



Hey Guys,  
Don't  
Forget...

Feb. 14<sup>th</sup>  
Valentine's Day

SNACK-ETES



NO  
SNOWFEST!

No-Sno-Fest  
lucky  
winners list

...back page



# TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 39 NO 2

The Comox Valley's Oldest Newspaper  
THURSDAY 13 FEBRUARY 1997

COST: PRICELESS

## No-Sno-Fest a huge success

by K.J. Saunders

There are two coveted awards to be won at the No-Sno-Fest:

- the Spirit Award for the team with the most spirit (what did you think it was for?), and
- the Overall Winning Team.

For the Spirit Award, competition was tough. Banners, mas-

cots, costumes and chants and songs could be seen and heard all day long. Several teams were neck and neck throughout the day but the skits, held in the evening at the JR Mess, proved to be the turning point for the Spirit Award. For points in the skit competition, judges were looking for originality, audience appreciation, cos-

tumes, and humour. As far as criteria for the Spirit Award, the skits would make it or break it for some teams.

In the skit competition alone, the EME team came in first place with a lip sync rendition of "Oh Lord it's Hard to be Humble," done by a "mysterious" senior Air Force officer. However, the Misfits were able to hold onto their Spirit lead and the judges declared that This Hour Has 22 Misfits, a team comprised of W Compt and W Comd personnel, to be the winners of the No-Sno-Fest 97 Spirit Award. That means the trophy stays right where it is!! That's right! The W Compt section has had the trophy for three out of the last four No-Sno-Fests. When it comes to No-Sno-Spirit, the guys and gals with the "Loonies" can't be beat - well, OK, except for 1994, when 19 AMS won the Spirit Award - but other than that one time....

The award for Overall No-Sno-Fest Team requires the win-

ning team to have outstanding talents in a variety of events: Agility, speed, grace, poise, strength, mental fortitude, enthusiasm, and endurance is required by each and every member. (OK, I might be exaggerating just a bit here.) But, no kidding, the competition was tough and tight.

The Hosers, a 414 Sqn team jumped ahead with an early lead after the sports tabloid events held in the gym. There was a tie for

first place in the pool events between This Hour Has 22 Misfits and the Icemen. Big point winners in the arena were the Snake Oilers and Mike's Maniacs. There was a whole lot of talent to be seen in the Snow Sculpting competition, a sub-activity of the arena events, with sculptures ranging from branch and unit logos to a Lab (#307 funnily enough) in water. Snow Sculpt-  
....page 16



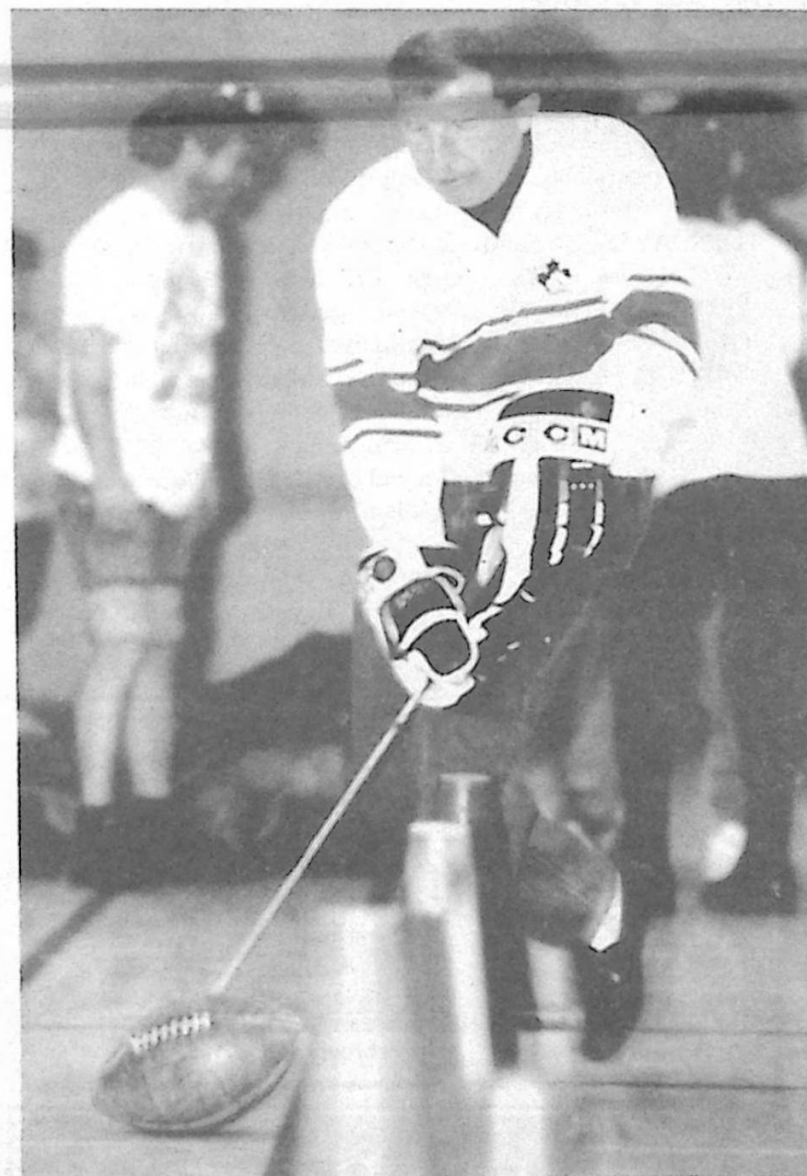
WEME performs their winning skit at the JR Mess. If we can't laugh at ourselves...

## 1996 Service Person of the Year

by Sgt V. Forrestall

On 27 January, Wing Commander Col B.B. MacLean had the pleasure of returning to the Wing Fire Hall to present the 1996 Serviceperson of the Year award to MCpl J.F.J.P.N. (Norm) Gaudreau.

During a recent ceremony MCpl Gaudreau was honoured by receiving the Serviceperson of the Quarter Award. He was proud then but when he found out that he was chosen as the Serviceperson of the Year it left him speechless, but with a feeling of great pride - his pride in significant contributions and dedication to 19 Wing and the Fire Department  
Continued on page 6



Even Col B.B. MacLean, WComd, participated in some of the wacky tabloid games.

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## Legion Log

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### 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

14 February - Norm's Combo  
21 February - Wild River  
28 February - Country Cousins

FUN EUCHE.....every Monday night 7:00 pm  
FUN CRIB.....every Wednesday night 8:00 pm  
SUNDAY CRIB.....23 February.....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, 25 February at 7:30 pm  
\*\*\*\*\*

### SPECIAL EVENTS:

Saturday Night Dance: 15 February - Norm's Combo  
Singles Snooker Tournament: 22/23 February. Entry fee - \$7.00, Lottery draw-handicap. Start: Sat 11:00 am - Sun 12 noon

**BASE PERSONNEL WELCOME AT BR. 17**  
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BRANCH 160 COMOX 339-2022

### ENTERTAINMENT:

Fri Feb 14 - COUNTRY COUSINS - VALENTINES DANCE  
Sat Feb 21 - NORM'S COMBO  
Sat Feb 28 - VESTED INTEREST

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



Chaplains Chatter

**Recycling a Christmas Tree**  
by Father J.H. Brown,  
Chaplain (RC)

Here is another way to recycle your Christmas tree: in the RC Chapel, Our Lady of the Sacred Heart, we will continue to use our Christmas tree throughout Lent and Easter.

This tradition is an old European one. You remove all the branches from the tree, and take the trunk and cut it a third of the way down from the top. You then take these two pieces and construct a Cross, which is placed on the wall beginning Ash Wednesday, 12 February, and remains there throughout the Lenten season. On Easter morning, 30 March, you decorate it with fresh blossoms and it becomes beautiful once again.

The symbolism is rich. The Christmas tree, placed in our home in honour of Our Lord's birth, is made beautiful to symbolize the joy of this event. The Cross we make out of the tree is ugly, symbolizing sin and the indignities and suffering of Our Lord. We make it beautiful on Easter with blossoms symbolizing new life - the resurrected Lord. A new life in Jesus is redeemed, made beautiful.

This use of the Christmas tree is not only deeply spiritual, but is a re-use of a resource we used to condemn to the chipper. Extend the use of your tree and enrich your family's spirituality.

### Lent

February 12 was Ash Wednesday, and Lent begins for another year. What does the word "Lent" mean? It comes from the same

old English root as the word "length." The days are becoming longer as it is Spring. There are 40 days in Lent. In the Bible the number 40 always symbolizes a time of preparation for a great event. The Israelites wandered in the desert for 40 years. Moses spent 40 days on Mt. Sinai. Jesus

fasted for 40 days in the wilderness.

During Lent, we prepare for the joy of Jesus' Resurrection at Easter. We use the colour purple to symbolize penitence, given the penitential theme of Lent. That's where the Ashes on Ash Wednesday come in. Ashes placed on our faces symbolize our grief when we reflect on our sinfulness. They are also a symbol of our mortality, that we are creatures of our Great Creator, the Lord God Almighty. We are not in control, we are powerless. We owe everything to God, and exist only because of His loving nature. We are also mindful that His only Son, Jesus, sacrificed Himself on the wood of the Cross for us, unworthy as we creatures are.

Lent is primarily a time of spiritual reflection, change and growth. We reflect on those areas of our lives that are sinful, miss the mark, fall short of the love of Jesus. We then change those areas, our behaviour, our thoughts, actions to be in line with the way of Jesus. We then grow in our faith, looking outward to help and love others, share what Jesus has done for us.

I invite you to "Keep a good Lent." See, Judge, act. Attend the church of your choice. Change your life, become the person you dream of being - a child of God, a brother or sister of our Lord Jesus.

### Important dates

23 March - Palm Sunday  
28 March - Good Friday  
30 March - Easter Day

## Wanted: Fitness Instructor

A part-time position with CFB Comox Rec Centre as a Fitness Instructor will be available 1 April 97.

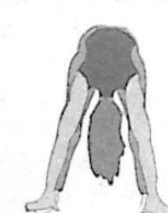
Under the general direction of the Fitness Coordinator, the instructor conducts physical fitness training programs and evaluates the level of physical fitness of military personnel in accordance with CF physical fitness programs. The incumbent must perform and demonstrate various physical fitness evaluation protocols as well as conduct physical fitness training classes. Candidates must have in-depth knowledge of instructional techniques and be capable of designing individual fitness programs.

The successful candidate will have either a post secondary degree or diploma in physical fitness or a related discipline or an equivalent combination of education and experience. The successful candidate must have the following qualifications:

- Standardized Test Fitness Appraiser (STFA)
- Cardio-Pulmonary Resuscitator (CPR)
- Basic First Aid
- Bronze Cross Lifeguard Certificate, or higher.

Remuneration is as per Union Contract Pay Scale Level IV.

Applications, in writing, c/w resume are to be forwarded to the NPF Human Resource Coordinator, Mr. Larry Francis, no later than 1530 hours, 14 February.



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## From the Wing Commander

I trust that everyone had a safe and enjoyable holiday season and has returned with renewed vigour and optimism. I know that my family and I certainly had a great time although I thought we were somewhat over-blessed with snow. I must admit that I had secretly hoped for a little snow to add to the festive season, and to hide the extension cord to our exterior Christmas lights. Well, it was many days before I could even find the extension cord and, in the end, I had to dig it up in order to take down all the decorations. Next year, we might go East for Christmas, I hear they were golfing in Greenwood.

A month or so into the new year and it has already been very busy for us at 19 Wing. The news is never ending and it sometimes appears that the only news for the military is bad news. At least, that appears to be the only type of news the national press will print. I would like to take this opportunity to tell you what I see as the good news from 19 Wing.

Our Base Infrastructure Development Plan has been finalized and is now making the rounds at Air Command and NDHQ. This in-depth plan covers a 15 year window and looks at all areas of the Base. It is a road map of prioritized projects for myself and the other senior leadership of this Wing and, more importantly, for those who come after us. I have tasked the Wing Logistics Officer with setting up some briefings at the AFIS theatre to brief all interested 19 Wing personnel. You can expect this to occur in February. We will provide you with a schedule as soon as it is finalized.

It appears that we will see at least three new construction sites on the Wing this year. They include a new Wash Hangar, a Training Facility for CFSSAR and a new Paint Facility for AMSE. The latter facility was long overdue and I know that

those who work there are anxiously awaiting its completion. As well, we should hear in the near future some positive news about the new Aircraft Control Tower project and our request for a Community Centre. We'll keep you posted.

The Minister of National Defence had a brief but informative visit. He related to me that he was most impressed by what he saw and heard. In fact, he mentioned to the national press, who were interviewing him just prior to his departure, that if they wanted a true picture of what the military was really like they should inter-

## Good news at 19 Wing Comox

by Col Brian MacLean,  
Base Commander

view the tremendous personnel at 19 Wing. Of course, I did not see a rush by these pillars of national journalistic wisdom and integrity to interview anyone on the Wing in order to tell a good news story. C'est la vie! In any case, I wanted to thank all those involved with preparing for the Minister's visit and to congratulate the Wing on a job well done.

As everyone is aware, we completed Flight Plan 97 ground school, or at least the Phase I portion, in December. We will be ready to start the Phase II ground school in February. This new ground school will be for all personnel at the rank of Sgt and above and the theme will be "team building and leading teams in change." There should be no doubt in anyone's mind that change will continue to be a constant in our military life as we continually search for better ways to do the job as a means of continuous improvement. Phase I gave us all the basic tools to work together to effect change and now we need to get on with that task. As mentioned in the ground school, there is no room for passengers, we all need to be involved. Quite frankly, there aren't enough of us anymore to have the luxury of the two groups consisting of those that "do" and those that "watch."

Although it wasn't a Friday, January 13 certainly lived up to its number as the crew of Lab 307 will attest. Fortunately, the crew were returned to us unharmed although I'm sure a little shaken by the experience. Capt Pawluk-Paupst and her crew deserve our congratulations for a great bit of work and our thanks for saving the aircraft. The initial effort at the scene ensured that the rest of the 19 Wing team were able to recover the aircraft. I would also

like to offer my congratulations to the Emergency Response Teams for their outstanding efforts. Well done folks. While for now 442 Sqn's Labrador fleet will consist of three helos and a floater, it appears that Lab 307 will eventually return to the ramp and bring the squadron back up to strength. I must admit that if one could have bottled the adrenalin flowing at 19 Wing at about 1315 hours on 13 Jan 97, we could have supplied the world.

If you've gotten this far, then you should have reason to believe that news can be positive, even when dealing with the military. We certainly do have reason to be optimistic. Unfortunately, many of us can only see the dark side of any issue and our pessimistic attitude drags those around us into our misery. My old mom used to say, and my wife often repeated it to our children, that "misery loves company." So the next time you hear a conversation taking a negative tack, even if it is the Wing Commander, don't hesitate to interject a positive note on what we in the military are doing right. Everyone will appreciate it. In this regard, did you know that General Colin Powell, the retired chairman of the Joint Chiefs of Staff for the American Forces said that optimism is a force multiplier? Maybe we can use this fact to our advantage.

One last positive note, Air Command is giving the Wing \$60,000 for upgrades to our Single Quarters. As well, they have given us \$365,000 for quality of life issues and we are now getting everyone's input so that we can spend this money wisely to upgrade personnel support facilities and services. We'll keep you posted through the chain of command on how we're doing.

## Changing role of the leader

Flight Plan 97 (FP97) ground school has been very successful at helping personnel towards the new Air Force culture, which is to promote the Air Command Excellence System (ACES) philosophy of excellence and continuous improvement.

Now that FP97 Phase I ground school is completed, it is time to ensure that it evolves to meet the needs of the chain of command and improves in keeping with the ACES philosophy. Feedback from FP97 ground school and Socio-technical Systems (STS) indicate that there is a requirement to provide training to supervisors and leaders to help them harness their full potential in their changing roles as team leaders of high performance teams. To that effect, 19 Wing will start a new experiential learning course this month called "The Changing Roles of the Leader." This four-day course, which will be initially taught at the rate of one course per month, will be made available to officers, senior NCMs, and civilian employees in a supervisory position.

The aim of the course is to better prepare leaders/supervisors in transforming a traditional work group into an empowered, highly effective team. The journey to highly effective teams is not an easy path. The course will provide the concepts, tools and skills to assist leaders in making the transition. The following are five key roles that will be taught during the course:

- Becoming a Change Initiator;
- Team Developer;
- Performance Breakthrough Leader;
- Empowerment Coach; and
- Bridge Building between the Team and the wider organization.

The facilitators for the Changing Role of the Leader course are looking forward to assisting leaders/supervisors in implementing highly effective teams that are empowered to plan, control, coordinate, and improve their work. The first course is scheduled for 24-27 February. It will take place in Bldg 22, room 11. Leaders/supervisors interested in the course should contact Kathryn Perry at loc 8005, or Sgt Naugler at loc 8564.

Questions about this new course can be directed to the 19 Wing OPI, Maj R. Bourget, at loc 8283 or WO Knight-Adams at loc 8561.

## Air Command COS Support visits 19 Wing



Maj Thibau and Capt Wappler explain the operating procedures and limitations of the ATC facilities at Comox to COS Sp, BGen Gartenburg. Both ATC experts stressed the requirement for a new tower to meet the Air Command mission.

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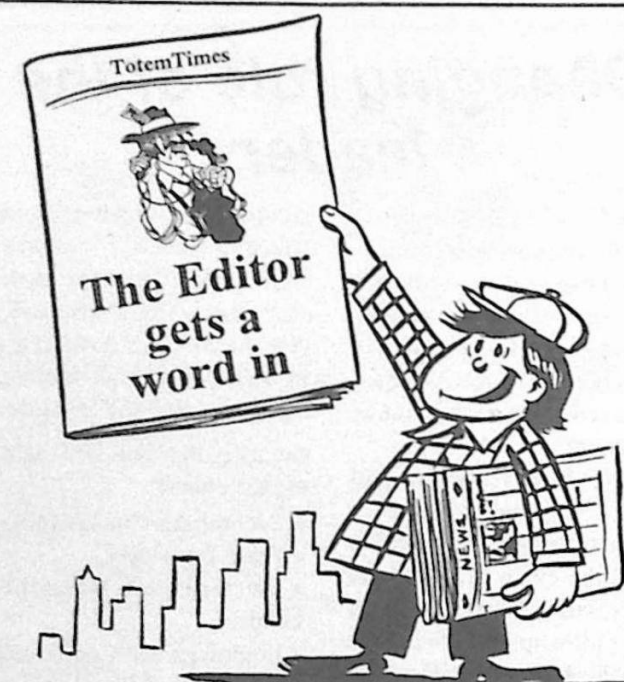
National Citizenship Week  
February 10-17

National Flag of Canada Day  
February 15

Heritage Day  
February 17

**NEXT  
DEADLINE  
21  
FEBRUARY**



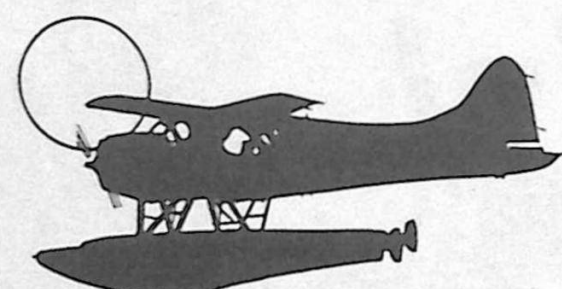


If anyone really doubted the ability of the media to shape our thoughts and wishes, they should take a look at the phenomenon surrounding the re-release of the Star Wars Trilogy. Now the first of the set, the movie Star Wars, has been around for about 20 years. It has been available in video since the creation of that particular "art form." It was a very exciting movie when it first appeared. Some of the media pundits even credited it with the ruin of Hollywood (start of the all action and no plot era). Today, it is a 20 year old movie, with 20 year old special effects, that can be seen for the \$3.00 price of a video rental.

People are lining up in droves to catch the re-release of Star Wars. With a bit of money poured into a media blitz, the makers of this movie have managed to create another cash windfall by making the masses believe that they just gotta see this movie. I know, my kids just had to go see it. So did half the adult population of the Comox Valley; I sat beside a fellow in the Campbell River theatre who had travelled, on a motorcycle in February, up from Courtenay just to catch this great movie. Never mind that the movie has been around a long time, never mind that it is uncomfortable to line up for a half hour just to get a seat in a jam packed theatre, never mind that this whole event cost about four times what it should. There's three and a half minutes of new special effects, don't you know. In the words of Obie Wan Kanobie, "the force has a powerful effect on weak minds." I can hardly wait for The Empire Strikes Back.

Joel Clarkston

## COMMENT



## Recent problems should be kept in perspective - a few words in praise of the military

(The following Neville Nankivell - Nation's Business article is taken from the Jan 28/97 edition of the Financial Post.)

Leadership troubles continue to damage the image of the Canadian military. Some say it's a full-blown crisis, others that it's not. But certainly morale has been battered and public confidence in an important national institution eroded.

This has to be fixed and public trust rebuilt. Independent reviews have started on how the Canadian Forces are led and managed in a peacetime environment. These will provide advice to the government on such issues as discipline, the command structure, responsibility and accountability. The military justice system and military police investigation services are also being examined by a capable task force headed by Brian Dickson, former chief justice of Canada.

With these reports due mid-

March, Defence Minister Doug Young has promised an action plan by spring. Meanwhile, all officer-level promotions are on hold.

Recent problems should, however, be kept in perspective. While the truncated Somalia inquiry produces plenty of negative headlines, the Canadian Forces still make a tremendous contribution to the country. Their services remain highly valued abroad.

Take, for example, the list of 1996 achievements that Vice-Admiral Larry Murray, the Acting Chief of Defence Staff, noted in his report last week to the Conference of Defence Associations.

• Canadian Forces' search and rescue centres coordinated responses to 7,000 incidents last year. Their personnel were di-

rectly and bravely involved in 886 of them, helping to save many lives.

• In support of the RCMP, the forces took part in 18 anti-drug operations. Their sophisticated equipment is making a difference in the steady rise of drug seizures.

• Navy divers played a key role in salvaging the *Irving Whale*.

• The Air Force flew 600 helicopter missions and evacuated 3,800 people during the Saguenay floods. People and supplies were transported to disaster sites. Soldiers put up tent cities for evacuees.

• Canadian Forces commanded the UN mission to Haiti, where our 750 peacekeepers have delivered humanitarian aid, built classrooms, and helped keep the situation stable.

• Our Forces led a multinational response to the volatile situation in Central Africa, helping break an impasse that had kept refugees in camps for two years.

• They contributed more than 1,000 personnel to the NATO-led Peace Implementation Force (IFOR) in Bosnia-Herzegovina, and also contributed combat troops.

These accomplishments are especially impressive in the face of the downsizing and restructuring the Forces have to cope with. The defence budget is being chopped 23% to \$9.2 billion in 1998-99 from \$12 billion in 1994.

Bases have already been reduced to 23 from 29, with two more closures to go. Supply systems are being consolidated. New procurement practices are

being put in place. Equipment is being upgraded with off-the-shelf purchases. Soldiers' personal equipment will be modernized. Training is being refocused to multi-purpose standards.

Steps are under way to create a more effective reserve force. This is important. Reservists are an essential part of the total force and make up about 20% of peacekeeping missions. The militia will be expanded to 18,500 from 16,000, with potential to grow to 20,500. Two new maritime coastal defence vessels delivered last year will be crewed mainly by reservists. The Air Reserve is being expanded to 3,000 from 1,700 with top-up flexibility for 5,000. The Canadian Ranger program, a crucial element of patrolling the north, is being enhanced. New equipment includes high-frequency radios and global positioning systems.

Significantly, Young has also asked the all-party parliamentary committee on national defence to review what he calls "the people needs" of the Canadian Forces - their socio-economic problems. Chaired by Liberal MP Mary Clancy (Halifax), the committee will look into such issues as compensation, benefits, housing and family-support systems.

With members willing to put their lives on the line in the call of duty, this aspect of giving proper support to the Canadian Forces and renewing morale is long overdue. The ability to attract high-calibre recruits and keep them will increasingly depend on it.

## Your Rights and Responsibilities as a Canadian

- Canadian citizens have the right to vote, and run in federal, provincial and territorial legislative elections.
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  - freedom of conscience, and religion;
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  - freedom of association.

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## RCAC Station Comox

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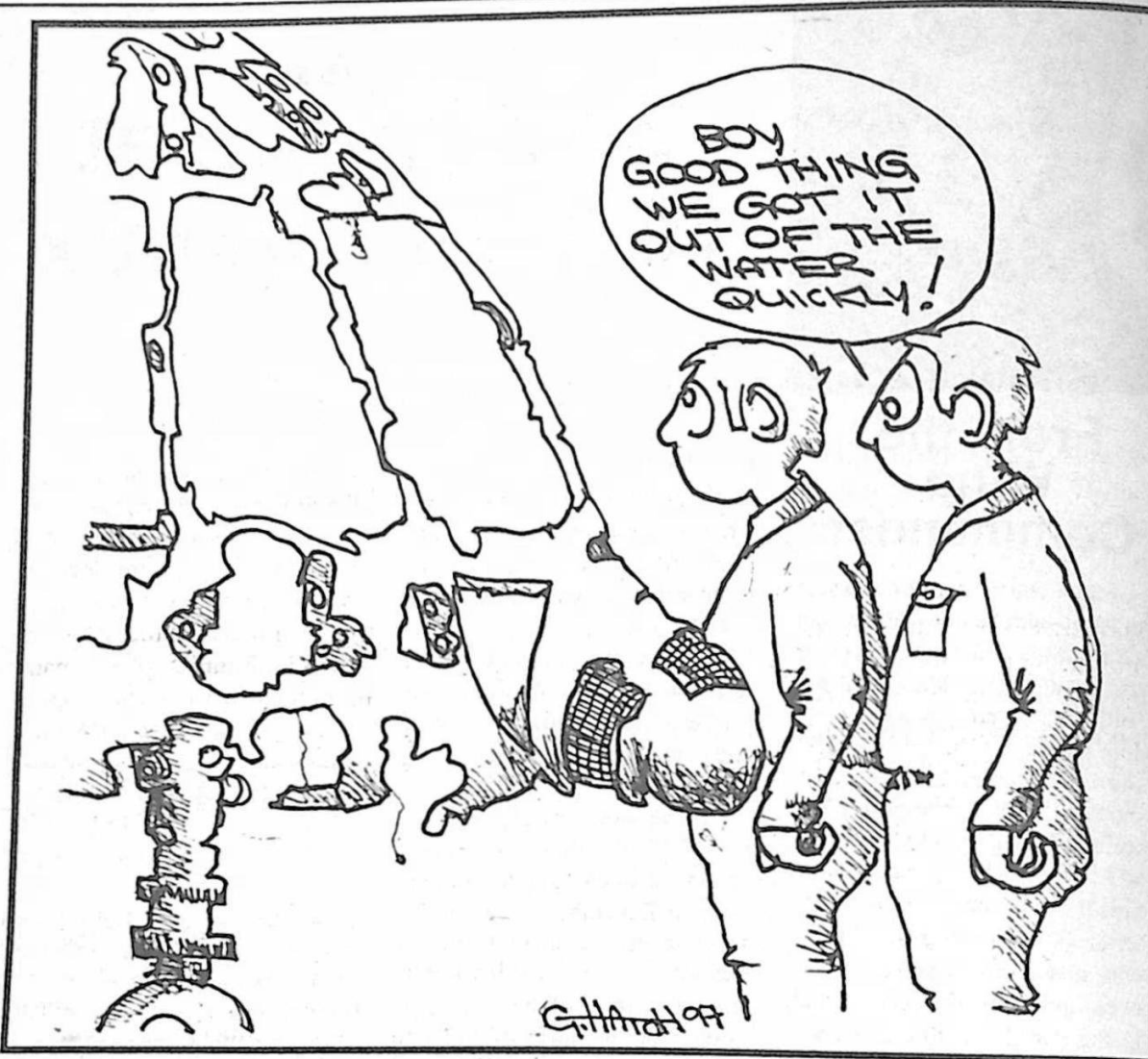
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Deadline Friday 0830 - 1600  
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Tuesday 0830 - 1200



## COMOX MILITARY FAMILY RESOURCE CENTRE

phone: 339-8290

## "VisualThumbs Up for the Military"

### Showing Support Through Invisible Ribbons

In November the Military Family Resource Centre in Winnipeg supported a group of military families who put together the Invisible Ribbon Campaign. The Campaign is a public, grassroots way to demonstrate that Canadians appreciate military personnel and their families. The purpose of the campaign is to accomplish one very simple goal - to show support for the whole military community. Anyone can wear an invisible ribbon to show they appreciate the military, their families and the contribution they make to our country and the world. The campaign was not designed to make money, start a lobby group, or to portray military families as victims in need of sympathy. It is simply to show support, to reaffirm pride in the military and provide a positive focus to military families.

It is called the invisible ribbon campaign because it has been said that the partners, spouses

and children of military personnel wear the "invisible uniform." They are committed to the military way of life, just as the personnel who wear the uniform are, and their morale is affected by negative media attention and public opinion as well. Everyone who continues to value the military is welcome to show their support by wearing an invisible ribbon.

The CMFRC is pleased to join in this campaign. We would like to extend a very special thank you to Cori Freed-

Appels for volunteering her time and energy to help make this program run. Anyone interested in picking up an invisible ribbon can drop by the CMFRC at either 119 or 120 Kinnikinnik or you can make your own by following the directions below. Also, watch for them to be available in your community.

How to make an Invisible Ribbon:

Cut a small piece of plastic wrap from the roll (about an inch wide) Fold both edges into the middle; fold in again and again until you have a strip about a 1/4 - 1/2 an inch wide. Cut the ribbon into thirds, for each strip cross the ends over to form a loop at the top and fasten with a Canadian flag pin. You should now have three Invisible Ribbons. Wear proudly! For more information, please contact Zan at the CMFRC 339-8290.

## Happy Valentine's Day!



## From The CMFRC Board And Staff

## NEXT DEADLINE 21 FEB.

## NOON

## Counselling Services

Comox Military Family Resource Centre  
#119 Kinnikinnik, Phone 339-8290

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

## Adult Programs

### Deployment Luncheon

The CMFRC in conjunction with the Protestant Ladies Guild will be hosting a luncheon for all spouses and partners of military members who are deployed or on extended TD. Child minding will be available for the luncheon. If you haven't received an invitation or heard from us yet please call Zan at 339-8211 local 8655 or 339-8290.

Date: Sunday, February 23rd

Time: 12:30pm

Location: Protestant Chapel Annex

### English Conversation Group

Come and practice your English conversation skills in a relaxed and friendly atmosphere at the CMFRC Program Building #120 Kinnikinnik. We meet in the mornings, once a week. Call Mara at 339-8290 for more information.

### "Women And Their Stories"

#### International Women's Day Conference

The CMFRC is again hosting an exciting conference in honour of International Women's Day. There are twelve exciting workshops to choose from as well as lunch, an Art Show and a Fashion Show, a keynote speaker, Hazel Lennox, and World Dance entertainment with Roberta Meilleur.

Date: Saturday, March 8th

Time: 8:30 am - 4:30 pm

Location: Washington Inn 1001 Ryan Road

Fee: \$20.00. Fee due at time of registration

Registration: Call 339-8290. Please register early

## Youth Activities

### Voice Play on Valentine's Day!

Kids Ages 8-12 sign up now! Fun with your voice! Find your voice and sing your heart out! Join Penny Sidor with Jill Starrook for 2 hours of fun with music. We'll sing and boogie to the music we create. Penny is a free-lance voice teacher from Vancouver who puts on excellent workshops. I just attended one and have been singing ever since.

Cost: \$5.00 per person

Day: Friday, Valentine's Day

Date: February 14th, 1997

Time: 4:00pm - 6:00pm

Location: Protestant Church Annex on Little River Road

(beside Glacier Gardens Ice Arena)

Phone Jill to register at 339-8211 local 8656

### Preteen Story Workshop

We have 6 enthusiastic preteens signed up for this course and they have written some mixed up fairy tales. What is a mixed up fairy tale you may ask? These preteens explained it as "when Cinderella meets up with Peter Pan instead of Snow White and the Seven Dwarves and the story evolves from there". This is a very child centered course. Loretta and Jill will be running this course again in April for those interested in continuing or starting up.

## Kinnikinnik

## Child Care Centre

Limited Spaces are available in:

TODDLER CARE (ages 15 - 36 months)

PRESCHOOL (ages 3 - 5)

BEFORE AND AFTER SCHOOL CARE (ages 6 - 9)

Family rates; transportation to and from Airport Elementary

For more information call: 339 - 5051

Toy Lending Library (ages: infant - 12 years)

Open Saturdays from 2:30 - 4:00 pm

Your children will be able to enjoy a variety of high quality toys, puzzles and games. For a small annual membership fee of \$10 you can bring home different toys every week. Come out and see our collection of Ravensburger, Discovery, Little Tikes, Playmobil, Fisher Price and other well known brands. This great opportunity enables you to have "special toys" ready if you have children visiting or if you are in between postings and your children's belongings are still packed in boxes. For more information call 339-5051.



During these few days of valley warmth and sunshine, in gleeful anticipation we dare hope that it may stay this way, but then those in the know (and a met office down the hall) realize that there are storms a-brewing. Such is the current forecast for the Demon Squadron. A packed month stands before us with so many deployments that at one time we will actually have four of our six line crews away at once. The training value will be superb and all involved are happily and busily preparing for it. Of late, it was feast and famine for the two crews we had deployed last month, with the Moosemen crew having a busy time exercising in Hawaii, and showing those surf boys that Canucks rule on the roller blades just as well as the ice version (sorry about the carpet guys). The quiet guys from Crew Six sojourned to SOCAL in search of hunting opportunities, and returned feeling somewhat disappointed operationally. Thanks to "He who Rocks" and Buzz Lightyear who made a considered effort to maintain crew morale, successfully so I hear.

Back in the den, the remaining

## 407 Sqn



### Demon Doin's

Demons went into overdrive with the SAR call-out for fishing vessel *Pacific Alliance* lost in a violent storm 80 miles off the northern tip of the island. The search was gruelling and concentrated with up to five aircraft and four vessels cooperatively searching the tempest-tossed distress area. Much was found but not that most precious. Our condolences go to the families of the men lost in this tragedy.

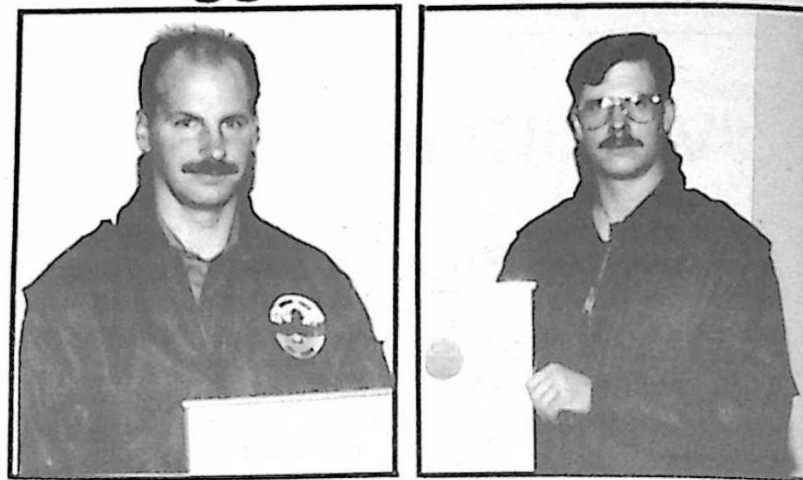
The FEs are adjusting well to their new pool system, though still showing pining loyalty to their alma mater crews. It's a good thing that their scheduler is

keeping in close touch with Ops, where the great white board has been changing like the wind behind Terme's back. Congrats to Cpl Brad Marriott on his recent selection to join this scholarly bunch. No need to guess how happy this animated fellow is over the news. Aircrew's gain is Servicing's loss. Sorry guys!

Congrats also to all of the new Mamas and Papas on squadron. The Edwards family is now happily snuggling their new son Timothy, the Whytes are wrapped with the arrival of their new daughter Taylor, and the Patrick's are playing show and tell with their new little darling Vanessa. 'Tis true... B.C. is a growth province.

Thanks also to the USN TTT Team who came over from Hawaii to brief us on latest developments on their side of the MPA world. Their briefings were entertaining and informative. Volunteers are showing up in droves to return the favour, whenever that may be. Keep up the good work guys. APS is looming and we need those upgrades! Lastly, nice haircut Curtis!

## 407 Techs earn suggestion awards



In July of 1994, the CP 140 Aurora fleet experienced numerous failures of the Rudder Boost System. Cpl Wand and Cpl Wadams, while working on these snags, discovered that there was no detailed fault-finding procedure. Most fixes were accomplished by changing components one by one until the system ran serviceable. On their own initiative, Cpl Wand and Cpl Wadams researched and developed a detailed fault-finding procedure which identifies any faulty component in the system. This procedure eliminated the replacement of serviceable parts, resulting in less aircraft down time and considerable monetary savings. Cpl Wand and Cpl Wadams' procedure has been authorized for use by the CF, and their efforts were recognized by a cash Suggestion Award.

## Wanted: Mess Manager

MCpl Gaudreau remained committed throughout the year to his secondary duty as a Wing First Aid/CPR instructor/trainer. As a cas-sim make-up artist, his casualty make-up and professional input, make exercise scenarios very realistic. In addition, he used his First Aid skills by being highly involved in the Comox branch of the St. John's Ambulance, in the past as president, vice-president, and now as their training coordinator and instructor.

In all of his tasks, MCpl Gaudreau has unselfishly gone the extra mile for the Air Force, making him a very deserving recipient of the award.

Congratulations, Norm, from all members of 19 Wing Comox.

Physical Education and Recreation personnel will be subject to directed release on 31 Mar 97 with FRP 96 funds used as compensation. As a result, hiring timelines for Mess positions have also been adjusted. Applications for Mess Manager positions will be taken till 31 Mar 97. Individual posters will continue to be issued for the jobs. Screening and interviewing of candidates will take place between 31 Mar and 30 Apr 97 and successful candidates should be available to commence employment 1 Jun 97. Mess Supervisors positions will be advertised by AIG message and staffed through local competition to meet the 1 Jun 97 start date.

## Changes to CF Dental Care Plan



Dental expenses that are incurred in 1997 will be reimbursed based on the provincial dental fee schedules in effect in 1996.

Dental expenses associated with congenital and developmental malformation for children under 19 years of age, if incurred on or after 1 Jan 97, will be covered under the plan.

Expenses for diagnostic services associated with orthodontic treatment will be reimbursed at 90% if they are incurred on or after 1 Jan 97 (previously 50%).

Effective 1 Jan 97, expenses for scaling and root planning will be limited to six time units (one time unit = 15 minutes) per 12 months (previously unlimited).



## Transportation Flight award presentation

Mr. Charlie Shea received the Master Driver Award, representing 21 years of accident-free driving. This award is an exceptional milestone for a professional driver. In addition, the W Log O, LCol Abbott, presented him with an award for 35 years in the Public Service as well as a Master Driver pin as a token of his achievement as an outstanding driver throughout the years.

Effective 1 Feb 97, expenses for fillings for the same tooth surface will be limited to once every 24 months (previously unlimited).

Expenses for recall exams, cleaning and polishing, topical application of fluoride and X-rays will be limited to once every nine months. The first 9-month period will start when the member next incurs an expense for one or more

of these treatments (previously limited to twice per calendar year). You are reminded that effective 1 Jan 97 dental claims must be sent to the New Great-West Life address:

Health and Dental Claims Centre

P.O. Box 6025, Station Main

Winnipeg, Manitoba

B3C 3C7

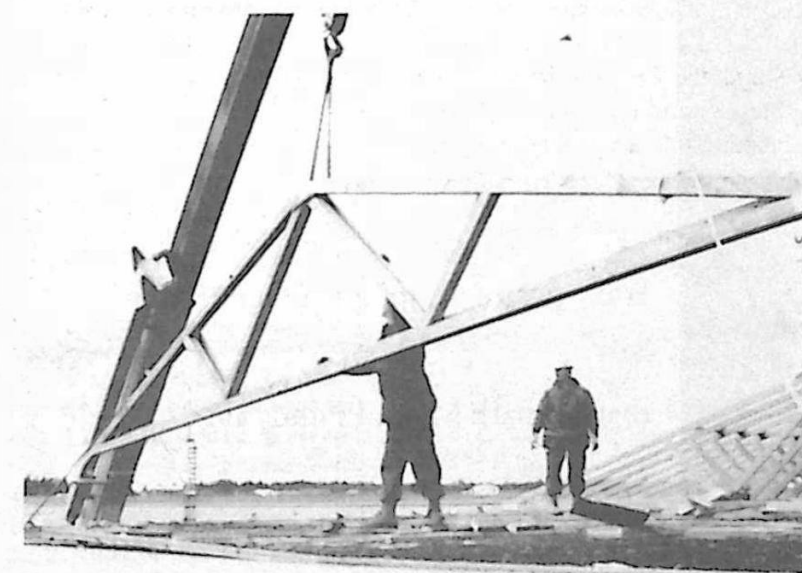
## Look who's recycling

Early in December, the old LOX (liquid oxygen) building was demolished to make room for the new aircraft washing facility. That in itself is not big news, but the fact that green demolition practices were used is news.

The demolition was carried out by Construction Engineering (CE) and the Airfield Engineering Flight (AEF). With older buildings, it is often difficult to find items to reuse because building specifications and codes change. The green demolition of the LOX building involved saving the steel doors and approximately 50 roof trusses. Reusing the roof trusses in a future project will save about \$21,500 in materials.

This is not the first reclamation project the AEF has done, and it will not be the last. It was, however, a demonstration of a change in construction practices that will be used when practicable. All the AEF personnel who took part felt that it was worthwhile practice because it conserved resources for other uses.

Other green demolition concepts utilized involved separating wastes to minimize landfill costs. In October, key CE personnel attended a seminar on green demolition practices.



AEF personnel carefully remove LOX building roof trusses so that they can be reused. (Photo by Cpl Champagne.)



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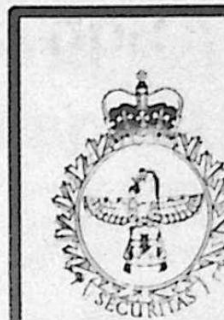
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## Cops Corner

by Cpl K.E. LeBlanc

Welcome back to the 19 Wing Guardhouse. We hope everyone had a very happy holiday and we wish you the best for 1997.

This week, we would like to touch on a subject which is presently causing a great deal of concern at the Guardhouse - the high number of crank 911 calls originating from the confines of 19 Wing Comox.

The 911 system is relatively new to our area and it was put in place as it was felt there was a genuine need to provide the emergency system to the residents of the Comox Valley. The system allows individuals with a requirement for emergency services the ability to contact one central point that can then dispatch either police, fire, or ambulance services as required. It is designed to save time, provide expert advice, and support to persons in life threatening situations until emergency services can arrive on scene.

The 911 operators are already under an enormous workload, just from the number of legitimate emergency calls. Add onto this calls from individuals who honestly misunderstand what the system is for, and call for everything from weather conditions to road conditions, and you have some very over-used telephone lines.

This brings us to what is of a major concern here at the Guardhouse - crank calls. These are the calls that aren't from people who misunderstand the system but persons who maliciously call 911. These calls overburden the line and may keep someone who is having an actual emergency from even getting through to a 911 operator in time.

In addition to tying up the operators, crank calls also tie up the emergency services themselves. Police, fire and ambulance units can end up responding to situations that don't exist. Every time this occurs, those services are no longer available to the people who have a legitimate need for them. This can all too easily become a life threatening situation.

We would like to remind everyone that crank 911 calls are not only morally wrong, they are illegal under Section 140 (Public Mischief) of the Criminal Code and, if made by a service member, can be punishable under military law as well.

Unfortunately, in the past few months, 19 Wing Comox has provided a number of these crank calls, something which is unacceptable by anyone's standards. We at the Guardhouse ask for your assistance in ending this problem. We ask all parents to educate their children on the dangers involved in making crank 911 calls and if you know of anyone making these calls we ask that you contact our office.

We thank you in advance for your help and hope that together we can end this problem before a crank call from this Wing costs the life of someone in a real emergency.

liton practices. As other demolition projects arise, CE and AEF members will have an opportunity to put these concepts to good use.

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

## National Flag of Canada Day

FEBRUARY 15

## CHOCOLATE RANCH

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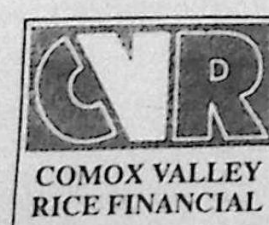
190 PORT AUGUSTA, COMOX MALL

DON GATES.....339-7313

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For more information call:



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## Education loan program: a great bargain

The Canadian Forces has offered an Education Assistance Loan Program to assist serving and former members and their dependants with costs of post secondary education. This program offers low interest loans of \$1,200, \$1,500, \$2,000 or \$2,500 per student.

Several changes have been introduced in the program since its inception:

- the age restriction has been removed permitting loans for spouses and retired members themselves;
- there is no longer a limit on the number of loans per family;
- loans are now also available for full-time post graduate studies, post secondary education di-

plomas or certificates, or for any full-time adult education training program that is employment related;

- the period of service required to be eligible has been reduced from ten to five years.

To be eligible, the serving or former member must have served in the Canadian Army, after 1 Oct 46, or in the Canadian Forces, after 31 Jan 68, and have a minimum of FIVE years Regular Force military service. Selection may be based on family income, years of service and individual family circumstances.

Loans are repaid by the member over a 12 month period beginning in September of the year in which the loan is granted. The

repayment schedule, including service charges, is as follows:

Amount of Loan	Monthly Repayment
\$1,200	\$101.09
\$1,500	\$126.36
\$2,000	\$168.48
\$2,500	\$210.60

Application forms are available from Canadian Forces Base Financial Counsellors, district offices of Veterans Affairs Canada, and the Provincial Command offices of the Royal Canadian Legion. They may also be obtained by writing to: CFPAP, 245 Cooper Street, Ottawa, Ontario, K2P 0G2.

The deadline for submissions is 30 June 1997. No late submissions will be considered.

### Air Command COS Support visit to 19 Wing

On 22-26 Jan, BGen P.T. Gartenburg visited Comox for a comprehensive look at the Master Infrastructure Development Plan recently completed by the Wing. As well, he took the opportunity to conduct an operational support familiarization tour and briefed all ranks on current issues affecting support trades within the Air Force.

Under the watchful eye of LCol Peter Abbott, Lt Eric Travis briefs BGen Gartenburg on the Explosive Safety Distance Arc at Comox airfield.

### Pediatric Ward donation



Lisa Wilson of the WO's & Sgts' Mess Ladies Social Club presents \$100 cheque, for the Pediatric Ward, to Deb Austin (Nurse Manager) and Cheryl Carveth (RN) of St. Joseph's Hospital.



Investors Group representative Duane Gee presents a \$2,000 prize to Andre and Denise LeCavalier. Investors Group has an annual draw on Vancouver Island for all clients and booth entrants. Congratulations to Andre and Denise.

## HERITAGE HAPPENINGS



### A Notable First for 414 Sqn

by "Wychbowl 8"

Two very interesting pictures of a Mustang 1 (or P51A) were published in the January issue of *Fly Past*, a prestigious British aviation magazine. The large centrefold showed a Mustang in flight, painted to represent AG 470 of 414 Sqn RCAF as it appeared in 1942. Another smaller picture of the same aircraft had information stating this was the first Mustang to shoot down an enemy plane.

The immediate question arose - when was this and who was the pilot? The first Mustangs were powered by an Allison engine and had a disappointing performance above 15,000 feet (some would say, above 5,000 feet!!) and thus was relegated to low altitude duties in Army co-operation squadrons, one of which was 414 RCAF.

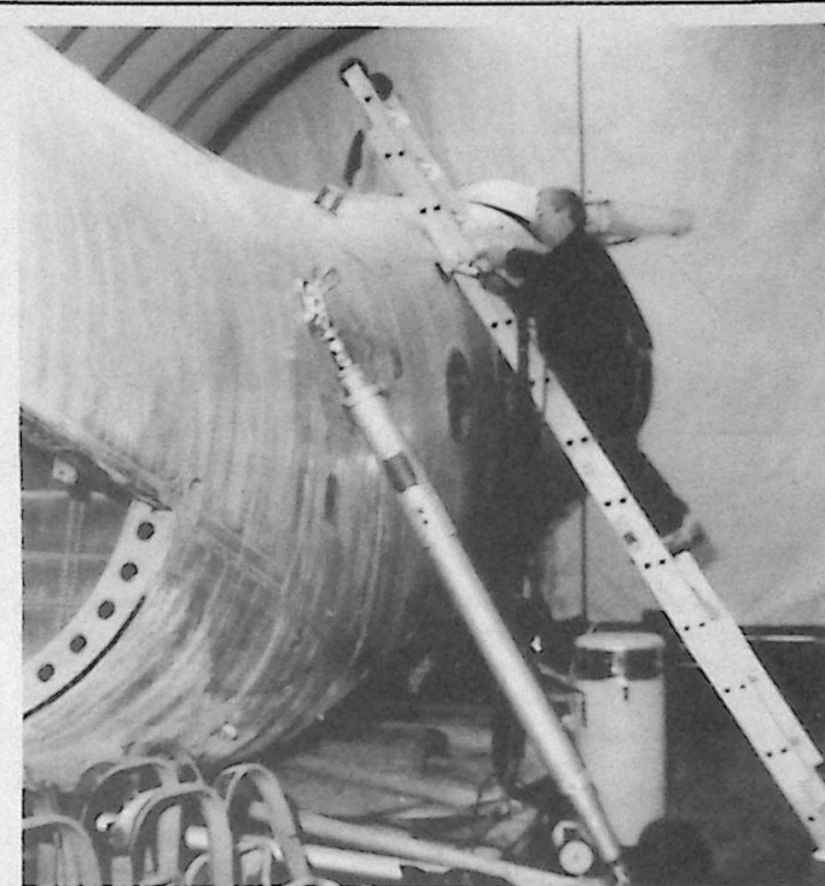
The best place locally to search for answers was the Geoffrey Rowe Memorial Library and, sure enough, in the first book about the Mustang were all the details about this unique event.

On 19 August 1942, 414 were flying in support of Operation "Jubilee" - the ill-fated Dieppe raid. F/O Hollis H. Hills, a US volunteer in the RCAF, was flying as #2 to his Flight Commander, F/Lt I.E. Clarke, on their second sortie of the day. They were jumped at about 8,000 feet by FW 190s which Hills had seen but, since his radio would not work, he could not warn Clarke. The 190s fired at the pair, damaging Clarke's Mustang. He turned back out to sea and, just before bailing out, saw a 190 smoking and falling out of control. This was confirmation of the claim later submitted by Hills. Clarke was successfully picked up by naval forces.

So, belated congratulations to 414. Just imagine, a Mustang 1 shooting down a FW 190, a much superior aircraft, and making aviation history. Strangely enough, the published history of 414 Sqn had a picture of Hills, mentioned his victory but not the uniqueness of the event. Now they know - and have the Fly Past centrefold for the squadron scrapbook.

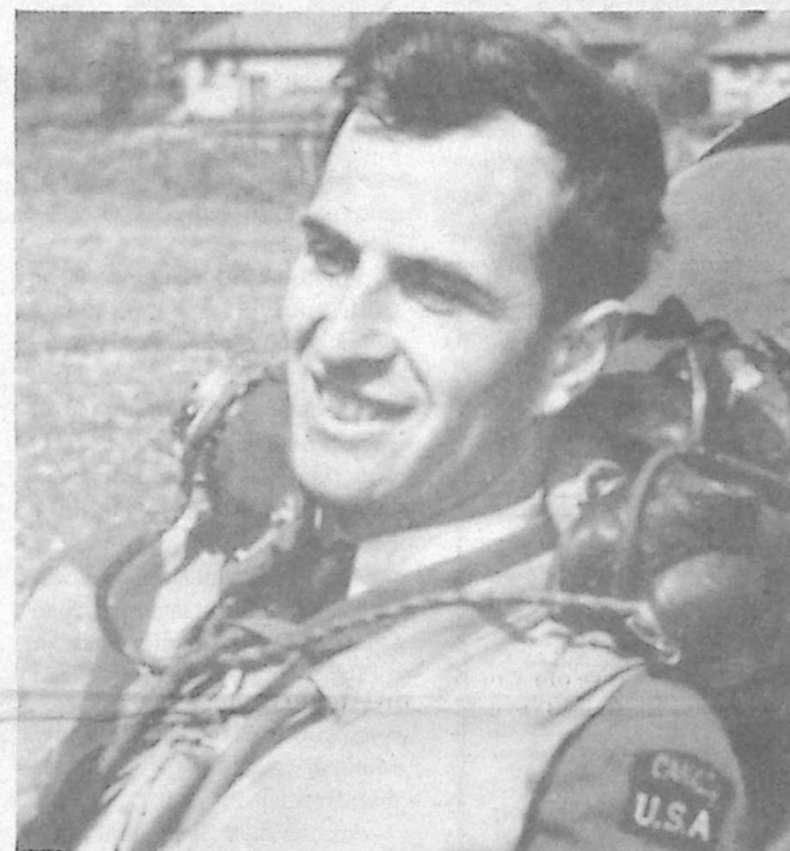
Whilst the Geoffrey Rowe Memorial Library may not have all the answers, it is a valuable research tool and will be greatly improved when the detailed cross-referencing, now under way, is completed.

Staff are available to assist on Thursdays and Fridays weekly. Volunteers are always welcome.



### H-21 Project progressing

Murray Smith, chairman of the Heritage Aircraft Restoration Committee can be seen applying the bead blaster to the outer skin of the H-21. The project has been progressing at a steady pace with outside assistance being gratefully accepted from 442 Sqn and 19 AMS. The fuselage is scheduled for painting during the summer months. Following that, restoration work will continue on the cockpit and cabin interior, as well as the rotor blades and power train.



Flying Officer Hollis H. Hills, an American serving with 414 Sqn RCAF, was credited with the first enemy aircraft (ever) shot down by a Mustang fighter.

### "THE FLIGHT COMMANDER."

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This advertisement was originally placed in the *London Illustrated News* of 1916. Notwithstanding the now incorrect smoking message, it is interesting to read the quote from the Flight Commander. That "devil may care" attitude in the face of grave danger is not lost on the aviators of today. 414 Squadron anyone?



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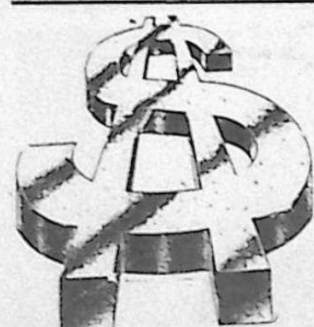
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## Money talks

### Is a self-directed RRSP for you?

By J. Kevin Dobbeltstein, P.Eng., M.B.A.

Would you like to have more control over the money in your Registered Retirement Savings Plan? Then consider opening a self-directed RRSP.

A self-directed plan is like an "umbrella," under which you can hold all your RRSP investments - including many that can't be held in any other type of plan. With a self-directed RRSP, you have maximum flexibility in the investments you make for your retirement savings, as well as the responsibility for managing those funds.

A self-directed plan can also make it easier to track your investments and their performance. With all your holdings in one place, you'll receive just one regular RRSP statement. Without a self-directed plan you may end up with a number of registered investments with different organizations - for example, a guaranteed investment certificate (GIC) at a bank, a mutual fund at a mutual fund company - and several different statements.

Once you set up a registered self-directed plan, it can contain any RRSP-eligible investment. You no longer have to individually register GICs or mutual funds, and you can transfer your existing RRSP holdings into your new plan. What's more, you can hold individual investments such as eligible stocks, bonds, treasury

bills, mortgage-backed securities, certain types of mortgages (including the mortgage on your own home), and other securities that aren't generally available outside a self-directed plan. You can buy and sell these investments within the RRSP and enjoy the same tax sheltered growth as with individual registered investments.

In addition, when you consolidate through a self-directed plan, you can take full advantage of the 20% foreign content allowance for RRSPs. You'll be able to invest 20% of the total book value (the price you paid) of all your holdings in whatever eligible foreign investment you choose. If you hold a number of conventional registered plans, the 20% limit applies to each individual plan, not to your entire holdings.

Self-directed plans offer another advantage. You can transfer non-registered investments you already own to your plan (subject to yearly contribution limits). This can be especially beneficial if you don't have cash on hand to make your RRSP contribution. Revenue Canada will treat those investments as if they were sold, so you could incur a capital gain when making a transfer. But you'll get the same RRSP tax break on their value as if you had contributed cash. Note that if the asset is in a loss position you will

not be able to claim the loss.

You can set up a self-directed plan with a bank, trust company, brokerage firm, financial planning company, and some mutual fund companies. You'll be charged an annual trustee fee for the registration and administration of your plan - usually \$100 to \$150. You'll also have to pay applicable commissions when you buy or sell securities, just as you would on non-RRSP investments.

Self-directed plans are not for everyone. They are ideal for more sophisticated investors, or for those who rely on the services of investment advisors. This type of RRSP requires constant monitoring and decision-making in order to make the most of investment opportunities. Either way, your plan benefits from a hands-on approach. You can shape your portfolio and risk profile through your personal selection of securities. This allows you to devise a high-growth portfolio for maximum gains, a conservative portfolio to protect your capital, or anything in between.

If you're prepared to do your homework, a self-directed plan could be a valuable wealth-building tool.

## Canada Day Poster Challenge

Sometimes it takes a child to point out things we take for granted in Canada.

Take Emily Brazill, an 8 year old from Charlottetown, Prince Edward Island, who drew a poster celebrating her country. "My drawing shows what a marvellous place Canada is," she wrote on the back of her artwork. "It is the most beautiful country in the world."

Emily was chosen as the national finalist in the 1996 Canada Day Poster Challenge, sponsored by Canadian Heritage. Hers was selected from among nearly 9,000 entries by students aged 18 or under who rose to the challenge of putting their feelings about Canada into pictures.

For the 1997 challenge - the 10th anniversary - Canada's young people are again encouraged to send in their drawings. The Canada Day Committee in each province or territory selects one finalist, who appears at a news conference to unveil his or her artwork.

The 12 provincial and territorial finalists will later travel to Ottawa with one family member for the official noon-time Canada Day celebrations on July 1 as personal guests of the Deputy Prime Minister and Minister of Canadian Heritage.

Among them, a national finalist will be chosen, whose winning artwork becomes the official Canada Day poster. The poster is displayed at locations in the National Capital Region and coast to coast where Canada Day and "Celebrate Canada" activities are held. The design is also printed on a souvenir distributed across the country for the Canada Day celebrations.

Past winners have had their posters reproduced in an airline

in-flight magazine, displayed in an airport terminal, hotel lobby, office building and a national museum, and enlarged for display on stage on Parliament Hill during the Canada Day ceremony. In 1992, all 12 finalists showed their work to and met Her Majesty Queen Elizabeth II. The 1994 finalist, 14 year old Delaney Gehmeir of Whitehorse, Yukon, was personally congratulated by the Prime Minister and the Minister of Canadian Heritage. Her poster came to life when it was performed at the Canada Day show by TV personality Mr. Dressup and friends.

Entries have depicted themes such as togetherness, family, multiculturalism, peace, friendship, pride, the environment and beauty. Back in 1989, when Samuel Yip of Scarborough, Ontario, was 11, he pictured Canada made from building blocks. His winning poster titled "Together We Build Canada" showed people working with red bricks to make a Canadian flag shaped like a heart. "My poster shows how Canadians are working in harmony together to build a peaceful and loving Canada," he wrote.

The 1991 winner was Robert Mayer, 16, from Burlington, Ontario. On his poster, showing young people planting a maple tree, he wrote: "The spirit of friendship and the environmental consciousness of young people displayed in this poster show how Canadians make Canada a better place for all."

The Challenge began in 1987 as a way for young people to celebrate how they feel about their country. More than 75,000 students have created posters.

To find out how to enter, call or write to your local Canada Day Committee, or check out the SchoolNet website at <http://www.schoolnet.ca>, or the Canadian Heritage site at <http://www.pch.gc.ca>. Entries must be received by 28 February 1997.

## Did You Know?

On this date in February 1947, at Edmonton, a training course was initiated for "Para Rescue Jumpers". Affectionately referred to by the Army as "Jolly Jumpers", this cadre of specialists went on to be the nucleus of our current well known SAR Techs.

## Valentine's Day

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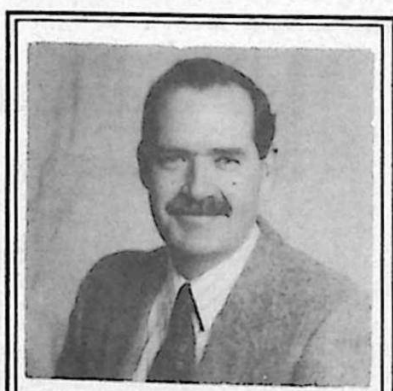


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## Association Francophone de la Vallée de Comox

479a Fourth Street, Courtenay, B.C.

### February Activities

Please note: all events are held at the Francophone Association

**Mini Franco-Fun:**  
(up to 8 yrs old)

Weds. 19 Feb. 3:00 - 4:30 pm  
Cost: Donation

**Francophone choir for children:**  
(6 to 13 yrs)

Every Weds. evening 6:30 - 7:45 pm  
Cost: \$10.00 for 3 months

**Café-rencontre:**  
Saturday, 15 Feb. 7:30 pm

Speaker: Richard Leblanc  
Subject: Dreams

**Family Movie: Title "Babe"**  
Sat. 22 Feb. 2:00 pm

Cost: Donation

**Mini Franco-Fun:**

Le mercredi, 19 février, 15h00 à 14h30  
Coût: Don

**Café-rencontre:**

Le samedi, 15 février, 19h30  
Invité: Richard Leblanc

Sujet: Les rêves  
Apportez un goûter

**Cinéma-famille: Titre "Babe"**  
Le samedi, 22 février, 14h00

Coût: Don

**Chorale francophone pour enfants:**

(6 à 13 ans)  
Le samedi, 15 février, 18h30 à 19h45

Coût: \$10.00 pour 3 mois

## The challenge of Badminton

by Cpl Forget

Often, after a gruesome and draining match, friends and co-workers look at my tomato coloured face and ask "Have you been to a marathon or something?" "No, I just played badminton," I reply. Pensive and surprised, I can tell some of you are thinking of that beach style badminton with heavy wooden racket and wobbly red-nosed shuttlecock, and probably wonder what's my problem. Others will consider that I am perhaps not in shape or not skilled and volunteer to show me a few tricks! Having made the Badminton Nationals, I make the point of modestly accepting. On the Fatal Day, my strategy is simple: I make them run back and forth on the court... then the jeopardy question arises: how long will they last? Dododo dododo do do do do do. Most realise their mistake, except for a few who vehemently blame their racket or argue that I was the luckiest guy on earth!! Even though I beat them 15-0 in four straight games!

Nowadays, badminton is a different game, with the availability of extra light aero flow graphite composite rackets, strings tightened to provide 30 pounds of pressure and the design of green plastic shuttlecock or feather birds which all allow finesse, speed and power in the game - one can definitely get tired!

It was all started in England by a British Army Officer (what would we do without the Army!) in 1873, taken from the ancient games of Battledore and Shuttlecock. The modern name came from the country home of the Duke of Beaufort, Badminton House, where the game was often played. The game and place became so strongly associated that the game took the name of the estate. Obviously, the game was more of a pastime and a fun thing to do and that is still true today. But, because of the recent game structure and availability of high tech equipment, it can be one of

the most demanding sports around. I still ponder why it took so long for badminton to be included in the Olympics (1983), and yet receives very poor television coverage. I guess we will have a way to go before badminton will be recognized with the stature it deserves as a physically exhausting game in singles and a mastermind contest in doubles.

If you would be interested in learning more about the game, please phone Cpl Forget at loc 8834, or MCpl Blair at loc 8538.

FREE FREE FREE  
**BADMINTON FAMILY NIGHT**  
Valid only Sundays  
1830-2100 hrs.  
until 31 Feb 97  
1 coupon per family of 4  
FREE FREE FREE

## Jump start your college career

We are planning to bring an important college course to 19 Wing so many of you can get a head start on your college program. While colleges and programs vary in specific course requirements for a diploma or certificate, many require a basic English writing course. For people who have been trained to write in the highly specialized military style, this course will provide the bridge to both business and academic writing.

We have found that because this course is required for many

programs offered at North Island College, it is often difficult to get into the course, and it is not usually available outside of normal working hours. If we have at least 15 students, we can offer a similar course in a classroom format, likely once weekly for 6-10 weeks. If we have fewer students we can offer a mixed format course, with students completing work on their own, but with a local tutor who can support and guide participants.

Even if you haven't decided what college program you would like to pursue this course is a good bet.

The other possibility for a locally-offered course is Introductory Computers. While many of us use computers in our work, other have not had the opportunity, especially family members. Depending on students' interests, this could be a basic introduction to the computer, DOS, Windows and word processing. Or we could look at an introductory course in computer software ap-

plications, such as word processing and spreadsheets, and how to move between them.

These courses would be open to serving and retired military members, civilian employees, and dependants. We already have a number of students on our interest list. If you would like to add your name, please give me a call at local 8889.

The most recent Management Development Program course was Communications. We had an interesting, challenging and fun weekend. Thanks to all the participants - you did a great job! The next course will be Labour Relations, on March 14-16. This is part of the six-subject certificate program from Seneca College. The courses are offered on base, from a Friday evening to Sunday afternoon. If you would like to join us for just one course or to complete the whole program, you are welcome to begin any time.

To talk about your educational plans, call me at local 8889.

\*\*\*\*\*

### TopTen FP 97 Gripes

• I wanted to be in the Officers' Mess • Build a what? • If I wanted to communicate I would have stayed in school past Grade 5 • Cold coffee • I hate these long hours • Splinters in face from tables • I got more sleep at CE • Why me? • Flow chart • Snow chart • Two words: "Touchy Feellie."



## Bookshell Bestsellers

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Week ending: 15 February 1997

- |                          |       |           |
|--------------------------|-------|-----------|
| 1. Outlander             | ..... | Gabaldon  |
| 2. Dragon Fly in Amber   | ..... | Gabaldon  |
| 3. Vogageur              | ..... | Gabaldon  |
| 4. The Stallion          | ..... | Robbins   |
| 5. Shock Wave            | ..... | Cussler   |
| 6. This Day All Gods Die | ..... | Donaldson |
| 7. Absolutely Positively | ..... | Krentz    |
| 8. Guilty as Sin         | ..... | Hoag      |
| 9. The Poet              | ..... | Connelly  |
| 10. The Hidden Heart     | ..... | Kinsale   |

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• Offres spéciales sur les produits bancaires aux particuliers réservées aux membres des Forces armées.

Rappelez-vous que la date limite pour cotiser à un REER pour 1996 est le 1<sup>er</sup> 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 sur votre avenir. Un prêt REER\*\* peut également vous aider à optimiser votre cotisation.

Pour de plus amples renseignements ou pour optimiser votre cotisation REER 1996, faites le 1 888 363-7526 DES AUJOURD'HUI

\* Les fonds communs de placement sont offerts par prospectus. Vous y trouverez des renseignements importants. Composez le 1 888 363-7526 pour obtenir un exemplaire et lisez-le attentivement. La valeur des parts et le rendement des placements sont soumis aux fluctuations du marché.

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**AQUATIC NEWS**

**NEW!!**

STARTING IN FEBRUARY 1997

**LANE SWIMMING ONLY**

AT THE END OF CASUAL SWIM TIMES:

SUNDAY TO FRIDAY 1930 - 2000 HRS  
SATURDAY TO SUNDAY 1530 - 1600 HRS

**TopTen things overheard at 414 Sqn.**  
Why yes, I am a fighter pilot! What is our T-off time? Larry, calm down! This thing is how old? We're not pushing the #9% target! I would tell you, but then I would have to kill you! Chicks dig it! As long as we outlast the Buffalo! Jam this! Cold Lake!?

## 19 Wing Bowling Center

**Casual Bowling**  
Friday 6:00 - 9:00 p.m. Sunday 1:00 - 4:00 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 339-0628. 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 Marshall 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.

## Glacier Greens mixed Winter Golf

by Barb Carter

February 2 and the groundhog didn't see his shadow but the 50 hardy souls who turned up for Winter Golf didn't see theirs either. Rain plagued us for the first four holes but after that it turned out quite pleasant. Thankfully, it was fairly warm. Winners were:

1st Gross: Bob Edwards, Jim Trask, Mark Blanchard, Bill Pompanio.

1st Net: Nick Mykitiuk, Dick Nex, Wayne Hay, Jan Verbeek.

2nd Gross: Duke Dutrisic, Ray Cossette, Hank Fortin, Helen Williams.

2nd Net: Richard Wand, Norm Fellbaum, Berni Golding, Wanda Ameson.

3rd Gross: Hal Fraser, Wayne Ogilvie, Ralph Glass, Gussie Pritchard, Mary Kelly.

3rd Net: Bob Marshall, Reg Warne, Russ Englemeyer, Terri Martin.

KPs on #12 went to Nick Mykitiuk's team with Jan Verbeek making the shot. Well done Jan. On #15 it was Bob Marshall's team with Russ Englemeyer doing the honours.



**- Aqua Fun, 45 minutes of Fun and Fitness in the water**

**- Co-Ed aerobic classes set to music, offering a balanced workout**

**- Non-swimmer... need not worry, the whole workout can be done in shallow water!!**

**- Every Wednesday and Friday, 2000 - 2100 hrs.**

INTERESTED? LET US KNOW!

Contact: Chantal Boudreault at 339-5152

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Athabasca University Learning Without Limits

## Wallace Gardens

### Web site for kids

There's an important new stop on the Internet, designed specifically for Canadian young people. Kids Help Phone and Bell Online, at: <http://kidshelp.sympatico.ca> is designed to facilitate kids' access to information and help them cope with life's complexities in an immediate, timely way.

"We set up our Web site as an innovative add-on to our 24-hour telephone service," explains Heather Sproule, of Kids Help Phone.

Surfers who visit the web site can tune into topics such as friendship, love and family, diversity, birth control, STDs, AIDS, drug abuse, eating disorders, abuse, sexual violence and suicide.

For example, a visitor who clicks to the Sexual Violence section will find information on the differences between physical attraction and sexual harassment; learn the warning signs of dating violence; and get tips on what to do after an experience with sexual violence.

Also, the site, via hyper-links, directs a visitor to appropriate information on other sites. Visitors to the Eating Disorders section can learn about the contributing factors to bulimia and anorexia nervosa or get advice on how to help a friend who has an eating disorder.

The site will be continually updated and expanded.

## Officers' Mess Ladies Club An evening at the Spa

Mark Wednesday, 19 February, on your calendar as a night to learn about all the personal services and indulgences the incredible Comox Valley has to offer.

The Officers' Mess Ladies Club is serving up An Evening at the Spa for members (\$2), non-members and guests (\$4) on 19 February, at 7:00 for 7:30 pm at the Officers' Mess. Along with displays from local area clubs, businesses and associations offering everything from aromatherapy to fitness, there will be prizes, refreshments and great socializing with kindred spirits.

Be there or spend all of 1997 wondering where to go to pamper yourself.



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Four year old Kayley Melanson shows her watercolour painting skills.



Hope and Frosty having fun at the colouring corner.

## Teen Centre

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.



**Posted to Kingston in 1997?**  
If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call on the "TOLL-FREE" number below, and I will send you a "Worry-Endor Kit of Kingston" containing maps, home prices, school information, shopping facilities, transportation and a video of Kingston Housing.

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## First Black Belt at Karate Club

On 18 December, the Comox Valley Wado Kai Karate Club was honoured to promote Blake Rodgers to "Shodan," first degree black belt.

The Comox club is a branch of the Toronto Wado Kai, founded nearly 30 years ago by Sensei Dave Manara, now an 8th degree. The Comox chapter is only in its fourth year of operation and Blake is the first of our members to receive his black belt.

Blake was one of the original members to sign on with the club and came to us as a green belt from the Shito Ryu style. The styles being so similar, Blake was allowed to keep his rank, therefore achieving his black belt in the required time.

Blake was video taped here for his black belt testing, then the video was sent to Toronto to be viewed by Sensei Manara. Blake will now be one of the thousand or so strong to join the Toronto Wado Kai black belt ranks. We are very proud of Blake's achievements over these last few years. He will be a great asset to our club and its training.

Achieving a black belt seems to be everyone's goal when first signing on with a Karate club. It takes a lot of dedication and hard

work to reach that prestigious level. Only a small percentage finally do. Karate is not unlike anything else that one might venture into - you only get out of it what you put in. Karate can be a very gratifying sport if approached with the right attitude and understanding. Those who join a Karate club with illusions of becoming a Bruce Lee or Chuck Norris overnight usually fail.

Practice, dedication and a love for what you are doing will usually be the recipe for success in Karate. In Karate you are judged only on your efforts, and your efforts alone, for achieving your goals. It is a great way to get in shape and learn self-defence in the process. Find a club that is right for you and stick with it. There are many fine Martial Arts clubs in the Comox Valley to choose from. There is bound to be one for you.

The Comox Valley Wado Kai classes started 3 February. Classes are held Monday and Wednesday evenings for adults and children 8 years and older. Call any time for information on what we have to offer: Bob Harlock (3rd degree) 339-0957.

## 19 WING BUTT OUT PROGRAM

### Decision Time:

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

If so, come to the 19 Wing BUTT OUT information session on:

Wed 26 Feb 97:  
Bldg 22, room 16 @ 1300 hrs

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

NOTE: TO TAKE THE BUTT OUT PROGRAM, YOU MUST ATTEND THE INFORMATION SESSION

FOR MORE INFO, CONTACT: SGT BRIAN BUTTNER @ 2759 P.O. MITCH SCOTT @ 8702, CPL ROY KING @ 825, CPL DAWN MEIER @ 5407, or MARIA PUNGENTE @ 9555

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# THE BULLETIN BOARD

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

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

**Monica's Professional Pet Grooming**  
Now open in the PMQs  
All breed dog and cat grooming.  
Call 339-0616 for appointment.  
<2/2>

19 year old student looking for house sitting job. Very responsible, reliable, quiet and clean. 897-3230. <2/2>

Kenmore washer, special edition, heavy duty, large capacity, used 6 mths. Purchased at \$650, sell at \$450. 338-7920. <2/2>

## Autos for Sale

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

**Tupperware**  
Have you seen Tupperware lately? Parties, orders, replacements, job opportunity. Please call Diane at 338-4897.

## For Sale

Couch and loveseat, dusty rose, good condition, asking \$400.00. 339-4317. <1/2>

Bossons wildlife wall ornaments, ex. cond. Large bald eagle, golden eagle, osprey. 339-4317. <2/2>

Kids bikes, both ex. cond. Tricycle \$20, 2-wheeler w/training wheels \$40. 339-0841. <1/2>

Solid maple bunk beds w/ladder, box springs & mattresses \$300 o.b.o. <1/2>

Retro style couch & chair, mint cond, green multi design. Must sell \$150. 339-5740. <1/2>

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

Stackable apt size washer & dryer. Hitachi. Great cond. rack incl. \$500 o.b.o. 339-6944. <2/2>

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

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

## 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. <2/2>

Double bed box spring & mattress, also headboard. \$100.00 all three items. Ex. cond. 339-0841. <1/2>

## 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.

## A Big Thankyou

Dr. Brittain and the staff of 19 Wing Hospital would like to express their appreciation to the following merchants who donated prizes for our 1996 Christmas Ball:

Walkabout  
Hot Chocolates  
Heritage Restaurant  
Columbo's Steak House  
Bar None Cafe  
Francis Jewellers  
Peoples Jewellers  
Courtenay Auto Supply  
Decorama Party & Craft Supplies  
Comox Photo  
Comox Valley Florist  
Brian McLean Chev Geo Olds

Your generosity was greatly appreciated.

## 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.

**ADULT SWIMMING LESSONS**

We have not received enough names to offer Adult Swimming Lessons. If you are interested, let us know!

Chantal Boudreault  
Aquatic Supervisor  
339-5152



## 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, loc 8538.

## Club Info

WOs & Sgts Mess Ladies Social Club meetings are held the third Monday of the month at 7:30 pm.

## 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.

## 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.

## Boats for Sale

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

## Job Opening Tee Pee Park Caretaker

Applications are now being accepted for the position of Tee Pee Park Caretaker at Air Force Beach. The position will be a Seasonal Personal Services Contract and will cover the period of 1 April-30 September 1997.

Duties and job description are available through the NPF HR Co-ordinator. Compensation package to be determined.

Applications with resumes should be submitted to Mr. Larry Francis, NPF HR Co-ordinator, by 12 noon on 14 February.

## Scholarship offered

Courtenay, Campbell River and Parksville high school seniors, who are the children of independent business owners in this area, are eligible to apply for a \$500 scholarship offered by Padgett Business Services.

"This year's economy has created many concerns for small business owners," remarked Keith Haslam and Betty-Anne Juba of the local Padgett office. "Among them is adequate funding for their children's education."

Scholarship applicants must be graduating high school seniors who plan to attend a post-secondary accredited institution. In addition, the legal guardian of the student must be an active owner of at least 10% of the stock or capital in a local business that employs fewer than 20 people.

The deadline for applying is 1 March, 1997. For an application and further information about the Padgett Scholarship Program, phone your local Padgett office at 250-338-8993. All regional winners will become eligible for a grand prize scholarship of \$4,000.

The local award is part of an international program in which Padgett Business Services is offering more than \$50,000 in scholarships throughout North America. Since 1990, the Padgett Business Services Scholarship Program has awarded over \$150,000 to dependents of small business owners. All awards will be based on applicant test scores, high school grad point averages, and education and career plans.

Local winners will be announced in May and the grand prize will be awarded in July.

A financial reporting and tax planning service for small business owners, Padgett has been in operation since 1966. Haslam and Juba's local franchise is part of a network of more than 375 Padgett offices in North America.

"Padgett Business Services is the leader in small business financial reporting and tax planning services," added Haslam and Juba. "This scholarship program is just one example of our dedication to serving our clients."

February 14<sup>th</sup>  
Valentine's Day



*Love will find its way  
Through paths  
where wolves would  
fear to prey,  
And if it dares enough  
It were hard  
If passion met not some  
reward*

Byron

## Have a ball at "Fire and Ice"

The Courtenay and District Museum is hosting a "Fire and Ice" Gala Ball on 22 February, featuring the CAMPA Big Band. Young and not-so-young alike have enjoyed the music of this island treasure for years.

Along with the dancing, dinner will be provided by Vivian Cruise, whose reputation as chef extraordinaire is steadily growing. Reflecting the Fire and Ice theme of the evening, the meal promises to be a culinary extravaganza!

The Courtenay Museum is well under way with plans for their new building. As a regional centre for paleontological exploration and exhibition, the new museum will be an exciting addition to our community. All proceeds from the ball will benefit the Building Fund.

So polish up the dancing shoes and dust off the ballgowns and dinner jackets! Get ready to attend Fire and Ice on 22 February. Tickets are \$50.00 per person, available at the museum. Phone 334-3611.

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## FREAKSHOW



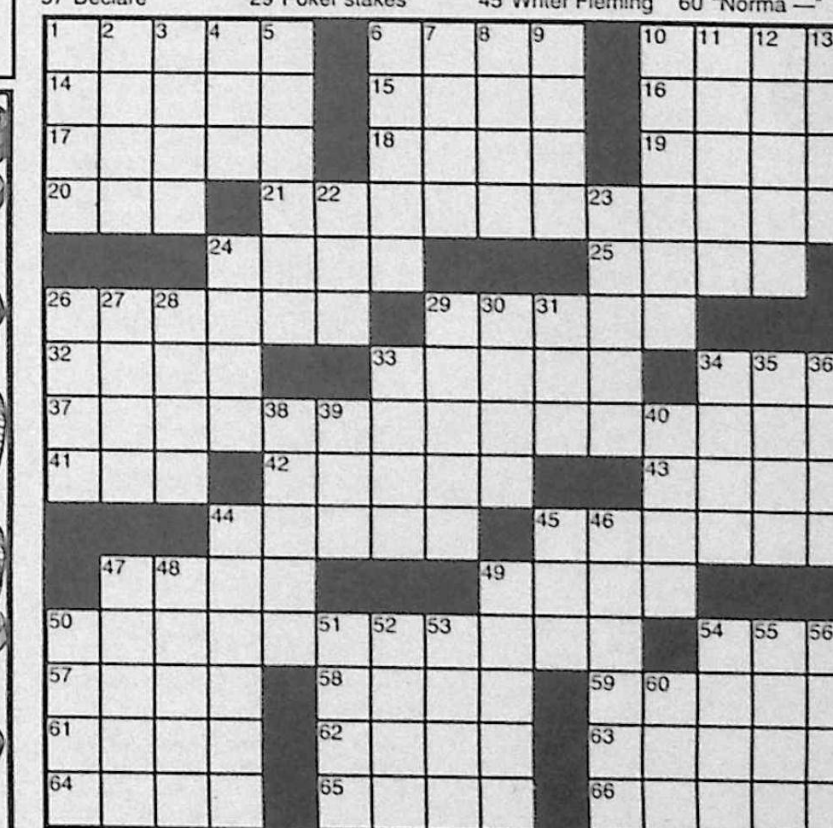
## TODAY'S CROSSWORD PUZZLE

### ACROSS

- 1 Master, in India
- 6 Swiss painter
- 10 Seaweed
- 14 Tropical vine
- 15 PBS science show
- 16 Jai —
- 17 Bandleader
- 18 Kimono sashes
- 19 Potato substitute
- 20 Sound of disapproval
- 21 Went faster
- 24 Chore
- 25 Colorado tribe
- 26 — Einstein
- 29 Bridal path
- 32 Heart
- 33 Actress
- 34 Dickson
- 37 Psyche parts
- 38 Jagger's companion?
- 41 Chess
- 42 Tough question
- 43 Guide
- 44 Pennies
- 45 African antelope
- 47 "Killing 'em
- 49 Low islands
- 50 Popular summer fruits
- 54 Jabber
- 57 Declare

### DOWN

- 1 Venetian-blind
- 2 Freshens
- 3 Bundle of yarn
- 4 One — million
- 5 Market
- 6 Tap
- 7 Ear part
- 9 Martial art
- 10 Exclusive group
- 12 Fastens (a shoe)
- 13 Multicolored
- 22 Missouri hrs.
- 23 Sovereign
- 24 High-school student
- 26 Deeds
- 27 Traditional knowledge
- 28 Pesky youngster
- 29 Poker stakes
- 30 Whirlybird inventor
- 31 Knight's title
- 33 Helper: abbr.
- 34 Thought
- 35 Use the phone
- 36 Cream —
- 38 Harpoon
- 39 Charged particle
- 40 Swiss peaks
- 44 Worked on a ship
- 45 Writer Fleming
- 46 Me
- 47 Raise trivial objections to
- 48 Make up (for)
- 49 Brooklyn's —
- 50 Crumples up
- 51 Hoover Dam's lake
- 52 Pollster Roper
- 53 Den
- 54 Cartoon bear
- 55 Arabian gulf
- 56 Sassy
- 60 "Norma —"



## GUIDE - SCOUT WEEK



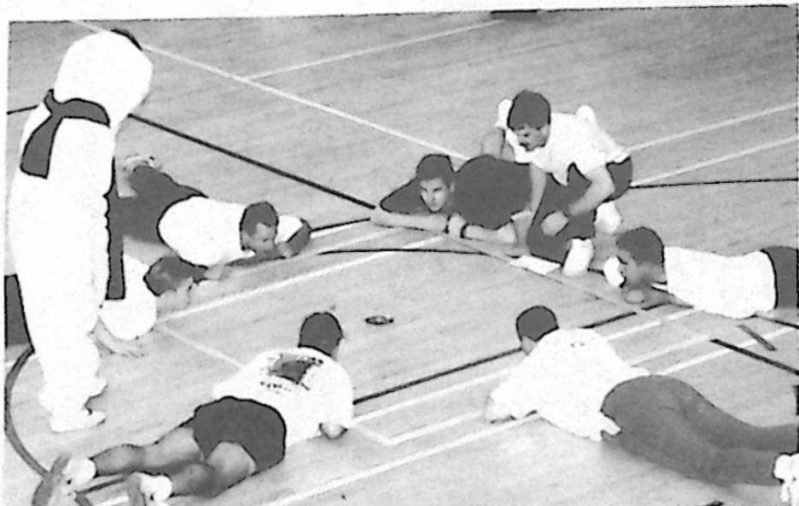
February 16 - 23 1997



# More No-Sno-Fest (cont. from page 1)

tures were judged on originality, visual appeal, precision of shape, theme and humour. First place went to 19 AMS 1. This Hour Has 22 Misfits came in second place, and third went to the Snow Removers, a team from W Transportation.

The gruelling outdoor event, a timed race that had four people in snow shoes carry a fifth member, dressed in what looked like "burn victim" garb was as much fun to watch as it was to participate. Mike's Maniacs came in with the fastest time to take first place.



No-Sno-Fest mascot watches a 407 team play one of the tabloid games held in the gym.

## Prizes, Prizes, Prizes - big winners at No-Sno-Fest

There were lots of prizes to be won at this year's No-Sno-Fest! Over 100 prizes were available, thanks to the support and sponsorship of local merchants and companies who donated their products and services for our festival. The big prize, two tickets from Canadian Airlines, was drawn during the dance at the Combined Mess. The winner was ticket #307 - Sgt Oakes of CFSSAR.

Tickets were re-entered into the drum, so there was the possibility of winning more than once. Several people were two-time winners! Draws for prizes were held just about every 20-30 minutes throughout the day. Over 40 prizes alone were drawn during the dance. And remember, you didn't have to be there to win the prize. If your ticket was drawn - then you're a winner! Check the list below for your name and contact your No-Sno Fest rep for details on how and where to claim your prize:

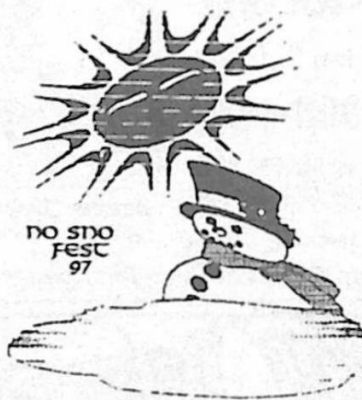
Ticket #	Name	Ticket #	Name
251	WO Chatwin	1004	Maj C Fast
558	MWO Verette	261	Cpl B McQueen
108	MWO Corbin	651	Cpl Mallaire
434	Gailzard	106	Mrs Mack
1004	Maj C Fast (again!)	915	Richard Mailhoit
563	Gilbert Marseille	89	Jean Traynor
943	E Branshaw	850	SL Peterson
828	Capt Pattison	408	Norma Hanson
812	Andy Garwood	912	Ruth Newell
1068	Kurt Staples	26	S. Neville
901	Wilf Hannas	801	MWO Rodgers
303	Cpl Picard	848	G. Kirkland
822	MCpl P Durst	684	Cpl Blair
492	Roger Perry	968	Anna Cutland
209	T Harrison	940	Jim Lefebvre
663	MCpl Dymond	478	Mike Long
63	A Tomlinson	937	Brian Hoquard
420	Cpl Huard	1071	Bill Ceechin
79	G Guymer	981	Delisle
681	Capt LaPlante	991	Dr. Phil Kachanoski
403	Maj Gauthier	1130	Romeo Goulet
998	Lisa Stone	1099	Tom Trainor
484	Josee Menard	404	Ernie Linden
597	Gary Kendell	499	Stacy Stellsted
833	Cpl MA Ashby	999	T. Russu
991	P. Kachanoski (again!)	222	Cpl M Mailloux
16	CWO Dupuis	1108	I Donovan
1076	D. Pattison (again!)	869	Troy Carr
403	Maj Gauthier (again!)	364	MCpl Nauta
1106	Glen Hendy	1321	Clint Halfkenny
674	Cpl Laliberte	805	WO Heath
956	K Lingley	935	Della Gagnon
802	WO Bolster	682	Cpl Ledrenn
1100	Walter Morgan	651	Cpl Mallaire (again!)
915	Richard Mailhoit (again!)	1063	Glen Coates
495	Stan Bekus	218	MCpl D Martin
112	Cpl Gostbjorn	305	MCpl Johnson
845	Maj O'Neill	1016	Cory Wappler
604	Mike Trudel	4	K. Cutland
679	J. Klatt	997	Dr. Brittan
817	Cpl Hopetsch	939	Kevin Haley
254	G. Carr	222	Cpl Mailloux (again!)
1304	Christie Russel	581	Joe Gaudreau
1008	Capt R. Porter	964	Brenda Ouellette
1339	Susan Cockey	988	Carol Neave
960	MWO Paradis	495	Stan Bekus (again!)
230	Mrs D Lecavalier	791	MCpl Healy
668	Cpl Lundieran	884	Steve Nichols
1333	Tanya Abbott	365	MCpl Brierre
102	Cpl Perkins	684	Cpl Blair
652	MCpl Hunter	307	Sgt Oakes
902	Cathy Hannas	761	John Healy (again!)
901	Wilf Hannas (again!)	253	G. Carr (again!)
4	K. Cutland (again!)	831	Sgt Kalbleisch
14	Sgt Buckley-Jones	1305	Sandy Johnson
473	Lisa Archand		

For the Overall Award, teams that put on a skit were automatically given 15 points - a crucial 15 points that could have and *did* make the difference in determining who won the Overall Team Trophy for the No-Sno-Fest. Hands down, the W Transportation Flight team "Snow Removers" won the Overall Team Trophy. Coming in second place was Star Nib, a team made up of supply-types - but you already knew that 'cause "Star Nib" spelled backwards is Bin Rats!! Pretty smart, those supply guys and gals!! Third place went to the Hosers team.

There were over 170 participants in the Beard Growing Contest. It would appear that \$2.00 is a great price to pay for the privilege of not having to shave for a month!! There were several excellent competitors for the three categories: Most Scraggly Beard was won by Cpl Dan Gagnon of 19 AMS; MCpl Guy Lacasse of 442 won the Most Colourful Beard category; and Cpl Bruce Davidson of 19 AMS wins for the Best/Full Beard. Each of the three gentlemen won \$50.00. Congrats guys!

A big "thanks" to all teams and spectators - you are the ones who made No-Sno-Fest a day full of fun, good times, and laughs. Thanks and kudos go out to all the Fest Committee members and unit reps. You are the people who made it happen. And, of course, "Thank you" to the local merchants for the support to 19 Wing in furnishing the fabulous and numerous prizes for No-Sno-Fest 97.

(Photos by Cpl Olsson and Cpl Kelley.)



## NO-SNO-FEST STANDINGS

Team Name	Unit	Overall Ranking	Gym Events	Pool Events	Arena and Snow Sculpting	Outdoor Event	Skits** (for spirit)
This Hour Has 22 Misfits	WCompt/WComd	8	14	1		8	13
Mike's Maniacs	740 Comm/WTIS	6	2	9		2	1
Dust Busters	W Accmd/ W Clean Svcs	12	16	15		6	15
Comox Hope / CMFRC	WHosp/CMFRC	16	12	13		12	15 2nd Place
Vikings	407 Sqn Crew 5	7	10	7		6	3
Starnib	W Supply	2	4	4		4	7
Icemen	407 Sqn, Crew 4	9	7	1		9	11
407 Sqn Svc B1	407 Sqn	17	13	14		10	6
407 Sqn Svc B2	407 Sqn	10	3	8		10	7
WEME	EME	5	8	5		15	9 1st Place
Snake Oilers	442 Sqn	4	5	3		1	15
19 AMS 1	19 AMS	4	8	2		3	8
19 AMS 2	19 AMS	11	6	7		7	14
Orcas	WOps	18	9	12		14	no score
PSS Slaves	PSS	13	11	10		5	12
Snow Removers	W Tn	1	6	6		3	4 3rd Place
Orphans	407 Sqn & 414 Sqn	15	10	6		13	10
Hosers	414 Sqn	3	1	6		11	2
Eager Beavers	CE/AEF	14	15	11		7	5

NOTE: Various points were awarded for each activity of each of the 4 main events.

Only the overall ranking of the 4 main events is shown in this table.

15 points were given if a team entered the skit event. If the team did not enter a skit, 0 points were awarded.

\*\*Skits: For calculation of Spirit Award, the skit was one of the criteria in determining the Spirit Winners.

WINNERS OF THE SPIRIT AWARD: THIS HOUR HAS 22 MISFITS

WINNERS OF OVERALL NO-SNO-FEST TEAM AWARD: SNOW REMOVERS



Ken Ilitski and Kim Saunders perform in their team skit on Friday evening.

## No-Sno-Fest thanks local merchants for sponsorship

The No-Sno-Fest wouldn't have been the great success that it was if it hadn't been for the support from our local community. Merchants and companies supported our event by donating their products or services for prizes and draws. 105 prizes, totalling over \$5,000, were available to be won throughout No-Sno-Fest. 19 Wing extends its heartfelt thanks and appreciation to the following companies and businesses:

Canadian Airlines; Systemhouse (SHL); Studio One; Merlin Travel; "Nuts" Hobbies; H.E.R.E. Computers; Subway; Digital Ark Computers; King Coho Resort; Kal Tire; Bill's Country Meats; Lorne Hotel; T&F Cards & Collectables; Rolling Pin Bakery; Base Barber; Smitty's Restaurant; Scotia Bank; Middleton's Meats; Westburne Electric; Emus 'n' Things; Mick's Munchies; Sports Traders; Video 'n' More; Comox Builders' Supply; Ford; Allied Tools; Courtenay Chrysler; Worrall Supply; Mike Finneron Pontiac/GMC; CIBC - Comox; Base Arena; Royal Bank - Comox; Snap-On; Superior Carpet; Sound Station; Ski & Surf Shop; Nu World of Awards; Hot Chocolates; IMP Group Ltd (Aerospace Division); Shoppers Drug Mart; Radio Shack; Comox Valley Brewmaster; McConochie's Furniture & Appliances; Safeway; Union Street Grill; International; Courtenay Auto Supply Ltd; Art Knapp; Canada Trust; Gunter Brothers; On Deck Systems Inc; C&N Rentals/Lawn/Garden; Acklands Limited; TD Bank; Black's Cycle; Royal Bank - Courtenay; Chocolate Ranch; 19 Wing Social Centre; Glacier Greens Golf Club; Griffin Pub; Comox Valley Credit Union; Lots Of Laughs Productions; Panagopoulos; Pacific Coast Cleaners; Ricky's Restaurant; Alpine RV Svc Ltd; Hartman's Automotive; Kirk Auto Sense Auto Parts; Altech Diesel Ltd; HITECH Screen Printing; AERO Art Screen Printing; Computing Devices Canada; Pizza Hut; Comox Valley Beauty School Ltd.; Hallmark Card Shop; and Woofy's.

The members of 19 Wing Comox thank you for your support and sponsorship!! An advertising supplement will be provided for these generous businesses in the next issue of the Totem Times.