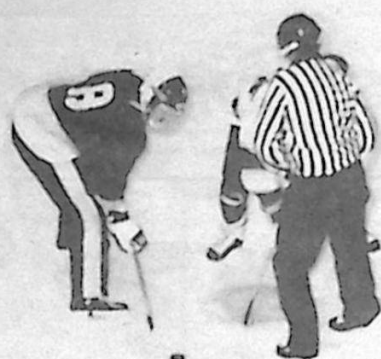




15 MORE DAYS TO GO!!!



Get ready
for
No-Sno-Fest 97!



Yes! Tommy Gale,
we have whistles

See page 5



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 39 NO 1

The Comox Valley's Oldest Newspaper

COST: PRICELESS



The Honourable Doug Young is greeted by Col MacLean, WComd, and CWO Dupuis, WCWO, on his arrival at 19 Wing Comox.

MND visits 19 Wing

The Minister of National Defence, the Honourable Doug Young, made a day long visit to 19 Wing Comox on Wednesday, 16 January. The Minister has visited a variety of military bases and installations since his recent appointment as Defence Minister and he has taken every opportunity to learn the concerns and issues of the serving military members. Arriving at 9:20 am via Challenger aircraft, the Minister was greeted by Colonel MacLean and CWO Dupuis. A Guard of Honour was on hand for the occasion, commanded by Captain N. Sardana, and the Min-

ister inspected the troops, accompanied by Colonel MacLean.

A whirlwind tour of the base was conducted for Defence Minister Young, including a briefing in the DIAC by the Wing Commander, followed by a walking tour of all of the Squadrons, Construction Engineering and the Airfield Engineer Flight. A number of questions were entertained during a luncheon at the Warrant Officers' and Sergeant's Mess and these were answered in a forthright manner. A recent ditching of a Labrador helicopter in Georgia Strait prompted some questions from 442 Squadron

members regarding the timeline for replacement of the aircraft and the Minister indicated that the Request for Proposals had been issued and a number of companies were expected to respond.

Showing a keen sense for adventure, the Defence Minister accepted invitations to fly in the Buffalo and Labrador aircraft. Unfortunately, the Labrador was called away to a search on the northern end of Vancouver Island and he was unable to take advantage of the offer. He did, however, get a flight in the Buffalo and as one can see from the smiles

Continued on page 3.

Submerged Labrador

It's Monday, January 13 around 1:15 pm and the staff and patrons of the Salmon Point Pub are just finishing up the lunch time activities when they are treated to an unusual sight. A Labrador helicopter from 442 Squadron is forced to ditch in the strait, not far from shore, due to smoke and sparks emanating from the rear of the aircraft. The aircraft floats on the surface for a

time and then is towed close to shore by a nearby Coast Guard vessel, the *Point Race*. Unfortunately, the front pilot doors have been jettisoned when the aircrew egressed and the aircraft slowly takes on water (apparently due to the effects of being towed) and sinks up to the forward rotor head in shallow water.

Continued on page 7



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ENTERTAINMENT:

Fri Jan 24 - ANDREW SCHMIDT

Sat Jan 25 - ANNUAL BURNS DINNER in Upper Hall. No Host bar 6-7 pm. Dinner 7:00 pm. Dancing to follow. Tickets \$15.00 per person now on sale at the bar.

Sun Jan 26 - afternoon entertainment in the lounge with WYLIE AND THE OTHER GUY from 3-7 pm.

Fri Feb 7 - ALLEYCATS

Sat Feb 8 - Annual joint INSTALLATION OF OFFICERS - Upper Hall. No Host bar 6-7 pm. Dinner at 7:00 pm, ceremonies 8:00 pm. Dancing to follow. Tickets \$10.00 per person.

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

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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

24 January - Wylie & the Other Guy

31 January - The Alley Cats

FUN EUCHE.....every Monday night 7:00 pm

FUN CRIB.....every Wednesday night 8:00 pm

SUNDAY CRIB.....26 January.....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

GENERAL MEETING

Tuesday, 28 January at 7:30 pm

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The Aircraft Maintainer - a tribute

The following stirring tribute to aircraft maintainers was first published in April, 1931 - over 65 years ago! It was written by a Capt Ira Eaker, who was destined to later become Chief of Staff of the US Air Force. The article encapsulates the absolute importance of the maintainer in flying safety and efficiency, and the contents are as true today as they were all those 65 years ago. The following tribute is reproduced courtesy of USAF *Flying Safety* magazine.

Every generation of every nationality requires a hero. It finds one or makes one.

In earliest times, he was mythical. A little later, he was some great warrior or explorer. But some man has always been set apart from his fellows and accorded the adulation of the multitude...then along came the spectacular flights. At this juncture, the nation was searching its collective soul for a hero, and it seized upon these unsuspecting fliers. So the toga was handed about, falling in turn upon each succeeding ocean spanner or record breaker.

Strangely enough, with all the shouting that has been done, all the medals which have been struck, the right man in this flying business has yet to be picked.

Human flight was a comparatively new art. For thousands of years, man had longed to soar among the clouds. It was not unnatural then that some member of the flying fraternity should fill the national need for a hero. For some reason, the pilot was selected. He it was whose will directed these new machines to flight, whose courage permitted performance of such feats of daring high above the earth.

So, selected he was. And each small boy decided not to be a policeman, fireman, or railroad engineer, but envisioned himself a flier when he grew to man's estate.

So we pulled a parade, waved flags, made medals, played the band, and greeted like a Viking arriving at Valhalla each new pilot who flew a little higher, or a little longer, or a little faster.

Why not? Your airman wore proudly the symbols of his profession. He was the striking figure in this new industry. Small wonder that the little lads foreswore old models and changed their boyhood dreams.

But we made a great mistake, as multitudes often do. The fellows who make aircraft fly, and make records fall, and who drive 10,000 aircraft 50 million miles a year were not the pilots. They were the mechanics.

Let me tell you about this fellow as I have come to know him...and see if you don't agree with me.

Most men work for reward. There are various forms of reward - the cheers and commendations of onlookers, money, pleasure, self-expression, self-satisfaction. The pilots get all of these in some degree.

What does the mechanic get...his hands are cut and black from contact with greasy engines. He can't keep "that skin you love to touch" and maintain an intimacy with an aircraft powerplant. Don't ask me why or what kind of a man would elect such a role, such a life. Rather, tell me why there is a hermit, wizard, nurse, nun, or saint. I don't know! There is no accounting for occupational tastes, but every time I fly I thank fate for a good mechanic.

He's no dunce, either. To learn all he knows would give many a college professor an awful headache. He gets his invaluable training over a long period of years. The school of hard knocks is his. Truly, he learns to do by doing.

This modern aircraft engine is no simple mechanism. It has more parts than has the human

body - and more ailments. A divine providence has fashioned your own mechanism more smoothly, coordinated your organs better than man has built this engine. But the good engine mechanic knows every part, every symptom, malfunction as well as any doctor knows the causes and remedies for your aches and pains.

Some years ago, I was assigned a plane for flight. I started to climb in, and the mechanic said, "Sir, I wouldn't take that ship up. The engine doesn't sound right to me."

I ran it up, and it delivered full power. It hit on both switches, accelerating promptly, and I couldn't detect any indication of trouble. I called for the engineering officer. He ran it up and marked it okay, but the mechanic still shook his head.

I took off and joined a practice formation and soon forgot the warning of my mechanic as we flew over San Diego Bay. Twenty minutes later, the engine quit cold without warning. I set her down in the sea. Being a land plane, she soon sank.

While swimming around, waiting for a rescue boat, I made one resolve that has remained with me through the years. When a good mechanic says an engine's bad, I don't fly that plane. He's the doctor.

These mechanics are versatile, too. Mine was on that rescue boat. He has never to this day said, "I told you so," but he couldn't rest until we had fished that plane off the ocean floor. Then he displayed one of his rare "human weaknesses" by spending his Sunday holiday taking it apart to see what had failed. His expression never changed as he showed me the cause.

So, you see, the aircraft mechanic is human. In fact, he has the instinct, training and mental ability of a surgeon.

Continued on page 3



MND appoints advisory group

The Honourable Douglas Young, Minister of National Defence, today announced the creation of a Special Advisory Group on Military Justice and Military Police Investigative Services. The Right Honourable Brian Dickson, a retired Chief Justice of the Supreme Court of Canada, will chair the group and will report to the minister by 15 March, 1997.

"I am honoured that Chief Justice Dickson has agreed to head up this important study," Minister Young said. "It is critical that we have an independent review of both the *Code of Service Discipline* and the present and future role of the military police."

The Special Advisory Group will have three members and be made up of the Right Honourable Brian Dickson, OC, CC, CD as Chairperson, LGen Charles Belzile, CMM, CD (Retired) and Mr. J.W. Bud Bird, a businessman and a former Conservative M.P. from Fredericton. Retired RCMP Assistant Commissioner Lowell Thomas has been retained to assist the group in their review.

The Minister stressed that he

will use the findings of Chief Justice Dickson's review in his report to the Prime Minister on the future role of the Canadian Forces. The Special Advisory Group's report will build on the work already done by the Department of National Defence and the Canadian Forces and it will help the government reach final conclusions on the needed changes to the *Code of Service Discipline* under the *National Defence Act*.

The Minister noted that the Department and the Canadian Forces have made significant progress in downsizing, renewal and streamlining the command and control structure. However, even more progress can be made with input from private citizens, academics, and recommendations from the Special Advisory Group on Military Justice and Military Police Services, the Somalia Inquiry and the Standing Committee on National Defence and Veterans Affairs. Taken together, these studies, reviews and initiatives will provide the basis for a comprehensive program of renewal for National Defence and the Canadian Forces.

Aircraft Maintainer - a tribute

continued from page 2

One of the characteristics we always like to associate with heroes is courage. Here your mechanic is not found wanting. He'll fly with any pilot, anytime, and that's something I won't do. It takes more courage to ride than to pilot the plane yourself. You always know what you are going to do. He never does...I have known some pilots to get cold feet. Yet, I have never known a mechanic to decline to fly.

The mechanic is reliable; he is trustworthy. He takes his work seriously; he knows that human life is at his mercy. He worries too.

One of my best men who had cared for the special planes of high officials in Washington for some years once came to me and asked to be relieved from those duties and assigned to routine work. He said that the tremendous responsibility he carried was undermining his health.

I know another mechanic who spent his last dollar to buy a flashlight so he could better see to

make his inspections in closed hangars on dark winter days.

Examine the rolls of the airman dead and you'll find mechanics as well as pilots. Yet, their names are forgotten. Others get the adulation, the praise, the medals, and the commendations...but I say, "My hat's off to you mechanics. You may be ragged grease monkeys to some, but to me, you're the guardian angels of this flying business."

MND visits 19 Wing



Defence Minister Young enjoying flight in a Buffalo aircraft.

Continued from front page.

in the accompanying photos, he obviously enjoyed the experience, the SAR Techs no doubt leaving a lasting impression as they so often do.

Shortly before the Minister's departure at 2:30 pm, a media scrum was held at the AMU and this was well received and attended by the local media. The reporters seemed quite satisfied with the answers given to their questions and favourable coverage was given by both of the local newspapers. All in all, a quick, sharp, well executed tour that allowed the Minister to get acquainted with the issues at 19 Wing, and one that allowed the serving members to get a firsthand look at their new Minister of National Defence.

Flight Plan 97 receives DM/CDS award

by Col Roy Mould, Director FP97

This is to inform you that the significant renewal reports of the Air Force team have been recognized by the awarding of the DM/CDS Renewal Award to Flight Plan 97. The presentation of this award reflects highly on the entire Air Force.

The FP97 team is very conscious of the contributions and support by so many in NDHQ, AIRCOM, Groups, Wings and industry who have facilitated the achievements to date. To that end, I would ask that you relay the news of this award to your hard-working line and staff who played such an important role in its achievement.

MND press conference - 31 Dec 96

On 31 Dec 96, the Honourable Douglas Young, Minister of National Defence, gave a press conference to address questions surrounding LGen Roy's release and the apparent harassment of Capt Perron. He announced a freeze on officer promotions until 31 Mar 97, that he will report to the prime minister on the state of the CF by 31 Mar, and called on anyone with serious allegations involving the CF to make them known. He further announced that the ongoing process of reviewing the military justice system and investigative services within the CF would be accelerated. More details on the actual process involved in fulfilling these requirements will be provided when they have been finalized. Minister Young also strongly praised the outstanding service of the vast majority of CF members which, through the actions of a few, is being overshadowed by allegations of misconduct.

No officer promotions will take effect before 31 March 97, including those previously announced that were to take effect on or after 1 Jan 97. All officers will continue to carry out their responsibilities and that may entail being under ranked for certain appointments. This is a temporary measure and every effort will be made to minimize the long term impact on affected individuals.

While there is much work to be done before the transition is complete, it is a significant source of pride that our collective efforts have been recognized so appropriately. May I take this opportunity to pass on my sincere thanks for your support throughout what has been a most challenging year.

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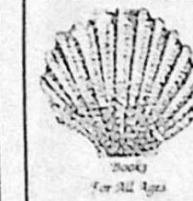
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I am not unfamiliar with the stresses associated with flying aircraft in a dangerous environment. Indeed, it can be argued that the mere act of flying, with or without the aid of an aircraft, is dangerous. I recall reading an article, written by an instructor of the art of aerial warfare in the period just following the First World War; it was his observation that the age of the ideal fighter pilot was between 18 and 22 years. Younger than 18 and the pilot was incapable of learning the intricate details of flying and fighting, older than 22 years and the person knew better than to risk life and limb in such a dangerous field.

The recent docu-drama on the Avro Arrow also brings another pertinent rumour to light. It is said that a well known test pilot associated with the programme gave up flying altogether following the cancellation of the project. He was known to travel by boat, train or automobile rather than take an available aircraft, even to his hunting lodge. The rationale being that you only have so much "risk taking" available to you before your luck runs out, and his years of high adventure meant that he should look for lower risk activities.

Which brings me to my point. Why do all the pilots on the Search and Rescue squadrons look so young, and why do all the older, retired ones seem to prefer to travel by road?

Joel Clarkston

LETTER TO THE EDITOR

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

Dear Brian,
I am writing to congratulate you and all 19 Wing personnel on your excellent showing in the 1996 Canadian Occupational Safety and Health week in B.C. Topping last year's finish by achieving both first overall and by most closely representative of theme awards is an exceptional achievement. Your continued participation in this worthwhile event demonstrates a clear understanding of the role that safety

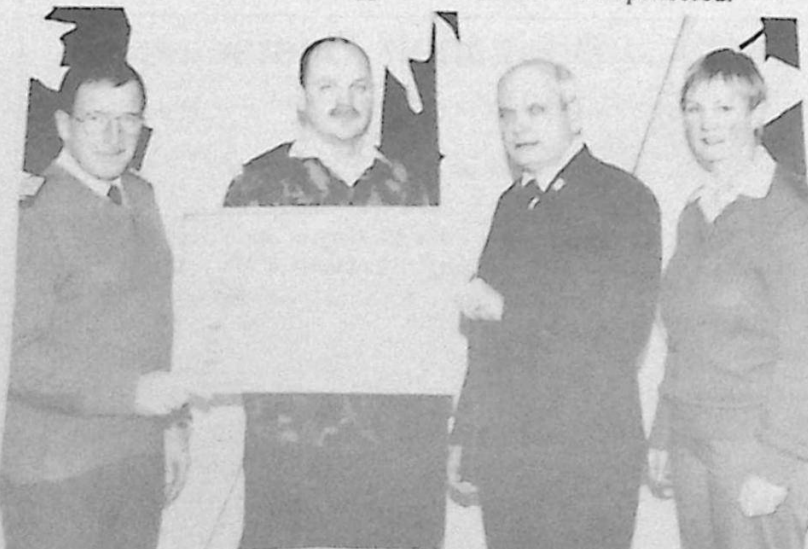
plays in keeping our people, and through them the air force, mission capable. As we move forward with the "social charter" element of Flight Plan For Life, it is these types of events which will demonstrate our commitment to improve the quality of the working environment.

Please pass on my congratulations to all Wing personnel with a special note of appreciation to the event organizers and participants.

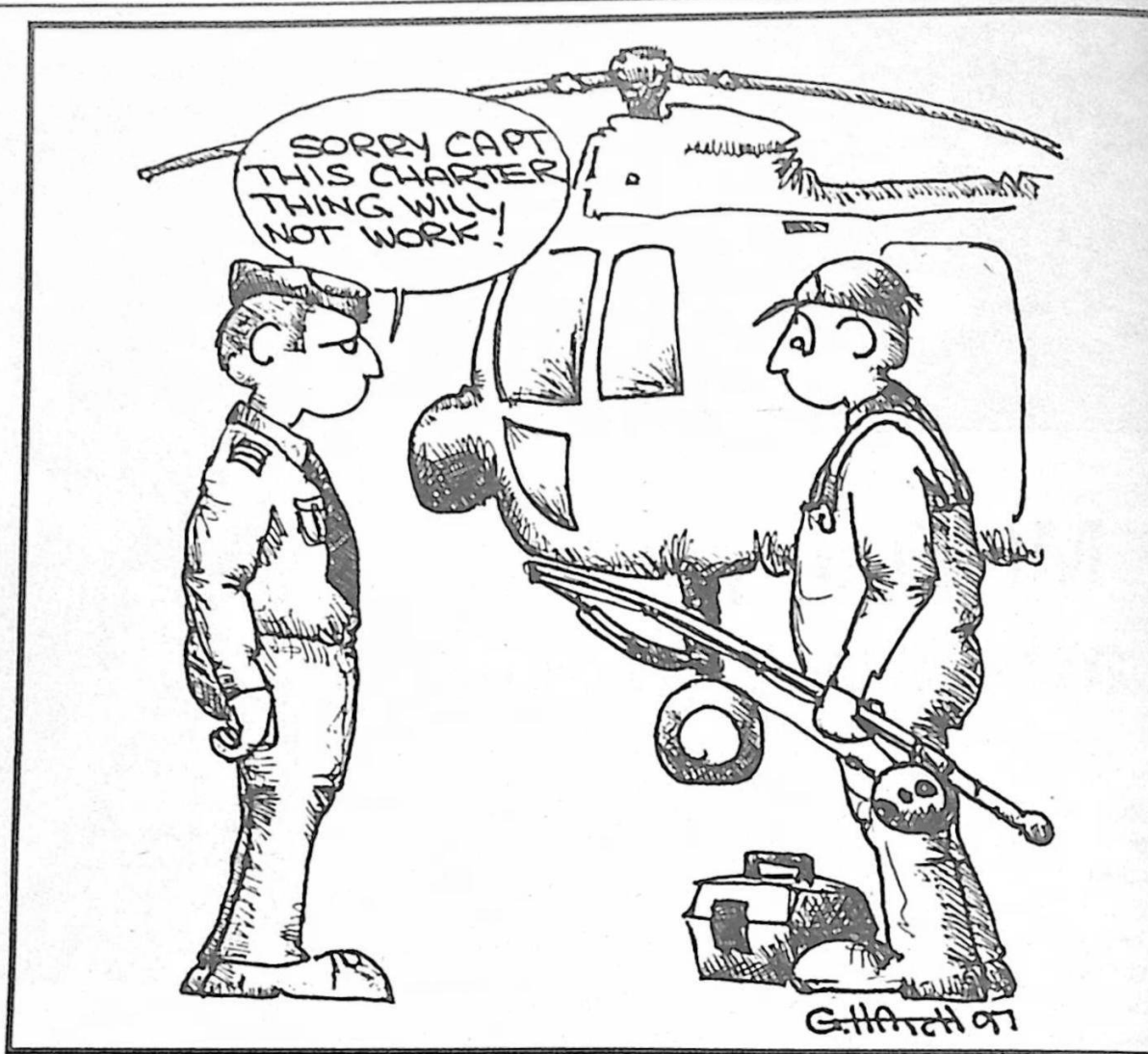
Best personal regards,
A.M. DeQuetteville
Lieutenant-General
Commander



Special thanks to all 19 Wing personnel who contributed to the success of the Salvation Army Christmas Cheer campaign. As a result of your continued support, 24 families were sponsored.



Mr. Bob Cole is presented with a cheque for \$2,400 by WComd, Col Brian MacLean, Cpl Paul Rioux and Sgt Eileen Redding.



IN MEMORIAM Capt Judy Toussaint

Passed away 18 Dec 96



To merely describe a memorial service held in remembrance of a fellow military member would not do justice to Capt Judy Toussaint. Judy Toussaint spent her life in devotion to helping others. She began her life-long goal after graduation from St. Rita's School of Nursing in Nova Scotia and carried on to join the Canadian Forces some years later as a nurse. During her tenure of 18 years in the Canadian Forces she served in Ottawa, Cornwallis, Esquimalt, Masset, Lahr and in Comox. Judy left the Comox Valley this past summer for her retirement posting to Esquimalt.

Judy was a warm, compassionate person with a wonderful sense of humour. Forever maintaining a positive outlook, Judy approached life with joy and expectation. She was dedicated and loyal to everything she did but one of her greatest sources of pride was her daughter Tanya. Judy was a woman of great faith and commitment to the Roman Catholic Church. All those who had the privilege of working alongside Judy became aware of her kindness, loyalty, fairness and wonderful sense of humour.

"Judy was a selfless woman who dedicated her life to the wellbeing of others, giving freely of her time to help any who needed," said Marie McGregor. "Our lives have been enriched and rewarded having known Judy. If we have learned anything from her time here with us, it should be to put others first and always go that one step further. She made this world a better place."

RCAF Station Comox TOTEM TIMES

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

Glacier Greens update

by Barb Carter

January 12 saw 59 golfers show up for Winter Golf and the weather was great. Some new faces were noticed, so keep on coming.

1st Gross: Duke Dutrisac, Chuck Perry, Bob Pridmore, Gord Pritchard.

1st Net: Ted Sauve, Fred Williams, Glen Caslake, Lorraine Courtremache, Mary Kelly

2nd Gross: Bob Marshall, Bob Edwards, Mickey Blake, Joyce Merrill

2nd Net: Floyd Merrill, Jack Hawkins, Al Richards, Kay

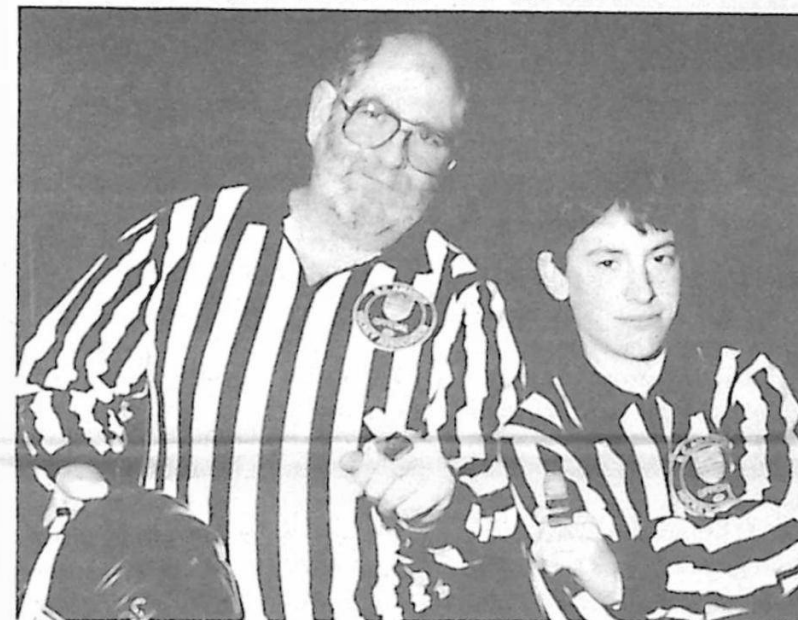
Banks.

3rd Gross: Jack Picard, Dick Nex, Len Doyle, Anne Blake.

3rd Net: Gary Usher, Phil Nakashima, Doug Cull, Irene Perry, Barb Carter.

KPs on #12 Bob Pridmore made the shot for Duke's team and on #15 it was Jack Hawkins doing it for Floyd Merrill's team. Way to go guys! Remember, come early for Super Chef Steve Dodd and staff's great breakfasts. Get a good start for those nine holes!!

Yes, we have whistles



Father and Son Duo

It's a 7:00 am Sunday game at the Sports Centre but dad did not mind, for it was to be his first game officiating with his newest partner - his son, Matthew. Bob, who had "semi-retired" (I'm back) re-carded this year just to have the privilege of officiating with Matt in his first year of many more. The game was a breeze as Matt helped to ease any pressure that dad may have been experiencing.

Prior to the game, Matt was caught showing his father what a whistle looked like and, rumour has it, just how to use it! Thank you, Pat.

(Photo by Mom.)

Plan ahead now for fall courses

by Pat Allan,
CFCCN Co-ordinator

If you plan to take college courses in the fall, start planning now. This is a great time to be sure you will be able to enrol in the program you want.

Most courses have prerequisites, from Grade 11 or 12 English or math equivalencies, to specific subject material that you must have studied. If you have all the prerequisites you need, you will be able to start right into your new program. Although on-campus courses are now under way, many distance learning programs have continuous intake, so you can start any time.

Begin by deciding what you want to achieve with your college education. If it is a particular kind of job, interview some people who have that job now. Ask their advice on the value of the program you are considering. It's especially useful to talk to people responsible for hiring - ask what would make your résumé stand out from the rest.

Once you are clear on your educational objective, spend some time with college calendars to find the program that will get you where you want to go. That may be North Island College, or any of the network colleges which offer distance learning programs. The Resource Room at the WPSO's office has calendars from across Canada, available for loan. If you have taken college courses or military training which relates to the program, you may be able to get credit for prior learning. Those assessments can often take a long time, so start

early.

If you need help working through all the possibilities, give me a call. The Canadian Forces Community College Network was developed to help you reach your educational goals, and we have contacts at bases across Canada. The post-secondary educational system can be intimidating - it has its own set of rules and a labyrinth of procedures. If you'd like some support to find your way through, we are available. Because it's your future, a lot of the work and the final decision will always be yours, but it's helpful to have a guide.

Management Development Program courses are underway. If you are interested in this 6-subject certificate program, call for more information. We are also considering offering some credit courses on base, such as a basic English course and Technical Math course. These are requirements for many college programs, often as upgrading prior to being admitted to your program. They can be difficult to get into in a regular college setting due to high demand. Other possibilities are Accounting and an Introductory Computer course. If we have enough interest here, arrangements can be made to bring in these courses. CFCCN members (regular, reserve, serving and retired military, civilians and their families) interested in any of these courses should contact me or leave a message as soon as possible so we can begin arrangements.

Call me at local 8889 to talk about your educational plans.



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Rappelez-vous que la date limite pour cotiser à un REER pour 1996 est le 1^{er} mars 1997. N'attendez pas!

Si vous ne participez pas déjà au régime, adhérez maintenant. Si vous y participez déjà, cotisez sans tarder et profitez de l'effet de la composition des placements immédiatement. Un prêt REER** peut également vous aider à optimiser votre cotisation.

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AMCRO has been very busy since you last heard from us. Almost all of our personnel have changed over, or just disappeared. We are now led by WO Tom Gale, who is so good he replaced two people: MWO Gaudet, who went to the Maintenance Superintendent position, and Captain Barton, who was posted to 14 Wing. For a while we also thought we had lost MCpl Darla Periard-Lair, but she was just on a very long course. Sgt Vince Vincent, who moved to "C" crew, has been replaced by Sgt Norm Ruby who came to us from 408 Sqn, Edmonton. (Motto: "Death by Confusion.") MCpl, oops, Sgt Jensen moved to Periodic and was replaced by MCpl Phil Hunter who came to us from "2" Crew, I mean "B" Crew, by way of IOC Training. MCpl Jean Bisson was posted to 8 Wing, Trenton and his position, but not his chair, was filled by MCpl Bill Malouin from Engine Bay. MCpl Pierrette Maier took the last FRP and was sort of replaced by Cpl Andre St. Hillaire. All of the new people are getting settled into their jobs.

407 Sqn



Démon Doin's

Fortunately there were some people kept for continuity.

Now that MCpl Periard-Lair is back from her International EOD course she can blow up things in four different languages. MCpl Tracy Reid is back from courses in Greenwood and Winnipeg and thinks he'll never again have to go on a course (except in the unlikely event he gets posted). Lt John Klatt appeared briefly in the role of Deputy Maintenance Flight Commander. He was then moved into the newly created AMO position and his office moved downstairs. The empty DMFC office

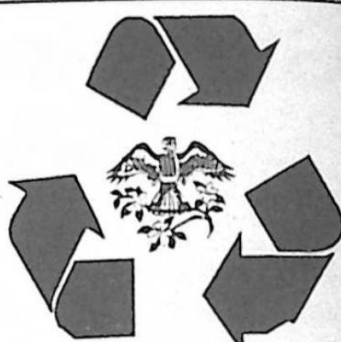
was quickly taken over by the Engineering Support Officer, Lt Lynne Moore, I mean Hounslow, who was the FASM (Computer weenie).

We have probably seen the last of the moves for a while as everybody had already been moved once and the squadron budget couldn't take the drain of more office furniture. The section has been remodelled and we now have room for those Friday night dance parties. (It was getting harder and harder to book the squadron OR.)

A number of Lts were recently promoted to Capt. They include: RC, Dietrich, Bolton, Smith, Martin and Evans. They got to wear their new Capt stripes for all of two days before we received official notification of the freeze on officer promotions and they had to take them down. When will they be able to put them up again? Who knows? Hopefully we will hear more when the Minister of Defence comes to visit.

That's all the news that's fit to print for now. Until next time!

Look who's recycling



(L-R): Cpl Dupré, Terri Hyde and Cpl Tufts demonstrate the proper way to dispose of waste batteries on the base. (Photo by Cpl Tsagatakis.)

CARDBOARD AND GARBAGE DON'T MIX - USE THE PROPER CONTAINER

Corrugated cardboard (like moving boxes) should always be flattened and placed in the dumpster marked CARD-BOARD, never in the garbage dumpsters.

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Proper disposal of cardboard and garbage results in increased costs (thousands of extra dollars per year) and reduced budgets base-wide. Make sure you're using the right container. If you have any questions, contact your Unit Recycling Coordinator or Capt Pierre Bouchard, Wing Recycling Officer, local 8299.

Who's recycling? Why it's Crown Assets Disposal, or R&D (Repair and Disposal), as they are better known. The crew at R&D continually searches out new ways to reuse and recycle materials that the rest of us on the base have decided are destined for the dumpster.

R&D has some new and exciting programs in which everyone can participate - battery and printer/copier toner cartridge recycling. As we all know, waste batteries are considered hazardous materials and should NEVER be disposed of in dumpster on the base or in garbage pails at work, or at home. At the Wing, all waste batteries, be they lithium, alkaline, nickel-cadmium (NiCd), or lead-acid (car/truck/airplane), should be taken to R&D in Building 171 (or call local 8601) or your local supply group. A provincially-licensed Victoria company won the contract to pick up the batteries, recycle them, and pay us (the Crown) for the privilege of doing so - what a country! Of course, the Crown only receives two cents per kilogram of batteries picked up, but it is much better to be paid \$8.00 for recycling than to pay \$500 for disposal. The \$500 is a conservative estimate, considering it costs anywhere from \$1.14 to more than \$5/kg for disposal as hazardous waste, not including shipping and labelling. So all you waste battery produc-

ers take heed and get your dead batteries to R&D.

Laser printers and photocopies are everywhere nowadays, so R&D's contract with a downtown company to recycle toner cartridges is decidedly fitting. Toner cartridges are the items that contain the black powder required to put printing on a piece of paper and need to be replaced on a regular basis. The local company takes the cartridges, recycles them, and we (19 Wing) receive a \$5 credit per cartridge against our next purchase, probably of toner cartridges! The next time you, or someone else in your work area, replace the toner cartridge in your printer or photocopier, do not throw it out. Collect a bunch in a box and take them over to R&D. Save natural resources, save money and keep local people employed.

Other programs that R&D run or are working on: proper disposal of all empty aerosol cans, waste automotive oil taken back by Shell for disposal/recycling at their cost, and less expensive ways to dispose of/recycle anti-freeze.

If you have an item that you are not sure how to dispose of properly, contact R&D at local 8601; they know a lot of stuff.

If you know about someone who is 3R-conscious, let us know so that we can profile them here. Call local 8378 or 8387.

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19 WING



ARAF



Cpl Edith Gauthier, PMC for upcoming ARAF Mess Dinner, helps CWO Bradley pick the winning ticket in the first of three raffles. Capt Tom Cobb of Wing Ops was the lucky winner of the beautiful piece of stained glass, donated by Rudy Preus and titled "Celestial Spheres." There are lots of tickets still available for the next draws, scheduled for 14 Feb and 15 Mar. See any one of your friendly ARAF members to get your tickets. (Photo by Cpl Olsson.)

Comox VPI Wing

From the President:

The New Year is upon us and I feel it is a good time to assess where we are going. The past year has been relatively quiet and I would like to see a change to that in 1997. To start the action, I will be calling for a General Meeting in early February to discuss and make decisions on a number of

issues. The first item on the agenda will be to fill out a few more positions on the executive in order to help run the affairs of the Wing without putting an undue load on a few individuals. Within that prerogative, I would put out a plea to our many retired members to come out and see what

they can do. Secondly, the Wing has felt the effect of not having a meeting place of their very own. There are some proposals available that will be discussed to solve that situation. Events such as the annual Pub Crawl, involvement in Comox Nautical Days, and a Red Tie Luncheon need to be planned. On the VPI HQ side, there will be a dedication of a VPI Memorial in Greenwood in September. Then there is FIN-CASTLE '97 to be held here in October. It will be the first time that CFB Comox has hosted the event since 1972.

Some other issues that need to be discussed are total number of hours for eligibility for VPI membership, associate membership, and the 35th VPI reunion. On the first of these, all Wings have been asked to present their views on lowering the number of hours needed to become a regular member of VPI. Associate membership is something that would address the need to involve younger MPA aviators in Wing activities. The 35th VPI reunion is four years away, but planning has to start soon and I for one would like to see it hosted here in Comox to highlight the fact that V International got started right here!

So please take note that there will be a General Meeting at the Airforce Association in February. Posters, flyers, and Totem Times notices will advertise the time and date.

Submerged Labrador

Rescue Helicopter 307 was returning from a callout for an overdue fisherman, along with the Coast Guard vessel Point Race, when it experienced difficulties. A generator located on the aft transmission overheated due to lack of lubrication and slowly disintegrated. This apparently caused smoke and sparks to fill the cabin and cockpit areas of the aircraft and, due to the gravity of the situation, the aircrew elected to land the aircraft as soon as possible. The crew then left the aircraft via the cockpit and cabin exits and took to a life raft. The nearby Point Race took the air-

Happy retirement



MWO Trevor Hallam had served in the CF, and I believe the RCAF, for slightly more than 30 years prior to his first retirement in July 1993. During that time he saw service in all commands of the air force community, on a variety of aircraft - TacHel, Heavy Transport, AFMS (that's Aircraft Field Maintenance Squadron), Fighters and Maritime Patrol. Trevor was even qualified as a Tech Crewman on the CH113A.

In Feb 1994, Trevor accepted an ARAF position with 407 Sqn and was appointed the Sqn Hangar Improvements Facilitator (SHIF). His duties included carrying the big stick to make sure that the CE Section reacted to our needs. His experience, easy going attitude and friendly personality were the tools he used to ensure that improvements to the hangar and work spaces were completed as requested and on time.

Trevor, your efforts over the past three years are very much appreciated. We would, again, like to extend our best wishes to you and your family on your second try at retirement. Good luck, and don't be a stranger. (Photo by Base Photo.)

craft in tow and went for the beach area next to Salmon Point. The helicopter was subsequently hoisted onto a barge and put ashore near the base, then towed down the highway and back to the 442 hangar.

None of the aircrew, Capt Deborah Pawluk-Paupst (aircraft commander), Lt Matthew Parsons (first officer), MCpls Patrick Molloy and Pierre Picard (flight engineers), MCpl Kevin Sawislake and Cpl Wade Simpson (SAR Techs), were injured in the ditching.

The current condition of 307 is

still open to debate. All of the interior and most of the forward transmission area were subject to saltwater exposure. The entire aircraft was flushed with fresh water and lubricant as soon as possible after its return to the base, but there is some question about the integrity of the magnesium components in the transmission and flight controls. A team from Boeing Arnprior will be arriving near the end of the month to assess the damage and determine if the helicopter can be fixed locally or must return to Arnprior for a complete overhaul.



888 Wing helps community

1996 Contributions Report

The following amounts were donated to local agencies and charities by 888 (Komox) Wing RCAF:

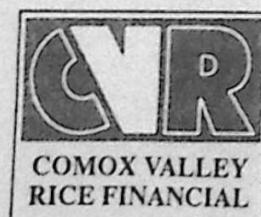
Arthritis Society	\$550.00
386 Air Cadet Squadron	14,000.00
Canadian Cancer Society	525.00
SAREX (Children's Ex)	200.00
Distress grant	500.00
Comox Valley Summer Camp	450.00
Wallace Gardens Community Assoc.	100.00
Kidney Foundation	500.00
Salvation Army	500.00
Comox Valley Foodbank	500.00
Ronald McDonald House	500.00
Firefighters Burn Fund	500.00
Distress Grant	500.00
Total contributions	19,325.00

Wing president K.D. MacDonald points out that the above funds are the direct result of the hardworking 888 Wing volunteer Bingo Committee, under the leadership of Richard Woodman. This group works tirelessly, with little recognition or praise, but if it were not for them the recipients above would not receive the financial support from the Wing that they now enjoy. As the sponsoring body for 386 Squadron RCAC, we are pleased to contribute the financial support and provide the squadron with the administrative and classroom facilities.

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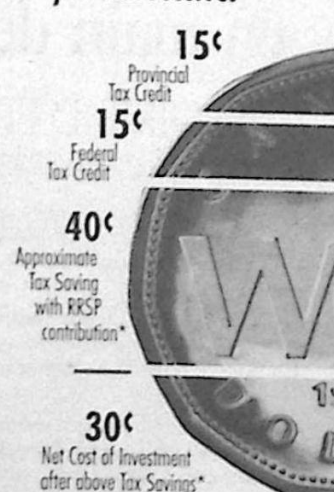
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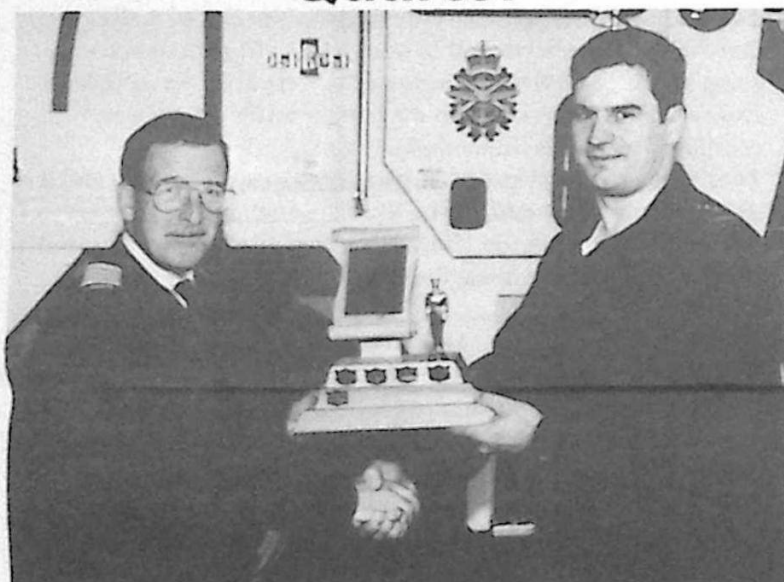
FP '97 Soars to a finish



Course Facilitators

Pictured above are 19 Wing Flight Plan '97 course facilitators. Back row: Lt Kim Saunders, MCpl Pat Dunn, Capt John Pumphrey. Middle two rows: MWO Lawrence Goble, Sgt Jim Cahill, Karen Beamish, Cpl John Grant, Cpl Richard Jomha, Cpl Stephane Couturier, Pat Landroche, Cpl Doug McElwee, Cpl Gabrielle Cyr. Front centre: Chief Instructor Kathryn Perry.

Service Person of the Quarter



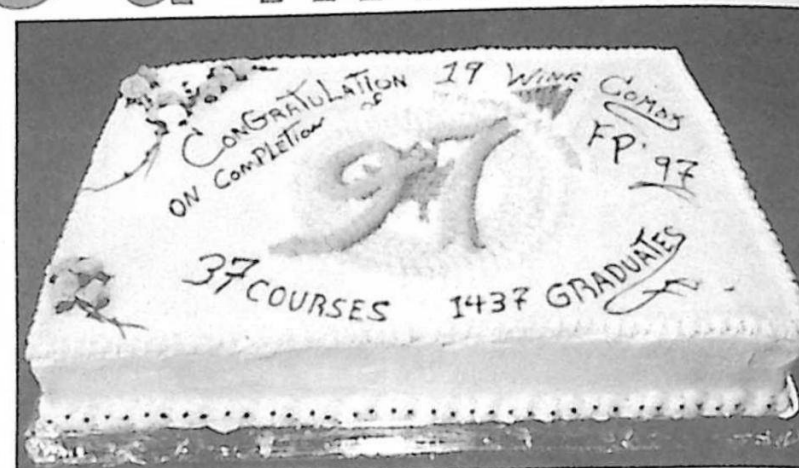
WComd, Col B.C. MacLean presenting MCpl J.F.J.P.N. (Norm) Gaudreau, a proud Fire Fighter, with the "Service Person of the Quarter Award," on 20 December.

MCpl Gaudreau is very deserving of this honour for his significant contributions and dedication to 19 Wing and the Fire Hall Flight. He presently has the additional responsibilities of filling the Sgt Deputy Platoon Chief's position; projecting confidence, leadership, and strong work ethics. He was instrumental in computerizing several time-saving operational programs. As the ADP rep, he has logged numerous off-duty hours working on the computers and in setting them to the LAN in the department. He implemented improvements to the Wing Fire Hall training tower (T-2); supervising the construction of a huge deck over the existing roof, that now provides a safe facility for high rescue training. For this undertaking he mustered the help of the Comox Fire Dept. His secondary duties include being a Wing First Aid/CPR instructor/trainer, and a Cas-Sim makeup artist. During recent exercises in Holberg, his casualty makeup and professional inputs made scenarios very realistic. He is highly involved with the Comox Branch of the St. John's Ambulance, in the past as the Vice-President, President, and now as their Training Coordinator.

Congratulations MCpl Gaudreau for your willingness to go that extra mile for the Air Force/Fire Hall Flight.



In order to accomplish the goal of course loading 1,437 personnel, course facilitators had to jump leaps and bounds to ensure that every member at 19 Wing Comox attended this 3-day training session. A feat that could only be accomplished through sheer dedication and devotion of a team who were compelled to succeed with the task at hand. Flight Plan '97 began its training program on 17 Sept 95 and completed their final course on 12 Dec 96.



Celebration Cake

It is always said that a picture tells a thousand stories, well in this case the picture tells one thousand, four hundred and thirty seven stories. Flight Plan '97 was a tremendous success having conducted 37 courses and graduating 1,437 personnel. As Flight Plan '97 came to a close at the end of the year, some key personnel were singled out for their extra effort and dedication. MCpl Pat Dunn, Cpls Richard Jomha, Gabrielle Cyr and Doug McElwee received Commander's Commendations from Col MacLean, WComd. Capt Pumphrey and PO2 Adams were presented No Retreat awards.

19W hosts Safety Officer course



General Safety Officer Training course

Participants of the above course, held at 19 Wing 25-29 November 96: Back row: Sgt Steve Nicholls, Sgt Rob Mutch, PO2 Tom Adams, PO1 A.J. Parker, WO Huybers, Sgt Mike Picard, Capt Henri Rekers, Cal Veeder, Gary Woods, John Stoll. Middle row: Sgt Dave Gouthro, PO2 Donnelly, Bruce Kaye, MWO B.J. Daniels, MWO Paddy Keefe, Sgt J.W. Brown, Sgt John Naugler, MCpl Dean Battersby, Lt Jim Bostock, Glen Hendry, Larry Francis, MWO Ron Burke. Seated: Sgt Rick Bellavance, WO Andrea Gaudreault, Chris Brownlee, Maj Wayne Cross, 2Lt Brenda Gauthier, Norm Baum, Ken Ilitski, Pat Anderson, Sgt Donna Melville, MWO Colin Hetman.

19 Wing hosted a 5-day General Safety Officer Training Course from 25-29 Nov 96. The course is designed to familiarize Unit General Safety Officers, Members of Osh and Josh Committees and personnel involved with safety as a whole with the process in which a Safety Officer must conduct day to day business. Those personnel in possession of this course will be able to perform the basic core duties of a General Safety Officer. The training provides GSOs with the tools and ability to provide staff assistance and technical advice to commanders and managers of the formulation and implementation of their safety programs. The course covered General Safety Policy and Program, Promotion and Motivation of Safety, General Safety Legislation, Safety Precautions and Hazards Identification, General Safety Investigations, General Safety Reporting and General Safety Program Development and Evaluation.

This course was conducted by Mr. Norman Baum, a freelance Safety Instructor associated with Lafleur, Bosse and Associates Inc. of Montreal, a safety consultant organization which provides safety instructional services to DND and other federal and provincial government departments.

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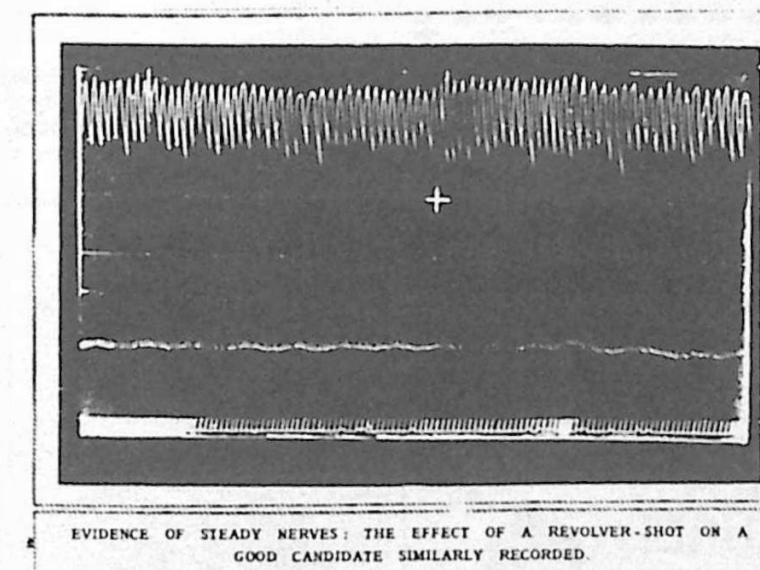


From the archives - the Flight Surgeon strikes

Here's a bit of history that was dredged up from the dungeons of the Rowe Library. The French Air Force (during WWI) tested aircrew for their reactions to sudden stressful situations by firing a pistol off close to their ear and measuring the amount of nervous reaction and the increase in breathing and pulse rate. Presumably you were fit aircrew if you dodged the bullet and didn't end up stuck to the ceiling from fright. Either that, or you had terribly bad hearing to begin with.



TELL-TALE EVIDENCE OF UNSTEADY NERVES: THE EFFECT OF A REVOLVER-SHOT ON A BAD CANDIDATE RECORDED IN LINES AND CURVES. The white cross indicates the moment of the revolver-shot. The top line of curves shows variations in respiration, the next those of the pulse, and the third the trembling of the hand. Along the base is the notation of seconds.



EVIDENCE OF STEADY NERVES: THE EFFECT OF A REVOLVER-SHOT ON A GOOD CANDIDATE SIMILARLY RECORDED.

HERITAGE HAPPENINGS

The staff of the Air Force Museum had a very successful year in 1996 and are looking forward to continued progress in 97. Relieved as they are that the Christmas season is behind them, they are gearing up for the tourist season that is expected to start in May. Several new projects are underway, including the possibility of conducting guided tours of the base in conjunction with tours of the Heritage Air Park and the Museum. This is an idea that was advanced by the CO of 414 Squadron, who in turn brought the idea back from the Fighter Group Conference. It seems that Bagotville is building an observation platform to allow the public to watch some of the flying activity on the base from the safety of the perimeter, as well as allow the public limited access to the base for tours and information. This in an attempt to better educate the public and generate some good will between the populace and the military. A similar programme is being explored for 19 Wing and, if approved, will probably involve some form of weekend and holiday tour activity to prove the concept prior to further implementation.

The museum has recently acquired some new artifacts, including a UPA 35 Air Defence Radar console similar to the ones used by 51 Radar Squadron, located right here at 19 Wing Comox. The 650 pound unit was recently delivered by CMTT and the staff is literally struggling with its relocation to the Air Defence Display. This will be a welcome public attraction no doubt, as there is a whole array of buttons and levers to play with and everybody likes those interactive displays. The curator, Mr. Hansen, did not look amused however when considering the prospect of all those people playing with the wiggly bits on the console.

The Heritage Restoration Committee is really on the production role now and there is considerable progress being made on the H-21. The cooperation between the base personnel and the

The Legacy of John Magee

submitted by "Wychowl 8" (Tet Walston)

We all know of the poem "High Flight" by John Magee, a U.S. citizen educated mainly in Britain, who was serving in the RCAF at the time of his death on 11 Dec 1941.

John wrote this poem whilst training at a Spitfire OTU, and it expresses his exhilaration and joy of flight better than any other written, before or after. We in the valley have come to accept the reading of this poem as part of our ritual of Remembrance and Memorial services for our friends and comrades. So we should.

After John's untimely death, his parents were left with all his writings, amongst them was a poem, probably the last he wrote, which in my opinion is worthy of the same degree of acceptance in memorial services as is High Flight.

In High Flight, John expresses the initial feelings of freedom in the air, and the ecstasy which this brings. The poem following, published for the first time in the Comox Valley, somehow has the sense of John's desire to experience that same deep feeling, once again.

Personally, I think that this suits my attitude and feelings better than those of High Flight and perhaps other may find this to be so.

Oh, Once Again

To climb aloft and watch the dawn ascend
Earth's haze-enfolded rim. To dally high
And see the morning ghosts forsake their blend
For sundry silhouettes. To catch the sky
Transformed, its fawn and silv'ry tints now rife
With brilliant hues recast. To ease my craft
Below as golden darts give birth to life
And set the world astir. To catch a shaft
Of beaming warmth, and quickened by its touch
Assault its course through hills of airy fleece.
To burst at last above the crests and clutch
The fleeting freedom - endless blue, at peace.

volunteers is very good and it is very gratifying to see that the aircraft may be restored to a display quality at very little cost to the base proper. This was the intent of the original operation and, despite some initial hiccups, appears to be proceeding on track. Who knows, with a little luck the H-21 may be joined soon by its bigger brother, the H-46.



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Junior Ranks Christmas Dinner the tradition continues



The Junior Ranks' Christmas Dinner was held on 17 December, with the single living-in/living-out service members being served the traditional feast (with all the trimmings) by the Officers, WOs and Sgts of 19 Wing. Much to the delight of the attendees, the carollers provided great background music to accompany the excellent meal prepared by our Mess Hall staff. (Photo by Cpl Tsagatakis.)



Special thanks go out to Sgt Glen Coats and Sgt Chris Ricard from 19 AMS, who coordinated the day's activities, for making this year's annual event such an enjoyable experience. Also, many thanks to all the other Wing personnel who helped make this day a memorable one for not only our WComd and WCWO for the day but for all our single personnel attending this great dinner.



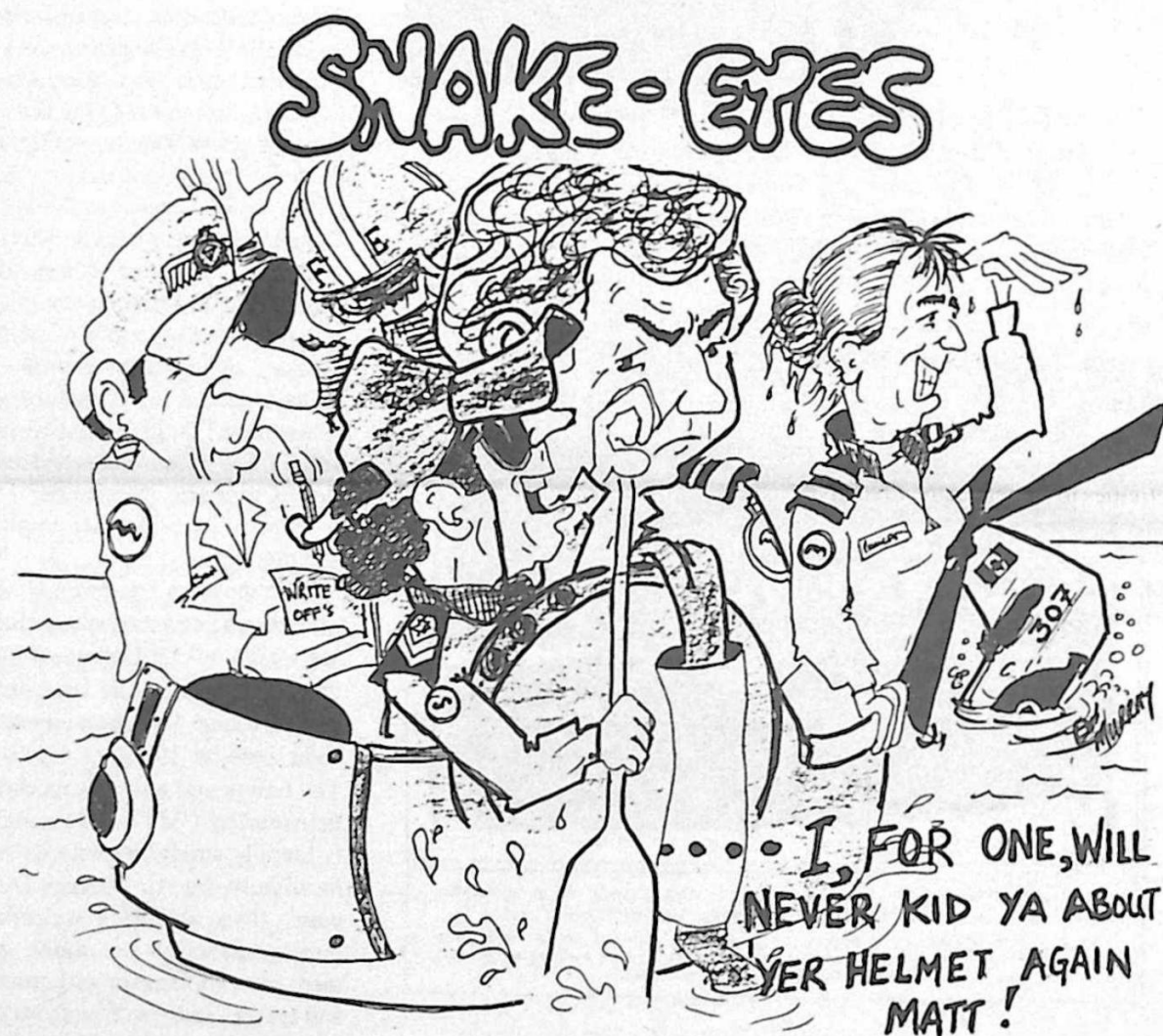
At the formal handover, Pte Brian MacLean was presented with his Private epaulette by WComd Col Turriff of 407 Sqn, while Pte Dennis Dupuis watched over the WCWO CPOI Babineau (a Navy WCWO?) from 442 Sqn sign his Change-of-Command WCWO Scroll. (Photo by Cpl Tsagatakis.)

WE HAVE A WINNER!!

Capt John Pumphrey was the winner of 414 (CS) Squadron's Spitfire Print Raffle. Congratulations, John!

OPIs

OPIs and unit coordinators for the Suggestion Award Program: Chairman, Maj Schalm (407 Sqn) 8106; Secretary, Capt Fields (W Log) 8836; W Ops, WO Lirette 8877; W Admin, MWO Harper 8577; W Log, Capt Fields 8836; CE, MWO Corbin 8180; 407 Sqn, Sgt Ruby 8574; 414 Sqn, Sgt Chalifoux 8923; 442 Sqn, Sgt Bieber 8708; 19 AMS, MCpl Kwasnicki 8596; W Compt, Lt Saunders 8880; ABATS, Sgt Harvey 8764.



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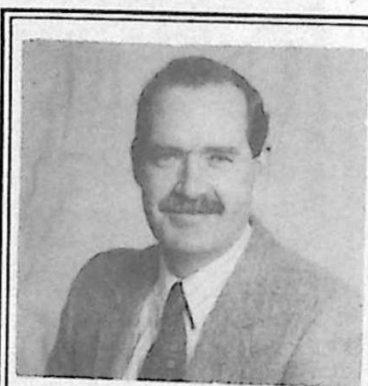
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Association Francophone de la Vallée de Comox

Voici les activités pour le mois de janvier à l'Association Francophone, 479A - 4e rue, Courtenay.

Mini Franco-Fun: Jeudi le 23 janvier, 15h00 à 16h30. Coût: Don.

Cinéma-famille: Samedi le 25 janvier, 14h00. Titre: La petite princesse. Coût: Don.

Chorale: "Les Voix de l'Île" (adultes), Mardi le 28 janvier à 19 heures. Renseignements: 334-8884 ou 338-2193.

Chorale francophone pour enfants: Est-ce que votre enfant aime chanter? Détectez-vous un talent inné pour la musique? Si oui, inscrivez-le à la nouvelle chorale francophone pour enfants (6 à 13 ans). Il apprendra les chansons que son grand-père et sa grand-mère fredonnaient. Notre répertoire se compose des plus belles chansons folkloriques francophones. L'inscription est de \$10.00 par enfant pour 3 mois et aura lieu le mercredi, 29 janvier, de 18h30 à 20h00 heures, à l'Association Francophone. Pour plus de renseignements composez le 334-8884 ou le 338-2193.

Listed below are the January activities to be held at the Francophone Association.

Mini-Franco-Fun: (Up to 8 yrs old) on Thurs, 23 January, 3:00-4:30 pm. Cost: donation.

Family Movie: Sat, 25 January, at 2:00 pm. Title: The Little Princess. Cost: donation.

Chorale: Les Voix de l'Île. Tues, 28 January at 7:00 pm. Info: 334-8884 or 338-2193.

Francophone Choir for children: Is your heritage francophone or francophile? Do you cultivate an interest for the second official language in Canada? Does your child like singing? Do you detect an inborn musical talent? If so, enroll your child in the new francophone choir for children, 6 to 13 years of age. They will learn the tunes their grandma or grandpa used to hum. Our repertoire emphasizes the typical francophone folk songs. Cost is \$10.00 per child for 3 months. Registration: Wednesday, 29 January, 6:30 - 8:00 pm at the Francophone Association offices. For more info: 334-8884 or 338-2193.

Flying fool made mark

(The following article is taken from Air Weapons Occurrence Reports, 3rd quarter 96.)

ROCKETMAN: Last year's Darwin Award was given to a man crushed by a Coke machine from which he was attempting to yank a free soda. (The Darwins go to the people who do the gene pool the biggest favour by killing themselves in an extraordinary and stupid way.)

Front runner this year: Mystery owner of a jet-propelled Chevy Impala.

The Arizona Highway Patrol came upon a pile of smouldering metal embedded in the side of a cliff rising above the crest of a curve. Wreckage resembled that at an airplane crash, but it was a car - make and model unidentifiable at the scene. A lab figured out the story. It seems the driver had somehow got hold of a JATO unit (Jet Assisted Take Off - actually a solid fuel rocket) that's used to give military transport planes an extra "push" taking off from short airfields.

He drove his Chevy Impala out to the desert and found a long, straight stretch of road. Then he attached the JATO unit to his car, jumped in, got up some speed and fired off the jet device. The cops calculate that the driver of the car...

- hit JATO ignition at a distance of about three miles from the crash site (asphalt was scorched and melted there).

- reached maximum thrust within five seconds, causing the Chevy to reach speeds well in excess of 350 mph and continuing at full power for an additional 20-25 seconds. The driver, soon to be pilot, most likely would have experienced G-forces reserved for dog-fighting F-14 jocks under full afterburners, basically causing him to become insignificant for the rest of the event.

- remained on the highway for about 2.5 miles (15-20 seconds) before the driver applied and completely melted the brakes, blowing the tires and leaving thick rubber marks on the road surface.

- became airborne for an additional 1.4 miles, impacting the cliff face at a height of 125 feet and leaving a black crater three feet deep in the rock.

Most of the driver's remains were not recoverable; however, small fragments of bone, teeth and hair were extracted from the crater and fingernail shards were removed from a piece of debris believed to be the steering wheel.

This Chevy wasn't licensed to Wile E. Coyote by any chance?

Cash in on your good ideas

You have probably been told several times in the last couple of years that your ideas are important. Defence 2000, the Air Command Excellence System, Flight Plan 97, and the 19 Wing Ideas Program (not to mention unit-level programs) have provided ways in which your idea can be submitted and considered at senior levels. Have you ever felt, though, that a good idea deserves more than just a pat on the back? Good news! There is a way that you can receive a cash award for your good idea. It is called the DND Suggestion Award Program and it has been in existence since 1958. Two 407 Sqn members each received a cheque for \$595 just before Christmas, so the program does work!

The DND Suggestion Award Program is intended to encourage interest in greater efficiency and effectiveness in the functioning of DND by military and civilian personnel. The amount of the cash award depends on how much money is saved and can range from \$50 up to \$15,000. You can also get a cash award for an idea

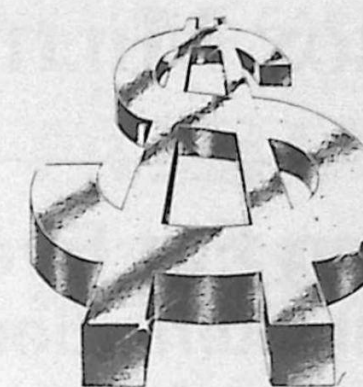
that doesn't save money but that does improve efficiency, safety, or morale.

Q: How do I apply for a suggestion award?

A: You must fill out, sign and submit your idea using the Suggestion Award Program suggestion form. If your idea is based on a UCR, it should be attached to the suggestion form. Unit coordinators have recently been appointed to assist you in making your submission and their names are listed at the end of this article.

Q: Can I use the suggestion form in place of a UCR?

A: No, the UCR must be used in accordance with C-02-015-0001/AG-000. If you submit your idea without a UCR and it has merit, your boss will probably come back to you and ask you to submit a UCR. Remember, many technical changes or modifications will not be approved by



Money talks

Borrowing for your RRSP contributions

by J. Kevin Dohbelsteyn, P.Eng., MBA, a financial advisor with Investors Group.

It's hard to argue with the merits of Registered Retirement Savings Plans. They're one of the best tax breaks available to the average Canadian, and a great way to build retirement wealth. So why do most of us not contribute as much as we can each year to our RRSP?

For many Canadians, the reason is simple. They don't have the money on hand to make that maximum contribution. So they contribute what they can, or ignore their RRSP altogether.

There are ways to make it easier for you to make your maximum allowable contribution. One of the best is to invest throughout the year so you don't face a big cash crunch as the RRSP deadline approaches. But if you don't have the discipline or won't be able to save enough in advance of

this year's March 1st deadline, there is another option - borrow.

Many financial institutions offer special short-term loans for RRSP contributions at favourable rates. That's because they want to encourage you to invest your money. At today's interest rates, the tax savings you generate should far exceed your borrowing cost.

Whether you are in a high tax bracket or a lower tax bracket, the cost of borrowing will usually be lower than your tax savings. If you use your tax refund to pay down your loan balance immediately, you'll come out even further ahead. You can also use your refund to get a headstart on the current year's contribution.

In the end, anything you can do to increase your yearly RRSP contribution makes good financial sense. The more you contribute today, the more your RRSP will be worth tomorrow.

higher headquarters without a UCR.

Q: I know my idea is a good one, but my boss won't implement it. Can I still get a cash award?

A: Unfortunately, an idea must be implemented before a cash award is granted. The amount of the award is normally calculated as a percentage of the actual savings.

Q: My boss won't consider my idea. Is there another way to have it looked at?

A: You can submit your idea directly to the Suggestion Award Committee without going through your boss. Your idea will then be forwarded to the appropriate authority for evaluation. If the idea only affect your unit, your boss may be the one asked to evaluate it, so you may still have to do some selling. Ideas can also be submitted using the 19 Wing Ideas Program form. The coordinator for the Ideas Program is a member of the Suggestion Award Committee which will help to en-

sure coordination. To cut down on delays, the suggestion form should be attached to the Ideas Program form.

Q: What if my idea results in savings at other bases?

A: This is where headquarters comes in. Air Command and NDHQ will look at total savings throughout the CF before calculating the amount of your award.

Q: How long will I have to wait for my cash award?

A: Probably longer than you would like. Many ideas take a long time to implement and even longer to figure out the total savings. Unfortunately, you sometimes have to wait years for a pay out. Be patient though, the cheques do come through.

See OPIs, page 10.

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Something For Everyone! The 4th Annual International Women's Day Conference

K.J.Saunders

The CMFRC will be hosting the 4th Annual International Women's Day Conference on Saturday, March 8th, 1997 at the Washington Inn. Proceeds raised will be put towards the CMFRC Deployment Support Respite Child Care Program.

The theme for this year's conference will be "Women and their Stories." Various workshops ranging from Water Colour painting to Journal Writing will revolve around and incorporate this theme.

There is definitely something for everyone at this conference! Our keynote speaker is local storyteller Hazel Lennox. She will be sharing a story with everyone as well as discussing the power and importance of telling stories. As per last year's format twelve 1 1/2 hour workshops will be offered throughout the day. Conference participants select the three workshops they wish to attend upon registration.

A fashion show, an art show, a silent auction, and

raffles will be held during the day and at lunch and coffee breaks. Lunch, coffee, and munchies are included with the registration fee.

World Dance, in which all can participate, will wrap up the day's events at approximately 4:30pm. Registration for the conference is \$20 and begins on the 20th of January. Registration and your selection of workshops will be based on the first-come first-served principle. Mark this event on your calendars, as you don't want to miss it!



Childminding For No Sno Festival!

The CMFRC is pleased to be participating in the 19 Wing No Sno Festival on February 7th! We are planning to offer childminding services on the day from 8:00 - 5:00 if there is enough interest. The

deadline for registration is January 31st so please call the CMFRC and let us know the number of children and their ages.

We are also looking for anyone who enjoys lots of

fun and laughter to be a part of our team for the day's festivities! For scheduling and event information check the last page of the Totem Times. If you are interested please call Zan at 339-8290.

Counselling Services

Comox Military Family Resource Centre
#119 Kinnikinnik, Phone 339-8286

- Confidential Crisis and Short Term Counselling is offered free of charge to military families.
- Relationship and Life Stress Issues e.g. communication, marital difficulties, parenting, deployment, assessment and referral.
- Ask for Counsellor, Coreen Cherry, at 339-8286.

Adult Programs

Upcoming Programs for January & February 1997!

- 'Butt Out - A Smoking Cessation Program - Jan 20 to Apr. 28
- Computer Familiarization Workshop - Jan. 27, 28 & 30 6:30-9:00 pm
- Beginners Cross Stitch - Jan 28 & Feb. 4, 6:30-8:30 pm
- Parenting Teens - Feb. 11 to Mar. 25, 6:30 - 8:30 pm

NEW Programs in French

- Comment encourager sa famille à parler en français Jan. 30th, 6:30-8:30 pm
- "Comment encourager l'estime de soi chez les enfants" Fev. 13th, 20th & 27th

Call Zan at 339-8211 local 8655 for more information

Youth Activities

Dreams for Teens

Dreams are one of the mysteries of life. Come and learn more about dreams and how they can help you in your life. The present as well as the past and future can reveal themselves in dreams. They can show you things that your conscious mind does not yet see. This can help a person have a better understanding of any situation. The language of dreams is a language you can learn to use. Discover how dreams can guide you in your life. Come and bring your dreams to the workshop and see how fun this can be.

Date: February 10th
Day: Monday
Time: 4 - 5:30 pm
Location: Protestant Church Annex
Registration: Phone Jill at 339-8211 local 8656

Preteen Story Workshop

Do you want to record your grandfather's famous story about the day or your mother's childhood adventure or anyone else in your family? Well, we would like to help you write those stories in English or French. Try out being a journalist. Join us. Parents necessary for input Jan. 23rd & February 13th.

Dates: Thursday, Monday, Thursday, Thursday
Dates: January 23rd, 27th, February 6th & 13th
Time: 4 - 5:30pm
Location: Protestant Church Annex next to Glacier Gardens Ice Arena

Wallace Gardens

Teen Centre News

by Carmie 339-7696

The Teens were busy through the Christmas season watching videos, having a Nintendo contest and holding a very successful Bottle Drive.

Our thanks to everyone in PMQs who donated bottles and cans, as well as to Bottle Drive workers Allison Briere, Marc Doucet, Tony Dixon, Dean Trencholm and their driver Garry Dixon.

Nintendo contest winners were: 1st Tony Dixon, 2nd Marc Doucet, 3rd Allison Briere. Congratulations to all.

Upcoming Events

Keep the following list near your calendar. If you are interested in attending any activities please feel free to join us, or give me a call at home 339-7696.

17 Jan - Ceramics. Runs for 6-8 weeks, 6:30-9:30 pm. Call and get your name on the new attendance list.

25 Jan - Video Night (2) from 7-11 pm.

8 Feb - Video Night (2) from 7-11 pm.

14 Feb - Laser Tag & shopping in Nanaimo. Must register by 1 Feb so we can arrange transportation. Laser Tag cost will be about \$15.00 per person, plus your lunch and shopping money.

22 Feb - Teen Dance (13 - 18 years) from 7:30 - 10:30 pm. Door prizes.

All Video Nights will be held on the first Saturday of every month.

All dances will now be held on the third Saturday of every month.

Ceramics will be held every Friday, unless otherwise notified, but you must be registered through me to attend.

CHRISTMAS COLOURING CONTEST WINNERS

Up to 3 years: Danielle Battersby, Kimi Cleavelly, Stephanie Hale.

4-6 years: Julie Guerin, Jessica Remillard, Matthew Fleet.

7-9 years: Hollie Graham, Jessica Chagnon, Jessica Hale.

10-12 years: Sarah Frandsen, Breanne Graham, Anna Woodward.

Everyone did an excellent job and the ladies in Canex had a difficult

YES!!!!

We are having a "No Snow" Festival for the children on
Thursday, 6 February
Bring the children and let them join in on some fun and laughter.
(Flyers with times, ages and meeting places to follow.)

job picking the winners.

Just remember that we will be having many contests throughout the year and if you didn't win this time maybe you will win in the next contest.

Winners can pick up their prizes at the office in Canex during regular working hours.

CHRISTMAS LIGHTING AND DECORATING CONTEST

First Overall (\$75): 109A the Hunter family.

Traditional (\$75): 26A the McKernan family.

Creative (\$75): 32A the Trencholm family.

Honorary mentions (\$25): Ward 1 - 10A the Dea family,

Ward 2 - 37 the Kilmury family,

Ward 3 - 13A the MacIver's,

Ward 4 - 62A the Belend family,

Ward 5 - 73 the Schauer family,

Ward 6 - 99 the Maclean's,

Ward 7 - 103C the Maye family,

Ward 8 - 118A the Beaudry's,

Ward 9 - 111B the Marcotte's.

The WGA gave out \$450.00 for the Christmas Decorating Contest.

You had to be a member of the association to receive a prize. Keep in mind that it only costs \$3.21 a month per family to join.

If you want to check regarding your membership, please call Linda at 339-8211, loc 8571.



December community events

A record number of children attended the Wallace Gardens events during the month of December. 1410 children were recorded attending events ranging from Santa's visits to Sock Hops and Teen Dances. Santa visited the Canex every evening for two weeks. Over 129 children wrote letters to the jolly gent and he replied to each and every one of them.

Hearty congratulations and thanks are due to every parent and volunteer who took the time to make the events such a success. As always though, your community association is open to constructive suggestions for improvement. If you have any good ideas do not hesitate to contact Linda Jeffrey at the Canex office, local 8571.



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

You can register your animals at the MQ Association in Canex from 0800 - 1230 hours Monday to Friday. If you have any questions phone Linda at 339-8211, local 8571.

Please register your animals as soon as possible so that you will not receive a fine.



WALLACE GARDENS COMMUNITY ASSOCIATION

FAMILY BINGO

BECAUSE OF CHRISTMAS HOLIDAYS OUR FAMILY BINGO WILL BE HELD ON SUNDAY, FEBRUARY 2, 1997

FROM 1:00 TO 3:00
AT THE COMMUNITY CENTRE

.25 CENTS A CARD TO BE PLAYED EVERY GAME
COME ON OUT AND TRY TO WIN A PRIZE

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	WEEKDAYS	WEEKEND + HOLIDAYS
MIR: SICK PARADE	0730 - 0900	1030 - 1130
SCHEDULED APPTS AND CLINICS	0900 - 1530	NONE
PHARMACY	0730 - 1130 1300 - 1530 (Closed Mon & Thurs PM)	CLOSED
HOR	0730 - 1130 1300 - 1530	CLOSED
OPTICAL SERVICES	0930 - 1400 THURSDAY ONLY	NONE

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1994 14-ft. deep hull aluminum boat, '94 6HP motor, '94 galvanized trailer \$3,000. Ph: 890-0301. <1/2>

Miscellaneous for Sale

Blueish grey loveseat, 6 mo. old. Hardly used, Scotchguarded, ex. cond. Paid \$500, asking \$300 o.b.o. Must sell - moving. Dolly \$8.00. 339-2136. <1/2>

100-ft. chain link fence \$100 o.b.o. Shed 8' x 8' shingle roof \$150. Phone: 897-1794. <1/2>

Kids bikes, both in ex. cond. Tricycle \$20. Two wheeler w/training wheels \$30. 339-0841. <1/2>

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All breed dog and cat grooming.
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Kenmore washer, special edition, heavy duty, large capacity, used 6 mths. Purchased at \$650, sell at \$450. 338-7920. <1/2>

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1993 Olds Sierra, ex. cond. only 44,000 Km. Loaded. \$13,900 or consider trade for late model extended cab p/u. 334-1937. <1/2>

1968 327 engine \$500.00. 339-5715. <1/2>

\$0 DOWN

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Wanted

Old Ties Wanted

Cleaning out the closets? Want to get rid of all those old, ugly, or out of date ties? Instead of throwing them in the garbage, how about giving them to a quilter who is collecting them to make a crazy quilt? Phone 339-3486.

To rent: camperized van for period 9-28 Jun. 399-6590. <1/2>

CF Personnel Support Programs

- ATTENTION - EMPLOYMENT OPPORTUNITIES

The following vacancies exist:

• Recreation Coordinator, 14 Wing Greenwood

• Resources Coordinator, CFB Montreal

The following vacancies are all within the Personnel Support Agency:

• Fitness, Sports and Recreation Coordinators (6)

• Sports Coordinators (21)

• Physical Fitness Coordinators (24)

• Community Recreation Coordinators (4).

Copies of the above job descriptions can be obtained by contacting the NPF HR Coordinator, Mr. Larry Francis, at local 8066.

50th Anniversary
444 Sqn - June 97

In 1947, amid the post war turbulence, 444 Squadron was formed. Since that humble beginning as artillery spotters, the black and silver colours and "Cecil the Snake" have adorned many different aircraft types and resided in many exotic locales.

In mid-June 1997, 444 (CS) Sqn will celebrate the 50th anniversary with a modest series of events at 5 Wing in Happy Valley, Goose Bay, Labrador.

Proposed dates are 19-23 June 97. These dates are deemed the most suitable as support to allied flying ops allows very few periods of repose. Transportation details are being worked on.

Anticipated events include Parading of Colours, Memorial Mess Dinner, and "Retreat" to wilderness campsite for historical seminar.

Interested parties should advise of intentions and numbers so that 444 (CS) Sqn Reunion Committee can secure sufficient local, modest and inexpensive accommodation. More detailed itinerary and formal invitation will follow. Unit OPI are: Capt Cheryl Lawrence (CSN 568-7340) and Lt Dave McGillvray (CSN 568-7438).

Strike swift - strike sure - see you in June 97.

Get ready
for
No-Sno-Fest 97!

Newcomer's Club

For women new to the Comox Valley within the last two years. Next meeting February 10 at Comox Community Centre (Upper Lounge), 1855 Noel Avenue. Join us at 7:15 pm for coffee - meeting to follow at 7:30 pm. Come share refreshments, prizes and friendship. This meeting will feature a FAUX FINISHING demonstration by Heather Alton. Many interesting and new activities throughout each month. Call Pat 335-1920 or Katharine 338-0938.

Badminton Club

Recreational and competitive badminton can be played every Sunday evening from 1830-2100 hours at the Wing Gym. One court will be available at all times for instructional purposes. Vic Arsenault, a 7-time CF National Team member, will be our chief instructor.

Drop-in fees: \$3.00 single, \$5.00 family. Everyone is welcome!! For more info contact Cpl Forget, loc 8834 or MCpl Blair, 'oc 8538.

Assoc. Francophone de la Vallée de Comox
479A, 4E Rue, Courtenay. Telephone: 334-8884

L'Association Francophone de la Vallée de Comox invite la population à participer à un concours de dessin d'un Logo pour l'Association. Un prix de \$100.00 sera décerné au gagnant ou à la gagnante lors de la Semaine de la Francophonie en mars 1997. Vous êtes priés de passer à l'Association ou nous téléphoner au 334-8884 pour obtenir les critères d'évaluation du Logo. La date limite de réception des candidatures est le 29 février.

The Francophone Association wishes to invite the public at large to participate in the creation of a logo for our association. A prize of \$100.00 will be awarded to the winner during the French Cultural Week in March 1997. We ask that you drop into our offices, or phone 334-8884, to obtain the logo evaluation criteria. Closing date of the competition is 28 February.

Comox Legion elected officers
and executive for 1997

Rear (L-R): G. Iddiols, Treasurer; M. Mott, Secretary; M.O. Arnold, President; R. Beecholdt, 1st Vice President; A.R. Smith, 2nd Vice President. Standing, front: executives - R. Smallwood, N. Lapointe, J. Knapton, R. Collette, K. Chester, S. Shaw, E. Dennis, B. Mott. Missing from photo - R. McGuin & K. Wellings.

Serving members of the Armed Forces may join the Royal Canadian Legion Branch #17 in Courtenay FREE OF CHARGE for a one year complimentary membership. Come in and talk to us, pick up a monthly calendar and see what the Legion and Branch 17 is all about. As part of the package you will also receive our Legion Magazine for the remainder of the year. For more information call: 334-4322.

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Complimentary membership cards are available for 1997 to serving personnel

Contact:

The Royal Canadian Legion Branch # 17
367 Cliffe Avenue
Courtenay, B.C. V9N 5N3
Telephone (250) 334-4322

19 Wing Bowling Center

Casual Bowling

Friday 6:00 - 9:00 p.m. Sunday 100 - 400 p.m.

Youth Bowling League - Saturdays

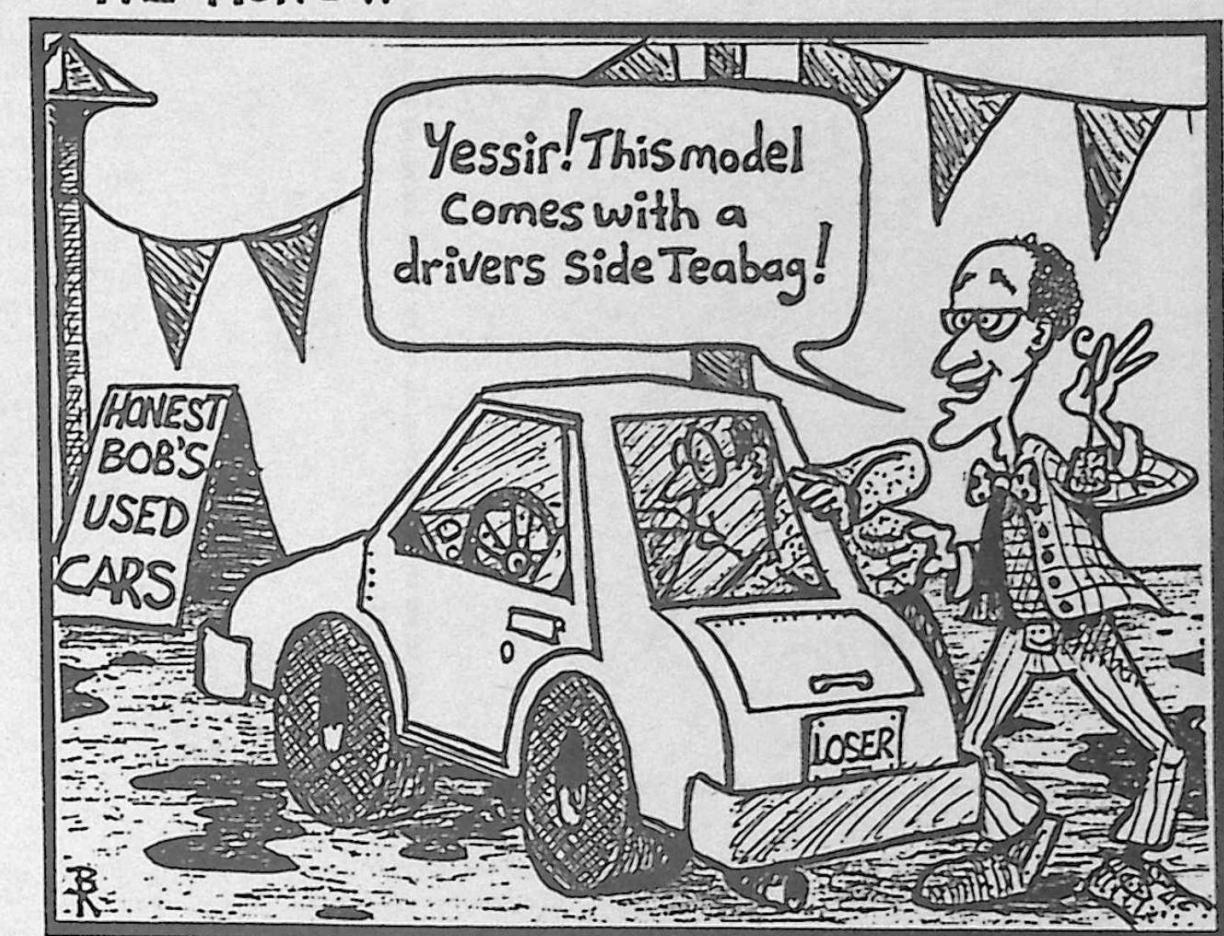
Anyone interested in registering their children for the Saturday League can contact the coordinator, Rochelle Peterson at 339-7214 or Terry MacDonald at 339-0568. The kids have a lot of fun and get professional coaching at the same time.

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 338-6317.

Tuesday Ladies..... 6:45-9:00 pm Sue Teasdale 334-1937
Wed Ladies..... 1:00-3:15 pm Irene Marshal 338-6920
Wed/Thurs Mix..... 6:30-9:00 pm Rod Spurr 339-6067

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

FREAKSHOW

TODAY'S
CROSSWORD PUZZLE

ACROSS

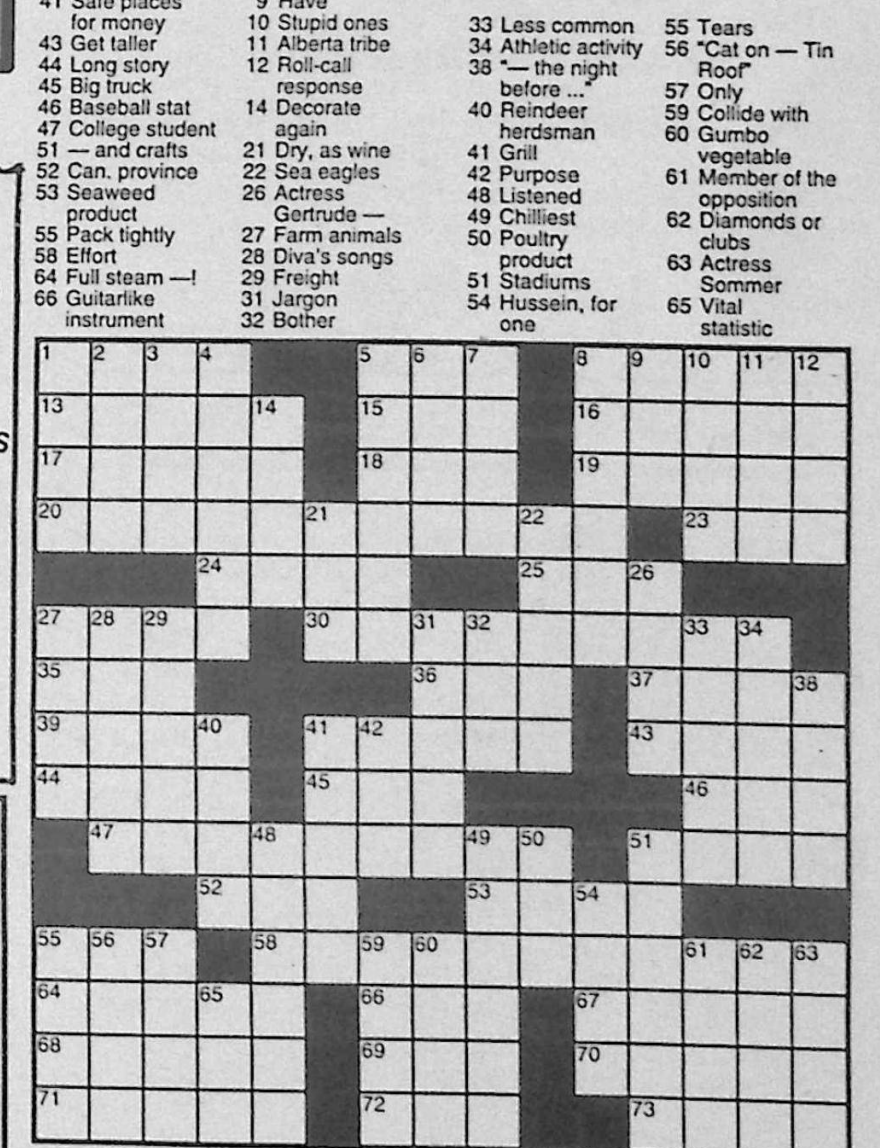
1 Period of time
5 Trim the grass
6 Dog
13 Courage
15 Actor Wallace
16 Mindful of
17 Eat away at
18 Building addition
19 Deduce
20 Bonnie Blair, for one
23 Observe
24 Yule song
25 Johnny --, Dixie soldier
27 Treaty
30 Engine parts
35 A Gershwin
36 Bad temper
37 Enthralled
39 Maiden
41 Safe places for money
43 Get taller
44 Long story
45 Big truck
46 Baseball stat again
47 College student
51 -- and crafts
52 Can. province
53 Seaweed product
55 Pack tightly
58 Effort
64 Full steam -- instrument
66 Guitarlike

DOWN

1 Designer St. Laurent
2 Wyatt --
3 Loton ingredient
4 Mouse or rabbit
5 Gently
6 Earthenware pot
7 Droop
8 Coupled
9 Have
10 Stupid ones
11 Alberta tribe
12 Roll-call response
14 Decorate
21 Dry, as wine
22 Sea eagles
26 Actress Gertrude --
27 Farm animals
28 Diva's songs
29 Freight
31 Jargon
32 Bolter

PREVIOUS PUZZLE SOLVED

SWAN PUFFS ARGO
NOSE USURP NARD
AMPS GENIE TREE
FAITHS GANGWAYS
UNCLE VIRTUE
ELSE ARBOR
CONSPIRE IMPALA
HIE PARIS LES
OLIVES GOLDFISH
PYLON NEAR
YIELDS MAGMA
STRADDLE VEILED
THUG GAMMA LADD
AONE AMOUR EOTE
NUTS RANGY READ
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NEXT DEADLINE

7 FEBRUARY

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Cumberland office: 336-8524

Happy 2nd birthday
StephanieLove Mom, Dad and
Jessica

Volunteers Needed

The Therapeutic Riding Society is looking for volunteers. If you can give a couple of hours a week to a very worthwhile cause, please phone 338-1968 and ask for Marg. NO experience with horses is required.

Pacific Divers
Snorkelling Courses

Snorkelling courses will soon be offered by the Pacific Divers Scuba Club. There are five levels of snorkelling. Contact Cpl M. McKenzie at loc 8402 for info.

Downhomer's Club

Sock Hop at 7:00 pm on 25 Jan at Marsland House. Hot Dogs and hamburgers sold at 50's prices. Music from the 50's and 60's. Dress is (if you dare) bobby socks, hoop skirts, pigtails, leather jackets, T-shirts, duck-tails, etc.

Everyone welcome. For more information in joining the fun, call Edi Linthorne at 338-8447.

Hear Ye! Hear Ye!

Come one, come all to a CHILLI SUPPER on Saturday 1 February, sponsored by Comox Valley Presbyterian Church. Dinner to be held at Comox Indian Band Hall, Dyke Road, Comox with two sit-downs available: 5:00 pm or 6:30 pm. Cost: Adults \$7, children under 12 \$5, Family maximum \$25. Call 334-8560 or 334-3830 to reserve your tickets (no tickets available at door).

All proceeds to Building Fund of C-V Presbyterian Church and to be used for the establishment of a church worship centre.

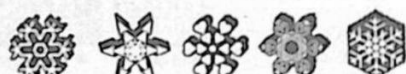


No-Sno-Fest Logo design contest winner
 Congratulations to Sgt Didsbury of 19 AMS for her melting snowman design! Sgt Didsbury will be the recipient of a fantastic No-Sno-Fest prize.

Friday, 7 February 97

Activities:

- 0715 Pancake Breakfast (Jr. Mess)
- 0830 Teams report to gym parking lot
- 0835 Opening Ceremonies in gym
- 0900 - 1200 Sports tabloid & pool events
- 1200 - 1300 Lunch
- 1300 - 1500 Arena events & snow sculpting
- 1500 - 1630 Outdoor events
- 1630 - 1700 Beard growing judging of finalists
- 1930 Skits/Lip sync contest
- 2030 Presentation of No-Sno-Fest winners
- 2030 - 0100 Mess activities & dance (JRC/WO & Sgts's Mess)



Beard and Moustache Growing Contest

175 contestants registered for the beard and moustache growing contest! The three categories judged will be: the best full/bushy beard, the most colourful beard (no dyes permitted), and the most scraggly/sparse beard. Final judging will take place 7 February at the JRC 1630-1700 hours.



NO-SNO-FESTIVAL REPS

NAME	RANK	UNIT	LOCAL
DONALDSON	MAJ	WCOMPT/CHAIRPERS	8205
GUYMER	LT (N)	WCOMPT	8330
LALONDE	CAPT	WCOMPT	8464
SAUNDERS	LT	WCOMPT	8880
FIELDS	CAPT	WLOG	8836
GRAITSON	LT	WTN	8475
DUPRE	CPL	WSUP	8692
PERKINS	CPL	WEME	8536
CUTLAND	CAPT	WCOMD	8111
DUPUIS	CWO	WCOMD	8298
HOWARD	CAPT	WPER	8542
TRAYNOR	CAPT	407 SQN	8805
COOK	SGT	407 SQN	8604
COMBE	CAPT	442 SQN	8116/8335
TRAVIS	LT	19 AMS	8484
WATERS	SGT	W OPS	8242
PIERCEY	MCPL	WSAMP	8236
ULM	SGT	WADM	8370
CONWAY	CPL	ARAF	8357
HEATH	WO	740 COMM	
PICARD	CPL	CFSSAR	
MCMAHON	MR	MFRC	8340
KETTLES	LT	414 SQN	

15 MORE DAYS TO GO!!!

IMPORTANT! PLEASE REGISTER!

Teams of at least 6 people may register to enter the No-Sno-Fest by contacting their No-Sno-Fest unit reps by 31 Jan. Participants are encouraged to come up with a unique name and costume for their team. Teams must also register for the skit contest through unit reps. All spectators and participants must be in possession of a No-Sno-Fest button (cost: \$6.00). Buttons are a "ticket to participate" in the activities. Prizes will be drawn by serial number prior to 7 February and on the day of the fest. See your unit rep for more details.



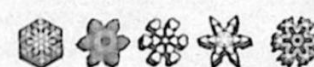
Spousal participation

Spouses of 19 Wing members are encouraged to participate in this year's No-Sno-Fest and may submit a team of their own or join their spouse's team.



Child Minding Services

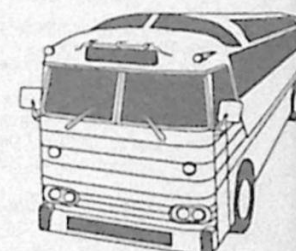
Child minding services throughout the day and evening will be available through the MFRC, depending on the level of interest. Personnel are requested to contact the MFRC at local 8290 if you require these services.



Mess Activities 2030 hours 7 February

Many enjoyable activities will be ongoing at the mess throughout the evening, including some fun and crazy games on the dance floor (something about toilet paper rolls and plungers!). In addition, activities such as Win, Lose or Draw and Horse Racing will be available for all to enjoy. Prizes will be presented to the winners of all mess activities so come on out and enjoy an evening of dancing and activities.

COURTESY BUS



**DON'T DRINK AND DRIVE
PLEASE TAKE THE BUS**

Participants of the No-Sno-Festival will be provided with a courtesy bus compliments of Transportation Flight. Service will be provided to the Comox / Courtenay area only. Note- Bus will depart every hour on the hour commencing at 2030 hrs. Participants can be picked up or dropped off along the route specified. The last bus departs JRC at 0130 hrs.

Departs	Junior Ranks	Time
Left on	Military Row/Pritchard	--:30
Right on	Comox Ave.	--:32
Right on	Anderton	--:40
Left on	Robb Rd.	--:45
Left on	Aitken	--:46
Right on	Comox Rd.	--:47
Left on	17 th St.	--:48
Right on	Willemar	--:53
Right on	5 th St.	--:56
Right on	Ryan Rd.	--:58
Right on	Back Rd.	--:03
Left on	10 th St.	--:05
Right on	Hobson	--:07
Left on	Valley View	--:08
Left on	Lerwick	--:10
Right on	Ryan	--:12
		--:15