AND SERVICE

Let me show you how you can switch your current investments with NO cost or tax implications.



480-C 6th Street, Courtenay **338-8713** Kim Vogel  
Financial Advisor

GICs • RRSPs • Mutual Funds • RRIFs • Annuities • Life Insurance • Employee Benefits

**WIN'S SILKS 339-7195**

LOCAL & ISLAND MADE CRAFTS

Jewelry • Candles • Soaps  
Dish Cloths • Snowmen  
CV Mugs • Fimo Bunnies  
• Cherubs •

Four Rooms  
in all to Browse  
Through

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

## Country Village Kitchen Bin

BEANS TO YOU  
GOURMET COFFEE  
We Serve The Service

Over 1/4 of a TON of Coffee sold this Year

"Our Business is a Grind"

190 PORT AUGUSTA, COMOX MALL DON GATES... 339-7313

## Rockport



Free Gift with each purchase of Reg. Price  
Rockport shoes for Men and Women while quantities last

GOOD DISCOUNTS ON DISCONTINUED ROCKPORTS

**COMOX SHOES**

In The Comox Mall  
339-2015

## We've Gone WILD ABOUT MUSHROOMS!



OCTOBER IS WILD MUSHROOM MONTH

CHECK OUT THESE GREAT APPYS & ENTREES!

Wild Mushroom Chowder, Chanterelle Sauté, Mushroom Kouloubia, Chicken Forestiere, Stuffed Jaeger Schnitzel, Steak and Chanterelles, Hunter Schnitzel, Chicken & Wild Mushroom Penné, Scallop & Mushroom Sauté

Call now to Reserve 334-9600

Don't Forget our Oceanfront Sunday Brunch!  
only \$11.95 Adults & \$9.95 Seniors, 10 am - 2 pm

**KINGFISHER**  
Great Food! oceanside restaurant Hospitality!

## COMOX VALLEY INSURANCE SERVICES LTD.

"Insuring the Comox Valley Since 1968"



3 LOCATIONS TO SERVE YOU BETTER!

491 Cumberland Rd Courtenay 338-1401  
1211 Ryan Rd Courtenay 334-2104  
1782 Comox Ave. 339-4847





## The Editor gets a word in



### Totem Times complaints department

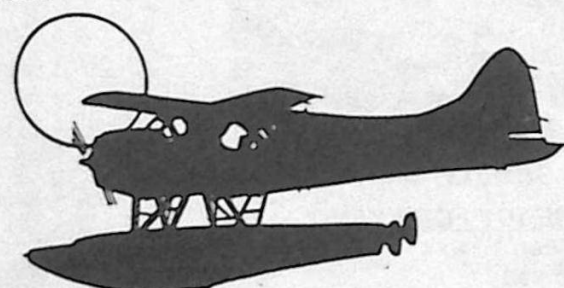
Or, what to do if we have somehow offended you? Recently, an interesting thing happened while we were starting on this, the latest issue of the Totem Times. A young woman, not dressed in uniform, entered the office through the front door and, saying nothing, took a long look around the room. I was standing at the far end talking to Sergeant Trombley and yes, contrary to popular opinion, we were both in uniform. The woman, obviously not liking what she saw, either because of Sgt Trombley's and my advanced age, good looks, uniforms or whatever, decided to turn to Jenny Cooper, our typesetter and book keeper to lodge her complaint. Now this I found rather interesting since she obviously decided in that moment that Jenny was the easiest target of the three. Let me tell you, nothing could be farther from the truth.

If you have a complaint to make about the Totem Times and God knows, some of you have reason, be sure and pass it along to one of the tall, thin balding types. The females, although appearing to be friendly and very vulnerable, can reduce a human being to a column of ash with a mere glance. Especially if you interrupt their work while trying to lodge a complaint. The Editor is usually doing nothing anyway, so pick on him and he'll do the appropriate thing. I can only warn you once. Save yourselves while you can.

\*\*\*\*\*

Interesting aside. Klementine, the mascot of the Kiwi Club is still missing. As I was over visiting the Wing Logistics Officer, LCol Abbott, he pointed out that the cage that used to house Klementine is now a hat rack. He also indicated that the abduction, as reported previously in the Fishwrapper was an inside job and the bandits are likely still at large, if not still on base. I would say that whoever is in charge of filling the W Log O's hat rack with a wood carving has fallen down on the job. Could this be an indication of the level to which the esprit de corps of the wingless wonders has plummeted?

Joel Clarkston



### Letters to the Editor

(The following is a statement by Jack Frazer, MP Saanich-Gulf Islands, presented in the House of Commons on 25 Sep 96.)

Yesterday, the disabled vessel "Alexis le Trotteur" declared an emergency in 100 kilometre plus winds and two storey waves off the coast of Nova Scotia.

First a Hercules and then an Aurora maritime patrol aircraft arrived but high winds and rough seas prevented rescue. Even a nearby container ship was unable to respond.

When the Canadian Forces Search and Rescue helicopter arrived the size of the Alexis and the rough seas forced them to abandon their usual procedure. A

crewman jumped into the huge waves and swam with a lifeline to hoist four men and women, one at a time, to safety. This 40 minute dangerous rescue left the Labrador at critical fuel levels, so they flew to St-Pierre-Miquelon.

This is yet another example of exemplary performance and heroism by a Canadian Forces Search and Rescue team. Their dedicated teamwork, training and bravery made possible their success. Despite ancient and severely limited equipment, their professionalism shone through.

Canadian Forces Search and Rescue units deserve our recognition and praise but, even more, they need new tools to help them do their job.



### THE TRUTH ABOUT OUR PAPER

## Computers donated to local school boards



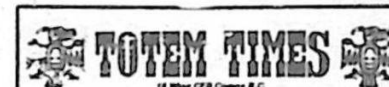
The race to jump into the 21st century's computer technology has produced new opportunities for local school boards and their students.

The Comox Base Telecommunications Section is wiring buildings and updating computer equipment in a concerted effort to provide CFB Comox with a local area network which will improve communications, save time and reduce operating costs. To provide this capability, the Base purchased a number of Pentium computers to both bring the network hardware up to the required standard and to replace all of the older Intel 386 processor-based computers.

Opportunities for local schools arose when it came to the question of "How does the Base dispose of surplus computers?" The federal government, in an effort to support public education, while maximizing tax dollars, has decreed that the only way that the Department of National Defence can dispose of computers is through the "Computers for Schools Program" which is administered through Public Works and Government Services Canada. Since the beginning of the disposal process, approximately 69 computers were earmarked for the Schools Program, of which a substantial number were in need of repair to be in operating condition. Through the efforts of the CFB Comox Telecommunications techs, 55 computers were prepared for issue to local school district coordinators.



Depicted above is Col Brian MacLean passing the first of 30 computers to Mr. Clyde Woolman, School District #71 Superintendent, while MCpl Peter Durst and Cpls Chad Murray and Randy Kopetch, who prepared many of the computers, look on. The remaining serviceable computers will go to School District #72 and the unserviceable equipment will go to one of the schools' repair facilities in Nanaimo.



#### EDITOR

Major Joel Clarkston

#### ASSISTANT EDITOR

MCpl Edith Cuerrier

#### WING PAFFO

Capt David Krayden

#### CARTOONIST

Gord Hatch

#### TYPESETTER/BOOKKEEPER

Jenny Cooper

#### PRODUCTION STAFF

Sgt Robert Trombley

#### CIRCULATION

Jenny Cooper (339-3486)

PHONE: 339-2541

FAX: 339-5209

#### Address correspondence to:

The Editor, Totem Times,  
CFB Comox, Lazo, B.C.  
V0R 2K0

#### SUBSCRIPTION RATE

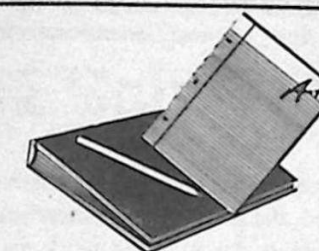
\$17.50 per year, GST included.

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

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

#### OFFICE HOURS

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



## Community College at home

by Pat Allan,  
CFCCN Co-ordinator

The Comox Valley is a wonderful place to live and work. Its small population gives it a personal flavour which is often difficult to find in large cities. However, being a small centre also means that some of the services of cities aren't available, such as diverse opportunities to take college programs when we can fit them in, usually in the evening and on weekends.

An increasing number of people have become interested in distance education programs as a way to pursue an education while still working. There are many complete certificate and diploma programs offered through correspondence courses. Many courses can be started at any time during the year, and often allow more time for completion than regular courses.

The Canadian Forces Community College Network has created a calendar listing 40 programs available completely through distance learning at Network colleges. These cover business, library and museums, security, nursing, early childhood and technical fields. The number of courses required to earn a certificate vary. While this information has always been available in the many college calendars, this new CFCCN Distance Learning Calendar puts the key information in one place. It's an easy way to review your options! The calendar is available for sign-out at the resource room in the WPSO's office in Building 22.

The Management Development Program courses being offered at 19 Wing are filling up. This certificate program has been designed for first-level supervisors and those who would like to explore the field of management. Courses are completed in one intensive weekend. The first two of six courses required to complete the certificate are being offered soon; if you're interested, call the CFCCN Co-ordinator soon for more information and to reserve your spot.

On October 25-27, MDP 300: Effective Supervision: Administration will be offered. This course provides an overview of management in modern organizations. On November 29, 30 and December 1, MDP 100: Effective Supervision: Human Relations is scheduled. Further courses will be offered after Christmas. Each course costs \$120.00 plus materials, under \$50.00. Payment by cheque or credit card is accepted. If you're interested in distance learning of Management Development Program courses, call the CFCCN Co-ordinator at local 8889.

### Base Rec Centre schedule

Base Team Sports:	Practices	Mon	1300 hrs	Tues	1500 hrs
Hockey	Home games	Thurs	1900 hrs		
Old Timer Hockey	Practices	Tues	1530 hrs	Thurs	1400 hrs
	Home games	Sun	1400 hrs		
Volleyball (men & women)	Practices	Mon & Wed	1600 hrs		
Basketball	Practices	Tues & Thurs	1600 hrs		

**Inter-section Sports:**  
Curling General meeting Thurs 17 Oct (1400 hrs) at Rec Centre Conference Room. All interested players and league reps are encouraged to attend.

Noon Hour Sports:	every Tuesday	1145 - 1245 hrs
Floor Hockey	every Wednesday	1145 - 1245 hrs
Basketball	every Thursday	1145 - 1245 hrs
Volleyball		

### Base Arena Schedule

Casual skating:	Saturdays	1330-1545 hrs
	Sundays	1230-1345 hrs
Fees:	Adults \$2.00	Children \$1.00
	***FREE for Rec Pass holders	
Arena skate sharpening:	Mon to Thurs	1700-2000 hrs
	Fri	closed
	Sat & Sun	1100-1400 hrs
		1700-2000 hrs

**Base Diamonds closure:** The 19 Wing Comox Ball Diamonds will be closed for the season effective 20 October.

### 19 Wing 96/97

#### Inter-Section Hockey League Schedule

President: Maj Cutland (8573) Secretary: MCpl Dunn (8344)  
Statistician: Cpl Burton (8399) Scheduling: Cpl Carr (8315)  
Ref-in-Chief: MCpl Cobham (8524)

#	Team	Rep
1)	407 Demons	Capt Proteau (8693)
2)	19 AMS Wings	Russ Parker (8304)
3)	442 Snakes	Cpl Kilpatrick (8744)
4)	AEF	Cpl Benjamin (8374)
5)	RCMP	Kevin Kimler (334-5942)
6)	414 Knights	Cpl Rheume (8479)
7)	407 Devils	Capt Masutti (8936)
8)	407 Rebels	MCpl Girardi (8534)

#### October

10	1715 - 3 vs 4	16	1715 - 4 vs 1
			1845 - 2 vs 7
17	1715 - 4 vs 5	21	1715 - 4 vs 2
			1845 - 7 vs 3
			2015 - 1 vs 5
23	1715 - 8 vs 4	24	1715 - 6 vs 4
	1845 - 3 vs 6		
		28	1715 - 4 vs 7
			1845 - 8 vs 2
			2015 - make-up

# For a good time, call.

There are three things to be said about shopping: Some is good. More is better. And too much is just enough. And Vancouver has just that. From the ultra hip fashions of Robson St. to the galleries and studios of trendy Yaletown. Accommodation specials\* \$89



The human brain is roughly 300X larger than that of a fresh-water fish. Yet the fresh-water fish in the interior still outsmart us. Test your skill with the best. Accommodation specials\* \$63



The impertinence of the merlot. The sassy cabernet. The pouty oakiness of a cheeky chardonnay. There's no time like the fall to sample the harvest of the Okanagan. Accommodation specials\* \$65



World-class courses and lush, rolling greens that just can't wait to break your little human heart. Whistler and the Okanagan have some of the greatest golf imaginable, in settings you won't believe. Accommodation specials\* \$79



Horses, cattle, weather-worn saddles and home cooking. The Cariboo, High Country and the Okanagan have the guest ranches straight out of cowboy history. Accommodation specials\* \$65

Think B.C. and your brain turns to fun. And right now there's lots of it on sale. Just call Super, Natural British Columbia today, and we'll book these or any of our other great fall accommodation specials for you.

To book your B.C. getaway, ask for operator 44 at 1 800 663-6000.

BC Time To Play.

\*Accommodation prices are per night, based on double occupancy, mid-range prices and are subject to availability. Budget and deluxe rates also available. Applicable taxes extra. Offers expire Dec. 15, 1996.

SUPER, NATURAL BRITISH COLUMBIA

NEXT DEADLINE  
18 OCTOBER - NOON



## 407 Sqn



## Demon Doin's

The more things change, the more they stay the same and 407 Maintenance/Engine Bay has been as busy as ever. The engine techs put in a lot of overtime to get 117 out in good condition. It finally flew serviceable, to the relief of Ted and his hard-working crew.

Posting season is now over; however, people are still coming and going. Replacements have arrived for the few who were posted out and those who left under the latest FRP package. Cpl Gibault and Cpl Rodgers were recently posted in. Cpl Martin Sylvestre, MCpl Bruno Roy and MCpl Rick Roy have come to us from servicing. Rick has been feeling mysteriously ill lately and we all hope that today's medical technology can figure out what the problem is. The AVS clan has a new leader in Bruno. You've got some pretty big shoes to fill... Good luck!

Sgt Berube came from servicing while Sgt Jensen came down from AMCR in exchange for Sgt Patrick, who is going to servicing. Either he was really good or he left such a mess that it takes two to replace him! Go figure!

Cross-training is still going strong. Lucy will soon be going to the booming metropolis of Greenwood along with Jeff for the propulsion portion of the master plan. Claude Marcotte just came back from there after "graduating" from the flight portion of the course. As with everyone who has ever spent time in Greenwood without actually living there, he was very impressed with the place!

Of course, leave is also a bit of a factor in the availability of manpower in maintenance. Now that we have to take it all in a year, time and personnel management are of the essence. Despite everything else that is going on, we are still supporting a wide variety of secondary duties: Radmon, WASF, etc... The latest additions to the list are: Monty, Jerry and Mike. They can be found garbed in green, checking your ID card in the next time WASF is called out.

Our congratulations go out to Cpl Chris O'Brien and his wife Lynn on the birth of their new daughter Autumn. We wish them all the best.

And that about covers it for maintenance and engine bay these days. Despite everything, life goes on and things are running as smoothly as possible. Until next time!

**WHAT'S YOUR HURRY, B.C.?**

YOUR LOCAL POLICE

ICBC

## The struggle to juggle

by Rosanne

**Fanden Lyster**  
(Program Director for the B.C. Council for the Family)

One of the key determinants of health concerns the world of work: employment and working conditions. The inter-relationship between work and family is an example of the correlation between working conditions and health.

In the past, most of us were encouraged to consider work and family as separate spheres, areas of our lives that we should try to keep separate. A later view was that these two worlds sometimes spill over, and we needed to learn how to manage the spill. Increasingly, we are recognizing that a more valid perspective is one of interaction; work and family as two parts of the whole that is our lives.

And interact they most certainly do! Most working Canadians report some degree of difficulty balancing work and family life. A recent Conference Board of Canada study indicates that two-thirds of employees experience some difficulty juggling work and family. For one-fifth of employees this balance is very difficult. Four-fifths of the em-

ployees reported that they experience stress or anxiety as a result of having to manage work and family. For one quarter, the level of this stress was more than moderate. Who is the most susceptible? Parents of preschoolers and workers with dual responsibilities for the care of children, the elderly, the disabled or infirm family members.

Certainly, over the last 20 years, the labour force has changed, and so have families. For example, the percentage of women with children who work continues to increase. In 1967, 32.7% of all husband/wife families (including common-law) were two-pay cheques. By 1991, this had risen to 61.2%. As of the last Canadian census in 1991, 68.4% of female spouses with children under the age of six were in the labour force. This represents a significant change. In 1981, 49.4% of female spouses with children under six were employed. In lone parent families, the majority of parents are working as well. For lone parent females, 60.1% were employed, for lone parent males, 76.7%.

What this implies is that for the majority of Canadian families, no one is at home during the day. So

how do you balance a sick child or a visit to an educational specialist with your work responsibilities? One study suggests that parents of preschoolers can expect their child to be sick enough that they can't attend daycare six to seven times per year. An infant is likely to be sick nine to ten times per year. If the majority of parents are working, how do they manage these regular occurrences?

Another demographic change is related, in part, to our ageing society. In a recent study from the University of Guelph, 31% of employees responding to a survey had care responsibilities for a child under 19. It noted that 20% provided some level of care for an elderly relative, 26% provided care for both, while 23% had responsibilities for neither group. A total then of 46% of employees have some elder care responsibilities. This number is likely to increase as the boomers age along with the generations before them. By the year 2001, 22% of the labour force will be aged 45-54. Most of these will have some responsibility for older family members, whether this is as simple as mowing the lawn or providing transportation, or as complex as having a parent with early Alzheimer living in their home.

The reality that many employees need to balance work and family commitments is bringing about change in the workplace. Indeed, many businesses are finding that for the health of both their employees and the bottom line, it makes sense to implement work and family policies. The progress in this area seems to follow three main tracks: alternative work arrangements, family support benefits, and leaves of absence.

## Alternative Work Arrangements

A number of work options are increasingly available to make the workplace more flexible. The idea being that the more flexible

we can be with how work is structured, the more options there are available for juggling work and family. Examples of these strategies include: flex-time (flexible working hours); permanent part-time; job sharing (two people sharing one job between them); satellite offices (a branch of the home office in workers' communities); telecommuting (working from home, often through the use of electronic supports such as E-mail and fax); shorter work day; and compressed work week (e.g. work nine longer days in two weeks, with one two-day weekend and one three-day weekend).

## Family Support Benefits

Through the provision of supports to assist staff in balancing work and family, employers are finding that they have a more effective and dedicated work force. Some of the family supports being put into place include: information and referral service regarding child and elder care; parenting education seminars; caregiver support groups; employee and family counselling; on or near site child care; and wellness seminars.

Healthy families produce healthy, productive employees, an advantage no employer can afford to ignore.

## BUILDING MATERIALS

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

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

## Francis Jewellers Ltd.

Appraisals & Repairs  
Watch Repairs • Giftware  
Goldsmith Consultations Saturdays

334-2611

320 Fifth Street, Courtenay



## Booksheli Bestsellers

Pai Bolen 2731 Cliffs Ave.,  
Proprietor Driftwood Mall,  
Courtenay, B.C. V9N 2L8  
Debi Williams  
Manager  
604-335-5943

10% off for mil pers - show ID. Get your Totem Times here.

Week ending: 12 October 1996

1. A Fever in the Heart ... Rule
2. Moonrise ... Stuart
3. Raptor Red ... Bakker
4. The Burglar who thought he was Bogart - Block
5. Fingerprints of the Gods ... Hancock
6. Into Thin Air ... Zibal
7. Hanging Time ... Glass
8. The 1997 Movie & Video Guide - Maltin
9. Iron Bravo ... Stroud
10. Amayllis ... Castle

## 442 Sqn



by Cpl Jon Scotton

442 takes the Slow-pitch Commander's Cup for a second year in a row. It was a hard fought victory for a team that was decided upon at the last minute. With the number of people being away, and the SAR standby precluding players from attending, there were very few players to draw upon.

The tournament started on Saturday morning at 9:00 with the Wing Commander saying a few

words and the first game of round robin play. Our first game was to be at 11:00 am vs 407. We had 12 players out for our first game but with the second batter of the game coming up to the plate our starting pitcher Buzz Lapalm and rover Wayne Simpson were paged for a SAR launch. Wayne was not to be seen for the rest of the weekend. The game was a close one with 407 winning 8-7. This was to be our first and last loss during round robin play. In the end, three teams ended up tying for first with Wops/MP's/etc getting the fourth birth into the finals.

We met up with 407 in the semi-finals Monday morning at 8:00 am where we redeemed ourselves with a resounding victory. The final was against the Wops/MP's/etc team at 11:00am. With the sun climbing higher and hotter the spectators were treated to a very intense game with great plays by both sides. In the end though, they were no match for the cohesive playing of the champs from 442.

The games had many memora-

ble events like John McKenzie and his wheels in the field and base running, Chuck McCulland with his gun for an arm, Derrick Ross and his extraordinary game saving catches, Marc Charron and his ability to talk his wife into letting him go play ball the weekend they were moving, Jeff Kilpatrick and his big defence at third, Joe Gautreau using his head in the plays, Dennis Bellamy's gymnastic stunts at first, Dale Warren's slow pitch curve ball, Buzz Lapalm's pitching accuracy, Mario Tremblay for rescheduling his tee off time so that we had 10 players for one game, Derek Russel for coming out for the final and rounding out our numbers (in case of an injury), our Coach Jeff Clairmont for the MVP trophy for the tournament and his home runs and, finally, my home run (I had to make up for my terrible batting).

In retrospect the victory could not have been had without the support of the section supervisors and all of the personnel at 442 Sqn.



442's Slowpitch team and Commander's Cup winners.



## Cops Corner

## The Security Section

This week we would like to introduce you to our Security Section. Presently, here in Comox, our Security Section is the second largest unit in our Guardhouse. With two regular force Master Corporals, one ARAF Master Corporal, and two regular force Corporals (one being the Ident Operator, discussed in the last issue), it is second in manpower only to our Patrol Section.

The Security Section normally deals with everything which does not involve Law Enforcement, Community Policing, or Training. As you may imagine, this leaves a great deal to be handled.

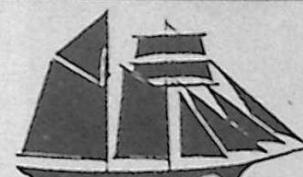
One primary role of this section is to perform all initial/annual Physical Security Surveys of all DND buildings belonging to the Wing (including all Cadet and Reserve/Militia Units within our geographical area). These surveys, which are basically a detailed inspection of a facility, are performed to ensure the overall integrity of a building, from a security perspective. Should there be a problem with anything from a door/window lock, to how classified matter is stored, to the design of a weapons lock-up, this survey will bring it to light.

Another responsibility of this section is ADP (Automated Data Processing) Security. One of the section's Corporals is dedicated full-time to this, as well as both the regular force Master Corporals being involved when necessary. ADP Security verifies the integrity of all computer systems on the Wing, as well as being the Guardhouse's computer specialist, keeping our own systems up to date.

Other duties handled by this section include, but are not limited to, Security Clearance checks, briefing/debriefing all personnel either proceeding to or returning from scheduled countries, and dealing with all security infractions on the Wing. They provide security lectures to other units, as well as being available to all unit CO's to provide advice on all security matters. As previously stated, they also maintain our computers by obtaining and up-keeping programs for everything from Military Police Reports, to our Daily Occurrence Book, to a format for Reports to Crown Counsel.

Next time we will talk about our Headquarters/Training Section.

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



## THE LEEWARD

Neighbourhood Pub  
and Cold Beer & Wine Store

Want the best in great food & great service?  
Come Join Us!

**Tuesdays - WING NIGHT**  
and anytime -

we can accommodate up to 50 guests  
for your next celebration or group meeting

649 Anderton, Comox 339-5400

## THE ROLLING PIN BAKERY

With BILL'S Country Meats

Soup, Sandwiches & Seating available

"European Specialties"

"Simply the Best"

Order ahead: Thanksgiving treats available

1496-C Ryan Road  
Just outside the Base!

339-5636

Open Tue-Sat 9-6  
Sunday 10-5



## Bills' COUNTRY MEATS

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

With The Rolling Pin Bakery

Custom game cutting  
and processing to your  
specifications

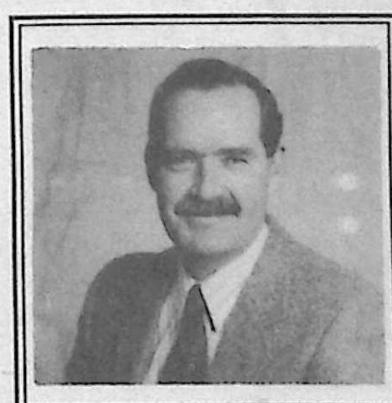
ORDER FOR  
OCTOBERFEST  
NOW

Home of Bratwurst,  
Farmer, & Italian  
sausages

1496-C Ryan Road  
Just outside the Base!

339-3800

Open Mon-Sat 9-6  
Sunday 10-5



Larry T. Summers, CD  
FINANCIAL COUNSELLOR

Agent for  
**THE MARITIME LIFE  
ASSURANCE COMPANY**

• Insurance without a war  
or flying clause  
• RRSP, spousal pension plans  
• No penalty education plans  
• Investments in GIC,  
Mutuals, etc.

PH. or FAX: 334-1833





# COMOX MILITARY FAMILY RESOURCE CENTRE

phone: 339-8290



## Celebrating The Move Fun Times at the Open House

Amidst children's singing and the charming sounds of the bagpipes, people gathered for food, fun, and great conversation at the CMFRC Open House on Thursday, October 3rd. The day was marked by the grand opening of the new CMFRC Program Building, with Mrs. Mary MacLean on hand to do the ribbon cutting honours.

The afternoon was sparked by meeting new friends and reminiscing with old friends. Young and old alike were entertained by Lawrence, (Lots of Laughs Productions) and his balloon art, as well as the melodic voices from the Kinnikinnik Child Care

Centre, and the skirl of the bagpipes.

The staff of the CMFRC would like to thank all those who joined us in the grand opening of the Program Building. We would especially like to thank the following businesses for their support: Little River Nursery, who provided the beautiful plants that decorated the buildings; Zellers, Smitty's, Comox Flower Pot, and Regal Capital Planners, who provided the fabulous door prizes.

Congratulations go out to Padre Chuck Massey for winning "The Wealthy

Barber". Dave Cherry for winning "Pictionary". Brian Dekker for winning the \$20.00 Gift Certificate and Colleen Howard for winning the Azalea plant. May you all enjoy your prizes!

Come out and see the new building and take part in one of the up coming workshops offered by the CMFRC. The CMFRC is located at 119 and 120 Kinnikinnik with the Child Care Centre at 118. For more information or to register for a program call 339-8290.



Mrs. Mary MacLean and Mrs. Karen Nogue officially opening the new program building of the Comox Military Family Resource Centre, located at 120 Kinnikinnik.

## Counselling Services Now Available! Call 339-8286

Hi! My name is Coreen Cherry and I have just started at the CMFRC as the **Coordinator of Family Counselling Services**. I have a background in Social Work and have worked with children, youth, and families in various capacities. Please feel free to call me about any family issues you may have at 339-8286. I am available at various times throughout the week.

## Adult Programs

### 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.

### Building Friendships

All of us have had friendships, some of which hit and others that miss. Often we really don't know what it is that works. Come out and join us in learning how to build and maintain strong friendships.

Facilitator: Michele Jackson

Date: October 17th

Time: 6:30 - 9:30 (Thursday evening)

Location: CMFRC Administration Building, 119 Kinnikinnik

Fee: \$12.00. Fee due at time of registration

Registration: Call 339-8290. Limited space available, register soon.

### English Conversation Group

Come and practice your English conversation skills in a relaxed and friendly atmosphere. We will be starting up again Thursday, October 17th 10:00 - 11:00 am at the CMFRC Program Building #120 Kinnikinnik. We will meet most Thursday mornings after that. Call Mara at 339-8290 for dates or just drop-in.



Lone Piper Scott Sinclair entertains at the Comox Military Family open house.

## Youth Activities

### "Perceptions of Youth" Video Creation

Do you need work experience hours for school? Are you interested in script writing, video production and theatre? Well, if so join our team of seven enthusiastic students and two youth workers. Everyone is welcome. Phone Jill Sturrock at 339-8211 local 8656 or talk to Sue Rose at Robb Road at 339-2232 or Suzanne Stewart at Highland at 339-3617.

Date: October 2nd, 9th, 23rd, 30th

Time: 4:00-5:00 pm

Location: 120 Kinnikinnik

### Attention Work Experience Students

Are you a student in one of the following career prep programs? Here are some opportunities for work experience: **Journalism** - contribute newspaper articles to our quarterly newsletter. **Computer Application** - help design flyers for youth workshops and events. **Communications Technology** - learn about video taping. **Community Recreation** - help run and participate in gym nights every Wednesday night. **Theatre** - learn about writing a script, acting it out, and producing a video. You can obtain a letter of reference and collect work experience hours. Phone Jill @ 339-8211-8565.

# Wallace Gardens

## GIRL GUIDES OF CANADA

**SPARKS:** AGES 5 AND 6 (WILL BE ANNOUNCED LATER)

**BROWNIES:** AGES 7 AND 8  
**MONDAY NIGHTS: CONTACT DEB HOGENBOM 339-5321**

**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**



## BOY SCOUTS OF CANADA

**BEAVERS: AGES 5, 6, AND 7**

**WEDNESDAY NIGHTS: WALLACE GARDENS COMMUNITY CENTRE**  
**CONTACT PERSON: DAVE LEGAULT 339-9298**

**CUBS: AGES 8, 9, AND 10**

**WEDNESDAY NIGHT AT 888 WING**  
**CONTACT PERSON: PAUL LEGROULX 890-0048**

## Recycling

**Sorry for the confusion regarding things to put out.**

**Cardboard:** This includes toilet rolls, paper towel rolls, cereal box's & soap box's. Any plastic or inserts, must be removed. This pick up does not include milk cartons or any waxed cardboard.

**Newsprint:** Any newspapers including inserts delivered with newspapers and any newsprint quality paper used for moving.

*Please Remember: The above items must be bundled and tied in separate piles, one for newsprint and one for cardboard.*

## 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.

### October

**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 Brunskill. (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.

**Thurs. 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.

**Thurs. 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.



**Comox Valley  
Presbyterian Church  
Gigantic Garage Sale**  
Rain or shine  
**Sat: 26 October at  
"The Barn"**  
5420 Headquarters Road  
Courtenay.  
8:00 am - 2:00 pm  
Proceeds to the Building Fund.

## Start Planning for Tomorrow, Today.

Welcome to the enhanced Canadian Forces Service RSP. The largest of its kind in the country, the Canadian Forces Service RSP now offers its members improved products and services that make it better than ever before, including:

- 3/4% interest premium for 1-5 yr. GICs
- A wide range of investment options
- Up to 50% off management fees on all mutual funds\*
- A comprehensive education and retirement planning program, including on-site information sessions. Watch for posters at your base announcing dates and times
- Dedicated toll-free telephone access for service and information Monday to Friday 7 a.m. to 11:00 p.m. ET with lines available world-wide for callers outside Canada

An improved Financial Benefits Plan offering retail banking products is also available for all Canadian Forces members.

For more information about your Service RSP or details on information sessions,

**Call 1-888-363-PLAN(7526)**

\* Mutual Funds are sold by prospectus only which contain important information. Please call us at 1-888-363-7526 for copies and read them carefully. Unit values, yields and investment returns will fluctuate.

Some offers are time-limited until January 31, 1997.

**Canada Trust**  
Thinking like a customer

## Commencez à planifier votre avenir dès aujourd'hui

Nous sommes heureux de vous présenter le RER militaire des Forces armées canadiennes. Le plus important programme du genre au Canada, le RER militaire des Forces armées canadiennes offre des produits et des services améliorés, qui en font un choix des plus avisés; ses avantages sont les suivants :

- une prime d'intérêt de 3/4 % sur les CFG de 1 à 5 ans
- un large éventail d'options de placement
- des rabais pouvant aller jusqu'à 50 % sur les frais d'administration pour tous les fonds\*
- un programme complet d'information et de planification de la retraite, y compris des séances d'information sur place; des affiches en annoncent les dates et les heures à votre base
- des lignes téléphoniques réservées sans frais pour obtenir services et information, du lundi au vendredi, de 7 h à 23 h (HE), en plus de lignes mises à la disposition des participants à l'étranger, partout dans le monde

Le Régime d'avantages financiers amélioré offrant des services bancaires est également proposé à tous les membres des Forces armées canadiennes.

Pour en savoir davantage sur le RER militaire ou les séances d'information prévues,

**Appelez le 1 888 363-7526**

\* Les fonds canadiens de placement sont offerts par prospectus seulement. Vous y trouverez des renseignements importants. Veuillez communiquer avec nous au 1-888-363-7526 pour en obtenir des exemplaires, que nous vous enverrons de bon plaisir. La valeur des parts et le rendement des placements sont appelés à fluctuer.

Certaines offres ne sont en vigueur que pour une durée limitée; soit jusqu'au 31 janvier 1997.

**Canada Trust**  
On pense comme vous



# 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.

### "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.

### Miscellaneous for Sale

Aniben cell phone - one year old. Small, lightweight, comes with charger and power cord adapter for your car. Asking \$75.00. Call 339-4408 <1/2>

Sears exercise bike \$30. Brian 338-1588 <1/2>

Panasonic 3-DO video game - 2 years old. All games are on CD. Comes with 2 remote controllers, 2 wired controllers, gun and 15+ games. This state of the art video game equipment is worth about \$1,500 - will sell for \$500. Call 339-4408 <1/2>

Full length blue fox fur coat valued at \$2,000 - \$800. 339-4205. Akah-tell special deluxe 22 cal rifle. Mint condition, still in box. \$500. 339-4205 <1/1>

Utility trailer 5'x8' sturdy tilt box, 14" wheels, custom built. \$800. 339-4205 <1/2>

Sliding glass patio door 80"x72" single pane \$100. Brian 338-1588

Mopar ski rack - fits most vehicles with spare tire on rear gate (i.e. Jeep YJ, Troopers, Trackers, etc.) \$190 + taxes new. Will sell for \$125. Call 339-4408 <2/2>

Ford Ranger tailgate \$25. Ford Ranger boxliner \$100.

Honda 650 engine & cycle parts. 6ft. vinyl roll blind - new in box w/hardware \$30.00. 897-6191

### For Sale

x2 "WHO" tickets for Wednesday night 16 October at GM Place. \$55.00 each. 339-7854

Skis - 210 cm Dynastar "GS" w/747 demo bindings. \$150/pair. 210 cm Kastle "RX" w/747 bindings. Brian 338-1588 <1/2>

### Autos for Sale

74 CJ-5 Jeep, show condition, 3/4 finished restoration. V-8 engine, many new parts. Moving to Europe. Never off road/winter driven. \$8,000. 339-4205 <1/2>

1985 Ford Tempo L \$2,650. 4 dr. A.T. P.S. P.B. Radio & cassette. Low mileage 76,500 km. Very clean. 339-7013 <1/2>

1989 GMC, 5 speed, new tires, box liner, tool box, good condition. \$8,500. Glen 897-3336

### 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. <2/2>

### For Rent

Waterfront home, two bedroom, F/S, W/D, dishwasher. Kin Beach area. \$1,100 per month includes hydro and cable. 338-0442

### Help Wanted

Comox Valley Masters Swim Club is now hiring a coach for 2 hours a week, Mon & Wed eves. Phone 338-5659 or 338-8862.

### For Sale

Six year old 1750 sq.ft. 3-bedroom, 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>

### 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.

### 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.

A Part of the Comox Valley for Over 50 Years

**PIERCY'S**  
FUNERAL HOME & CREMATORIUM  
440 ENGLAND AVE. COURTENAY, B.C. V9N 2N1

Bill Perry  
Manager  
Phone: (604) 334-4464 Fax: (604) 334-1535

When you can't breathe,  
nothing else matters  
BRITISH COLUMBIA LUNG ASSOCIATION  
731-LUNG or 1-800-665-LUNG

### 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 Supplementary Radio System (CFSRS).

The standard-size flags, purchased in bulk by CFSRS, will be shipped to Canadian Forces Station Alert, flown for a single day, then tagged for identification. Each person who orders a flag will also receive a full-colour certificate with details about the day the flag was flown.

CFS Alert has been in operation by the Canadian Forces since 1 September 1958.

Orders for the new souvenir Alert flags can be placed with CWO Lammie at CFSRS HQ in Ottawa, (613) 990-3448.

Lots of Laughs PRODUCTIONS

**HALLOWEEN BALLOON TREATS**

PUMPKINS, BATS, GHOSTS & SPIDERS,

Drop by for your GHOULIS TREATS.

Plus...Large all weather Banners, Children's Parties & Balloon Deliveries.

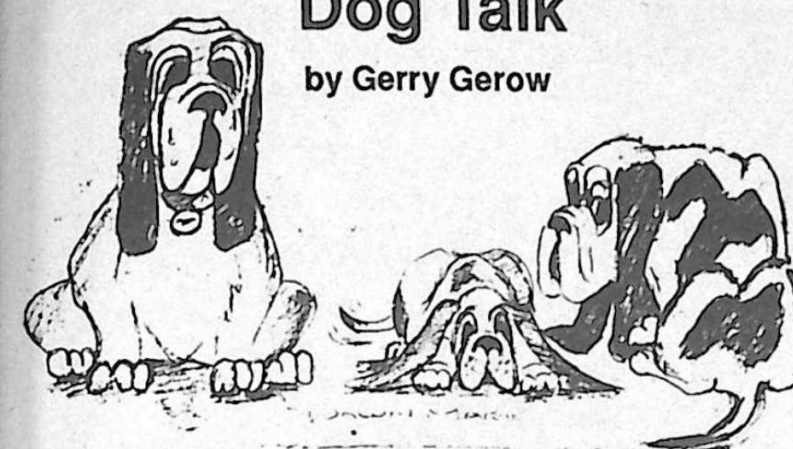
1430 Ryan Road (By the Base)  
Phone/Fax (604) 339-9968

**ANDERTON NURSERY**  
Best Selection of Bulbs in the Comox Valley  
Daffodils, Tulips, Amaryllis and more.....  
Best prices on Hostas  
20% OFF Perennials & Shrubs  
2012 Anderton Rd, Comox 339-4726 Open Daily 9am - 5pm

**CHOCOLATE RANCH**  
10% off with this ad  
Now Available: Flavoured Chocolate Dipping Spoons  
1496 RYAN RD. LAZO B.C. 890-0772 NEAR THE BASE GATE  
Open Tue-Sat 10-6 & Sun 12-5, Closed Mon (except holiday Mondays)

## Dog Talk

by Gerry Gerow



This week I have an interesting coffee table type doggy book: *In Praise of Dogs*, by Tara Darling and Kathy Darling. (Howell Book House, Macmillan Publishing, New York. Can.\$41.95).

This is a large 8x10 inch hard cover book, full of colour photographs of various breeds of dogs. There are representatives of every group. A brief description of the dogs accompanies each picture, but this is basically a picture book, and a very good one. Eighty-two separate breeds are represented in this 127 glossy page edition.

An excellent gift for the dog lover in your family or circle of friends. You may find it on the shelf of a good book store, or you can ask them to order it for you.

### The "Interloper"

What happens when you introduce an interloper into your dog's world? Frequently this takes the form of a new baby. Particularly in a previously childless home, this can be a really big problem to the dog. To his or her little mind, you have gone out and got a new puppy and he/she thought they were doing a real good job and there was no reason for you to get another pet. Then, when the dog notices that you are paying more attention to the newcomer than to it, noses get out of joint.

When my grandchildren come to visit, my dogs don't like it a bit. In fact, the resentment becomes quite clear when these loving family pets become suddenly aggressive towards the newcomer. A properly bred and socialized dog will never actually attack the child, but a warning to back off can come easily.

It is very important to condition your dog to children before

they arrive, not after. Take the dog to obedience training so it will learn to walk quietly beside you when you take the baby out in the stroller. You can also take the dog to places where there are lots of children around so it can get used to the noises and activities of children.

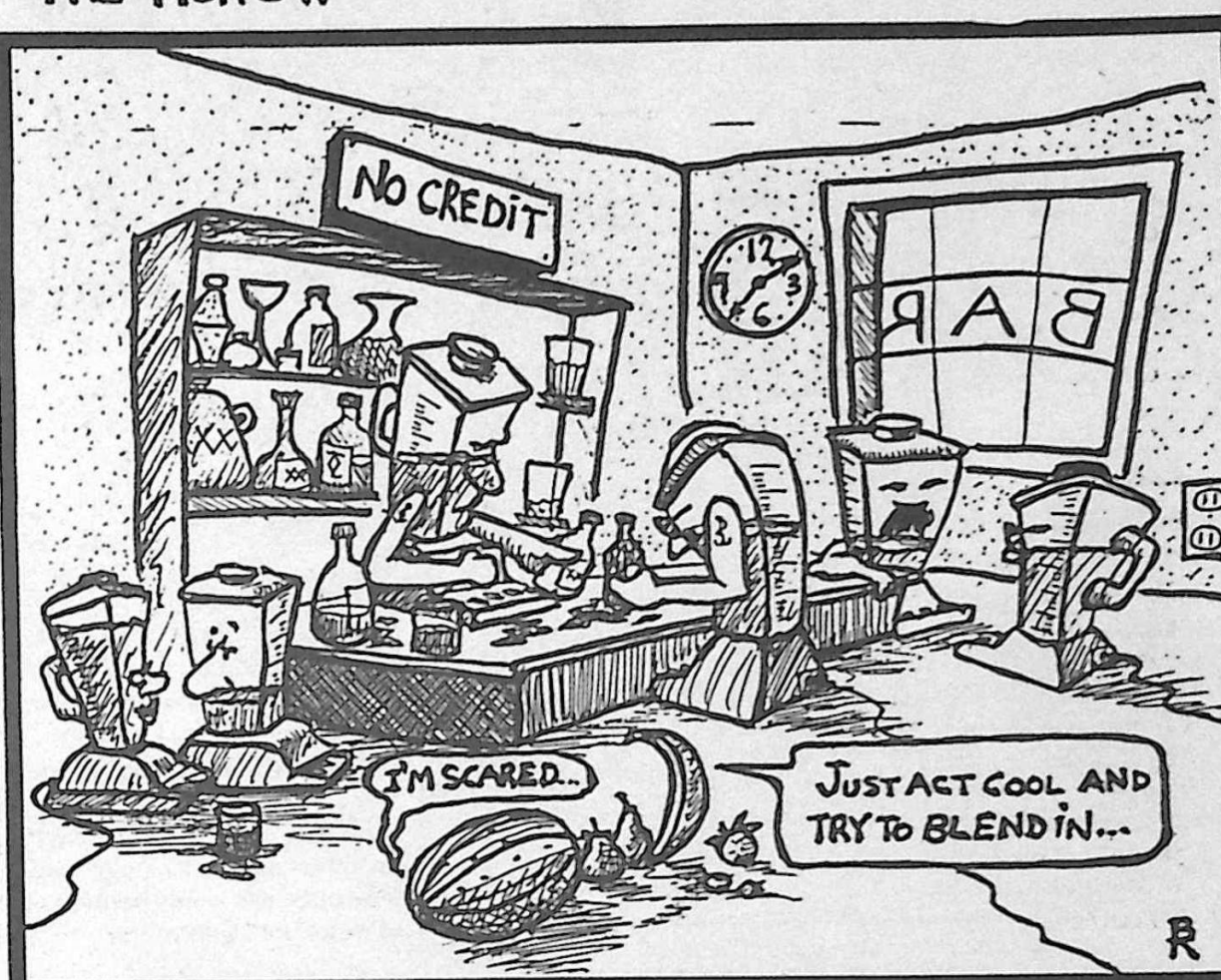
Above all, do not neglect the attention you normally pay to your dog after the baby or child arrives. If the dog is still getting the same amount of your time, it will not be put out about the "new puppy" coming into the house. If anything, you should increase the attention to the animal and try to include it when you are doing things with the baby.

On the other side of the coin, I have found that my dogs will put up with things from small children that they wouldn't put up with from adults. They can seem to sense that a child is the same as a puppy and horse-play is accepted in the same manner it would be from a puppy.

Your dog needs to learn quickly that the new child is part of its family, and not a threat to the things it considers as its own. Also, be sure to inform all children who may be in your home not to go near the dog when he/she is eating. Food dishes are very private. My dogs are best buddies and play together all the time. If a plate of something is put down for both of them they will cheerfully share what is on it. But if one of the dogs goes near the other's regular food dish, look out for flying fur.

Dogs need to feel secure in their environment and if you ensure that they feel this way you will eliminate all the problems before they start.

## FREAKSHOW



## Changes in Legal Aid

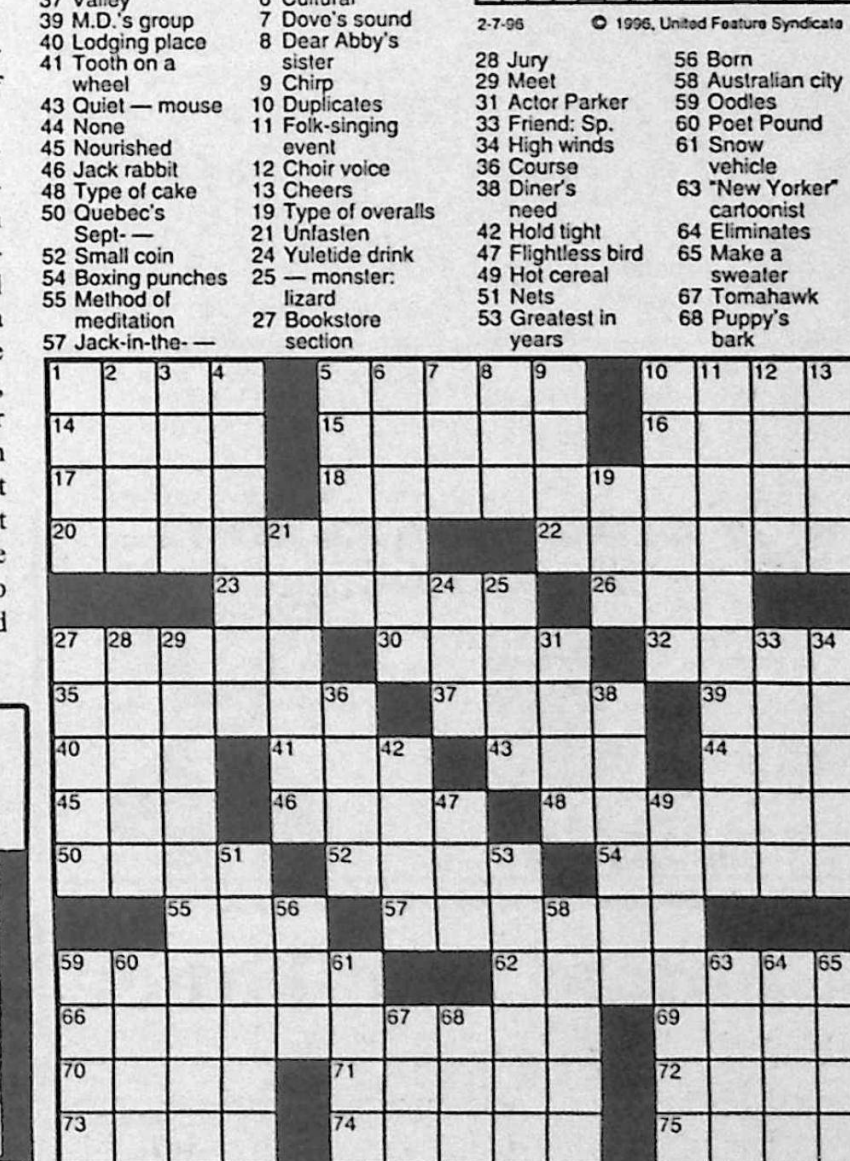
Effective immediately, except as noted in the following paragraph, the provision of legal assistance by the office of AJAG (PACREG) to CF members for private civil matters is suspended. CF members requiring private legal assistance should be referred by units to the Dial-a-Law program at 1-800-565-5297, which consists of prerecorded messages on different topics of law, and also to the lawyer referral program available in B.C. at 1-800-663-1919, where the members can obtain legal advice from a lawyer practicing in B.C. at a cost of \$10.00 for the first half hour.

The office of AJAG (PACREG) will continue to prepare Powers of Attorney when such is required, due to a deployment. Then, it is expected that all service members requiring a Power of Attorney go through the Coxwain (for MARPAC units), the Wing Pers Admin Officer (for Comox), or the Base Pers Admin Officer (for Chilliwack, Massett and Aldergrove). This will assist the AJAG office to schedule at the same time appropriate times to do all Powers of Attorney required for deployment.

## TODAY'S CROSSWORD PUZZLE

**ACROSS**  
1 Friendly  
5 Summarize  
10 Blacken  
14 On the briny  
15 Make up (for)  
16 Actress Albright  
17 Headliner  
18 Superman's dressing room?  
20 "Have Gun, Will Travel" hero  
22 Wild horses  
23 Granting  
26 Flower visitor  
27 "Jack" - could eat no fat  
30 Hairdo  
32 Obstacle  
35 Type of salad  
37 Valley  
39 M.D.'s group  
40 Lodging place  
41 Tooth on a wheel  
43 Quiet - mouse  
44 None  
45 Nourished  
46 Jack rabbit  
48 Type of cake  
50 Quebec's Sept. -  
52 Small coin  
54 Boxing punches  
55 Method of meditation  
57 Jack-in-the-  
59 Taxes  
62 Sweden's neighbor  
66 Ecological concern  
69 Actress Moran  
70 Answer on a quiz  
71 Be  
72 "The Egg" -  
73 Back talk  
74 Thickness  
75 Didn't win

**DOWN**  
1 Stinging insect  
2 Cinema canine  
3 Authentic  
4 Musical gourds  
5 Speedy  
6 Cultural  
7 Dove's sound  
8 Dear Abby's sister  
9 Chirp  
10 Duplicates  
11 Folk-singing event  
12 Choir voice  
13 Cheers  
19 Type of overalls  
21 Unfasten  
24 Yuletide drink  
25 - monster lizard  
27 Bookstore section  
28 Jury  
29 Meet  
31 Actor Parker  
33 Friend; Sp.  
34 High winds  
36 Course  
38 Diner's need  
42 Hold tight  
47 Flightless bird  
49 Hot cereal  
51 Nets  
53 Greatest in years  
56 Born  
58 Australian city  
59 Oodles  
60 Poet Pound  
61 Snow vehicle  
63 "New Yorker" cartoonist  
64 Eliminates  
65 Make a sweater  
67 Tomahawk  
68 Puppy's bark



## NEXT DEADLINE 18 OCTOBER- NOON

**the co-operators**  
Insurance Agencies

Life, RRSPs, Home, Autoplan, Farm, Business, Group, Travel

Maira Trainor, CAIB Debbie Francis

VISA • MASTERCARD • PAYMENT PLANS • INTERAC

Mansfield Centre - #107 - 2270 Cliffe Avenue 338-0118  
a division of FEDERATED AGENCIES LIMITED

**CPPS**  
**COAST PACIFIC**  
PROPERTY SERVICES LTD.

### Looking for Rental Property?

Drop in to see us at the Paladin Professional Center  
576 England Ave. Courtenay, B.C.  
Phone (604) 338-6900 Fax (604) 338-6959

### PROPERTY MANAGEMENT SPECIALISTS

Complete Management of: Residential Investment Properties  
Strata Corporations; Rental Pools;  
Commercial; Industrial & Retail Units;

"Serving The Comox Valley for Over 25 Years"

**COLUMBO'S**  
**STEAK HOUSE**  
PIZZA N PASTA

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

## LEADERS WANTED

Girl Guides of Canada  
Guides du Canada

Call for Details:  
1-800-565-8111



## COMOX B.C.

LOOKING SE



## POSITION

Aviation Chart  
MOCITA, HANDED  
49°43'N 124°54'W

5 miles N.E. of Courtenay, B.C.

ALTITUDE 83'  
VARIATION 25°E.

## RUNWAYS

(concrete)  
04 - 22 5000' x 200'  
11 - 29 5000' x 200'  
18 - 36 5000' x 200'

## LIGHTING

Rotating beacon. Contact lights clear,  
range lights green. Portable electric  
flare path on 30 minutes notice. Other  
facilities under construction.

## OBSTRUCTIONS (A.S.L.)

W.N.W. - Mt. Washington (5215') 15 m.  
S. - Beaufort Range (4500') 14 m.  
E.S.E. - Mt. Grant (2450') 24 m.  
N.W. - Mt. (1950') 13 miles.

FACILITIES	GENERAL INFORMATION	PILOTS NOTES
HANGARS Available	OPERATED BY R.C.A.F.	
REPAIRS Maintenance, and minor repairs.	SEASONS USABLE All year	
FUEL AND OIL Gas: 90 and 100 octane Oil: 100 (H50)	REMARKS Used by T.C.A.	
COMMUNICATIONS Radio Telephone Telegraph Teletype		
TRANSPORTATION M.T. to Courtenay. Railroad. Bus		
ACCOMMODATION Limited accommodation at field Hotels in Comox and Courtenay.		
WEATHER		
PREVAILING WINDS S.E. Maximum 60 mph.		
PRECIPITATION Rain: 43" per year Snow: Practically none		
TEMPERATURE Range: +23°F to -65°F		
VISIBILITY Fog occurs about 29 days per year, most frequently in early winter		

So what was it like to fly into Comox in 1947? Not a lot different than it is today. The information plate depicted above was taken from a pocket manual produced by the Vancouver Junior Board of Trade. It was published in 1947 under the title *Airfax - Pacific Coast Pilots Manual*. The small booklet was privately funded (commercial placement advertising can be seen throughout) and it covered most things that are today found in the VFR charts and books. (Courtesy Air Force Museum.)

## Heritage Happenings

The more alert members of 19 Wing may have noticed that the C-47 "Dak" located in the Heritage Air Park has been missing some parts of late. The fabric covered rudder, elevator and ailerons have taken a beating over the years, particularly with moisture infiltration and a fiberglass surfacing modification that did not allow the innards to dry out after an inundation. The ailerons were looking pretty sad over the summer months with large pieces hanging down and even blowing away in heavy winds. Now the Heritage Committee volunteers have taken it upon themselves to remove these surfaces and locate a contractor to refabric them. This sounds easier than it is because, apart from a few small air-

craft maintenance facilities that look after private aircraft, the art of putting fabric on aircraft is not all that common any more. And the job is a lot bigger than one would first suspect. There is as much fabric on the tail surfaces of the Dak as there is on a complete small Piper aircraft. So you can see that the amount of material and labour required is substantial. The tail surfaces are currently stored inside the Dak while a suitable contractor is found. In addition, the Air Force Museum Committee must reconvene to see if they want to allocate the substantial funding that will be required. It is anticipated that the recovering will cost in the neighbourhood of \$3,700.



**cruiseshipcenters™**  
*Your Dream Vacation Specialists*

-CRUISE VACATION PLANNING  
Anywhere & Everywhere

-SERVING ALL CRUISE LINES

North Island Cruise Ship Centers  
Riverside Mall - 1742 Cliffe Ave.  
Courtenay B.C. V9N 2K8

Phone **334-3323**  
or **1-800-665-2780**



GORD KRUGER CD

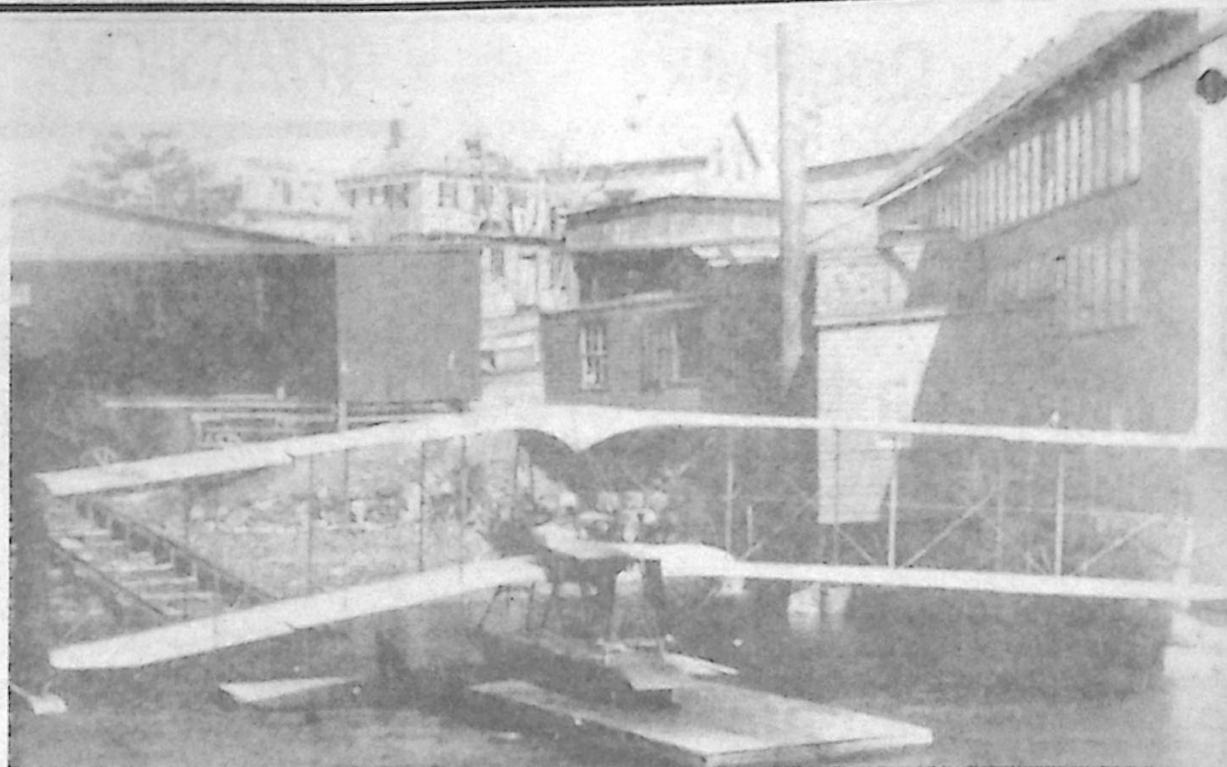
## Comox Air Force Museum

(located at the main entrance to CFB Comox)



Open 10:00  
a.m. till 4:00  
p.m. Weekends  
and Holidays.

Gift Shop is well stocked with  
aviation related items.



The Burgess-Dunne biplane was the first military aircraft in Canada. Purchased from the Burgess Aircraft Company (USA) in 1914 with an appropriation that was not to exceed \$5,000 Cdn, it was shipped overseas with the Canadian contingent, which included two trained pilots. It never saw any action and was soon reduced to a "worthless pile of junk" after arrival in England. It is interesting to note the similarity between this tailless biplane and today's modern hang gliders. Both are very stable flying machines and both employ similar control surfaces for turning and climbing. Of all the Canadian war machines, this would perhaps be the most interesting for replica construction and flying. It is certainly of historical significance.



## New Manager for the Rowe Library

Peg Johnson, the former manager of the Alberta Aviation Museum, has recently relocated to the Comox Valley and will be joining the volunteer staff of the Comox Air Force Museum. Keenly interested in all things related to aviation history, she will be responsible for the management of the hardcover books and artifacts of the Rowe Library. The library has been under-utilized in the past because of a lack of volunteers to organize and research the various topics of interest that are expressed by the many museum visitors. Mrs. Johnson has made her research services available for one day per week to start and may be able to devote more time in the future. She brings with her to the Air Force Museum a wealth of knowledge and contacts.

The Air Force Museum staff take this opportunity to welcome her to the Comox Valley and 19 Wing. She is available to meet with visitors on Fridays from 10:00 am till 4:00 pm.

## WWII Airmen honoured in new book

Atlantic Canadians who gave their lives in the air war of 1939-45 are the subject of the latest World War II release from General Store Publishing House, Burnstown, Ontario. *Through Footless Halls of Air: Stories of a Few of the Many Who Failed to Return* (311pp, \$24.95) by Floyd Williston, is an exhaustively-researched telling of the brief life stories of a representative few, culminating in the details of their last flights.

Two of those casualties were the author's brothers. Floyd Williston's original intent was to write a book about his brothers' lives. "I became painfully aware that, even though their sacrifice was a great loss to our immediate family, it was rather insignificant when viewed against a background of the large number of families who had shouldered similar and even greater grief," he writes in the introduction.

Instead of concentrating solely on his own family, Williston set out to identify airmen from each of the four Atlantic provinces who had given their lives in the struggle. There is a long list to choose from.

*Through Footless Halls of Air* documents the life of each airman from his family roots through schooling and training to his career in the defense of democracy and his final flight. Profusely illustrated with archival photographs and maps, the stories are rich in technical detail and clearly reveal the human dimension that makes each sacrifice unique.

## Three cheers for the man on the ground

Wherever you walk, you will hear people talk,  
Of the men who go up in the air,  
Of the daredevil way, they go into the fray;  
Facing death without turning a hair.

They'll raise a big cheer and buy lots of beer,  
For a pilot who's home on leave;  
But they don't give a jigger,  
For flight mech, or rigger  
With nothing but "props" on his sleeve.

They just say "Nice day" and then turn away,  
With never a mention of praise,  
And the poor bloody erk who does all the work;  
Just orders his own beer, and pays!

They've never been told, of hours in the cold  
That he spends sealing Germany's fate.  
How he works on a kite, till all hours of the night;  
And then turns up next morning at eight.

He gets no rake-off for working till take-off;  
Or helping the aircrew prepare;  
But whenever there's trouble, it's "Quick at the double;"  
The man on the ground must be there.

Each flying crew could tell it to you;  
They know what this man's really worth,  
They know he's part of the RAF's heart,  
Even though he stays close to the earth.

He doesn't want glory, but please tell his story;  
Spread a little of his fame around.  
He's one of the few, so give him his due;  
Three cheers for the man on the ground.

by E. Sykes, 1942

## Harreson's Military Store & Outdoor Supplies Inc.

Bay #1-7381 Island Hwy, Merrville B.C.

**1-604-337-8299**  
FAX 604-337-8296

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