

Planes  
to  
Canada

....page 16



Gerry Gerow  
takes  
complete retirement  
"Dog Talk" ... page 15



The Comox Valley's Oldest Newspaper



# TOTEM TIMES

19 Wing CFB Comox B.C.



VOL 38 NO 18

THURSDAY 24 OCTOBER 1996

COST: PRICELESS

## Minister, CDS resign



### A personal message

by General Jean Boyle

It is with deep regret that I have come to the conclusion that I can no longer continue to serve as the Chief of Defence Staff.

This decision has been an extremely difficult one for me. It reflects my personal assessment that the new Minister of National Defence, the Honourable Douglas Young, must be given the greatest possible latitude for success in his new portfolio. With the departure of Mr. Collette, I believe my continued tenure as Chief of the Defence Staff would increasingly become the focus of attention and would jeopardize both the minister's ability to carry out his duties and responsibilities and my ability to focus on the important issues facing the Canadian Forces.

The men and women of the Canadian Forces, who continue to do outstanding work at home and abroad and whose professionalism, integrity and high standards remain undisputed, deserve leadership which is not burdened by this kind of attention.

I would like to thank all the members of the Canadian Forces and the department for their loyalty and support. It has been an honour to serve with you.

David Collette, Minister of National Defence and Veterans Affairs tendered his resignation on 4 October, citing a breach of the prime minister's draft guidelines concerning communications between cabinet ministers and quasi-judicial bodies. And after a weekend of media speculation, Chief of Defence Staff General Jean Boyle advised the prime minister on 8 October of his own decision to step down.

Gen Boyle conceded in his letter of resignation that continued attention on him would be detrimental to the minister's and his own ability to function effectively in their positions.

"The men and women of the Canadian Forces, who continue to do outstanding work at home and abroad and whose professionalism, integrity and high standards remain undisputed, deserve leadership which is not burdened by this kind of attention, and so I feel that I have no option but to ask you to relieve me of my duties as CDS."

"I have a clear conscience about my period of service," he wrote. "But I remain troubled about the way in which some critics appear to have reached conclusions about my performance that are, in my judgement, without proper foundation."

Prime Minister Jean Chretien acknowledged that Boyle had "served beyond the call of duty, at a time of strain on a proud institution."

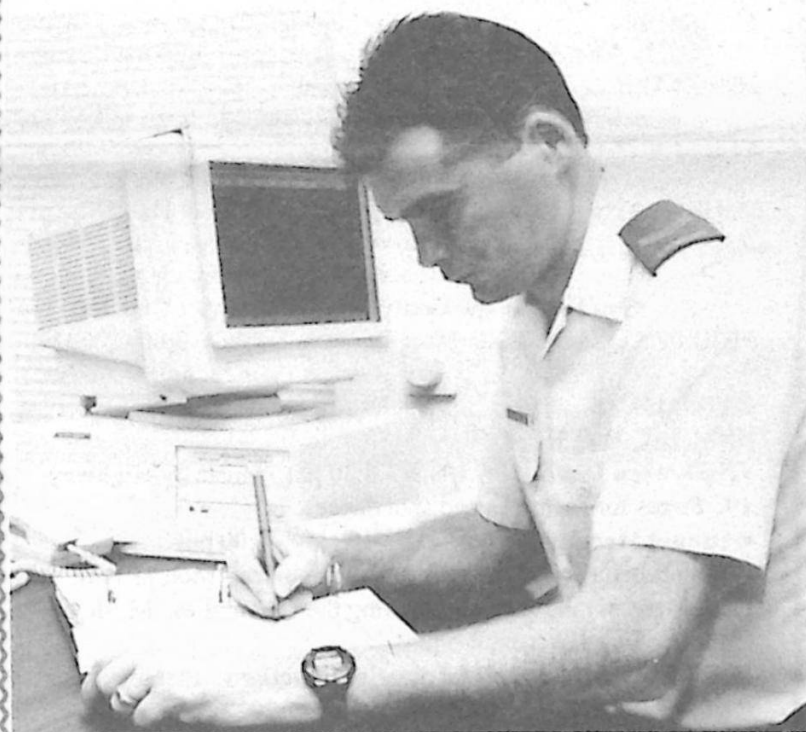
"You have not only dealt with past deeds, but insisted on facing the future squarely," Chretien wrote in response to Boyle's letter. "You have assumed your responsibility unflinchingly and

despite the considerable sacrifice required on the part of your family and yourself."

Both Boyle and Collette,

Minister of National Defence since the last election, had been the focus of media scrutiny.

### Cpl Anglin Service Person of the Quarter



Congratulations to Cpl Bill Anglin on receipt of 19 Wing's "Serviceperson of the Quarter Award," an honour which is well deserved.

An Aero Eng. Tech of 13 years, Cpl Anglin traded in his wrenches for a computer when he moved upstairs to work in the squadron Amcro office approximately 12 months ago. He has demonstrated exceptional initiative overhauling and computerizing the aircraft maintenance log sets, devising several ingenious changes to aircraft fuel receipt control and handling process as well as completing the Officer Professional Development Program.

Cpl Anglin's strong work ethic is equally matched by his commitment to the community. He is involved in many different activities and is also the secretary on the Board of Directors for the 19 Wing Glacier Greens Golf Club.

Cpl Anglin is being rewarded with a seat on a military training flight to several desirable destinations. "Well done" to Cpl Anglin and remember to pack your sunscreen!

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## 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

25 October ... Eldorado  
1 November ... Tony Pollon

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

2 November ... Music Man  
16 November ... Norm's Combo  
BASE PERSONNEL WELCOME AT BR. 17

Office: 334-4322

Service Officer: 334-3613

BRANCH 160 COMOX 339-2022

### ENTERTAINMENT:

Fri 25 October - music by NORM'S COMBO  
Fri 1 November - music by HIGHWAY 19  
Fri 8 November - music by WILD RIVER  
Fri 15 November - music by ALLEYCATS

### FRIDAY NIGHT DINNERS:

25 Oct - Baron of beef - \$8.50 per. 5:30 - 7:00 in Dining Room.  
1 Nov - Clam chowder and bun OR Chili and bun - \$3.00 per.  
4:30 - 6:30 pm in Lower Lounge.

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

### SPECIAL EVENTS:

•Halloween Dance - Fri 1 Nov - 8:30 pm. Music by Highway 19. Prizes for costumes and spot dances.  
•Annual Members' Night - Sun 10 Nov - 8:00 pm  
•Remembrance Day Parade and ceremonies - Mon 11 Nov.  
Open House in the lounge following the ceremonies. Music by Country Cousins from 2-6 pm.  
Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

### CMFRC

## 2nd Annual Business Fair



November 9th 1996  
10:00am - 2:00pm

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CONTINENTAL • UNIROVAL • HANKOOK • PIRELLI

## New Honorary Colonel for 414 Sqn.



Honorary Colonel Brown takes the salute during the recent 414 Sqn Change of Appointment Parade.



LCol A. Hunter, Commanding Officer of 414 Sqn presents Honorary LCol C. Stover with a flight jacket in recognition of his outstanding service to the squadron and its members.

## From Inside the Commander's Closet

by "TEAL"

Well, well, you can just imagine my delight. To be given the assignment to get the inside scoop on several of the changes coming out of Air Command. To think a Cape Islander could rise from the herring roe table to "official spy" to the Commander of Air Command. The heights to which the lowly can rise. Ticked pink as a mouse in insulation, I am!

Of course, I was supposed to interview the Commander but what kind of inside story would that be? Everyone knows the fly on the wall is the one in the know. So here I am, in amongst the boots and shoes and the newly dry-cleaned winter coat. It's the perfect spot, a view of the Commander's desk and everything. Thank the gracious Lord I am small. But no more cups of tea in here, eh.

Enough chatting, let's get on with what I've heard. Oh Lardy, the changes. But what could he do? With almost a 50% cut in personnel and O&M, even the

most penny pinching Scot couldn't continue without change. It doesn't matter how often you rub your quarters, the Queen is a queer, not a genie.

The changes go right to the very core of the Air Force, who we are, what we do, and how we feel about it. Needless to say, there's lots to do and the Commander is but one man. But, oh my soul, what a bright lad he is. To put some order into the

changes, he created a coordination cell - Flight Plan 97 - reporting directly to him. See, he likes to keep his finger on the pulse.

The Flight Plan group is to ensure it sets the stage for the changes, helps the chain of command implement the changes and then provides the structure so that adjustments and further improvements can be made. Let me tell

Continued on page 3

## Free Seminar

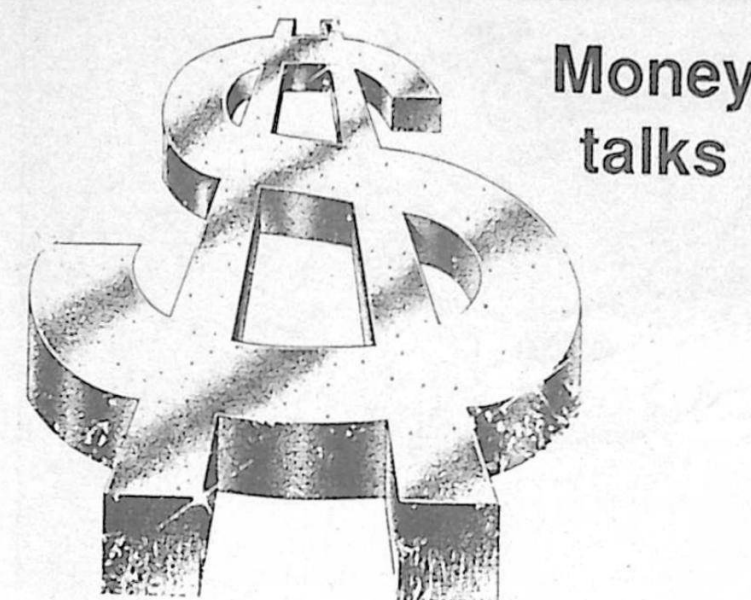
The Success of the Working Opportunity Fund

Guest Speaker: David Levi  
President and CEO of the Working Opportunity Fund



Tuesday, November 5, 1996  
7:00 p.m. - 8:00 p.m.  
The Washington Inn, Courtenay

For more information, please call 338-8713



## Money talks

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

Interest rates affect us all, whether you're a high-income earner heading toward retirement, or just getting started in the working world. Interest rates influence your borrowing costs, the returns from your investments, and even the currency exchange on your next out-of-country trip. However, the frequent ups and downs of interest rates remain a mystery to many Canadians.

Most consumer interest rates are influenced by the "bank rate." The bank rate is set at one-quarter of one percentage point above the average yield (rate of return) on 91-day T-bills. That rate is then used by financial institutions to set their benchmark prime lending rates.

The "prime" is the rate at which an institution lends money to its biggest, most creditworthy customers. It is also the basis for other rates charged by the bank, including those for mortgages, business and personal loans, and deposits.

The bank rate can be influenced by a number of factors. General market forces will dictate how much buyers are willing to pay for T-bills, which in turn affects the average yield. Or the Bank of Canada can exert pressures that can influence the bank rate up or down.

When the bank rate fluctuates significantly, prime rates usually change. For example, a big hike in the bank rate will almost certainly drive prime rates up, which in turn boost rates for mortgages, personal loans, and investment products such as Guaranteed Investment Certificates (GICs).

But what influences general interest rates? Here are some of the major factors:

Economic conditions. When the economy is slow, rates fall to stimulate growth. The theory is that consumers and business owners will borrow at lower rates to spend and invest, which in turn

will boost the economy. When the economy is growing, rates move higher, which slows spending and growth before expansion gets out of hand, and which may cause unwelcome side effects such as higher inflation.

Inflation. When inflation rises or is expected to increase, rates move higher. When rates increase, economic growth slows, and that lowers inflation. Yet rates must stay higher than the inflation rate to offer investors a "real" rate of return - a level of return that outpaces increases in the cost of living. When inflation is low, however, interest rates will often remain low - unless other factors force them upward.

The level of the dollar. When the Canadian dollar falls in value as measured against the U.S. dollar, Canadian interest rates may rise to make investing in Canada more attractive. This is done in order to attract capital and, in turn, increase demand for the Canadian dollar. As our higher rates attract foreign capital, the level of the Canadian dollar rises due to increased demand.

U.S. interest rates. Canadian interest rates are closely linked to those in the U.S., because of the interdependence of the two economies and financial markets. If U.S. rates rise, Canada's rates generally follow, to prevent capital from fleeing south and jeopardizing the Canadian dollar and economy.

As well, the Bank of Canada

## Commander's Closet

Continued from page 2

you, you won't find a single dust bunny under the desks in this organization.

Actually you've probably heard of Flight Plan 97. They're the ones who developed the Air Force Ground School. And doing a few other "little" jobs like planning the move of Air Command to Ottawa as the new Chief of the Air Staff (CAS) Division, and the move of the five Air Command Groups from across Canada to the new consolidated 1 Canadian Air Division/Canadian NORAD Region Headquarters here in Winnipeg. They're also taking initiatives such as business planning, Activity Based Costing and other performance measures and combining them to provide the future Air Force with a comprehensive means of measuring what they're doing and how much it costs. Another cell within the group is managing all the change associated with making the air fleets themselves more efficient. And that's just the broad brush strokes of information which I've managed to get on the first few days of snooping.

Oh, just a sec... hot news. The social charter that the Commander discussed in September's "Roundel," he's talking about it now. Apparently it was batted about in depth at the Combined Commanders' Training Session (CCTS) held 1-4 October. All the feedback received from the Ground School was combined with input the Chiefs brought with them, and the CCTS atten-

may also manoeuvre interest rates according to its view of the future of the Canadian economy, the dollar, and other factors.

It is worth noting that the Bank of Canada does not arbitrarily set the bank rate. However, it does heavily influence the rate through measures that affect the supply of money. These measures include shifting government money in and out of chartered banks to influence lending rates.

dees, split up into focus groups, used the info to come up with action points. And the ball is rolling now! He's hot on this issue - wants a draft copy of the focus groups' results within two months! No coffee breaks for the document-drafting folks, there's a lotta stuff to go through.

The results are going to be split into what can be actioned within the Air Force and what needs to go the NDHQ. Of course, the final package will be Air Force specific and won't necessarily include NDHQ action points. But don't you fear for a second that this lad is gonna let these issues ride. Not for one cotton pickin' second. He's taking all those NDHQ issues back to the Army and Navy boys and to-

gether they're going up to those upper-echelon people as one united force.

I'd not be volunteering for that job in a hurry. Blessed be those who are brave at heart. Mine in particular pounds every time he opens this closet door. Lord, but get back to the package. They're gonna spiff up the presentation of the AirCom action points and ship it off to all the Wing Commanders for review and further input.

Sorry folks, time to go. He's on his way to a meeting and I'll have just enough time to get out, grab a bite to eat, and get back.

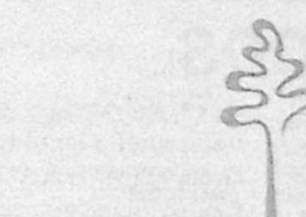
P.S. I'll be keeping in touch, so be looking for me. Take care until the next "undercover" report from...Inside the Commander's Closet.

## Safety Award



WComd B.B. MacLean presents Maj Don Harrington (representing LCol Hunter and all 414 Sqn Black Knights) with the SICOFFA Flight Safety Award. Each year the System of Cooperation among Air Forces of the Americas (SICOFFA) presents an award to an Air Command unit in recognition of its outstanding flight safety record for the previous year.

## Awards Luncheon & Community Workshops



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

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## The Editor gets a word in



### If it keeps you up at night...

So, say you're an editor of a really small newspaper, and you have a boss with more power than Conrad Black. You have just put an article into your paper on the retirement of someone really important and you wish to comment on all the criticism that led up to his or her demise. First you do it, then you think about it, and if it keeps you up at night worrying about it, you pull it at the last minute and substitute some form of drivel that makes no statement but at least continues your employment for a further two weeks. Not that this has recently occurred, it's just food for thought.

The assistant editor, Edith Cuerrier, just returned from a Girl Guides conference in Vancouver and mentioned that there was a presentation by the editor of a Richmond newspaper. One of the messages was that if a group did not like the way an editor was "editing" out their submissions, they would just wait awhile and resubmit because editors are notoriously short-lived, i.e. they retire or get fired with great regularity. This message was not lost on me as I once again turned to look at my original editorial. Wimp, yes. Safe, you bet.

\*\*\*\*\*

On a different note, this is the last issue that will contain a "Dog Talk" article. That's because Gerry Gerow is now going into official complete retirement and will no longer be a contributing writer. Dog Talk has been a regular feature of the Totem Times and the Cold Lake Courier. Mr. Gerow has long been active with both newspapers, first as a military member and then as a civilian author. He is a strong supporter of the community and the community newspapers. We are sad to hear that he will no longer be with us but fully understand his need to improve his sailing abilities. I wish to personally acknowledge his significant contribution and thank him for his unfailing support of the Totem Times and the military.

Joel Clarkston

## From the office of the VCDS

In Nov 95, I directed that studies be conducted into 43 Regular Force military occupations to determine how many positions were required to meet the 1994 Defence White Paper. Operational commitments and those other military essential tasks. These studies were above and beyond those already under way on the medical, dental and chaplain occupations.

The aim of these studies was to develop a more viable, operationally-oriented and cost-effective military occupational structure. Under the auspices of the commanders of commands and group principals, these studies were to be completed by 31 May 96. Except for three studies, final reports were submitted on target. Subsequently, the study of the Security Office and Military Police occupations was completed, leaving Legal Officers and the study of the CF occupations (611, 612, 613, 614, 615, 621, 622, 623, 624, 625 and 631) as outstanding. Work continues in these two areas.

Studies completed by 31 May were presented to Armed Forces Council in June and the following decisions were made:

- A sub-working group of the Personnel Planning Working Group (PPWG) in ADM(PER) be formed to conduct detailed refinement of the study results and the necessary implementation planning.

- Chief of Management Renewal Services review the business cases in the PSEL, TRG DEV, PAFF and Geomatics Technician studies.

- Chief of Force Development review the study methodology with respect to the assumptions used and recommend proposed changes as necessary.

- Begin detailed planning in those areas where occupational structure changes (such as amalgamation), establishing new manning levels and alternate service delivery examination were indicated.

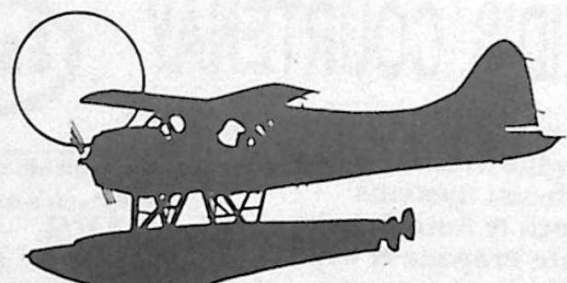
- Make recommendations with respect to the 57 occupations yet to be examined.

The PPWG sub-working group has been formed and includes members from each command and group as well as a number of NDHQ agencies. Meetings were held in July and September.

Chief of Management Re-

newal Services has completed a review of the business cases mentioned. As a result, detailed implementation planning is now under way into the PSEL, TRG DEV and Geomatics Tech occupations. For Public Affairs, additional work is now being conducted by ADM (POL and COMM) staff.

Although a joint CFD/ADM (PER) staff review had confirmed that the methodology is generally satisfactory, some refinements are necessary. I will shortly issue guidance in this complex area, along with direction concerning future MOC studies to be undertaken. In the meantime, ADM (PER) staff are continuing to work on a priority basis with commands, groups and branch advisors to confirm the future manning levels required in individual occupations.



### Letters to the Editor

(The following letter has been received by Col. MacLean.)

Dear Col. MacLean:

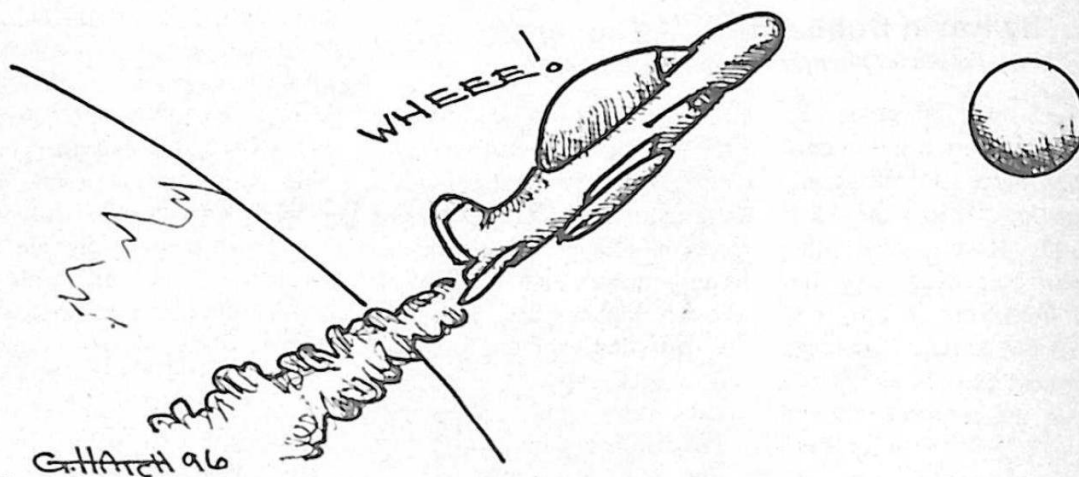
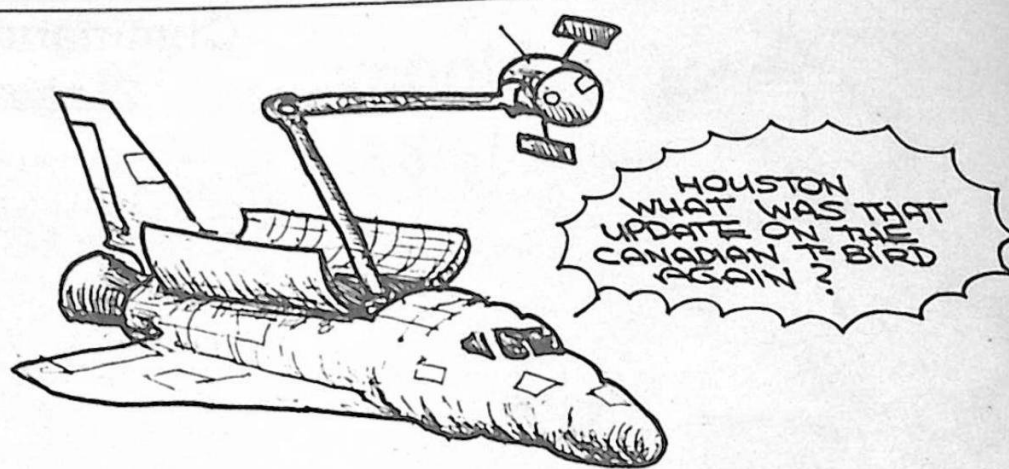
On behalf of the students and staff of School District 71, I express my appreciation for the recent donation of 30 computers. We particularly appreciate the work of your staff in repairing and upgrading the machines.

We have always been fortunate to have had an excellent relationship with CFB Comox: our students visit your base for work experience, your personnel visit our schools. We have had a working arrangement at Airport School for many years, and one of our senior schools uses some base

facilities for their "dry after grad." The donation of these computers is another example of your organization's willingness to assist public education.

I assure you that the donated computers will be put directly into the hands of students. We plan to locate 15 for an elementary school lab, 10 for an alternate site in Comox to service young adults and the remaining five to a portion of a lab in another elementary school.

Once again, thank you.  
Yours truly,  
Clyde Woolman,  
Superintendent of Schools



### 414 Sqn enjoying "new" T-bird



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ASSISTANT EDITOR  
MCpl Edith Cuerrier

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#### OFFICE HOURS

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



## CISM Golf Team competes in U.S.

by Maj J.R. Boucher

Air Transport Group HQ

Eighteen members of the Canadian Forces Conseil International de Sport Militaire (CISM) golf team travelled to Fort Huachuca, Arizona to play in the annual CISM championship from 30 September - 2 October. The team competed against the US Armed Services champions in an 81 hole, Ryder Cup type competition.

tion.

Although the US team won the overall championship, the CF team played consistently well throughout the week and produced the best results to date for a CF team.

The CISM golf championships are held annually between the US and Canadian teams, and are hosted alternately each year on a US or Canadian base. Last

year's competition was held at 8 Wing Trenton.

Golfers interested in trying out for next year's team should watch for announcements and submit their applications to Air Command HQ next summer.

The 1996 CISM golf team should be congratulated for their excellent results and the role they played as outstanding representatives of the CF.



### All were winners at Glacier Greens

Monday night golf for the Glacier Greens Golf Club Business Ladies closed a very successful season with an 18-hole golf tournament on Sunday, 29 September and a Dinner and Awards Night on 16 October at Columbo's Steak House.

The 1996 winners were as follows:  
**Field Low Net trophy** (sponsored by Columbo's Steak House): presented to Yvette Ally and Diane Bailey (54.5) by convener Gussy Prichard;

**Low Gross:** Verle Lafferty and Rose McCliesh;  
**Longest Drive:** Joan Webber and Diane Bainbridge;

**Least Putts:** Jean Maxwell and Heather Ferraby;  
**Most Putts:** Pat Everett and Barb Sutton; and  
**Mulligan Prize:** Pat Everett.

Betty Pearsell, as the winner of the most improved on the ringer board, was presented with a trophy and a lovely dried flower picture arrangement, handcrafted by Holly Francis of Hummingbird Hollow in Comox.

The Glacier Greens Business Ladies would like to thank the following sponsors for their generous support in helping to make the season such a success: Anna's Coiffure, Anderton Nursery, Associated Travel, Avon Boutique, Captain's Greens & Groceries, Columbo's Steak House, Middleton Meats, Ron's Custom Cutting, and Scott Fraser Golf Shop.

The ladies concluded the night showing their appreciation by applauding convener Gussy Prichard and her assistants Louise Hotsenpiller and Liz Van Boeshoten, with a special thanks to Sue Power and Rose McCliesh for their help.

### Smoking is not macho.



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**General Meeting & Elections**  
4 November at 18:30  
**NAVI Open Water Course**  
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## The Fishing Report

sponsored by King Coho Resort  
339-2039

October may be a bit breezy but the fish are still there. There's lots of bait and the Coho are starting to run upstream. Some have been seen near the mouth of Little River. The Feeder Spring are in deeper water near the 200 ft. level. The Fall/Winter Spring fishing should be reasonable by all indications. Tight Lines.

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### 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 Kinler (334-5942)
6)	414 Knights	Cpl Rheume (8479)
7)	407 Devils	Capt Masutti (8936)
8)	407 Rebels	MCpl Girardi (8534)

October		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

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Hockey	Practices	Mon 1300 hrs	Tues 1500 hrs
	Home games <td>Thurs 1900 hrs <td></td> </td>	Thurs 1900 hrs <td></td>	
Old Timer Hockey <td>Practices <td>Tues 1530 hrs <td>Thurs 1400 hrs</td> </td></td>	Practices <td>Tues 1530 hrs <td>Thurs 1400 hrs</td> </td>	Tues 1530 hrs <td>Thurs 1400 hrs</td>	Thurs 1400 hrs
	Home games <td>Sun 1400 hrs <td></td> </td>	Sun 1400 hrs <td></td>	
Volleyball (men & women) <td>Practices <td>Mon &amp; Wed 1600 hrs <td></td> </td></td>	Practices <td>Mon &amp; Wed 1600 hrs <td></td> </td>	Mon & Wed 1600 hrs <td></td>	
Basketball <td>Practices <td>Tues &amp; Thurs 1600 hrs <td></td> </td></td>	Practices <td>Tues &amp; Thurs 1600 hrs <td></td> </td>	Tues & Thurs 1600 hrs <td></td>	

**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:**

Floor Hockey	every Tuesday	1145 - 1245 hrs
Basketball	every Wednesday	1145 - 1245 hrs
Volleyball	every Thursday	1145 - 1245 hrs

### 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.

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## 407 Sqn



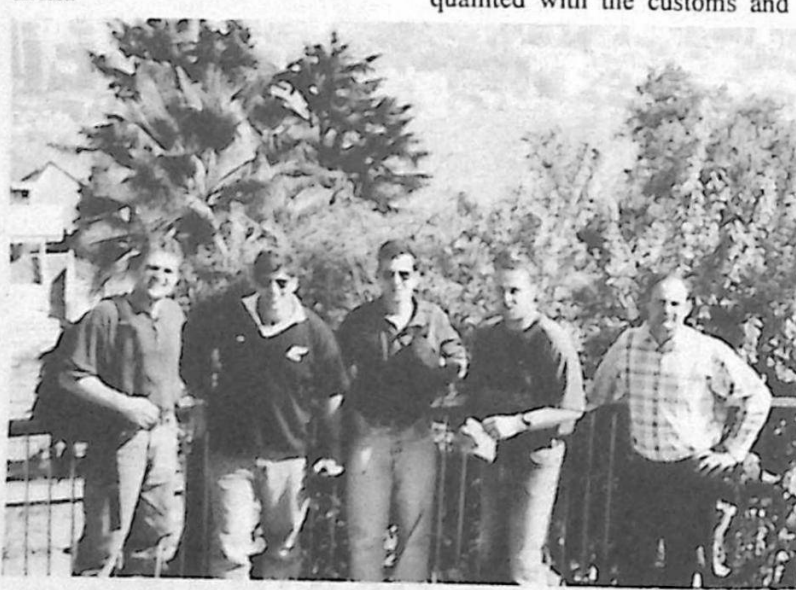
## Demon Doin's

## Red Hot Chile Dawg Tour 96

Ola! The Dawgs of Crew 3, 407 Sqn, recently returned from a three week deployment down under. This time, however, down under was neither Australia nor New Zealand but the Pacific Rim nation of Chile. The Dawgs, participants in Phase five of Unitas, were the third 407 crew in a year to venture to Chile.

The adventure began 14 September with a short hop, skip and a 10-hour flight to Howard AFB, Panama. The flight was slightly delayed due to some minor technical problems in Comox. These small obstacles included a flight plan leaving Victoria in a Tudor with 18 persons on board. Due to the delay, the crew didn't get into Howard until late in the evening, leaving the sightseeing to a minimum. Feeling somewhat like an ATG crew, the Dawgs left Panama the next morning with the following memories: the ramp, the bus, the bridge, the room, the bus, the bridge and the ramp.

The flight down to Vina del Mar, Chile, was spiced up a little due to an equator crossing which would rival the Navy's as well as some dance classes taught by the very capable Dawg pilots. The pilots wanted to ensure that all the Dawgs were current with the latest Latin American dances. Ron "the 26 year old, oops 30 year old" Carmichael ensured that the whole crew knew how to do the Macarana. A dance young Ron continued for our entire deployment.



It took some time to get acquainted with the customs in Vina del Mar.



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The Dawgs in Chile.

There were several members of the crew who were virgin equator crossers so, to celebrate the occasion, King Neptune and his loyal octopuses introduced the members to the Club Down Under. The evidence is under lock and key, away from any nosy CBC reporters.

During our approach into Vina Del Mar we were advised that customs were unavailable so we made an unexpected stop in Santiago. The customs officials were very understanding and patient while we tried to find the crew commander's passport. Although Marc had the exterior appearance of anticipating a trip to Chile, being a new father he was also desperately trying to find an excuse to return to Canada ASAP. After several harried moments, the ever-vigilant MWO Dowe found the passport hidden among his small and convenient overnight bag. The crew is thankful for MWO Dowe's find and is hoping that he will soon find the punch lines to all the jokes he began to tell.

Shortly after our arrival in Vina we were introduced to the ways of the road and the reasons why we were warned against renting cars. I fully believe, after seeing the drivers in Vina, that Vic Castelli did not get posted to Portage but retired to open a driving school in Chile.

The first few days in the South American resort town of Vina del Mar were spent getting acquainted with the customs and

traditions of Chile. Our host, LCDr Jamie Espenosa, took us to the Casino to get us hooked. Several of the crew members were lucky that night and some won money. The first victim of the gambling bug was Bob "I'm only 29" Levasseur. To celebrate his 29th birthday, Bob went to the casino where he won \$8,000 US, no, maybe it was \$800 US, maybe it was \$80 US - it took us the full three weeks to figure out where that decimal went.

The gambling bug was not the only bug to attack the crew. All crew members at one time or another were sick with something or other. Contrary to popular belief, the bug was not associated with a hangover. All the Dawgs came home in one piece due to the pharmaceutical care given to them by Drs. Annette and Rob.

The attitude of the civilians toward the Chilean Armada was the largest and, perhaps, the most impressive difference between the Canadian and Chilean militaries. The Dawgs were fortunate enough to be in Chile during their Independence Day on 10 September. The festivities continued for the entire week. The spectacular parade in Santiago, consisting solely of military displays, was attended by the majority of the population and took three hours to pass. Unfortunately, we were unable to participate in all the activities due to our very demanding flying schedule.

Regretfully, only three of our scheduled flights were to be against a sub-surface contact. The first two ASW missions were a little cold for the crew but, after some voodoo magic and Lady Luck, we were hot for the final ASW mission. The remaining missions allowed for some much needed rest for everyone except the navcom who had to ensure she was obtaining her 10,000 words per day quota.

During our free time, which was minimal, the crew was able to experience some Chilean cultural activities. Los cinco amigos, contrary to what was advised, rented a car to explore the countryside. After doing a careful inspection of the vehicle before it left the lot, los amigos were off. On the way to Argentina, los amigos left a trail of car bits behind to ensure they found their way back to Vina. Bardo, wanting to break in his new Gold Card, used it for the car and subsequent charges. As a result, Bardo will be able to fly anywhere Air Canada flies free! While los amigos were off galavanting, other members of the crew were exploring the Andes via horseback. Fortunately, for two members there were not

sufficient horses, donkeys or mules, for everyone. The two members explored the Andes by foot. By the look of relief on the faces of the horseback riders when they finally dismounted the horses, and returned to normal after several jacuzzis, I'm glad that I walked.

Only a few members of the crew went on an organized wine tasting tour. However, the majority of the Dawgs conducted some informal wine tasting. If you are looking for a good wine to go with just about anything (Big Mac and fries for example) Crew 3's space is the place for suggestions.

No trip to Chile would be complete without a trip to Santiago. Ten of the Dawgs ventured there to paint the town red, or at least splash it with something. Jean "What's up?" Traynor, living up to the crew name, left a very special mark in Santiago. The adventures at the Boomerang were not sufficient to keep the Dawgs amused so when they returned home they played a little game of hide and seek. Bardo, how did you ever get yourself into the couch?

No MPA det would be complete without a Moose Milk introduction to our hosts. The Chileans put on a fabulous feast which we augmented with Moose Milk. During the Moose Milk function, the Chileans challenged us to games of soccer and volleyball. Our superb group of athletes

was able to keep the soccer game tied up until the final whistle of regulation time. The tension mounted, as did the Chilean fear of a loss. Unfortunately, the Dawgs lost in penalty kicks. In other action, las tres amigas lost a very close volleyball match. There was a small wager placed on the game and we were surprised when we were able to return with our ASO1.

The first leg of the journey home was a quiet one. There was a little excitement when we landed in Belize with a punctured tire. The hope that we would be able to extend our det was quickly diminished with a quick call home. We spent a quiet evening in Belize City where we once again ATGed it: the ramp, the bus, the hotel, the bus and the ramp again.

We had the opportunity to see Elvis in the Belize City Airport. The King is still alive and he said that he enjoys Whoppers without the cheese. Leaving Belize City we had the opportunity to fly over the Maya ruins, which provided good training for the use of the belly camera.

Overall, the Unitas experience for those involved was fantastic. Many friendships were formed during the three week deployment and promises made to return to Chile.

Hasta la vista, baby!



Equator crossing scandal exposed!

## Save Those Stamps

Please clip and save any used stamps you receive in the mail. They are needed to raise funds to assist cancer victims. This insert is designed to appeal to all of you to put aside as many as you can, to support us in this project. Ask your friends to save as well. Every stamp is important. Please clip the stamps with a minimum of a quarter inch of paper surrounding - do not peel the stamps from the envelope or parcel. Send the stamps to the address below. Please include your name and address. Thank you.

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Week ending: 26 September 1996

1. Prototype ... Hodge
2. Two for the Dough ... Evanovich
3. The Lost World ... Crichton
4. The 1997 Movie & Video Guide - Maltin
5. Fingerprints of the Gods ... Hancock
6. The Horse Whisperer ... Evans
7. Dance of the Wind ... Johnston
8. Fever in the Heart ... Rule
9. Three weddings and a Kiss ... Woodiwiss
10. Married at Midnight ... Woodiwiss

## Adventures of 407 Sqn.



Wilderness adventure training in the wilds behind Campbell River (Lake Bourne).

Totem Times.

The Crew 2 Cowboys are off to Hawaii for a week of intense flying. The crew left Wednesday for the Aloha state without one of their previous members - Henry Fanshaw. The Cowboys acquired Henry, the mascot from the Kiwi Helo Squadron, during the recent deployment to Whenuapai.

The crew liberated Henry from the P3 Squadron with the hopes of enticing the Kiwis to come to Canada. The crew has taken Henry on all recent deployments and lent him to the Dawgs to introduce him to Spanish culture. The Dawgs, being more concerned about their flying than Henry, lost him. Crew 2 is offering a reward for any information leading to the whereabouts of Henry.

After several tutoring sessions with Vic Castelli, Skinhead returned to DCIEM for more testing where he successfully completed the aircrew selection process for pilots and is currently awaiting a course loading. The Cowboys and the squadron will miss Skinhead and his diplomacy skills, perhaps he can write his ten sure-fire ways to win friends and influence people before he leaves. The crew is glad to have MCpl Blair back and hope the rest of his recovery is rapid. With the crew shuffle, the crew would like to wish the best of luck to Capt Pete "I can't stay on a crew" Haggins and Mike Paupst on their new crews.

The adventures of the Dawgs may be found in their own separate article this month but will return to this section next month. The Icemen continue with their preparations for the South Pacific. They have secluded themselves to avoid possible sabotage, and have hired some private detectives to protect them against the mad briefcase bomber. Details are now available on the three days of pure wilderness adventure training conducted by

the Crew 5 Vikings in the wilds west of Campbell River. The hearty gang paddled their way through adversity under ideal weather conditions. The second morning was a little foggy after woodsman Sgt Frank Wilson found some special tree sap that he said went well with coke. Lt Will Evans also took the opportunity to "get back to nature" by spending some time curled up in front of the fire, which had nothing to do with not finding his way back to the tent. MCpl Reg Laplante demonstrated the drill of setting up and tearing down camp on a moments notice, which takes less time if you forego a tent for a hoochie. Capt Chris Poulin was so moved by the lunar eclipse that he had an out-of-body, and some suggest gender, experience that cannot be described, but the pictures will be circulated.

Most canoe routes were straight across Lake Bourne, unless you use the Capt Gord "Have you seen my Leatherman" Gushue technique of canoe steering. Lt J.J. Martin did his best to keep Sgt Mike Cook cool with almost every return stroke of the paddle, while WO Max Thorne was sure his canoe was out of alignment - "Why are we always behind?" The Maj enjoyed all the crew bonding that occurred over the three days and, after much provocation, did take a long walk on a short pier, with silent cheers everywhere in the background. All the crew thanks Capt Anne-Renee Bouchard for organizing and planning the event, especially the fine dining.

Crew 5 was then off to SO-CAL to work on the SCORE range where they improved their free world Quick Kill record to negative 1.5 minutes. This time is better than any other attempt by any airborne platform ever, proving it's better to be lucky than good. Capt "deployment casualty" Bouchard conducted a government sponsored study on the American medical system and found that, yes, an ambulance will wake most people up on the BOQ at six o'clock in the morning. Lt J.J. "I'll just leave it here, who could mind" Martin exploded onto the Viking scene some weeks ago and was given the critical task of carrying the deployment claim with the instructions not to blow it. Upon return, Lt Martin, unfortunately, left the claim in his briefcase in the breezeway over night and the wing EOD team blew it up, suspecting foul play. When asked to identify the contents, Lt Martin replied "I think there were some

blue things in there" and was partly correct as some parts blew this way and some parts blew that way.

Some of the Terminators of Crew 6 are spending their free time at North Island College educating themselves on the Celtic way of life. The Terminators are under the false assumption that they are entitled to the rumoured JMC slot because they have the nav with the most experience on their crew. The feeling from the Dawgs is that the crew with the least experience, Crew 3, should go to improve themselves so that they can win the Fincastle Competition next year. The Terminators are preparing for an upcoming trip to SOCAL to try to dethrone the Viking's claim to the quickest Quick-kill. Crew 6 would like to congratulate Capt Sorensen on his recent upgrade to MPCC and, to celebrate the occasion, they are sending him to Crew 5.

The Moosemen having narrowly escaped a three week nightmare in ZX, will be arriving in San Diego for the festive Halloween season as well as some much anticipated sub time.

On the squadron hockey scene, the Demons, Rebels and

Devils are slowly getting themselves into mid-season shape. Asked how the Devils were doing, Capt Marc "I can't remember the punch line" Tardif, announced that the Devils were not as pathetic as the Demons.

The three teams will be without the expertise and skill of Gummy for the remainder of the season due to knee surgery. The squadron would like to wish him a speedy recovery. All three teams would appreciate the support of all squadron members, so read the Sports Board then come out to cheer on one of the teams.

There are still spaces left on many of the other intersection sports teams, i.e. curling and volleyball. If you are interested, please contact the OPIs for more information.

In order for Capt Barlee to finance his next exotic trek, he is sacrificing motorized methods of transportation. If you are interested in picking up a new vehicle or two, contact Matt for more information.

A "heads up" to all Demons, the squadrons annual All Ranks Christmas Party will be held at the Officers' Mess on 5 December. All are welcome.

Until next time, Demons out.

## Vancouver Island Lodge open 7 days a week

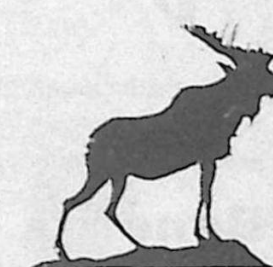
Starting 1 November, the Vancouver Island Lodge of the Canadian Cancer Society will operate seven days a week instead of five.

The lodge is a 29-bed residential facility adjacent to the Vancouver Island Cancer Centre at Royal Jubilee Hospital in Victoria. For more than a decade, volunteers and staff at the lodge provided a home-away-from-home with comfortable, supportive accommodation for island cancer patients and their families visiting Victoria for treatment or

doctors' appointments.

"Going to a 7-day operation will mean that cancer patients, some of whom are at the lodge for several weeks, and their families will not have to return up-island or seek alternative accommodation on weekends," says Lodge Supervisor Darlene Orr. "Now we will also be available for people with other medical needs."

For more information on the lodge and its services and to make reservations, call 1-604-592-2662.



## The Loyal Order of Moose invites...

all Moose Members, former members, friends and any military members interested in joining our Fraternal Order to join us for an evening of information and videos.

For the first 50 members, the annual dues and application fee (value \$50.00) are free.

The Purpose: To inaugurate a new lodge of the Loyal Order of Moose in the Comox Valley

The meeting will be held at the Comox Air Force Museum Theatre on

Wednesday

13 Nov. at 7 p.m.

For more information : 897-1230

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## Education for Civvy Street

by Pat Allan,  
CFCCN Coordinator

The Defence Team is made up of members who have been associated with the military for many years, sometimes since they entered the work force. As the world changes, so does DND, with certainty about a life-long career virtually a thing of the past. How does a person prepare to take a productive place in a world which operates quite differently from what all their training has prepared them for?

This is a question I hear a lot from people who are assessing where they'll be in the next 10 years. Many are taking their future into their own hands, planning for success by starting early and equipping themselves with all the tools they'll need. One of the most important tools is education.

How do you figure out where to start? The best way is to figure out where you want to end up. Do some careful thinking about all the variables. What kind of person are you - hands-on, task-oriented or big-picture concept type? How much time and energy do

you want to devote to your career, and how much to the other good things in life? Where do you want to live - big city or small town? Would you like to build on the type of work you've done throughout your career, or do you want a fresh start?

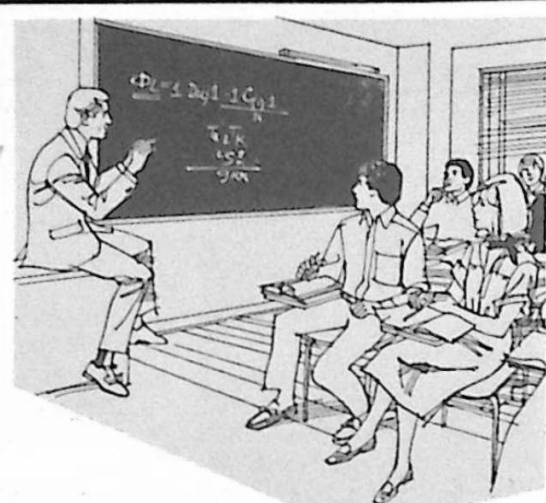
A great way to begin this important journey toward your new place on civvy street is with informational interviewing. Once you have an idea of what you'd like to do, find someone who does it and interview them about the day-to-day realities, what you need to do to prepare, and any advice they have. If you do this with respect for their time and with an open, inquiring mind, you have a wealth of information available to you that you really can't get any other way. Some people have been told that the course of study they had planned on is almost obsolete due to technological advances, or that they don't need to get Grade 12 equivalency. It's always worth the time and effort.

Once you have all this information, it's time to find a program

that will get you the credentials you want, and that you can manage. This means perusing college calendars to learn what your options are. While the array of options can be confusing, taking your time to come to this important decision is a good investment.

The first Management Development Program course being offered at 19 Wing takes place this weekend. On October 25-27, MDP 300: Effective Supervision: Administration will be offered, providing 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 plus materials, under \$50. Payment by cheque or credit card is accepted.

To talk about college programs or the Management Development Program, call the CFCCN Coordinator at local 8889.



## In Search of the Healthy Family

by Rosanne Farnden Lyster,  
Program Director for B.C.  
Council for the Family

What does a healthy family look like?

A recently published cartoon depicted a large convention hall with just three people dispersed throughout it. A banner over the podium from which some dynamic speaker was about to enthuse proclaimed "ADULT CHILDREN OF FUNCTIONAL FAMILIES ANNUAL CONFERENCE." This cartoon seemed to make quite a sad statement about families in western society. A conference for people who grew up in "healthy families," and only three people qualify to show up?

There are probably as many definitions of the term "healthy families," as there are people using the term. It is most helpful to go to the literature on family strengths for assistance. In the 1985 proceedings from a series of conferences on family strengths, it is suggested that a healthy, or strong family has "relationship patterns, interpersonal skills and competencies and social and psychological characteristics which create a sense of positive family identity, promote satisfying and fulfilling interaction among family members, and contribute to the family ability to deal effectively with stress and crisis." This view of health or strength incorporates

both interpersonal and intra-family aspects. This is to say that the strengths of individuals within families influence one another and that the environment around the family is an important aspect of strength as well.

In 1992 the B.C. Council for the Family conducted a number of Community Forums. Community members from around the province were asked to define what makes a family healthy. The following are some of the descriptors used. A healthy family is one in which there is/are:

- open, honest communication
- mutual respect and trust
- nurturing, caring, mutual support, unconditional acceptance
- opportunity for playing and having fun together
- stability and consistency
- safety from abuse and violence
- flexibility and openness to change
- shared work, responsibilities and decision making
- a connection to the community
- shared goals and values
- intergenerational connections and support
- the ability to deal with stress and conflict
- support from family and friends
- occasion for celebration
- appropriate physical affection.

Strong families are built on healthy relationships. By defining what a healthy family looks like, and how it functions, we can work with families to develop programs and supports which ultimately build strong family relationships and strong communities.

## Bottle drive helps cause

by Margo Piffer

Almost 40 years after the death of his daughter, 66 year old George Harrison remembers a kindness shown to him during a time of need. And he intends to repay that kindness as long as he's able.

Harrison's daughter, Georgina, born in 1953, started having frequent epileptic seizures around her first birthday. Doctors also found the baby had an adrenal disorder and was mentally handicapped.

Harrison and his first wife were struggling to get by on pay he made as a boomman at a Vancouver mill. On top of special needs, the cost of the medication needed to control her symptoms was beyond their ability to pay.

"At the time when I was desperate, the Variety Club helped us. They put us in contact with someone who supplied the medication at a reduced rate," says Harrison.

Georgina only survived until the age of five, yet Harrison has never forgotten the Variety Club's help. Retired and on a fixed income, Harrison has found a new way to raise funds for February's Variety Club Telethon - and he's asking Courtenay residents to help.

Harrison will collect refundable cans and bottles until January. He'll donate the proceeds to the telethon on behalf of the people of Courtenay. Anyone wishing to help, or having bottles to donate, may call him at 338-1242.

## The law on PEANUTS

Probably the last thing anybody would think about when eating a peanut butter sandwich or dipping a finger into a jar of peanut butter is the threat of toxins. But despite its obscurity, aflatoxin, a contaminant sometimes found in peanuts, can be a serious health hazard.

In Canada, Health Canada's Health Protection Branch (HPB) is responsible for the safety of all foods sold, including specific requirements for aflatoxin. Aflatoxin is a toxic chemical produced by certain molds found mostly in or on peanuts. Studies have shown that frequent exposure to this chemical can lead to many health problems, including liver cancer.

HPB inspectors regularly inspect peanut and other nut processing plants, importers and nut products. This is done to ensure that the products produced meet the legal requirements that limit the

maximum level of aflatoxin to 15 parts per billion (or about one out of every 67 million nuts).

The inspectors interview staff, review the production process and examine the plant's machinery, storage conditions and quality control procedures. Everything from the room temperature to production records is checked.

Following each inspection, the manufacturer or importer is assigned a satisfactory, marginal or unsatisfactory rating. Firms that receive an unsatisfactory rating must take steps to improve the weaknesses in their production process. Failure to do so would result in enforcement action, including product seizure or prosecution under the Food and Drugs Act.

When a firm's quality control is not adequate, the inspector will take samples back to the HPB lab for testing. HPB collects samples of nuts and nut products in vari-

ous forms. This can range from consumer size packages to raw material samples that weigh up to 48 pounds.

Before testing, the peanuts are crushed into a paste and mixed thoroughly to ensure that any aflatoxin present is evenly distributed. Therefore, regardless of the sample amount, it will contain the same level of aflatoxin. Aflatoxin is extracted from the sample and injected into a specialized machine that determines the level of aflatoxin and prints out the results.

It is HPB's policy to work with the industry to bring about voluntary compliance. When products containing excessive levels of aflatoxin have been distributed in Canada, a product recall is issued. According to HPB, children are the largest consumers of peanuts and peanut butter in Canada. This makes them the most likely group to be affected. By enforcing



standards for aflatoxin levels, HPB can manage the risk to them and all other segments of the population.

Consumers can also protect themselves from aflatoxin. The following are some safety tips for consumers:

- Throw away all food contaminated with mold. This is a good general rule to follow to avoid food poisoning.
- Do not eat shrivelled, discoloured, moldy or damaged nuts of any kind.
- Do not allow peanut butter or other foods that can grow mold to stand uncovered for long periods of time. Store nuts in a cool dry place to avoid contamination. If you would like more information or have questions concerning food inspection in general, please contact your local Health Protection Branch, listed in the blue pages of the phone book under "Health Canada."

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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Picture is missing. 2. Title is changed. 3. Pull-over is added. 4. Hand is lowered. 5. Computer screen is larger. 6. Window is different.

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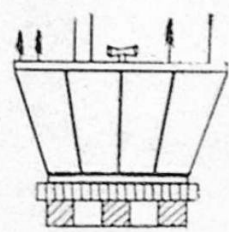
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## As the Beacon turns

by MCpl J.W. Healey

The role of Air Traffic Control at a military aerodrome is familiar to only a few personnel outside of aircrew. I would like to take this opportunity to pass on some information about what we do, so as to dispel some common myths associated with ATC. Contrary to what a lot of people think, we don't just sit in the tower and radar units and wait for 407, 414 and 442 Squadrons to go flying. Comox ATC is responsible for providing air traffic services to any and all aircraft that happen to be within our areas of control.

For the control tower this includes a 300 square mile area from the ground up to 6,000 feet. For the radar unit, the area is approximately 7,000 square miles from the ground up to 23,000 feet.

The control tower is responsible for all aircraft flying visual flight rules, this includes aircraft at Comox, Courtenay Air Park (approx. 80) and anyone wishing to enter, depart or fly through the airspace. On average Comox control tower controls approximately 130 aircraft per day.

The radar unit controls about 130 aircraft per day as well, and is responsible for all IFR (instrument flight rules) aircraft flying within its area. Campbell River, Powell River, Port Alberni and Qualicum Airports all fall under the control of the Comox radar unit. This means that every aircraft, military and civilian, wishing to depart or arrive IFR at these airports must communicate directly with Comox radar.

While most of the traffic that Comox ATC deals with is domestic (originating and terminating in Canada) we also handle a number of international flights as well. Aircraft departing to Japan, China and other Pacific Rim countries, as well as the USA, often fly through Comox's airspace (minimum 10-15 every day).

The primary reason for the airport is to support the squadrons, and with priority given to military air-

craft in areas of training, special use airspace, arrivals and departures at Comox, Air Traffic Control in Canada is accomplished through an all-encompassing system with all agencies across the country working together under the same set of rules to provide quality service to all aircraft flying in Canadian airspace.

On a busy day, a controller in Comox will spend more time speaking to controllers in Vancouver, coordinating and passing aircraft back and forth, than with other people in the unit. There are many days in the year when only one or two military aircraft will arrive or depart at Comox and yet the controllers on duty are busy from the time they start until their shift is over.

The ATC section is located across the airport away from most other units and very few personnel from the base see what we do. But that doesn't mean we do nothing! Many of our personnel are heavily involved with other areas of the base and within the local communities as well. MCpl Chris Cormack is the PMC of the Junior Ranks' Mess, Sgt Perry Lucas is on the executive committee at the Sgts' & WO's Mess and Capt Dean King is on the executive at the Officers' Mess. Capt Mike Forbes is the vice-president of the Comox Air Force Museum and MCpl Pat Leonard teaches first aid for St. John Ambulance, as well as working with the Comox Valley Ground Search and Rescue team. Sgt Lucas and Cpl Scott Middleton both coach minor league soccer. These are just some of our people who dedicate their time to both the base and local community.

Anyone wishing to visit the tower and radar units is more than welcome to a tour. Just call the ATC section with advance notice and we will be happy to arrange a tour for individuals or for groups. I guarantee, you'll be impressed with what you see.



Participants in the September Drug and Alcohol Prevention Workshop.

### 19 Wing Drug and Alcohol Prevention Program Workshop 23-26 September by Sgt Brian Buttner, 19 Wing Drug Education Coordinator

19 Wing hosted its eighth Drug and Alcohol Prevention Program Workshop for new Unit Drug Education Coordinators from all over Western Canada and CANDET NAS Whidbey Island WA during the week of 23-26 September. The highly informative three and a half days focussed on giving participants the basic knowledge and skills to coordinate drug and alcohol related training within their units. An overview of how addictions affect our lives at home, in the community and in the workplace was a key component for the workshop. The highlight of the week were personal insights by Alcoholics Anonymous and Alanon groups which gave everyone a much better understanding into the disease of addiction in our society.

A workshop of this size cannot happen without the active support of everyone involved in each phase of the program's set up and delivery. Although heavily tasked with Unit duties the efforts and dedication of many personnel ensured that the workshop was a huge success again this year. LCdr Dave Yeo, Mr. Mario Decerda and Capt Harlin Price came out from Air Command HQ, Chilliwack and Esquimalt to help us out. 19 Wing Administration organization was well represented by LCdr Brittain, Mr. Hank Oke, Capt Colleen Howard, Capt Ruth Davis, Capt Bobbi Howard, Sgt Diane Robertson and yours truly, Sgt Brian Buttner. Other team members to jump in and help were Sgt Brian Shackleton from 414 Sqn, Mr. Pat Landroche (W Logistics Sqn), Cpl Kevin LeBlanc (W Operations) and last, but not least, the Air Reserve and Museum folks who so capably hosted and put up with our merry group for the three and a half days. It was indeed a pleasure for me to have been able to work with a team of people who are so dedicated to the community spirit.

### FOR EMERGENCY AMBULANCE SERVICE ON BASE

During Normal Working Hours

Local 8444

After Hours

Local 8231

OFF BASE ANYTIME

Call 911



by Sir Cedric

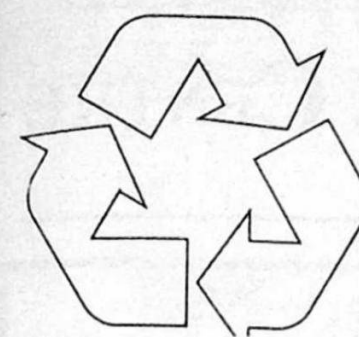
As summer fades into fall the Black Knights have kept a brisk tempo to operations. The squadron has been running a pilot conversion and electronic warfare officers course while conducting a sometimes frenzied schedule of Air Command and Fighter Group tasks.

Some of the more public displays performed by the squadron were the Battle of Britain flypast, led by Capt Mike Zelenski, and the 414 Sqn Honorary Colonel Change of Command parade flypast, led by Maj Chris Harris. Also occurring during September, some more esoteric tasks involving MARCOM's MOG 2 fleet where 414's T-birds provided simulated airborne threats, cruise missiles, target towing and fighter combat air patrols.

During the first weeks of October, 414 helped Canada's William Tell team in their preparations by providing electronic warfare during their training missions. 414 aided the Navy in saluting the HMCS Annapolis on her final sail past by providing a brace of T-33s, led by Capt Chris Hamilton. Thrown into the mix, ground controlled intercept missions rounded out the flying schedule. It is noteworthy that 414 now aids both the ship-borne and landlocked Air Weapons Controllers in maintaining their proficiency. Between now and 15 November, the Knights will be deploying to Oregon, Alaska, California and Quebec on various NORAD and Air Command commitments. Totis Viribus.



RAdm Russell Moore discusses the new avionics-updated T-33 with CO 414 Sqn, LCol Al Hunter. The admiral moved into the Commander MARPAC position this summer. (Photo by Cpl Luc Champagne, 19 Wing Photo.)



## Look who's Recycling!

Her pads of reused paper can be found on desks all across Canada. She once turned 2,600 sheets of used paper (equivalent to five packages of new paper) into scratch pads in one day. She reuses and recycles. Who is she? She's Gail Newhouse, better known as Gail of Duplicating.

The duplicating office is located in the Headquarters Building (HQ), in the cross-piece of the "H." It is there that Gail started working eight years ago last May. She's not exactly sure when she began turning once-used paper into scratch pads, but it was "quite a few years ago." Her supply of used paper comes from many sources: people in HQ save it for her, it arrives in the mail from all over the base, she gets a lot from LPO, and she uses what is produced in the duplicating office. She already reuses a large quantity of paper, but Gail is always looking for more suppliers. She'll take any paper that is good on one side: old forms, computer paper (from laser or bubble jet printers), photocopy paper - anything that's not confidential.

It was seeing the waste that prompted Gail to start producing the pads. Anyone who has been to HQ has seen the box of pads just inside the door at the duplicating office available for free. People here on TD often take them back with them to their home base and they can turn up in Alert, Yellowknife or points further east. Gail has a large file of pictures and cartoons that she will photocopy onto the pads if someone has a request. This has added to the popularity of the pads.

Gail not only reuses paper, she also collects reusable office supplies like pens, pencils, vertical file sorters, tape dispensers, thousand milers, boxes, tubes, and plastic Celox spines and will give them out to anyone who would like to reuse them. Reusing is better than recycling because little or no resources are required to create a useful item. Look around your jobsite to see what items you can reuse before recycling them.

Remember to use the 3R's (reduce, reuse, recycle) every day! (If you know about someone who is 3R-conscious, let us know so that we can profile them. Call local 8378 or 8187.)



PITCH-IN  
AND  
RECYCLE

## Expedition Sore Feet



L-R: LS Stevens (the hiker who couldn't fall asleep without wearing a toque in bed), MCpl Grenier (Mr. Adventure), Cpl Nielaes (the striking logger) and Sgt Blake (thanks to our scout for his ability to use a compass to follow a shoreline).

by MCpl J.F.G. Grenier

Four members of the Security and Military Police Flight recently completed six days of Adventure Training on the West Coast Trail (WCT) on the west coast of Vancouver Island.

The trip involved hiking 75 km and, despite the wet and treacherous terrain, we managed about five hours of hiking a day. The WCT is known as one of the most gruelling hikes in North America. Although it couldn't be that hard, being as popular as it is, or so one of us thought! The WCT is isolated, strenuous, challenging and potentially dangerous with the threat of meeting an ever-friendly black bear (which we did on one occasion) or even a cougar.

Upon our arrival at Port Renfrew we registered at the Provincial Park Office and received a brief orientation, followed by a quick video. After catching the nine o'clock ferry the following morning, we arrived at the start point at Gordon River. Our first 13 km to Camper Creek consisted of hiking along Pandora Peak on a nice sunny day to an altitude up to 700 feet and up and down a few ladders. After hiking for six hours, and almost getting lost due to an unexpected slight change of course on the trail, it didn't take the team long to start a fire and enjoy their first Individual Meal Pack (IMP) as well as dry their wet muddy boots by the fire.

On the second day our team was surprised to wake up and find it was another sunny day. We were anxious to see what more the WCT had to offer. Our day included a short 6 km hike to Logan Creek where we arrived early enough to enjoy a hot IMP for lunch and to spend the rest of the afternoon drying muddy boots.

The next day the team awoke to a thick fog, which remained with us until the second last day of our expedition. The third day consisted of hiking only 8 km to Bonilla Creek where we had the opportunity to walk along the sandy beach for at least 5 km. While setting up camp, we observed a bear around the camp site (probably smelling donuts from our last working day). Our fourth day included a quick stop at a Native reservation where hot dogs, beer and junk food could be purchased. As this was the last chance to increase our cholesterol level, one of us took the opportunity to purchase a burger to go and tucked it away for a late snack.

After crossing the ferry at Nitinat Lake, our journey continued to Tsuquada Point where we were compelled to climb down a steep cliff to get to our next camp site. The total distance covered was 17 km and we were fortunate to be able to hike 12 km on the beach. As a result of sleeping so close to the ocean waves, one of us set his alarm clock for 0300 hours to make sure the incoming tide was not high enough to swamp the campsite.

"Second last day" some of us said - and it consisted of hiking to Tsocovis Creek for a total distance of 14 km on a fairly good trail. A quick freezing cold bath in the nearby creek cleaned us up in preparation for our return to civilization.

Finally, our last hiking day! Most of us thought we only had 17 km to go before re-entering civilization. However, upon arriving at the end of the trail in Bamfield most of us were disappointed to learn that the only taxi driver in the village had taken an early vacation a month previously and, as a result, we were forced to walk another 5 km towards town before being picked up by a driver who, thankfully, terminated our walk.

After arriving in Bamfield, it didn't take long for the hikers to enjoy a well-deserved drink and a high cholesterol meal. Besides bumps, sore knees/ankles and bruises the whole trip had gone without incident.

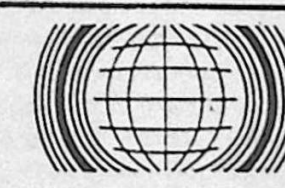
Our hike had required us to negotiate such wonderful obstacles as crossing deep gullies on fallen trees, navigating steep washed-out slopes, and following irregular and slippery/broken board walks. As our rucksacks weighed 55-65 lbs. due to all the necessary equipment and rations required for a minimum of six days in the wilderness, we didn't waste any time eating our IMPs to lighten the weight of our rucksacks.

I would like to thank everyone who supported our Adventure Training. Without your support we would still be along the WCT trying to survive with only a few crackers and no money for our return.



Maureen Davidson  
Sales Associate

"Serving The  
Military  
Community  
With Personal  
Experience"



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## Cops Corner

### Headquarters and Training Section

Welcome back to the 19 Wing Guardhouse. In this issue we are going to look at our Headquarters and Training (HQ & Trg) Section. A Military Police Section, anywhere in the country, generates an unbelievable amount of paperwork. Almost everything relating to our line of work ends up on paper at some point, even with all the computers in our offices. The 19 Wing SAMP Flt is no exception to this rule.

The majority of this paper ultimately becomes the responsibility of our HQ & Trg Section. Whether it's storing the current year's reports, or typing and disseminating our files, or maintaining supply lists.

Our HQ & Trg Section currently employs one Sergeant, one Corporal, and one civilian clerk.

The two MPs in this section spend the majority of their time in the training aspect of this job. Coordinating all courses, and attempting to juggle the training schedules to maintain manning requirements. They make arrangements for everything from booking accommodations, tracking down equipment for lectures, or obtaining extra ammunition for our weapons qualifications.

The civilian clerk spends the majority of her time typing all the finished MP reports, Travel Claims, messages, and external letters. She looks after the day to day administration needs of our section, ensuring the SAMP Flt works like a well oiled machine. She tries to correct our mistakes before they cause any serious problems, and just attempts to help us keep our sanity. (I think the author alone is a full time job for her in this respect!)

In the next issue we will look at what is an extremely important part of our Guardhouse, which is also unfortunately all too often overlooked, the Canadian Corps of Commissioners.



**Buckle Up BC!**

...non-belted occupants  
have been killed in crashes  
at speeds as low as 19 km/h.

### Association Francophone de la Vallée de Comox 4794, Fourth Street, Courtenay

#### Activités du mois d'octobre

Mini Franco-Fun: (0-8 ans) Le jeudi, 24 octobre, entre 15H00 et 16H30 à l'Association Francophone.

Fête de l'Halloween: Le samedi 26 octobre entre 14H et 16H à l'Association. Prix de participation des jeux et des activités.

Chorale francophone (adultes): Tous les mardis à 19H00, à la salle de musique de l'école Puntledge.

Francophone activities for the month of October  
Mini Franco-fun: (0-8 years) Thursday, 24 October, from 3:00 - 4:30 pm at the Francophone Association.

Halloween Party: Saturday, 26 October, 2:00 - 4:00 pm at the Francophone Association. Prizes for costumes, games and activities.

Francophone Choir (adults): Every Tuesday at 7:00 pm in Puntledge School Music Room.

For more information please phone 334-8884 between 12:30 and 4:00 pm, Tuesdays to Fridays.



**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

### SCRUMPTIOUS Chocolaty Mint Girl Guide Cookies On Sale



Contact:  
338-2809

### BUILDING MATERIALS

Lumber & Plywood  
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610 Anderton Avenue  
334-4416

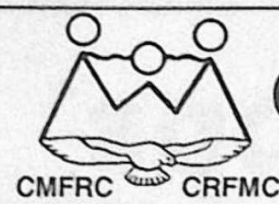
### Harreson's Military Store & Outdoor Supplies Inc.

Box 1-7381 Island Hwy, Merville B.C.

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

Military clothing/uniforms  
Combat boots & uniforms  
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Everything for the outdoors,  
We Also BUY Military Items





# COMOX MILITARY FAMILY RESOURCE CENTRE

phone: 339-8290



Exploring the Exciting World of Work

## "Who's Driving This Bus?"

Debbie Barnes

Who's driving this bus? We are now! After finishing an extensive 3 week program on job search and community orientation we are all ready to go out and find that job of a lifetime.

This program was run by the CMFRC to help newcomers to the Comox Valley with their transition and with starting again in a new

city. The program touched on subjects such as skills assessment, resume writing and interviews. We were introduced to a number of prominent citizens of the Comox Valley and learned about the many resources that are available here. If you are sitting at home wondering "what's next?" this is the program for you. The

program will not only help you get your feet wet but it will give you that extra little push to get you swimming.

The next session of "Who's Driving This Bus" will be in January 1997. For more info call the CMFRC @ 339-8290

## "Bus Routes"

Job Search Resources Available at the CMFRC

### Employment Bulletin Board

•NPF & Selected Job Postings • HRDC Services & Contacts • Current Interest Postings

### Resource Library

•Books and Workbooks • Career & Job Profile data • Job search techniques • Resume writing • Interview conduct

### Community Profile Binder

•Chamber of Commerce and Economic Development Society Community Profiles • Labour Market Info • HRDC Services and Programs • UI Frequently Asked Questions (FAQs) • Employment Assistance Agencies • Training & Support

### Internet Access

Surf the net for info & tools for job searching

### Computer Access

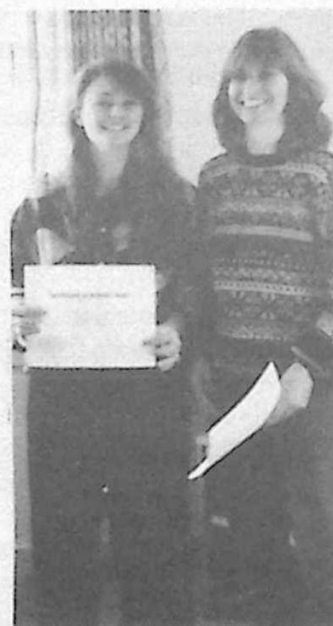
Do your resume and cover letters at the CMFRC

### Assistance from Staff

Drop-ins are welcome, but appointments are better

### Referrals

Info on a wide range of resources on and off the base



Mara Pungente presenting Sherrlyn Dittick with her graduation certificate for "Who's Driving this Bus?"

## Business as Usual

Have you noticed lately that a lot more people are becoming involved in Network Marketing? People in our community are establishing themselves as Independent Distributors, and are selling products as diverse as; children's toys, vitamin drinks, skin care products, long distant calling options, leisure wear, water filters and safety alarms. It would seem that Network Marketing has survived its growing pains and has emerged as a credible, viable and profitable way to do business in the nineties.

Network Marketing or Multi Level Marketing as it is sometimes referred to began over 50 years ago when Carol Rehnberg invented a system of doing business that would

revolutionize the way many companies operate. Carol invented a system that would make it possible for anyone regardless of age, sex, race or current financial standing to become an entrepreneur. He created a method of selling that allows independent distributors to recruit other distributors and earn a commission from their sales. Many of the trends that we see happening today have made it possible for this industry to come of age. Attitudes towards traditional marketing have changed, and today's consumer has a remarkably low tolerance for paid advertising. The information age has also overwhelmed the prospective shopper, who may feel reluctant to believe what is being stated or has developed the

ability to listen selectively and ignore seemingly irrelevant information. It appears that more and more people in our community are catching the wave and actively seeking time and financial freedom through this exciting system of business.

On the 9th of November the CMFRC will be hosting its Second Annual Business Fair at the Florence Filberg Centre in Courtenay. Lots of exciting businesses (both multi level marketing and traditional) will be represented. So come out and see how enterprising and resourceful our community really is. If you have a business and would like to showcase it at the fair please contact Suzan or Tina @ 339-8290

## CMFRC 2nd Annual Business Fair



November 9th 1996  
10:00am - 2:00pm

@  
Florence Filberg Centre  
339-8290

## Special Events

### Chocolate Making

Learn how to make homemade chocolates in time for Christmas in this two evening workshop of creative candy making! You will learn how to make turtles, cherry blossoms and cream filled chocolates. Facilitator: Dianne Forbes  
Date: November 5th & 6th  
Time: 6:30 - 8:30pm  
Location: CMFRC Program Building, 120 Kinnikinnik  
Fee: \$10.00. Fee due at time of registration.

### Conflict Resolution

If you are interested in exploring some of the following topics, this workshop is for you:

- What is conflict?
- Positive uses of conflict
- Conflict styles
- Win/lose versus win/win approaches
- The four stage conflict resolution model
- Underlying interests, fears, values and concerns which support a 'position'
- Active listening techniques

Facilitator: Liz Wouters

Date: November 7th, 14th & 21st

Location: CMFRC Program Building, 120 Kinnikinnik

Fee: \$35.00

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

### 2nd Annual Business Fair

Come and check out this exciting event. This is an opportunity for you to showcase your business, get some great ideas for Christmas or do some reasearching if you are thinking of opening your own business and would like to get advice and network with people in your own community.

Date: November 9th

Time: 10:00am - 2:00pm

Location: Florence Filberg Centre, Courtenay

## Kinnikinnik Child Care Centre

### New Saturday Programs! Starting November 1st

**Saturday Parents and Tots:** (KCCC, 118 Kinnikinnik)  
Register now for our Parents and Tots program held every Saturday from 9:30 - 11:30am. Come out to a morning of crafts, songs and in and outside activities set up for our toddlers. Younger and older siblings are welcome to join this play group. The cost per family will be \$8/month or \$2/drop in. Minimum enrollment 6 families. If you are interested in this program phone 339-5051 and reserve a space.

**Toy Lending Library:** (CMFRC, 119 Kinnikinnik)  
Visit our Toy Lending Library after our Parents and Tots Play Group. Open from 11:30am to 2:00pm every Saturday. Pay \$10 for a yearly membership, which allows each member of the family to borrow toys from the Toy Lending Library. We have a variety of toys and games from Fisher Price, Discovery Toys, Ravensburger, Duplo and Playmobil. Toys, games, puzzles are available for most age groups.

**Saturday Children's Craft Session:** (KCCC, 118 Kinnikinnik)  
Time: 2:30 - 3:30pm  
Ages: 4-6 years  
Cost: \$12/session (4 weeks)  
Session 1: Nov. 1st - Nov. 22nd - *Colorful Creations with paints*  
Session 1: Nov. 29 - Dec. 19th - *Christmas Decorations*  
Registration: 339-5051

# Wallace Gardens



Don't forget our  
**Halloween Party**  
at **Airport School**



on **26 October**

A flyer will be distributed giving times and events.  
People living down town can pick a flyer up at the WGCA office in Canex.

## WGCA annual Christmas House Decorating Contest

You must be a member of WGCA to win a prize. Judging dates TBA.

Categories and prizes will be as follows:

First overall (traditional) - \$75.00

First overall (non-traditional) - \$75.00

First overall (creative) - \$75.00

An honorary prize of \$25.00 will be awarded to  
each of Wards 1 through 9

## 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 Events

The teen coordinator would like to thank the volunteers who showed up at our dance for the wonderful job they did in helping out with our teens. This was our second dance of the year and we have increased our club to over 40 teens.

On November 2, there will be a ceramics course given for the teens. They will make Christmas tree ornaments which will be entered in the WGCA colouring contest. There are great prizes and everyone is welcome. If you have any questions, please call Carmie Dixon at 339-7696 or Linda Jeffrey at 339-8211, local 8571.

Stay tuned for lots of exciting events coming up for our youth.

### New WGCA Sparks Group

We are now sponsoring a Monday night Sparks Group (Girl Guides of Canada) which is for girls aged five and six. For more information please call Veronica Rouzes at 334-4799 or Carla Calmes at 890-0672.

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

### 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.

## SCAN SEMINAR 19 WING 30-31 October at the Officers' Mess

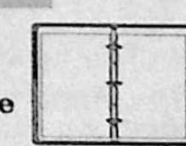
• Starts at 0730 hrs. Schedule of events available at the door

• Dress of the day (Civilian attire not permitted for serving military members)

• Return completed SCAN Seminar Registration Form (available at the WPSO's Office, Bldg 22) to the WPSO NIT 25 Oct 96.

This is important. Members are strongly encouraged to bring their spouse/significant other.

This is THE SCAN Seminar of the year. Questions? Contact the WPSO loc 8293



**NEXT DEADLINE  
1 NOVEMBER- NOON**

## 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

**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.

**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.



## CHRISTMAS COLOURING CONTEST Wonderful Prizes

Age categories: • 3 and under  
• 4 to 6  
• 7 to 9  
• 10 to 12

For the first time we will be giving prizes to children 13 years and older.

Your family must be a member of the WGCA to win a prize. Further details T.B.A.

## Christmas Bazaar

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

at the **Airport School**

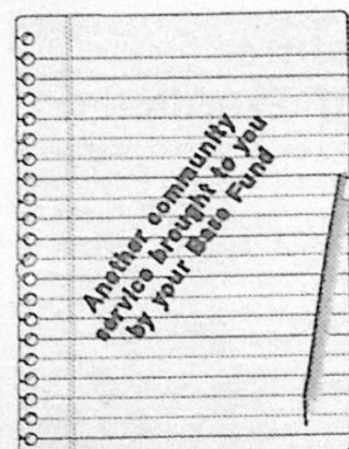
Christmas Crafts \*  
Toys \* Housewares \*  
Baking \* and much,  
much more.

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





# 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 <2/2>

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

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 <2/2>

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 <2/2>

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

Sliding glass patio door 80"x72" single pane \$100. Brian 338-1588 <2/2>

RCA 20" TV Colourtrak stereo monitor - auto program, etc. Excellent condition, 4 years old. \$200.00 338-217 <1/2>

Sectional couch, rust coloured, older, good for Rec Room, very comfortable. Asking \$200.00 o.b.o. 890-0317 <1/2>

Sharp carousal convection oven. Good working condition. \$60.00 338-9751 <1/2>

Aquarium - 10 gal, heater, water filter, \$100.00 o.b.o. 339-9243

### Wanted

1979 Yamaha 650 Special - for parts. Engine not important. Phone Ron at 339-3330 after 5:00 pm.

### Autos for Sale

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 <2/2>

### Envelope stuffing

Stuff envelopes at home. Earn big dollars. Free supplier available. For info rush self-addressed envelope plus two loose stamps to: H Enterprises, Box 964, Peterboro, Ontario, K9J 7A5.

### For Rent

Duplex available Dec 1. Newer 2-bedrm in family oriented Cumberland. Carpet, new washer/dryer, carport. Clean & pretty, nice neighbours. N/S, no pets. \$650.00 Call 336-8071

### For Rent

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

### House to Share

\$350.00/month, utilities included. Bedroom furniture optional. Hot tub, swimming pool next summer. Call Marie 338-6880 or local 8399. <1/2>

### 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. <2/2>

### For Rent

Spacious townhouse, close to Superstore and North Island College. 3 bedroom, 2 bath & 5 appliances. Non-smoker, no pets, preferred. \$750/month plus utilities. Call 338-2584. <1/2>

### For Rent - Waterfront

Comox Valley 3-bedroom waterfront rancher, fantastic view, privacy, 2 bathrooms, ensuite, five appliances, including dishwasher, built-in vacuum, enclosed carport, outbuilding for storage. Available 1 November. \$1,000 monthly. Call 286-3171.



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### 19 Wing Comox Bowling Centre Now open for the 1996-97 season!

Any individuals, couples or teams interested in league bowling please call the contacts listed below, or call Bowling Centre staff members Scott Teasdale at 334-1937 or Pat Andrews at 338-8317. Info also available from PERI staff.

League Times		Contact
Tues. Ladies.....6:45 - 9:00 pm	Sue Teasdale	334-1937
Wed. Ladies.....1:00 - 3:15 pm	Irene Marshall	338-6920
Wed/Thur. Mixed.....6:30-9:00 pm	Rod Spurr	339-6067

**Casual Bowling**  
Friday 6:00 - 9:00 pm Sunday 1:00 - 4:00 pm  
**Youth Bowling League - Saturdays**  
Anyone interested in registering their children for the Saturday League can contact the coordinator, Rochelle Peterson at 339-7214 or Terry MacDonald at 339-0136. The kids have a lot of fun and get professional coaching at the same time.

We also book for section parties, sports afternoons, organizations, birthdays, etc.

### 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 \$28.00 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.

Orders for the flags should be sent, with cheque or money order payable to the CFS Alert Souvenir Flag Fund enclosed, to "System CPO, CF Supplementary

Radio System HQ, Ottawa, Ontario, K1A 0K2." To ensure the price is reasonable, flags will be purchased in bulk, once a sufficient quantity of orders has been received.

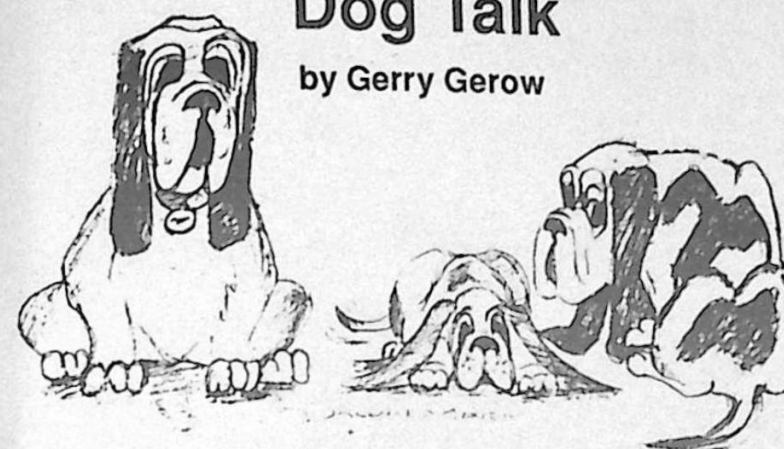
CFS Alert has been in operation by the Canadian Forces since September 1, 1958.

### Taking Off Pounds Sensibly (TOPS)

Want to take off a few pounds but don't want to do it alone? Come and join us every Wednesday at 6:30 pm in the Conference Room at the Base Rec Centre. Friendly smiles, words of encouragement and "you are not alone" atmosphere. For more info call Kathy at 334-4134 or Shauna 338-9530.

## Dog Talk

by Gerry Gerow



After over 11 years of writing a column in the Totem Times, it is time to pack it in. I retired completely from working in December 1995 and, while I will continue to write in some capacity, Dog Talk will now retire.

My dogs and I will continue to hunt and train and there may be a litter here or there, hopefully one in February if everything comes together. As everyone who reads my columns regularly will realize, I am addicted to pure bred dogs because they are, if properly bred, more predictable. You know what you are going to get. My pet peeve is with people

who do not take proper care of their pets. They love us and look after us, so, shouldn't we do the same?

I started working on the staff of the Totem Times when I came to Comox in 1985 and, while that ceased with my retirement in 1987, my columns have continued. Now it is time to say "good-bye." The Totem Times is a good newspaper and essential to the base. I know times are tough with all the cutbacks but, hopefully, the Totem Times will be around until they turn out the lights on the base. Good luck to all.

## Hanson Brothers NEED YOUR HELP!!

We want to get one of the greatest of all-time hockey players - **Dave "Tiger" Williams** into the Hockey Hall of Fame!

As many of you know, Tiger is the ALL-TIME penalty minutes leader in the NHL, and inspired every team he played for - Toronto, Vancouver, Los Angeles, Detroit and Hartford - with his heart, courage, and dedication to the game. Tiger Williams is the epitome of "Old Time Hockey," and deserves to be in the Hall of Fame ahead of some of these fancy-schmancy no-hitting prima donna whining millionaires...SO HELP US! Send the ballot below, or write your own and mail it, E-mail it, or Fax it to us and we will make sure the Hockey Hall of Fame and all those people who vote for induction will hear from you.

## YES! LET TIGER IN! YOU'VE GOT MY NAME!

Name.....  
Address.....  
Phone..... E-mail.....  
Comments.....

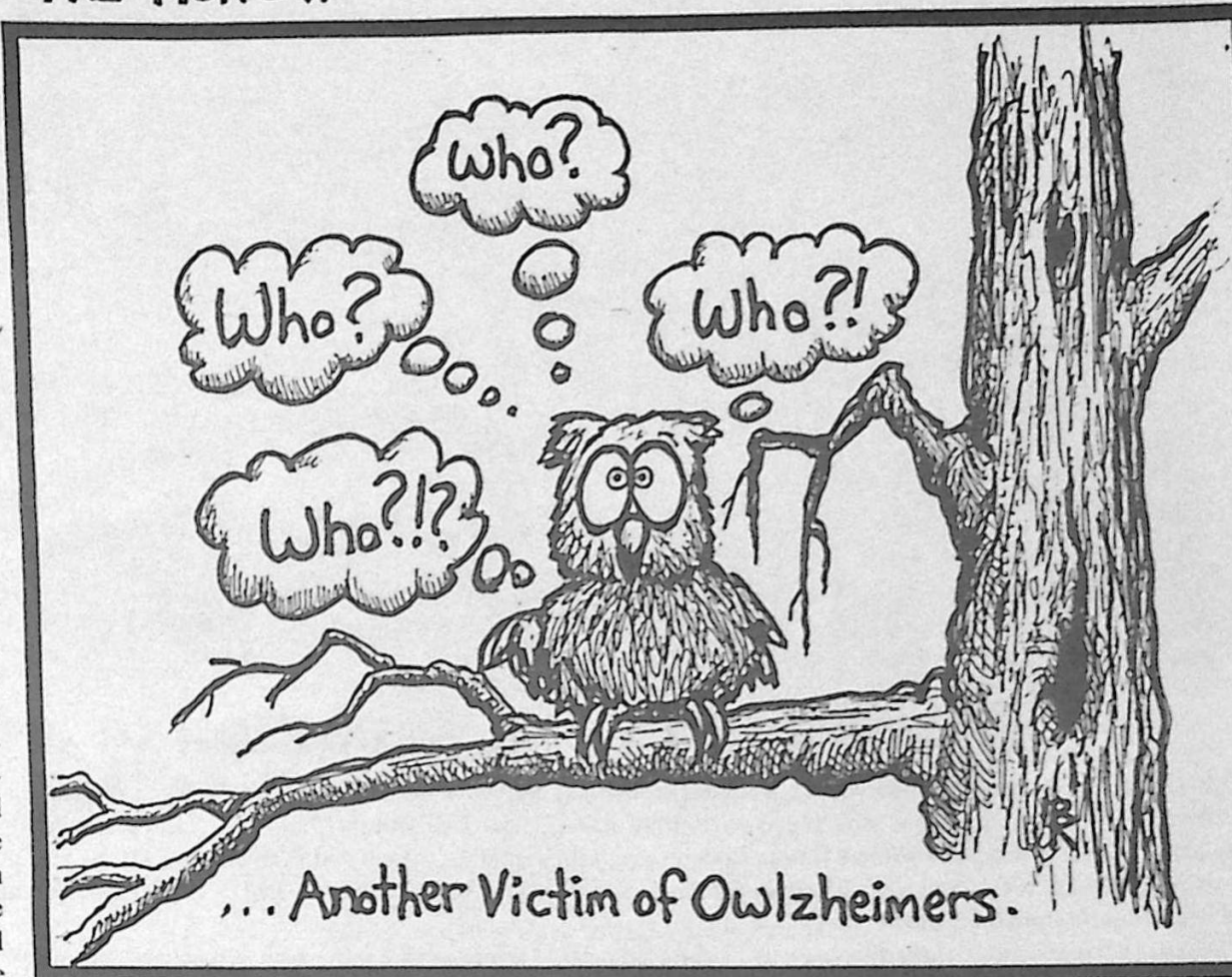
Photocopy, Fax, redraw, E-mail or do anything you can to get this information to us. Mail to P.O. Box 27070 Collingwood Post Office, Vancouver, B.C. V6R 6A7, Canada. Fax to (604)438-2287 or E-mail to poe@conspiracy.com with the subject: Let Tiger In! Visit our website at [http://www.conspiracy.com/essential\\_noise](http://www.conspiracy.com/essential_noise) for more info.



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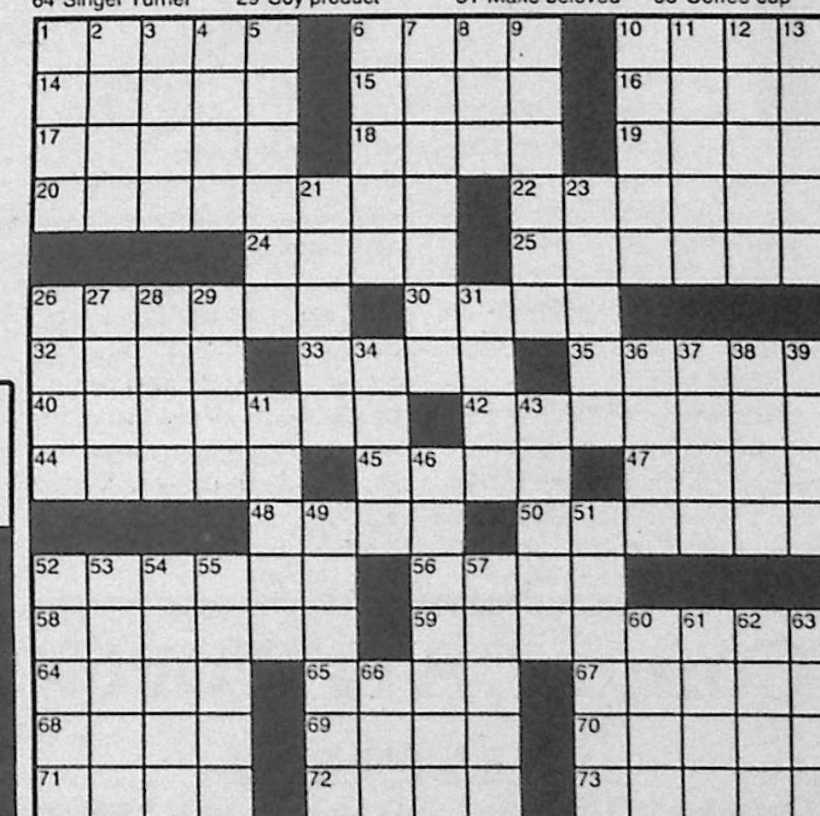
## FREAKSHOW



... Another Victim of Owlzheimers.

## TODAY'S CROSSWORD PUZZLE

ACROSS													PREVIOUS PUZZLE SOLVED																											
1 Needs	67 Novelist Jong	68 Days before	69 "Song - Blue"	70 Fury	71 Take a break	72 Writer	73 Tears apart	10 Cowboy star	11 Chili bean	12 Church official	13 Has on	21 Interior	23 Whitehorse's	24 Tiny particle	25 Felt	26 Leave	27 Sheltered,	28 Paper	29 Soy product	31 Nonfat milk	34 Singer Guthrie	36 Nee	37 Kimono sashes	38 Someone -	39 Plant-to-be	41 In a bad mood	43 Artist's	46 Suppose	49 Singer Brower	51 Make beloved	52 Election Day	53 In existence	54 Movies	55 Sea captain's	57 Suit material	60 Shore bird	61 Poster	62 Frosted	63 Jam	66 Coffee cup



### Searching for Father

Twin girls, born 30 June 1975 in Victoria, B.C., looking for birth father - last name Burnnedette. Birth mother's name - Molgan. Contact 338-6586.

**TODACCO IS A  
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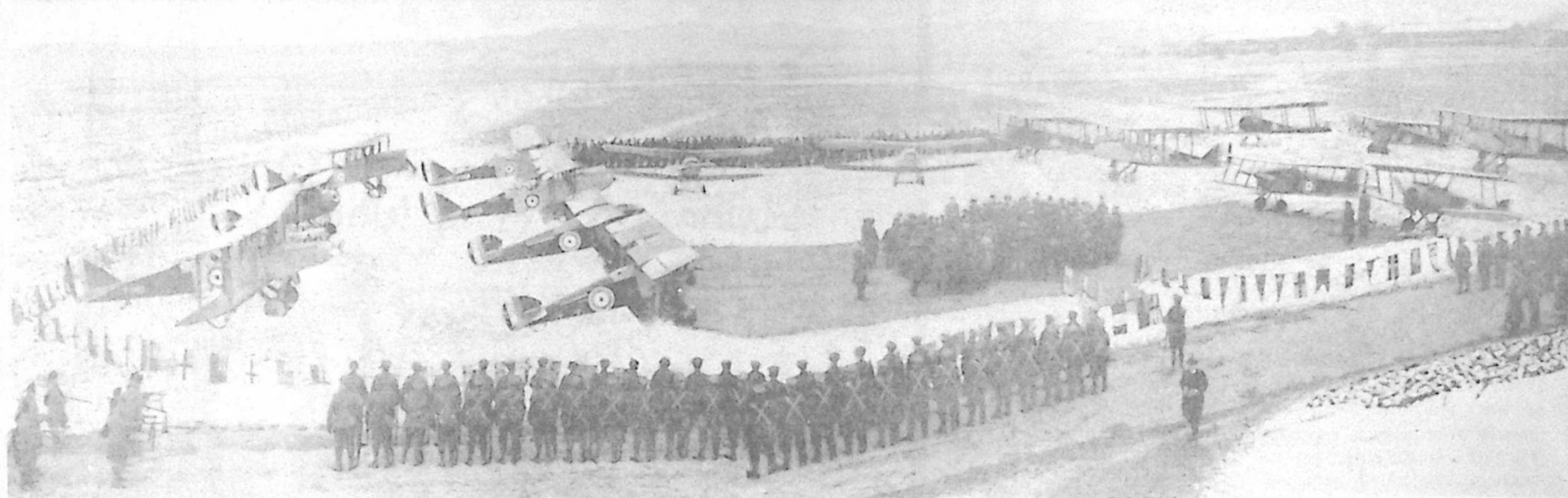
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## Presentation of a squadron of aeroplanes to Canada

One of the reasons that Canada was able to establish a fledgling Air Force following World War I was a gift of a squadron of mixed types by the British Government to the Canadian Government. The ceremony took place at Hendon Aerodrome, England in 1919, "when Lord Londonderry, on behalf of the British Government, presented to the Canadian military authorities a squadron of fifteen aeroplanes. The machines, which had been subscribed for as a gift to Canada through the Overseas Club, and the Patriotic League not only by residents in Canada but by British people in all parts of the world, were received by Sir Edward Kemp, Minister of the Overseas Military Forces of Canada, as representative of the Canadian military authorities."

The aircraft went on to form the nucleus of the Canadian Air Force and were used extensively, although they were land based craft and the civil authorities made a conscious decision to focus on water-borne aircraft as there would be no need to build a vast network of expensive runways and support facilities. (Courtesy Comox Air Force Museum.)

### Heritage Happenings



In the last edition of the Totem Times we mentioned that one of the projects for the Heritage Air Park was the refurbishment of the tail surfaces for the Dakota. Our intention at that time was to contract out the fabric work to a civilian workshop. After some more investigation and a few calls from Regional Cadet Air Operations, it seems that there are indeed a number of qualified individuals who still work on the base that can fill the bill.

Stan Boyd, who works for the Cadet Air Operations, is fully qualified and experienced on recovering the gliders and has made himself available for the work on the Dakota. This is a great relief to the museum committee members and we will be convening a special meeting to table approval for the funds necessary to complete the project. This will keep the museum money within the valley and provide some additional employment for a Cadet officer while he awaits the beginning of the new glider training programme in January. A good deal for everyone involved and that's just the kind of project that the museum staff is looking for.

The planning is already underway for the Museum sponsored flying scale aircraft event to take place next July. The museum curator, Corky Hansen, is busy

building a 1/7 scale wooden model of a 442 Sqn P-51D Mustang and the chairman is building a 1/7 scale 414 Sqn Army Coop P-51 MK 1 Mustang. Both aircraft use the same templates and basic airframe structure so there is a great deal of economy realized in their construction. The fact that John Mallandaine of Bowser donated the kit for the D model also cut down the costs considerably.

We also hear that a number of projects are under way in the valley due to the summer's scale event and the library has seen a number of visits from enthusiasts seeking historical data and pictures relating to rare aircraft. A particularly difficult one for the staff was the "Howard Ike" which was a small racing aircraft used in the Thompson Trophy race of 1933. This particular project took the better part of three days and two people to finally come up with suitable data. The real savior in this was Don Macklin who looks after the 5,000 magazines located in the library. He was able to find appropriate pictures, articles and produce a three view of the aircraft in 1/72 scale.

Never let it be said that the Museum doesn't take its requests for information seriously.

## Per Adua Ad - ?

(The following article is from the June 1950 edition of *The Roundel*.)

by

Group Capt E.E. Luke, O.B.E.

Why am I in the Air Force - now, in 1950? How many of us, I wonder, have faced that question squarely and come up with a satisfactory answer? I do not pretend for an instant that I have the whole answer yet. I've heard many reasons given - "interesting work, good pay, security, chance to travel, retirement pension" - but most of them are simply evasions or compromises.

Let's be honest about this thing. How do you feel about the *real* question? If you were taught the same beliefs as most of us, then it must be your Christian conviction that compulsion by force and the taking of life are wrong, completely abhorrent, and foreign to the ways of all men who believe in a beneficent God. Yet we go on spending our working days preparing for that very thing, learning and perfecting the art of human destruction and making ready to use it. How do you feel about *that*? To keep peace with my conscience at least I must try to reconcile this fundamental divergence. If I don't, then I am living a lie, and accepting either my pay or my religion under false pretences. Just how serious that may be is up to each individual.

To most of those who served during 1939-45 the picture must be reasonably clear, but there may be some of them, and possibly more among the young men recruited since, who have not even considered this question. They have joined up, trained, do their work well, and draw their pay, with only the most superficial examination of why they are doing it. Probably some one of the reasons I mentioned above seems to be adequate, for the moment. To them I can only say, "Wake up!

Shake yourself out of it. Never mind so much *where* you are going. Find out *why*, and then be sure you have the truth."

To examine this matter at its roots, another important decision must first be made. Is it necessary for one making a career in the armed services actually to believe that his country must be at war again some day in order to produce his best work? It is not easy to decide. Look at it conversely. If you could somehow be assured beyond doubt that the last war had been fought, and that the bomb you are working on would never be dropped on an enemy, could you go on giving your best to that work - taking a living from it? This also is a searching question, on which our whole attitude may depend. You and I must decide for ourselves.

Someone is sure to say, "We have always had war, and we always will. You can't change human nature." I am more and more impatient with this attitude, which attempts to defend every human thought and action by the simple expedient of pointing out historical precedents. This type of reasoning would lead us to believe that it is sound practice to light our houses with kerosene lamps when electricity is available. Is there no upward human progress? Evidence of it may be lacking at times; but I, for one, reserve the right to hope. A frail utopian hope, you may think, but if it should die completely where would we be? Whether we are airmen, grocers, or professors, all of us on the Western side of "the curtain" must do our utmost to give moral support to those courageous and tireless men of our external affairs departments whose job it is to try to find the common ground on which two halves of the world may join hands and go forward as friends.

These thoughts have come up-permost in my mind many times during the past year or two, and I

am convinced that many of my readers have pondered the same problems. The familiar and somewhat shop-worn analogies likening an armed service to a fire department or a police force must be discarded. They are not rejected because they fail to apply. In many ways there is an interesting similarity, but the answer they provide is insufficient. It must go deeper than that. I have lately come to believe that our real motivation does not depend on whether we think a war is coming or not. I have enough confidence in our strength of purpose to declare that those in the RCAF willing to think beyond their next annual leave are in it *because it exists as an instrument to help defend a faith they believe in*. If the state of mankind is still such that our strength must again be tested by war, then we in the service will accept that eventuality, without special blame to ourselves, and make certain that we are found strong in the test.

I saw a picture the other day, one that gave me the seed of an idea and provided a compelling illustration. A man with a sincere and kindly face was making his way through a gang of ruffians. They appeared to be threatening him and his arm was raised with clenched fist to protect his head. He obviously had no intention of striking anyone unless he was molested, but the strong arm was poised and ready. *That* is our task in the Air Force, to be part of that right arm and to make it alert and powerful. I cannot in all sincerity believe that what we are striving for, as members of a Canadian armed service, is inconsistent with God's will. His way is threatened. The arm must remain raised and protective for a while yet, to ensure that right prevails and that the doctrine, that Man and his Soul are free, shall not perish.

## 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.