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TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 39 NO 4

The Comox Valley's Oldest Newspaper
THURSDAY 20 MARCH 1997

COST: PRICELESS



Commander Visits 19 Wing

Although the visit of the Commander Air Command, LGen A.M. DeQuetteville has come and gone, the importance of this visit is still in people's minds. LGen DeQuetteville had a whirlwind tour of the Wing, including a briefing and tours of the Bomb Dump, ATC tower and new tower proposal, AEF Section and MFRC. During the visit the Commander was on hand as the guest of the Honours and Awards Ceremony, held at the Officers' Mess. The recipients of some 38 awards were honoured to have these presentations come from the Commander. An opportunity for personnel to speak with LGen DeQuetteville was given over the lunch hour at a stand-up luncheon held at the WO's and Sgts' Mess. This was an informal opportunity for personnel to ask the Commander those long awaited questions that had been saved for the visit. The Commander carried on at a fast pace in the afternoon with the very well attended Commander's Air Force Presentation held at the Officer's Mess. The afternoon finished off with a familiarity flight on the CT 133 equipped with the new avionics package.

St. Michael and All Angels Protestant Chapel Easter Services

27 March 7:00 p.m. Maundy
Thursday
28 March 10:00 a.m. Good Fri-
day
30 March 7:00 a.m. Sunrise
Service at Air Force Beach, fol-
lowed by Potluck Breakfast at the
Chapel.
10:00 a.m. Easter Communion



Ambulance Rollout

Bands were playing as the Vanier automotive class rolled out the restoration project that the Air Force Museum has been anxiously awaiting. In a joint effort by the Heritage Aircraft Restoration Committee and the G.P. Vanier Secondary School automotive class, a vintage 1952 Dodge Air Force ambulance was restored to original condition over a period of two years. Phil MacLaren, the automotive class teacher, was approached by members of the Heritage Committee two years ago to begin talks on the possibility of restoring the old ambulance languishing in the Base vehicle storage compound. Since Mr. MacLaren had had previous dealings with the Base through the cooperative use of the MSE vehicle grounds as a dragster testing strip, and since Vanier students had previously helped in the construction of the addition to the Auto Club, there was lots of

good will and he graciously accepted the project on behalf of the school and his automotive class.

The project took the better part of two years to complete and resulted in the complete dismantling and rebuilding of the ambulance. The vehicle had arrived as one of three vehicles that the Air Force Museum had inherited from the Cloverdale Museum of Transportation in 1990. The original plan was for the Wing Hospital to become involved in its restoration and maintenance but due to budget cuts, manpower shortages and overall restructuring, this original plan was not fully implemented and the ambulance languished in the vehicle storage compound. The Heritage Aircraft Committee volunteers intervened in 1995 with a plan to approach Vanier School for support and this led to the very successful restoration effort.

Approximately 50 students

were involved over the period of several semesters in the restoration work. Several students, including Mr. MacLaren, took a particular interest in the ambulance and spent many hours of their own time in ensuring that the most minute detail of restoration was carried out. A small metal plaque has been attached to the vehicle body acknowledging the outstanding efforts of Mr. MacLaren and his automotive classes.

The handover ceremony was arranged by Mr. MacLaren and the Air Force Museum provided period air force uniforms to be worn by the students and staff to commemorate the occasion. An Air Force style "roll out" was staged to emulate the acceptance ceremony that traditionally takes place when a contractor turns over a new piece of equipment to

Continued on page 10...



Phil MacLaren and the Vanier Secondary School automotive class, dressed in period RCAF uniforms, escort the restored 1952 Dodge ambulance to the front of the school for the acceptance ceremony. Photo courtesy Comox Valley Record - Gerry Fairbrother (Bones).

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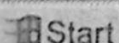
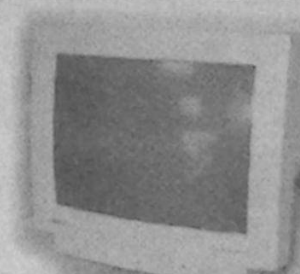
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Legion Log

BRANCH 17 COURTENAY 334-4322

REGULAR EVENTS:

BINGO.....every Thur, Fri & Sun 7:00 pm
MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
DANCE.....every Friday night, 8:00 pm

21 March- Tony Pollon
28 March- Vested Interest
FUN EUCHE.....every Monday night 7:00 pm
FUN CRIB.....every Wednesday night 8:00 pm
SUNDAY CRIB.....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

Easter Draw

Sunday 23 March - turkeys, hams, etc.
Food. Music by The Eastenders

Craft Sale & Flea Market

Saturday 29 March 09:00 - 14:30, Upper Hall

Complimentary (free) membership for serving CAF members

BASE PERSONNEL WELCOME AT BR. 17

Office: 334-4322 Service Officer: 334-3613

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri Mar 21..... ELDORADO
Fri Mar 28..... HIGHWAY 19
Fri Apr 4..... WAYNE & PHILLIP (formerly Wild River)
Fri Apr 11..... VESTED INTEREST
Fri Apr 18..... NORM'S COMBO
Fri Apr 25..... EASTERNERS

REGULAR EVENTS:

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 pm
MONDAYS.....LA Drop-In Bingo, Upper Hall, 7:00 pm
Monday night Men's Dart League 7:30 pm in Lounge
TUESDAYS.....Mixed Dart League 7:30 pm in Upper Hall
Ladies Crib League 7:30 pm in Lounge
WEDNESDAYS.....Navy League Drop-In Bingo, 7:00 pm
Upper Island Men's Crib League 8:00 pm in Lounge
THURSDAYS.....* 1st Br.160 Exec. Mtg. Upper Hall, 7:30 pm
1st L.A. Executive Meeting (as required) 7:30 pm
*2nd L.A. General Meeting, Upper Hall, 8:00 pm
*3rd Branch 160 General Meeting, Upper Hall, 8:00 pm
FRIDAYS.....TGIF, Meat Draws in Lounge, 3:00 - 6:00 pm
Dance, Lounge (unless advised)

SATURDAYS:

Meat Draws in Lounge, 3:00 - 6:00 pm
SPECIAL EVENT:
Sat Apr 19 - Branch & L.A. "Honours & Awards Night." Details to follow later
Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

BC Hydro

donates

Pitch-In bags for Spring clean up

Volunteers participating in the 1997 PITCH-IN WEEK to clean up debris and litter from communities, parks, ravines, trails and wilderness areas in B.C. will be able to receive free PITCH-IN bags courtesy BC Hydro, corporate sponsor of the 1997 campaign in B.C.

Schools, Scouts, Girl Guides, 4-H Clubs, service clubs and communities planning to participate in PITCH-IN WEEK, which takes place May 5-11, should register their project with PITCH-IN B.C., the not-for-profit organization coordinating the annual campaign, by 31 March to be eligible to receive a supply of the free, specially imprinted bags.

Every group will receive some PITCH-IN bags and they are encouraged to re-use the bags, where possible. Organisers of projects requiring more bags than PITCH-IN B.C. is able to supply

are asked to re-use grocery and any other bags to complete their project.

The PITCH-IN WEEK campaign, supported by many local municipalities, has been held in the province since 1969. Assisted in some instances by local municipal crews who help dispose of waste collected, PITCH-IN volunteers clean up debris accumulated during winter, dumped along roadsides or on vacant lots, or otherwise thoughtlessly disposed of into the environment.

Every school, municipality, and Chamber of Commerce has received a PITCH-IN Project Registration Form, as have most leaders of Scouting, Guiding and various other organizations. Volunteers can register "on-line" at the PITCH-IN Web Site: www.PITCH-IN.ca. Further info can be obtained from Valerie Thom at (604) 473-6495.

PITCH-IN
WEEK



May 5-11
www.pitch-in.ca



Time for a Lifeskills Course

(A joint project between 19 Wing Comox and the Comox Military Family Resource Centre.)

24-27 March

Protestant Chapel Annex (next to Arena)

The course runs for 3-1/2 days and covers a wide range of topics using presentations, discussion and interactive exercises. Topics covered include: boundaries, risk taking, values, stress, goals, anger, communication, self-esteem. A main component of this Lifeskills program is that it is solution focussed.

Who can attend?

Military personnel and spouses, and DND employees and spouses.
For more info: Sgt Brian Buttner loc 8789, or Mara Pungente loc 8655.



King of Krasna movie

The full length, made for TV, movie "King of Krasna" was produced by the CBC, in cooperation with CF, in 1996. It is a drama about a Canadian Peacekeeping platoon's experience in Croatia in the early 1990s. It portrays a group of soldiers that are responsible for a protected zone over the period of their six month tour.

The story line is a composite of the many experiences of CF Peacekeepers rolled into one platoon and shows soldiers problems, strengths and weaknesses portrayed in a dramatic and entertaining way. The plot brings out many aspects of what it means to work as a Peacekeeper today.

The script writer conducted extensive research and spoke with many members of the CF who have served in the former Yugoslavia. In addition, a number of soldiers from the PPCLI and RCD participated in the filming. Their reaction at an advanced CBC screening, held in Ottawa on 4 March, was universally positive.

Francophone Association

Maple Sugar Shack Brunch

The Francophone Association has good news for all the maple syrup lovers! Once again, we will hold the traditional Maple Sugar Shack Brunch. As in the past, the meal will include an array of French Canadian dishes such as: "fèves au lard, cretons et tartes au sucre." Entrance prizes, 50-50 draw and also some French Canadian tunes will season the day.

This year, a novelty has been added: a "fèves au lard, cretons et tartes au sucre" contest. To participate, you must call the Association and register for one dish only. We will only accept five (5) participants for each category. The winners will be chosen at the Sugar Shack around 1:00 pm.

The Brunch will be held on Saturday, 22 March, between 12 noon and 2:00 pm at Courtenay Fish and Game Club, 2201 Robert Lang Drive, Courtenay. Tickets are on sale at the Association office 479A Fourth Street (334-8884), at Fish 'n Stitches, #5-678 Arderton Road, Comox or from the Board of Directors.

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Avis aux amateurs de sirop

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MND writes to the SCNDVA

(The following letter was sent to Ms. Mary Clancy, M.P., Chair of the Standing Committee on National Defence and Veterans Affairs by the Minister of National Defence, Douglas Young.)

Dear Ms. Clancy:

I am writing to elaborate on my verbal request to the Standing Committee on National Defence and Veterans Affairs to conduct a wide-ranging review of the social and economic challenges facing members of the Canadian Forces (CF).

CF members carry with them many of the same burdens as other Canadians, including concerns about job security, earnings, and the ability to plan for the future. The CF's unique conditions of service encompass personnel with such things as the uncertainty that comes with the liability of deployment on operations on very short notice, the disruption of frequent moves within Canada and abroad, prolonged separation from one's family, limitations on one's personal freedom, and, ultimately, the risk of injury or death while on duty.

In recent years, these burdens have been compounded by a variety of other developments. The CF has been carrying out a very active slate of operational missions at a time when the institution and the Department of National Defence are being downsized and the defence budget is being reduced. In human terms, this has meant more rotations, extended periods away from home on operations, and the stress that comes with more work for fewer people. Beyond this, the introduction of new technology and management practices has required our personnel, at all levels, to change the way they do business and acquire new skills. Finally, throughout this challenging period government legislation has frozen public service and military pay. Dealing with this formidable array of changes and pressures would be difficult at the best of times, but it bears noting that our people are being asked to cope with these challenges at a time when the CF has been under intense public scrutiny and criticism.

I consider the social and economic aspects of the CF's conditions of service to be extremely important. They affect the morale of our personnel and their families which, in turn, has a direct impact on the operational effectiveness of the Forces. Beyond this immediate concern, how the CF is able to deal with these challenges will have a significant impact on the future of

the institution, in terms of its ability to attract and retain high quality people.

Our personnel are clearly concerned about their conditions of service. They have made these concerns clear to me as I have visited them both across Canada and abroad. The media have also reported instances where the support and compensation that we provide to our people has not appeared to be adequate. Indeed the Department and the CF recognize that there are certain deficiencies in these areas and are attempting to address them.

It is for these reasons that I ask the Standing Committee on National Defence and Veterans Affairs to conduct a wide-ranging review of the social and economic challenges facing members of the CF with an eye to making recommendations on the type of support and compensation that we provide to our military personnel (Regular Force and Reserves) and their families.

As part of this review, I believe that the Committee would need to answer a fundamental question. What is the nature of the compensation, benefits and support that the Government owes members of the CF and their families as our armed forces move toward the next century? While it is important to examine how our Allies have addressed this question, the benchmark for measuring what represents an appropriate level of compensation for our personnel and their families should be the circumstances of other Canadians. In this way, we should be able to determine where, on one hand, the unique responsibilities shouldered by our people in uniform argue for special consideration from the Government, and where, on the other hand, existing programs should either be maintained in their current form or re-focused.

Although it is clearly the prerogative of the Committee to define its own agenda, I would find recommendation in the following areas particularly useful in devising a way ahead for the CF.

-In terms of pay and benefits, are CF members appropriately compensated for their service to Canada?

-Are CF members adequately compensated for the financial inconvenience - and, sometimes, significant losses - they incur when they are required to move to new postings?

-What is the Government's role in ensuring the availability of suitable, affordable housing for CF members and their families?

-Are our various support programs and facilities - in such areas

as medical, dental, education assistance, family support, physical fitness, recreation, and community services - meeting CF requirements?

-To what extent should the Government help CF members and their families cope with the disruption - to such things as the income and careers of spouses and partners, the education of children, and the very real fluctuations in disposable income - caused by frequent postings?

-Are we doing an adequate job of meeting the support needs of military personnel and their families prior to, during, and after deployment on operational missions abroad?

-To what extent can or should our initiatives in all of these areas also apply to the Reserves?

The answers to these and other questions which you may choose to ask are extremely important in establishing the socio-economic context of CF members and their families as they move into the 21st century. It is also vitally important to the current state and future operational effectiveness and sustainability of the CF in the accomplishment of its roles. I would urge the Committee to travel as widely as possible to be able to hear from the men and women of the Forces, and particularly from their families. In your travels, you may also wish to consult widely with the Canadian community at large to seek its input into different approaches taken in dealing with elements of the socio-economic challenges facing the CF. The Department of National Defence and the CF are ready to provide the Committee with any resources it requires to carry out its work in terms of background material, technical briefings, expert testimony, and assistance in arranging and coordinating travel.

I am anxious to sustain momentum in this area and would therefore appreciate receiving your report in the late fall of 1997. I look forward to receiving the Committee's report and will consider its recommendations very carefully.

Sincerely,
Douglas Young

CFHA is coming to 19 Wing

by Michael Nelson, CEO

As of 1 April 1997, the Canadian Forces Housing Agency (CFHA) will be open for business at 19 Wing. Having concluded our first year of operation at nine base/wings, which included Esquimalt, Lower Mainland B.C., Edmonton, Cold Lake, Toronto, Ottawa, Montreal, Moncton and Halifax, CFHA will now be tackling the challenge of managing all Defence family housing throughout Canada.

As some of you may know, CFHA was established as a Special Operating Agency responsible for the management of Defence family housing with a mandate to provide CF members and their families with access to suitable housing. This is no small task since it involves the management of approximately 20,000 DND owned family dwellings, including some 1,500 leased properties - all home to tens of thousands of residents - located at over 30 different sites. The agency's special status gives us greater flexibility and allows us to operate more in a business-like manner, tempered by the need for public accountability.

What does all this mean for you? Well, residents from the first nine base/wings can attest to the benefits of having a single agency responsible for housing concerns. If you have a housing issue that needs to be addressed, you do not have to compete with other activities for our attention - satisfying your housing needs is our only priority. CFHA will be there from your initial allocation and arrival at the base, to ensuring your maintenance needs throughout your stay. At CFHA, we are

committed to carrying out our mandate with a strong customer service attitude by offering you prompt and efficient service.

Your primary contact will be the local Housing Management Office (HMO) that CFHA will be opening by 1 April. It will be staffed with a team ranging in size from two to ten individuals - depending on the quantity of housing at your location - ready to serve you. We contract with electricians, plumbers and other trades necessary to address your needs. As funds become available, CFHA plans on improving the homes.

In order to provide a more cost-effective service, the management of a few locations has been contracted out to local property management organizations. These sites include Aldergrove, Debert, Dundurn, Masset, Matsqui, Oakville, St. John's and Yellowknife. Our commitment is to ensure that these sites are provided with the same high level of customer service as elsewhere.

We consider our residents to be an integral part of our activities. As part of our efforts to build an effective, ongoing consultation process with our housing occupants, our HMOs will establish a Tenant Consultative Groups at every location over the next year.

As with any new operation, there will be some initial hurdles and so we ask for your patience, understanding and support. We are determined to meet the challenges and succeed in providing you with housing services you value and can trust. Once we have set up shop, we look forward to meeting you and encourage you to come visit our local office.

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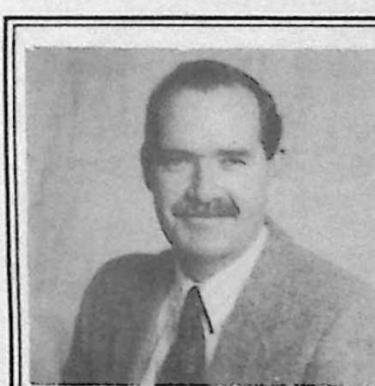
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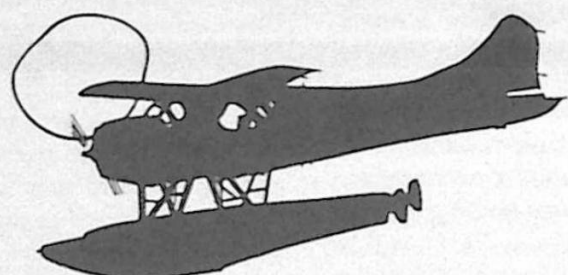


Volunteerism is alive and well at 19 Wing and has once again accomplished a task that is of benefit to both the Base and the community. I speak of course of the excellent job that the automotive students of Vanier Secondary School, and the volunteers of the Heritage Aircraft Committee have done in the complete restoration of the vintage 1952 Dodge Ambulance.

This project took the better part of two years to accomplish and has been a real success story from the word go. The Comox Air Force Museum does not have the financial means to accomplish the myriad of restoration tasks that could or should be taken on, if they have to pay most of the labour costs involved. The Heritage Aircraft Committee volunteers have filled this particular shortfall with great skill and determination and are a driving force behind the coordination that is required when it comes to these projects.

In addition, the Base has nurtured a good working relationship with the local schools through the cooperative efforts of the Auto Club, Base Operations and the Headquarters staff. Several initiatives of recent years have been the extension built for the Auto Club and the use of the MSE driving course as a testing ground for Vanier dragster(s). This cooperation results in dividends for both the Base and the schools and is a real feather in the cap for all of those volunteers and students who remain committed to the cause of heritage and preservation. With these successful initiatives as precedents, it looks good for future projects of this nature. Well done!

Joel Clarkson



LETTERS TO THE EDITOR

Unsung heroes receive praise

From 8-11 January 1997, crews from 407 and 442 Sqs were involved in the search for the fishing vessel *Pacific Alliance* which was lost off the coast of Vancouver Island. The following letter was received by the Wing Commander commending the efforts, dedication and courage of those personnel involved with SAR PACIFIC ALLIANCE. This letter exemplifies the professionalism and dedication found in personnel in the Canadian Forces.

Letter of Commendation

Re: Supreme Alaska Seafoods letter of 28 January 1997, printed in the Totem Times edition of 27 February.

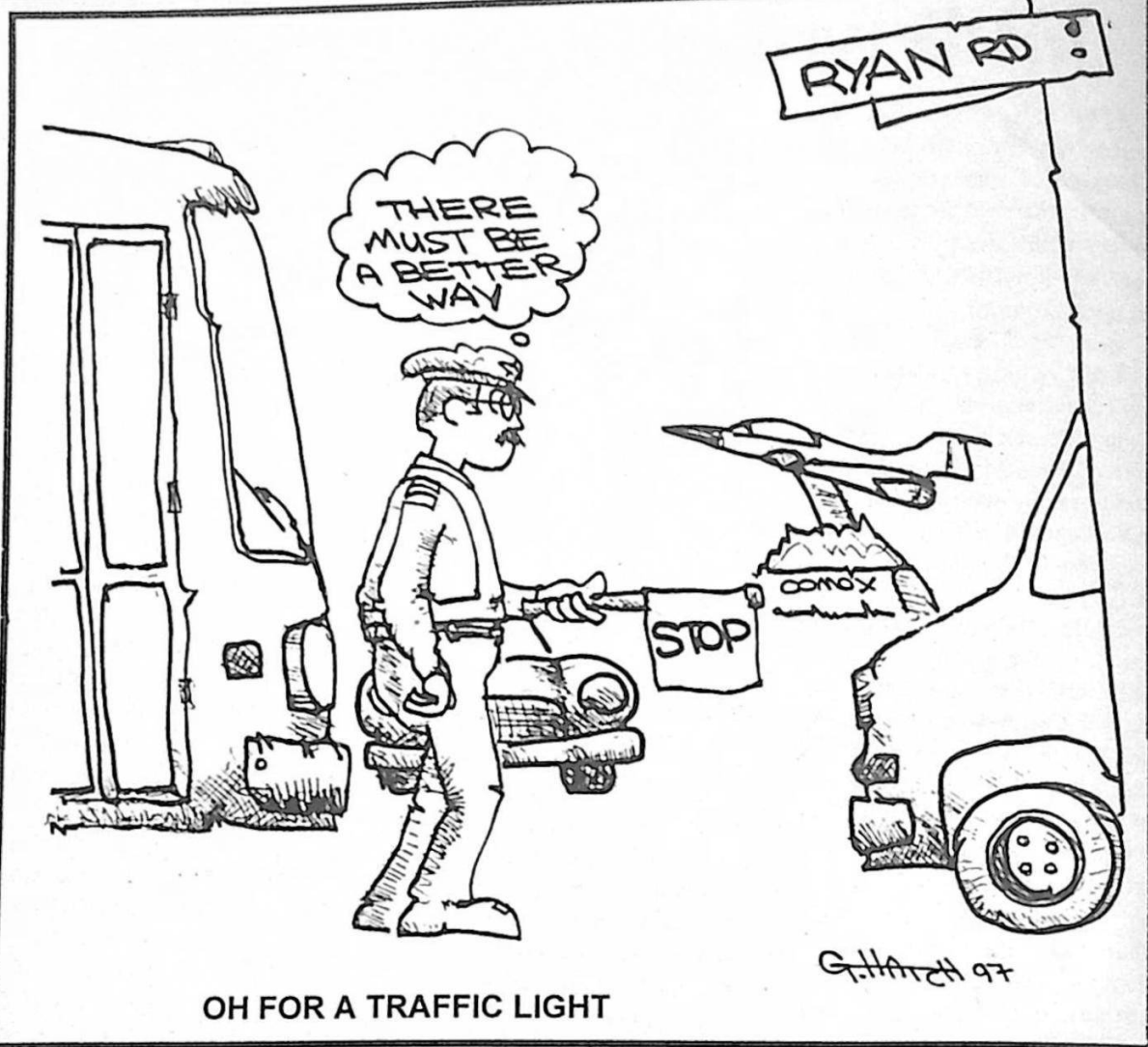
The above letter speaks eloquently of the dedication and courage of those who participated in SAR PACIFIC ALLIANCE during the period 8-11 January. All were faced with extreme conditions that truly reflect the awesome force that nature can wield. I was truly impressed with the professionalism of everyone who responded to this tragedy. Not only was the initial response remarkable, but fine judgement was displayed throughout even though search conditions remained dismal.

Another letter from the father of a missing crew member was

equally poignant in his praise (emphasis as contained in the original letter) to "rescue personnel who participated in the heroic efforts to rescue my son." He asked me to "please tell all the men and women involved in the rescue efforts of my son and crew that we consider all of them heroes and if we could pin a medal on them we would. We thank them from the bottom of our hearts for their tremendous efforts." He also rightfully pointed out that had there been survivors found then the glory of public recognition would have been more forthcoming. I know that you may have felt frustrated in not saving anyone on this mission, but your efforts were nonetheless outstanding.

Joint SAR operations of this magnitude involving a MARPAC ship, Air Force aircraft, and a CCG cutter are relatively rare. I was exceptionally pleased with the degree of cooperation and the willingness to face this daunting challenge by all concerned. As the SAR Commander for the Victoria Region I have good reason to be proud of your accomplishments. You are to be commended - BRAVO ZULU.

R.R. Moore,
Rear-Admiral, Commander



OH FOR A TRAFFIC LIGHT



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Comox Military Family Resource Centre

phone: 339-8290



Generous bidding at the 4th Annual International Women's Day conference helps raise much needed funds for the CMFRC Deployment Support Respite Child Care Program.

Youth Activities

Teens' Gym Nights

Gym Nights have been an exciting weekly activity for the teens. Drop-in to play basketball, floor hockey, dodge ball and badminton. Dates: Wednesday evening 6:30-8:30pm Location: Base Gym. Recreation passes are not necessary during this time.

Teen Dances

Dances this winter have been a popular event with the teens with an average of 30 teens attending each dance. Dates: 3rd Saturday of the month Time: 7:30-10:30 pm Location: Wallace Garden's Community Centre Cost: \$1.00 per person.

Saturday Night Gym Night

Come out and join in relays or play some sports on the gym floor. This time is booked for teens only, so take this opportunity to have the gym all to yourselves. Date: Saturday March 22 Time: 6:00-8:00pm Location: Base Gym Cost: \$2.00 per person

Car Wash

Coming up there will be a car wash to raise funds for the youth programs. Write

this date down so you can help support the youth in our community as well as end up with a clean car. Any teens interested in helping out phone Jill at 339-8211 local 8656. Date: March 29th Time: 11:00-5:00pm Location: Petro Can at 17th and Cliffe

Calling All Teen Journalists, Actors, Artists

Ever dreamed of being a Journalist, Actor or Artist? Join in on a quest to find out your own creative talents and begin to follow your dreams and wishes as a teen. Who says you have to wait until your an adult? During the workshop we'll explore where you imagine yourself to be in 5 years, in 20 years, and how to keep a journal of your daydream and night dreams. To end the session on a light note we'll do some drama games like charades. Please bring a journal and your own gifts and talents to add to the repertoire. Dates: Mondays - April 14th, 28th, May 12th Time: 4-5:30 pm Location: Protestant Church Annex Registration: Phone Jill at 339-8211 local 8656

Preteen Story Workshop II

Do you enjoy writing Fairy Tales? Ever thought of mixing up the characters? Story writing opportunities for 9 to 12 year olds. Lets be creative and use your imagination. In this course you will learn the writing process from first draft to editing to publishing. New members welcome. Dates: Thursdays - April 10th, 17th, 24th, May 1st, 8th, 15th Time: 3:30-5:00pm Location: Protestant Church Annex Cost: Free

3 on 3 Basketball Tournament

Local teen basketball enthusiasts, sign up your teams for our annual 3 on 3 basketball tournament. Military Police and RCMP's are invited to join in and play. Two Categories- Ages 12-15, 16-19 plus MP's and RCMP's. Three to four players a team. Prizes! Refreshments! A guaranteed good time for all! Date: Saturday, April 19th Time: 6:00-9:00pm Location: Base Gym Cost: \$9.00 per team. Registration: Call Jill at 339-8211 local 8656

Kinnikinnik Child Care Centre

Limited Spaces are available in:

Toddler Care (ages 15 - 36 months)
Full-time, Part-time and Drop-in care

Toddler Playgroup (ages 15 - 36 months)
Tuesdays, 8:45 - 11:15 am

Preschool (ages 3-5)
Morning and Afternoon Programs

Before and After School Care (ages 6-9)
Family rates, transportation to and from Airport Elementary

CMFRC Toy Lending Library
Quality toys, games and puzzles are available on loan for ages infant to 12 years.
Dates: Wednesdays 9:00 a.m. - 11:00 a.m.
Saturdays 2:30 p.m. - 4:00 p.m.

For more information on the above programs call: 339-5051

St. John Babysitting Course (ages 12 +)
Date: Saturday, April 12th,
Time: 9 a.m. to 4:00 p.m.
Registration and information: call 339-8290

Adult Programs

Stress Survival
This workshop will explore the causes of stress in your life and provide you with the opportunity to effectively manage your stress and make it work for you.
Date: April 2, 9, 16 & 30
Time: 6:30-8:30 pm
Location: CMFRC Program Building 120 Kinnikinnik
Fee: No Fee
Registration: Call the CMFRC at 339-8290

Easter Cross Stitch

Need a new hobby, or maybe forgot an old one? Come and learn basic stitches and leave with a handmade project. We will be making an Easter bookmark that you can give as a gift or keep for yourself!
Date: March 24 & 25
Time: 6:30-9:00 pm
Location: CMFRC Program Building 120 Kinnikinnik
Fee: \$10.00 includes supplies
Registration: Call the CMFRC at 339-8290

Beeswax Candle Making

Come and join us and learn the basics for this simple and fun craft. All participants will take home some impressive creations.
Date: April 14
Time: 6:30-8:30 pm
Fee: cost of supplies
Location: 120 Kinnikinnik, CMFRC Program Building
Registration: Call the CMFRC at 339-8290

Marquez vos calendriers

Origami
Technique japonaise de pliage papier, Adultes et enfants bienvenus
Date: 27 mars
Heure: 6h30 à 8h30
Adresse: 479 4eme rue
Cout: gratuit

Estime de soi pour enfants
Discussion, échange, information Pour les parents
Date: 10 avril
Heure: 6h30 à 8h30
Adresse: Centre de

ressources, 120 Kinnikinnik
Cout: gratuit

Jeux de mots, conjugaison, devinettes et grammaire
On s'amuse en français avec des mots et on parle des difficultés de la langue française pour pouvoir aider les enfants avec leurs devoirs.
Date: 24 avril
Heure: 6h30 à 8h30
Adresse: 479 4eme rue
Cout: gratuit

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.

Flight Plan for Life It's not all bad!

by Cpl Jennifer Faubert

Do I have a story for you! It is all about how things are changing around here. And let me just start by saying, I didn't believe it until I went for coffee.

So here I was, brewing over my coffee, (pardon the pun) and thinking about how things were just not tickety-boo in the world. In fact, I am holding an internal dialogue on the problems with the Canadian Forces when this guy plops down beside me and starts chatting me up.

He was a big guy, with an infectious laugh and the smile that just wouldn't quit. His enthusiasm was evident from the get-go! So much so, that I was starting to turn green with envy. What job could he possibly have in the Air Force scheme of things that could have him smiling so broadly? I couldn't remember the last time I saw someone happy to be working and, as it turns out, he was even working on his coffee break too! I did not realize it until later but he was pitching me on a concept. And he was one smooth salesman. I didn't know I bought it until I looked down and saw the "sold" sign!

Here is how our conversation

progressed during that 15 minutes and two cups of coffee.

"Hey there, mind if I sit with you?"

"No problem," I mumbled, pointing to an empty seat. There was that customary few seconds of uncomfortable silence before he asked "Anything wrong?"

And that was it. The straw that broke the camel's back so to speak. I even surprised myself but I guess I was just waiting for someone to ask so I let loose and started to really let this guy have it.

"Everything! The whole Forces is falling apart and this government is letting it go down the tubes...."

"Whoa, whoa there," he threw up his arms as he cut me off. "How can you say that with this new Flight Plan for Life project going on? A lot of great things are coming out of that project and their main thrust is just that, providing a better quality of life for you and me."

"What kind of quality of life issues?" I asked suspiciously. "This is the first I've heard of this."

"All kinds of things," he said excitedly and as he started ticking

them off with his fingers. "Better housing, provisions for training and education, reasonable postings, and the list goes on and on. Some of the project is being marketed by the Flight Plan for Life Ground School. I guess you have not gone yet?"

"Well no, but I know some people who have," I hesitated as I replied. "What is it all about?"

"I'm so glad you asked," he said, rubbing his hands together as he warmed up to the subject. "It basically prepares and introduces the vision of the new Air Force and that is what those Flight Plan for Life guys are working on; creating a new vision that meets the needs and addresses the issues that people in the Air Force are worried about."

I nodded my head as he poured us another cup of coffee.

"Let me turn the question over to you," he said. "What keeps you here?"

I had to think for a minute. "Well the steady paycheck for one, and I can count on getting my pay...oh and I get to travel on occasion, so I guess the travel and adventure." Then I really got rolling. "Oh, and my partner likes the job security. We have a pretty

young family you know. Not to mention the sense of community. We know everybody on our street. How many people can say that? Then there is my brother. He is with Search and Rescue and boy do those guys have the cool toys. "Now that," I sighed, "is a great job and it looks like a challenge and big fun!"

"Well, those sound like some pretty good reasons to stay in the Air Force," he pointed out, "so I guess things aren't so bad after all!"

(The words in italics are actual comments from personnel who have attended Flight Plan for Life briefings.)

In the light of the changing economic times, the Canadian Forces must also change, evolve and adapt to meet the needs of its personnel, both civilian and military. The issue has come up time and time again; *degradation in the quality of life of our personnel is adversely affecting morale and the operational effectiveness of the Canadian Forces.*

This new train of thinking has, in turn, spurred the Air Force into action. And that action is the Flight Plan 97 team. This group is meeting with personnel and

compiling a list of issues that need to be addressed and revised. They include family, career management, support services, education and training, human rights, working conditions and pay and benefits.

Ironically, most personnel want the same things. Whether you are a colonel or a private, you are still concerned about your pay, benefits, lifestyle and family.

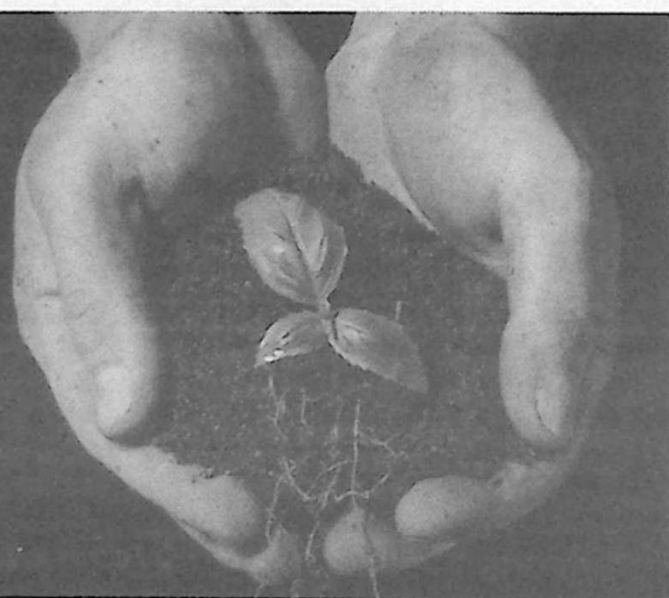
Perhaps this is a good time to ask yourself why are you still in the Forces? Things cannot be all bad. Here are just a few more reasons why fellow personnel feel the Air Force is a good place to work, play and raise a family.

- The way of life.
- Sense of duty to country.
- Job security.
- It's a safe environment.
- I really like what I do for a living and the people I get to work with.

- Excellent training, challenge of work and where it takes you.
- The medical and dental.
- Benefits.
- Expectation of a brighter future once DND stabilizes and we are being given an opportunity to participate in the change process.

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As the Beacon Turns

by MCpl John Healey

With Exercise Amalgam Brave over and the arrival of the Snowbirds only a few weeks away ATC is getting all warmed up for spring training. This time of year is always an exciting one for us, both in the control tower and radar traffic and everyone enjoys the extra work that comes with the F18s from Cold Lake. In the control tower, all the light aircraft over the Georgia Strait spotting for the herring fishermen and all the charter service aircraft are keeping the tower staff on their toes.

Recently, a group of air traffic controllers visited NAS Whidbey in Washington for a liaison visit and I was fortunate enough to be part of the three day trip. It was an enlightening trip in many ways. In the US military all air traffic controllers are NCOs so their organization is run quite differently than ours but when it came to controlling aircraft most procedures were fairly similar. On the social side of the trip I have a few messages to pass on: Cpl James Ray asked me to tell Capt Mike Hale that a trade is imminent. Cpl Ken Weiss would like some help paying Capt Grant Humphrey's food bill, and I would like an explanation from Capt Dan Ceniccola about the time change from here to Washington. The most important thing to report about the trip was that all the participants enjoyed themselves immensely, and Sgt Perry Lucas only took one week to recover from the whole ordeal.

A decision has finally been made to build a new control tower in Comox and I've been told that construction is slated to start as

early as this coming June. The new tower will be built on the south side of the airfield adjacent to Glacier Greens Golf Course and it looks like it's going to be an impressive structure.

Cpl Jamie Marshall is one air traffic controller who will immediately benefit from the trade amalgamation: Jamie and family are posted to Buckley AFB, Colorado this summer. Jamie will be on course in California for the next couple of months, after which he and his family will make the move. Good luck on your course, Jamie, and we all know you'll do well in Colorado.

Congratulations go out to Bob and Carol Joudry on the birth of their son Evan Robert. Evan is their third child and was born on 20 February - Carol and baby are both doing well.

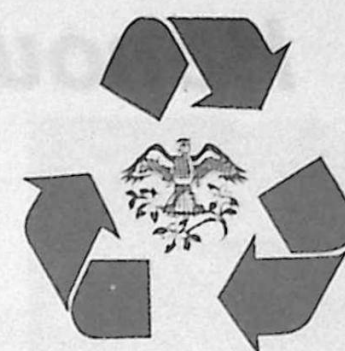
On a more serious note, I would like to take a few lines to say a fond farewell to Sgt Norm Leduc who will be retiring in April after 30 years of service. Norm's career has taken him all over Canada and Europe as well. However, when he was told this year that he was moving away from the area he and Cindy decided it was time to pull the plug. Norm and his family will be staying in the area for several more years at least and Norm informs me that he already has plans that will keep him busy for a while.

Never a farewell without a hello - welcome to Capt Roger Guinan (ARAF) to the section. Roger is back as a terminal controller after FRPping in 1995.

The following are some upcoming events for members to look forward to: the First Annual Aerospace Golf Tournament (replaces the ATC Annual Golf Tournament) is scheduled for 1-2 May, the Summer Bash/Farewell which is tentatively scheduled for 20 June, and a WOPS Branch All Ranks Mess Dinner which will take place 15 May. More on these at a later date.



MCpl John Healey receives a United Way Citation from Maj Thibault. The ATC Section achieved 140% of its goal for donations this year.



Newspaper costs

Beautiful B.C. is home to 19 Wing Comox. To help keep B.C. beautiful we need to lessen our impact on the environment; recycling is an easy way to achieve that aim. The Regional District of Comox-Strathcona has banned certain materials from the landfill in order to prolong the life of the landfill and to encourage local recycling programs. Newspaper is a banned item that could cost the Wing three times the normal disposal rate if it is present in a load of garbage. Your Unit Recycling Coordinator is the first person to contact to find out what materials are recyclable and about the proper ways to dispose of recyclables and waste materials at the Wing.

Newspaper is one commodity that can easily be recycled in the Comox Valley. There is no formal collection program for newspaper on the base but, fortunately for us, there are two green dumpsters located outside the main base gates, next to Kinnikinnik, for the disposal of newspaper for recycling. All we have to do is collect the newspaper and drop it off in the two dumpsters. Not only will we be protecting the environment by complying with local bylaws, but we will be saving money (in reduced landfill fees).

Speak to your Unit Recycling Coordinator about setting up a centralized collection program in your workplace. Store it and drop it off on your way home, or develop a roster of duties that shares the workload and gets more people involved - this lightens the load that one person must bear and increases the awareness of recycling.

Remember - one tonne of paper recycled saves 17 trees, 2.3 cubic metres of landfill space, and emits 27 kilograms fewer polluting emission. That's something to be proud of!

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Cops Corner

by Cpl K.E. LeBlanc

This week we would like to inform the residents of the 19 Wing PMQs about a service which is offered to them by the Guardhouse: vacant PMQ checks.

With the nice weather fast approaching, more and more of us are venturing away from our homes and if you are going to be away for more than a day you may wish to come and see us. If you live in the PMQs, members of the Patrol section will not only keep an eye on your residence, they will also physically check it for you.

All you have to do is attend the Guardhouse (sorry, but this service is not provided over the phone). When you come, we ask that you bring the following information with you:

- where you may be reached while you are away (if possible);
- when you are leaving and when you will return;
- are you leaving your keys with anyone and, if so, a contact number for that individual;
- will you be leaving any lights on, either inside or outside your residence;
- is there any visible damage to the outside of your residence; and
- will there be any vehicles left in your driveway and, if so, what are their license plate numbers.

We also ask that you help us by providing information as accurate as possible. Should you forget to tell us about a broken window, or the fact that you are leaving interior lights on, you may cause the Patrol section to begin an investigation which is not required and therefore draw their resources away from the rest of the Wing. We further stress that it is very important for you to come and see us when you return, otherwise you may be getting an unexpected wake-up call in the middle of the night.

For those of you who do not reside in the PMQs, or those who do but don't wish to utilize this service, the Guardhouse offers you this advice in the hopes of keeping your home safe in your absence:

- always lock all your doors and windows, no matter how long you may be gone;
- set at least one interior light on a timer;
- if you aren't having someone physically taking care of your residence, ask a neighbour to collect your mail and newspapers on a daily basis;
- leave some exterior lights on, especially around back doors or windows which tend to provide more cover to burglars; and
- if you return to find your residence has been broken into, DO NOT ENTER. Leave and immediately phone the police force which has jurisdiction where you live. You never know when someone may still be inside, or what evidence you may inadvertently destroy.

Although there is certainly no rash of residential break-ins in the 19 Wing PMQs, we do live in an area that does unquestionably have a very high number of them, and we have had our share of them. In closing, we would like to remind everyone that there is still no better residential crime fighting system than the age-old one of neighbours watching out for neighbours.

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Honours and Award Ceremony held on 28 Feb 97

Photos by Cpl Olsson.



Cpl R.T.J. Mamy, CD

Lt. J.J. Martin,
Commissioning Scroll.

MCpl C.W. McIsaac, CD1



Cpl B.W. Marriot, CD



MCpl N.F. Wilhelm, CD



42 Years!

Capt L.E. Simpkins receives 3rd clasp to CD from Comd Air Command, LGen A.M. DeQuetteville. A significant milestone in anyone's career - 42 years of service. Capt Simpkins presently serves with Pacific Region Cadets and is the only serving member of the Air Force in the Pacific Region who has been awarded this distinction. This medal is indicative of his integrity, dedication, loyalty and love of service. Well done!



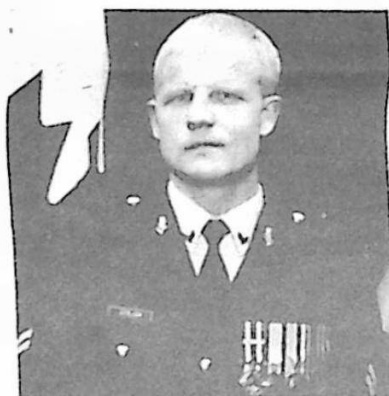
Cpl M.C.J. Brandt, CD



LCol A.C. Brown, 414 Sqn Honourary Colonel Scroll.



WO G.A. Kirkland, CD1



Cpl E. Gosbjorn, CD



Cpl D. Lundrigan, CD



PO2 M.J. Banns, CD



Sgt J.B. Shackleton, CD1



Sgt B.F. Denninger, CD1



Capt B.W. Poole, CD2



Cpl N.R. Ditrack, CD



MCpl S. Ferland, CD

Gail Eggiman, Long Service
Certificate, 25 years.

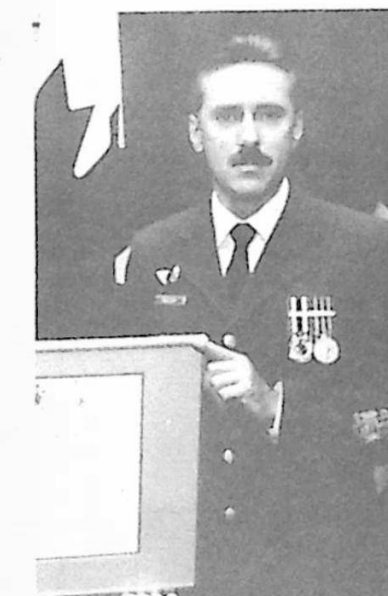
Cpl M.A. Ashby, CD



WO B.S. Bekus, CD1



Cpl G.P. Forbes, CD

CWO K. Paulekat,
Chief's Scroll.

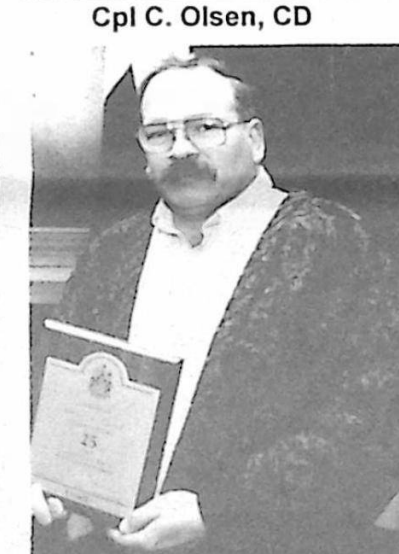
Cpl M.R. Rekrut, Flight Safety Award.



Dennis Kennelly, Long Service Certificate, 25 years.



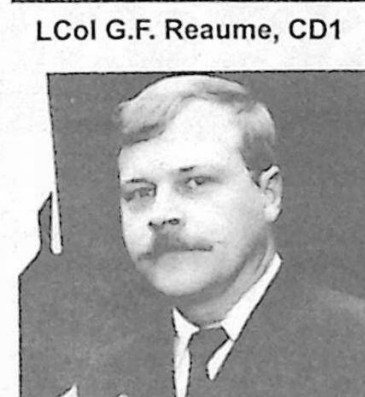
Cpl C. Olsen, CD

Jeffrey Tizzard, Long Service
Certificate, 25 years.

MCpl M.D. Carmichael, CD1



Cpl G.W. Weatherhead, CD



LCol G.F. Reaume, CD1



WO G.M. Kalagian, CD1



Cpl J.D.S. Senay, CD



Sgt Huffman, CD1



WO D.R. Amirault, CD1

Capt P.L. McSorley, Capt G.C. Ridler, Sgt R. O'Reilly,
MCpl L.J. Furlotte, Flight Safety Award. (Absent from
photo Capt T.W. Fowley & MCpl J.E.G. Dechantal.)

Sgt B.P.D. Clayton, CD1

Betty Graham, Long Service
Certificate, 25 years.

MCpl D.E. Carlson, CD

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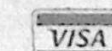
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Armed with knowledge after attending Safety Course



Front row (L-R): Sgt R. Bellavance, Mr. Jamie Miller (Instructor), Mrs. G. Robinson, PO2 T. Harrison, Mr. A. Olke, MCpl J. Viel. Second row: MCpl M. Quinn, Mr. S. Bailey, MCpl C.W. McIsaac, MWO L.S. Goble, PO1 R.R. Dainard. Third row: Sgt A.J. Schuster, MCpl J.D. Capstick, Capt D.L. Pattison, Cpl Albert, Lt J.W. Klatt. Fourth row: MCpl S. Fleming, Mr. K.J. Initski (WGSO), and MCpl J.P. Lantagne. (Photo by 19 AMS)

19 Wing Comox hosted a three day Safety Management Course from 18-20 February. This course was designed to familiarize civilian and military personnel with their various safety responsibilities and functions in support of our Wing General Safety Program.

The course covered the main elements of the DND/CF General Safety Program which are Safety Policy and Program Management, Safety Councils, Committees, Safety Standards, Safety Training, Inspections, Accident Investigation, Reporting Analysis, Personal Protective Equipment, Safety Motivation and Promotion and the Canada Labour Code.

Considerable time was spent on recognizing hazards and how to take appropriate action. Class exercises involved conducting safety inspections and evaluating their unit safety program. This course was conducted by Mr. Jamie Miller, a freelance Safety Instructor associated with Stemp Associates Inc., of Ontario.

Col B.B. MacLean, Wing Commander 19 Wing Comox gave the opening address. Mr. Ken Initski, Wing General Safety Officer also addressed the course candidates. The course finished with the presentation of Certificates of Achievement presented by the Wing Commander.

Ambulance

...Continued from front page

the Air Force. Mr. MacLaren officially presented Major Clarkston, the Air Force Museum Chairman, with a large gold key symbolizing the hand over after a short speech to the assembled automotive students, the staff of Vanier Secondary School and the student body. Major Clarkston accepted on behalf of the Air Force, Colonel MacLean and 19 Wing. Also on hand for the Air Force was Captain Bob Richter of the Museum, Rob Roy, Sergeant Randy Butler, Master Corporal Tracy Reid and Murray Smith, Chairman of the Heritage Aircraft Restoration Committee. The ceremony concluded with Major Clarkston announcing a Museum grant in the amount of \$500.00 to help support future projects by the automotive students.

The restored ambulance is currently being licenced as a vintage vehicle and will be used in support of the Restoration Committee and as a display vehicle for heritage events and parades.

National Basketball Champions

The CF National Basketball Championships were held at CFB Borden 23-29 February. Five teams participated in the round robin format. At week's end, the representative team from the Pacific region was declared the tournament winner after defeating



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Ontario in the final game.

A huge thank you goes out to two players from CFB Comox - MCpl Jim Morrissey and Lt Rick Smith. They were definitely big factors in the success of the Pacific region team. MCpl Morris-

sey was selected as a tournament all-star and Lt Smith effectively shut down the big man for Petawawa in the final game and contributed key points down the stretch run in a number of games.

407 Sqn



Demon Doin's

As I sat in the office this morning busily kicking the Microsoft girls' butts at a game of hearts, I suddenly realized that things seemed eerily quiet around the squadron spaces. Wandering into the aircrew lounge I expected to see the usual morning throng of coffee drinkers checking the Ops board for their week's schedule and generally shooting the bull. I was, however, greeted by an empty, silent room with the only distraction for the eyes a series of red names crossed out, added, crossed out and re-added to the Ops board and the only noise a series of mumbled obscenities emanating from behind the closed glass partition of the Ops desk. Sauntering casually through the door I saw the D/OFC furiously beating the D/AFC about the head with the Ops scroll while the latter desperately tried to defend himself with a stack of signed leave passes two inches thick. "Morning! Darce, mornin' Adam, where is everyone?" I asked foolishly. After ten minutes of a mostly unprintable tirade hurled in my direction from two sides I came to realize what an intellectually

stimulating endeavour it is to try to mesh a busy local flying schedule with several crews on deployment and everyone scrambling to burn off the rest of their leave by the end of the fiscal year. The bottom line, it turns out, was that everyone of the aircrew was either deployed, flying, or on leave. "Everyone?" I asked. "Everyone!" came the simultaneous response. "Including the Head Shed?" I asked thoughtfully. "Including the Head Shed" was the weary reply. "Looks like a nice day for a game of golf," I said and headed for the door.

On my way out I figured to make a tour of the squadron in hopes of finding a golfing partner. I stopped by Crew 2's room but found it locked and dark as they were off carrying out the heinous task of spending a week in Hawaii on exercise with our American counterparts. It can be a dirty job sometimes, but Crew 2 can always be counted on to take the tough trips in stride. Crew 4's room was similarly quiet for they were off to Greenwood to put the newly revamped Operational Mission Simulator through it's paces and hopefully have it put them through their paces as well. Although trips to the ditch are not always greeted with overwhelming enthusiasm, the new OMS should provide some excellent training for the whole crew. Besides, the crew has to pay some penance for having spent most of February on exercise in Australia.

No one was around Crew 7's office since they were on days off, having just returned from a two week stint on the Joint Military Course in Kinloss, Scotland. All reports state that the seas were

rough, the scotch was smooth and the flights provided some excellent training for at least most of the crew members. However, the high seas did not allow for the exercise to provide the full range of training that it is usually known for. Not being satisfied with putting in two hard weeks work with our NATO allies the crew decided to keep working on the trip back home. Shortly after taking off from a fuel stop in Goose Bay, ATC called up and asked if they could investigate several reported ELT and SARSAT hits to the north of Val d'Or, Quebec. With their usual enthusiasm they threw themselves into the search and soon localized the ELT 130 miles to the north of Val d'Or. Shortly thereafter the small single engine aircraft was spotted on a frozen lake. MCpl Claude Potvin spotted the two survivors near the lake shore shortly thereafter and the crew vectored in a Trenton Herc and Bagotville helo to assist the survivors. Their fortuitous positioning and quick and professional response saved two probably traumatized accident victims from spending a very cold and possibly life threatening night on the ice. Bravo Zulu to all involved.

Crew 3 was not in either, as they were sleeping off an all night patrol (probably with dreams of Greenwood dancing in their heads, as they psyche up to make their OMS odyssey next week) which they had carried out the previous night. Twenty four and seven, that's our motto. Most of Crew 5 were up doing a maintenance test flight on the just released maintenance bird, and the rest of the crew was either grounded or on leave. At the same time Maj Cutland, their crew commander and tactician, was revising and refining the crew's tactics for the upcoming O'Brien ASW competition. If keenness counts for any points these guys are a shoo-in.

Crew 6 was the only crew with no excuses, they were just plain on days off and they were all smart enough not to show their faces in squadron spaces for fear of being drafted by a crew in need. They had best enjoy the rest because they're off to Greenwood as soon as Crew 3 gets back. Crew 1 has recently returned from a whirlwind tour of the arctic, where they performed three high



No escape from the bird bath. (Photo by MCpl Trainor.)

arctic patrols out of Yellowknife and participated in the Rendez-Vous 97 airshow in Whitehorse. Today they are up on a local training exercise, assisting the HMCS Ottawa in her acceptance workups off the west coast of the island. The rest of the crew, like I said, executive included, were either augmenting crews with personnel on leave or were on leave themselves. NORPAT crew commander Jon Rothwell wanted it stated here, for the record, that no, no one had any fun whatsoever at Sourdough Days in Whitehorse.

Walking through the standards area the only soul to be seen was the NavCom Standards Officer, who also doubles as squadron sports guy, so finally I thought that I had found my golfing partner, but his only response was "I caann't, I hurt my pinky finger playing hockey." This kind of hardcore athletic enthusiasm may be why all of the squadron hockey updates thus far have been along the lines of "Well, we're having a lot of fun out there." In all fairness though, the turnouts for the games have been excellent and most of the ski days this winter have been resounding successes, due in a large part to Rob's efforts and enthusiasm.

Conspicuously absent from the pilot training office was Capt Ross Campbell who has flown his last flight in the sleek greyhound of death and moved on to life in the cushy lane with a job with Air BC (cunningly timing his move to avoid too much time on the pickets I might add). Roscoe was quoted as saying before leaving

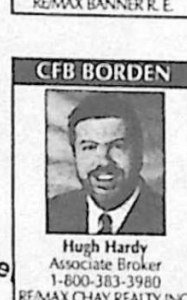
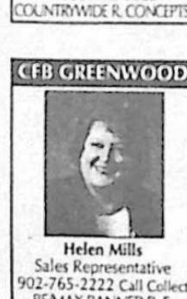
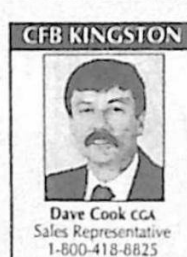
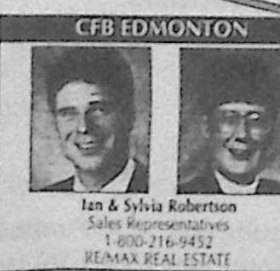
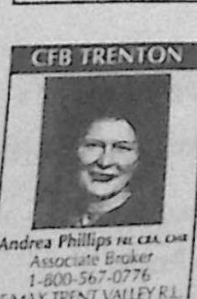
that "the flying may not be as exciting as the military, but we get to wear these really cool hats!" As the accompanying photos attest to, Ross did not manage to escape without the traditional ride through the bird bath, in order to make a clean break from the military life, so to speak. We all wish Ross and his family the best of luck in the future and look forward to hearing "Good morning, welcome aboard Air BC, this is your pilot Capt Ross Campbell" at the start or finish of some future jaunt to Greenwood.

Resigning myself to hitting a few buckets on the driving range I sidled past the Ops window, where Darcy and Adam had quartered off the office into armed camps, with Capt Chalmers insisting that ALL leave would be used up before the end of the month and backing up his position with wave after wave of expertly aimed leave pass air planes aimed at the shiny beacon atop Capt Sullivan's head, while Sully countered with a barrage of tasking message bombs insisting that he needed aircrew to support each of those tasks. Figuring this feud was well beyond my peacekeeping expertise I made good my escape.

Arriving home to pick up my sticks I was greeted by the little red flashing light and Darcy's voice on the machine (I swear I could hear Adam laughing in the background), "Enjoy your golf game, Magoo. Oh, and by the way, you're ten for twelve for a MPAT tonight." Doh!!

Demons out.

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10. Name Withheld Jance

Glacier Greens Winter Golf

by Barb Carter

It was a cold windy miserable day on 2 March, but 47 crazy golfers were not discouraged and survived, with six teams bringing home the bacon.

1st Low Gross: Jim Brown, Fred Williams, Kent Turfitt, Jan Verbeek, Leslie Mann.

1st Low Net: Frank Martin, Dave Kelly, Larry Sawyer, Bud Bryan.

2nd Gross: Duane Miles, Lloyd Billings, Rod Verchere, Bernie Golding.

2nd Net: a tie in net as well as gross, so both teams were winners:

Nick Myukitiuk, Mike Slaunwhite, Doug Cull, Irene Perry.

Ron Carter, Jim Trask, Ray Cossette, Lori Cameron.

3rd Low Gross: Floyd Merrill, Earl Martin, Pat Verchere, Bob Lamb.

My apologies to Wayne Ogilvie who made the shot on #15 last week for the KP. Wayne shot lights out for his team.

KPs on #12 went to Nick Myukitiuk's team with Mike Slaunwhite putting his shot six inches from the stick, and on #15 it was Floyd Merrill's team with Bob Lamb doing the honours. Well done guys.

Winter Golf final day

March 9 proved to be a bright, sunny, windy day for the final Winter Golf event. This season we managed to play 15 Sundays out of the 20 scheduled. Some were played in pretty inclement weather but, for the most part, fun

was had by all.

Our thanks to Ron Carter and Dave Kelly who put their Sunday mornings on hold to organize this popular event - thanks guys.

The final Sunday saw 74 people turn out, with 11 teams in the winner's circle:

McConochies Low Gross Trophy: Nick Myukitiuk, Bob Pridmore, Reg Warne, Gord Pritchard.

Windsor Plywood Low Net Trophy: Lloyd Billings, Dave Kelly, Verle Lafferty, Ann Blake, Arlene Bishop.

2nd Low Gross: Dick Nex, Cal Pearson, Janet Edwards, Walt Morris.

2nd Low Net: Phil Nakashima, Wayne Ogilvie, Ralph Glass, Wanda Arneson.

3rd Low Gross: Floyd Merrill, Ray Cossette, Doug Cull, Leslie Mann.

3rd Low Net: Mike Slaunwhite, Gene Pearl, Bud Bryan, Judy Fellbaum.

4th Low Gross: Bo Bishop, Norm Fellbaum, Bruce Horochuk, Kay Banks.

4th Low Net: Duke Dutrisac, Bill Pompanio, Irene Perry, Barb Morris.

5th Low Gross: Gary Usher, Al Passenan, Steve Shaw, Dot Grant.

5th Low Net: Mike Parochy, Rick Verbeek, Carmel Horochuk, Joyce Merrill.

6th Low Gross: Jim Brown, Pat Verchere, Bernie Golding, John Baine, Mary Kelly.

KP on #12 was made by Bo Bishop for his team.

KP on #15 was won by Duke Dutrisac's team, with Irene Perry making the shot.

KP on #17 was made by Dick Nex for his team.

Well, that's all folks!! Hope to see all you great sports fans for a super 97 summer season.

Take the Plunge: Become a Scuba Diver

by Elise Nielsen

Certified. That's what I thought my family would do to me if they knew I was taking the plunge into the ocean in December when the water temperature was 4°C and the air temperature not a great deal warmer! This was all in the interest of obtaining my Scuba Diving Certification through the CFB Comox Pacific Divers Scuba Club.

I must admit the cold water was one of my major reservations when I thought of becoming a diver. Others have told me they thought they would feel panicky breathing under water or claustrophobic with all the gear, or that they were not good swimmers. These are all valid concerns, however the personalized attention and individualized pace of the diving course helps the student to go beyond their reservations by building confidence through knowledge and training. As for the cold, those wetsuits are very thick and other than the first slow seeping in of the cold water, I never felt chilled.

What about the diving itself? It is fantastic! Have you ever crouched beside a tidal pool and been mesmerized by the variety of life in such a small area? That is the appeal of diving in our B.C. waters. It is like swimming in an aquarium. There are creatures and colours of all descriptions. There are animals of fluorescent purple, blue, orange and yellow. They are hard and spiny, thin and feathery, and fat and curly. There is the wonder of seeing our octopuses and their fluid movements under water, a mother cod guarding her eggs and the delicate anemone waving in the current like a palm tree in the wind. My greatest thrill was when a harbour seal circled our group of divers repeatedly, surfacing for air, and returning to swim with us!

I have seen all of this in only four dives and look forward to exploring this amazing part of our world in future dives. Many thanks to my instructor, Glen Coates, and the enthusiastic and supportive club members.

Time to register for 24-Hour Relay

Behind the scenes organization of the 6th Annual 24-Hour Relay is off to a great start. YANA (You Are Not Alone) has picked up the relay as a fund raiser. Their goal is to raise one year's rent for each of the three apartments they lease in Vancouver. These apartments are "homes away from home" for Comox Valley families with sick children needing treatment in Vancouver.

This year's relay is set for Saturday-Sunday, 5-6 July at the Courtenay Fairgrounds. Entry forms are now available from CRA, Comox Recreation Centre and Cumberland Recreational Institute. The fee remains the same at \$275 per team. For Junior teams the fee is \$200 - all members of which must be under 18 years of age by the start of the relay. This fee entitles members to an event T-shirt, once again designed by Margaret Mundy, and a chili supper the Friday night before the relay. You will also enjoy 24 hours of healthy fun while helping to make life a little less stressful for valley families with sick children.

Team Captains are reminded to register their team by 15 May in order to be eligible to win a Gore-tex jacket from Mountain Meadows. It will be awarded to the captain of the early registered team which turns in the most money by noon on Saturday 5 July. Teams can be all runners, all walkers, or a mixture, with from 12 to 18 members. The courses are 3Km and 5Km out and back.

Emphasis this year is on the fund raising effort rather than the inter-team competition. Prizes will be offered for the individual and the team raising the most money. Laps completed will still be publicly recorded to encourage on-site rivalry between competitive type teams.

Once a team is registered, the Captain will receive team packets which include pledge forms for every member. To help insure that the 24-Hour Relay continues its history of successful fund raising, members are encouraged to begin collecting pledges immediately. Remember this is not an athletic endeavour to test your personal prowess, but a fun community participation event.



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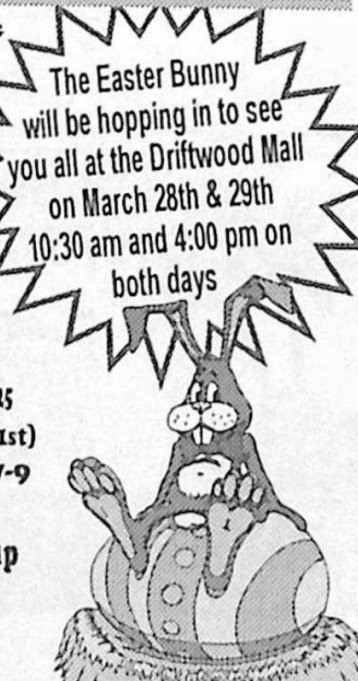
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19 AMS

by Eric Travis
(ArmPavO (COSMO?))

Good day, and welcome to the batcave. 19 AMS has been extremely busy in the recent past passing on congratulatory remarks to one another for outstanding performance at this year's No-Sno-Fest, and for several other functions that have recently occurred within the squadron.

Cpl John Sims received a token of the United Way's appreciation for his overwhelming effort on the 19 Wing campaign.

Cpl Stacey Sellsted, an active member of the squadron, received a certificate for his involvement in "Drug Awareness Week 1996." His involvement at the Wing level involves giving presentations during the annual lectures, and a presentation given to Alcoholics Anonymous. Cpl Sellsted is also a Unit Drug and Alcohol Coordinator. Given all Cpl Sellsted does for the Wing, the community and the unit, he is well deserving of this recognition.

I often forget to mention presentations that are given out for

"time in" the service. This has nothing to do with insecurity on my part, honest. To prove it, here is a list of 19 AMS members who received their CDs from Gen De-Quetteville: Lt Eric Travis - CD3 (just kidding), MCpl Carmichael - CD1, WO Bekus - CD1. Congratulations to both of you!

Now to move to topics that are somewhat more general. 19 AMS as a squadron has done very well recently. During the 1997 Wing No-Sno-Fest, 19 AMS took first place for the best beard (looking good Bruce, aka Al Bolland), and the worst beard (thanks Dan). On top of all the many single events, 19 AMS took second place for spirit (would have been first if not for biased judging of the skits), and fourth overall in the festival sports events. Even with the near miss for spirit, and a hairline miss for the No-Sno-Fest trophy, 19 AMS had a great time and we look forward to next year. Hopefully next year I will be able to attend instead of working my butt off on the ski hill.

After the success of the No-Sno-Fest, 19 AMS decided it was time for a new type of sports and entertainment event. The idea for a "CO's Challenge Cup" with sports in the morning and bar games in the afternoon came to the forefront. The event set one section against another and the competition was fierce. I only have two more things to say about the event: One - AVS Labs wins again; Two - Why did ACS do so well in the bar games??

Now for some fishing facts, courtesy of Bruce Bellaire (AMSE S&E Rep). On Thursday 6 March, 19 AMS held a freshwa-

ter fishing derby at Maple Lake. Nineteen people came out to brave the clear skies and breathlessly still water. Bill Einarson took 1st and 4th with a very healthy 14 inch rainbow trout and a cutthroat. He laid claim to a light weight spin reel and a tackle box. Rick Fairbairn took 2nd and 3rd place with two cutthroat trout about 13 inches long, he took a 7-foot collapsible fishing rod and a small trout net. There were a total of 11 trout caught that day with Rick Fairbairn leading with four, Bill Einarson with three, Bruce Webb with three and Mel Camichaal with a very respectable one. Almost all fish were caught from shore using worms. Most of us canoe people decided we should stop in to shore to check out Bill's fire, we found it quite warm. The remainder of us fishermen were still very pleased with the nice day but most still wandered aimlessly away toward Portuguese Joe's with some hope of taking fish home. Thanks to all participants, hopefully we will be able to organize a saltwater fishing derby in the summer.

Meanwhile, back at the ranch, sorry it's a habit. While 19 personnel were fishing, another 26 were up on the mountain, racing towards trees and similar immovable objects with two planks on their feet. I, as a knuckle dragger (snowboarder), just would not understand. Anyway, from what I could see (normally upside down), all participants had a great time and, once again, numerous people have been converted to the knuckle dragging lifestyle. You might want to be next, after all, two planking just isn't hip and snowboarding will change your life (I mean it). Well, this is your knuckle dragging batman with bad hair signing off from the batcave. Until next time, keep on thrashing

Comox Men's Broomball still tops in B.C.

A broomball team made up of players from 19 Wing Comox and CFB Esquimalt have once again demonstrated what true synergy is all about. The players, not having played together as a team since last year's provincials, managed another impressive victory at the recent B.C. Broomball Provincial Championships held in Castlegar, B.C. from 7-9 March. As some may recall, the Comox/Esquimalt combination produced a winner last year thus qualifying the team for the upcoming Canadian Broomball Championships in Chilliwack, B.C. 1-6 April.

As for this year's provincials, the team - aptly named the "Vancouver Island Force" - consisted of eight players from Comox and eight from Esquimalt. A total of five games were played, four in round-robin and one final. The team went undefeated in the round-robin and, as a result, finished in first place and earned a bye into the final. What was even more impressive, however, was that the Force scored a total of 16 goals while letting in just one. This is not to say that the other teams didn't have opportunities. They simply couldn't get past the almost impenetrable "force" field set up by our goaltenders Claude Boily of Comox and Bruce Murphy of Esquimalt.

Without intentionally slamming our brethren to the south, forwards Lou St-Onge, Virginio Casanova and Barry Hower, all of Comox, were the main goal pro-

ducers in the tournament. Their combined total was a whopping 13 goals. As effective as these three were, every player on the team at one time or another made a tremendous play to either keep us in the game or maintain our lead.

The final on Sunday afternoon wasn't without its own unique flavour. The Vancouver Phantoms pressed extremely hard right from the start and came very close to scoring on a number of occasions, even hitting the post a few times. During one episode, we were short-handed by two men for almost a full two minutes. The fact that no balls went past Bruce Murphy is still regarded as a miracle by those who watched. Our lonesome three defenders also took some punishment with powerful Phantom shots hitting parts of the body meant for completely other things. Eventually, and only as late as mid-way through the second period, we did get a break from the nail-biting action with a superb goal by Barry Hower. The goal, in retrospect, broke the camel's - or, in this case, the Phantoms' - back and Barry repeated with his second goal of the game shortly thereafter. The Phantoms continued to press, but to no avail. The game and the tournament were in the bag.

Our team MVP for the tournament was Lou St-Onge who performed his own version of Miracle on Ice many times throughout the weekend. He set up as many goals as he scored by stick handling around people all over the ice, not always with both hands on the stick, and then putting the final touch on a pass that should have been accompanied by a silver platter. Lou will be missed at the Chilliwack Civilian Nationals in April as he and his wife are expecting another broomball player...I mean child.

As broomball fans out there know, the sport has never been very strong here in B.C. But we, the members of the 19 Wing men's and women's teams, wish to see broomball maintained and, if at all possible, grow. For future seasons, anyone out there, male or female, wishing to participate in the sport in any way (player, coach, manager) should contact the PERI staff for more details. Broomball is an exciting Canadian and international game - please give it your support.

1997 B.C. Men's Broomball Champions - Comox players: Cpls Barry Hower, Claude Boily, Virginio Casanova, Rick Patterson, MCpls Lou St-Onge and Monty Early, MWO (Ret'd) Barry Ryan and Capt J.P. Perrier.

As a final note, anyone planning on flying low-level to Castlegar from Vancouver via Highway 3 is advised to consult with little Rick Patterson from Supply for useful survival tips.

NEXT DEADLINE 11 APRIL- NOON

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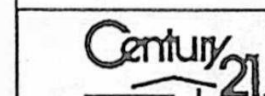
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415 Sqn 40 year Reunion

This year, 415 (Maritime Patrol) Sqn will commemorate and celebrate 40 years of service to Canada. The reunion will be held at 14 Wing Greenwood, N.S. on 6-8 June. All squadron members from years past are invited to attend. Anyone requiring more information or wishing to register should contact the committee by: Phone: (902) 765-1494, loc 5875 Fax: (902) 765-1483 E-mail: jlfleur@atcon.com Mail: 40-Year Reunion Committee, 415 (MP) Sqn, 14 Wing Greenwood, Greenwood, N.S. B0P 1N0.

The Seventh Annual Stewards Seminar and Reunion

August 21-23 1997
8 Wing/CFB Trenton
Trenton, Ontario
Contact: MWO J.M. Hart, Senior Steward 8 Wing Trenton, PO. Box 1000, Stn Forces, Astra, Ontario, K0K 3W0.
Phone: 613-392-2811, ext 3457. Fax: 613-965-7509.
After 15 April: Ext 3704, Fax 613-965-2196

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International Women's organization that offers culture and social enrichment and a lifetime of sisterhood and friendship. All women over the age of 18 years are welcome to join our local chapters. Members welcomed and you will never feel alone again. If you are interested in learning more about Beta Sigma Phi or you know someone who needs sorority, call: Wendy 338-8545 or Tammy 334-1521. Call today and find out what you have been missing!

Bowling Centre Closure

The Wing Bowling Centre will be closed during the period 18-20 April for the military regionals. The Bowling Centre will be closing for the season on 24 April. Wishing everyone a great summer. See you in September!

Easter Weekend Pool/Gym schedule

Gymnasium: 1300-1700 hrs.
Swimming pool:
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Lane & Adult Swim 1500-1600 hrs.

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ANNOUNCEMENTS

WANTED!!

The Mex/Amigos Senior Slow Pitch team need a few good lady ball players. To qualify you must have reached your 55th birthday during 1997. The schedule includes two practices per week and two games in a 6-team league. If interested, contact Bert MacDonald at 339-2560.

Red Cross Swim Lessons date changes

Classes on 22 March (March break) and 29 March (Easter weekend) will be rescheduled for 5 and 12 April. Next session to begin 19 April with registration at Canex Mall, Tuesday 15 April at 1800 hours.

Lost Trails

Ted Aucoin, RCAF Course 5444, St. Jean, Que; Camp Borden; Resolute Bay and North Bay. Airframe Tech. Last known posting St. Hubert, Que. Home town Stephenville, Nfld. Anyone knowing the whereabouts of Ted Aucoin, please contact Gordon Ailey (250)338-0440 until 15 April, (807)683-8462 after April 20.

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An apprenticeship or Trade School is required for this position with 3-5 years minimum relevant experience. A comprehensive knowledge of the Canadian Forces Supply System (CFSS) is required. Familiarity in DND Repair and Overhaul procedures would be an asset. Join our team. Show us your creativity and vision. Qualified applicants should mail or fax their resume to: Lockheed Martin Canada Inc. Human Resources Dept. 3001 Solandt Road, Kanata, ON K2K 2M8. Fax: (613) 599-3282

50th Anniversary 444 Sqn - June 97

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

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

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

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

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

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

Kayak Club

Komoux Valley Paddlers Canoe & Kayak Club meeting 7:00 pm on 3 April in upstairs meeting room Edgewater Pub. For more info call Betty 339-6475.

Newcomers Club

For women new to the valley within the last two years. Next meeting 14 April at Comox Community Centre (Upper Lounge), 1855 Noel Avenue. Join us for coffee 7:15 pm - meeting follows at 7:30 pm. Meeting will feature presentation about Therapeutic Riding Society as well as info about our Alumni group. Call Pat 335-1920 or Katherine 338-0938.

Victoria Rescue Centre saves 469 lives in '96

The Victoria Rescue Coordination Centre (RCC) statistical report of 1996 reveals that the centre handled 690 distress and emergency cases last year with 469 lives saved.

Overall there were 99 more incidents during 1996, bringing the total handled by the Victoria RCC to 2,236, including over 500 false alarms, hoaxes or unidentified electronic beacons. The distress cases resulted in 469 lives saved, 39 people perished and 29 remain missing.

Overall there were 1,419 marine incidents, 230 air incidents, and 312 humanitarian aid cases. Power boaters represented 43% of all marine cases, sail boats accounted for 14% and canoes, kayaks and sailboards made up 19%. Commercial vessels and fishing boats accounted for the remaining 24%. Over 60% of all the marine incidents occurred in the Georgia Strait and Gulf Islands which reflects on the popularity of the area with recreational boaters.

Leading among the 16 resource agencies in responding to marine incidents was the Canadian Coast Guard and the volunteer Coast Guard Auxiliary with 2,328 vessel responses. The Canadian Air Force flew more missions and accumulated the most

flying hours of all air resources with 395 flights accumulating nearly 1,300 hours. Volunteers of the Civil Air Search and Rescue Association (CASARA) flew over 400 hours on 111 flights.

The report highlights 52 incidents, including the controversial Johnson case when two people survived the crash of their float plane on Brooks Peninsula August 20. The couple were reported lost when they had in fact walked away from the crash site. In July a volunteer CASARA pilot and two spotters died in the Kootenays when their plane crashed during an air search known as SAR AGNEW.

On 22 January three people were recovered when the fishing boat "Northern Wind" sunk quickly in Hecate Strait. They owe their lives to the Electronic Position Indicating Beacon in their life raft which led searchers to find them.

There was a large international response to the cruise ship *Golden Princess* which was disabled with an engine room fire on July 6 at the entrance to Juan de Fuca Strait with 1,251 persons aboard. The fire was extinguished by the ship's crew and there were no injuries. The vessel was towed to Ogden Point in Victoria.

T-33 crash

On 27 July 1994 a T-33 aircraft from 434 Sqn crashed approximately 36 miles from Shearwater NS. The pilot ejected, however interference between the seat and his parachute resulted in fatal injuries on ground impact.

The severely broken up condition of the aircraft has hampered the investigation into the cause of

the accident. Now, however, after two years of meticulous and persistent examination of the wreckage by technical experts at the Quality Engineering and Test Establishment (QETE) a plausible cause has been postulated. Just as it appeared all clues had been exhausted, continuing research into the source of a perplexing, minute spray pattern of red plastic deposits on the pilot's clothing, helmet, and visor prompted a new theory. Investigation was concentrated

FREAKSHOW



QUEST FOR FIBRE

on low pressure oxygen system components in the aircraft nose section. The oxygen cylinder was mangled tightly with a number of components and pieces of structure by the severe ground impact. When the experts at QETE carefully pried the badly damaged pieces apart they found fire damage consistent with a very localized and intense torching effect. It was determined there was an in-flight fire due to an oxygen leak. The fire burned a hole in the aircraft fuselage, melted the red plastic fuselage bonding agent, and caused the armament door to be ripped from the aircraft in the airstream resulting in severe loss of control and forcing the pilot to attempt an ejection.

The Directorate of Flight Safety has requested the Aerospace Engineering Test Estab-

lishment to determine the effect, through engineering analysis and computer simulation, of the left armament door departing the aircraft on the ejection sequence. As well, further action will be taken by QETE and Director General Aerospace Engineering Project

Management to determine the type of failure that produced the oxygen leak. They will also determine if this is a fleet problem or an isolated incident. Once these determinations have been made, measure will be taken to prevent similar failures.

TODAY'S CROSSWORD PUZZLE

ACROSS

1 Statistics
5 Cycle
10 Gusto
14 Act like a lion
15 Scent
16 Writer — Stanley Gardner
17 1950 Hutton/Keel movie
20 "Absolutely!"
21 Nutmeg-like spice
22 Needy
23 Loose threads
24 Free ticket
26 Engines
29 Golf star — Daniel
30 Used a chair
33 Repeated sound
34 Likewise
35 Actor's prompt
36 Party lights
40 Fair grade
41 Tiny
42 TV drama — Heim
43 Canine comment
44 Asian animal
45 Butterfingers
47 Marshes
48 Takes to court
49 Tart
51 Fiat — car

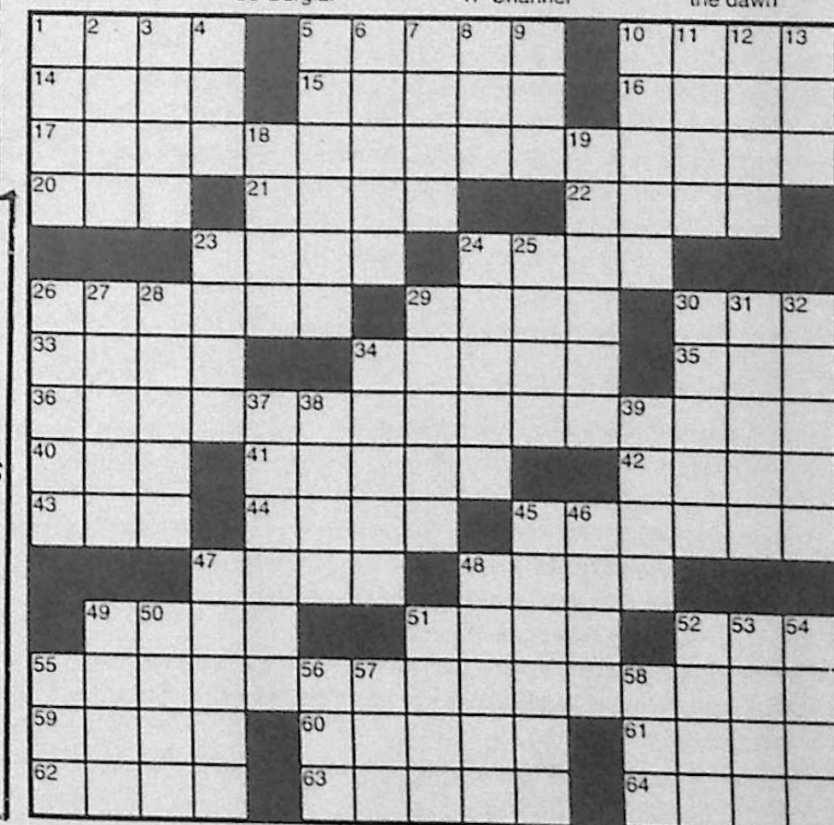
DOWN

1 Sturdy cart
2 First-rate
3 Browns
4 Tycoon
5 Chassis
6 Heathers
7 — on: be overly fond of
8 Writer — Tan
9 Thai's neighbor
10 Goose eggs
11 Therefore
12 Speak imperfectly
13 Sawbuck
14 Arab prince
15 Outcome
16 Diving bird
24 Flower part
25 Envelope abbr.
26 Saudi city
27 Earthy pigment
28 Burglar

PREVIOUS PUZZLE SOLVED

WRONG OKAY JEAN
REVEL RISE ALMA
ADIEU ALTA SOAP
POD COLOR COPSE
ROTS ONENESS
ELDEST PLOD
NIECE CHAMELEON
OLLA GLOBE LYRE
STIPULATE PARES
NERO TAMEST
MARTINI GINA
AFOOT NARCS ART
SIGN MESA INFER
TRUE OILS EERIE
SEER ASAP STONY

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Women's Day Conference a big success

by K.J. Saunders

The Comox Military Family Resource Centre celebrated International Women's Day on Saturday, March 8, with a conference at the Washington Inn. A total of 125 people, including workshop facilitators, artists and volunteers attended the conference. Proceeds raised by the CMFRC, a non-profit organization, will go towards the "Deployment Support Respite Child Care" program. Over \$1,000 was raised for the program, which is available to assist military families while spouses are deployed outside of Canada, or on extended temporary duty.

The conference comprised of 12 workshops, lunch, a fashion show, several art exhibits, silent auctions, raffles, door prizes, story-telling by the keynote speaker, Hazel Lennox, and energetic entertainment by Roberta Meilleur who led participants in the celebration of the World Dance.

Hazel Lennox, Spinner of Tales, entertained and captivated the audience with insightful and empowering stories. Hazel encouraged audience participation in the telling of her tales, underscoring the positive energy and support that exists when stories of common theme are shared among one another. Roberta Meilleur, with her dance workshop "Hips Hoorah" energized the audience at the end of the conference with spirited music and body-freeing moves that one just couldn't resist participating in!!

The 50/50 draw, which raised a total of \$101.50, was won by Paul Nowlan. Many door prizes were won throughout the day and the Silent Auction was a huge success. Over 30 items, in seven groupings, were auctioned off to the highest bidder. There were three items in the Raffle Draw: a water colour painting, donated by David Broughman; a Weekend Getaway Basket, comprised of B&B vouchers and other "get-away" items; and a Family Fun



Hazel Lennox delighting the audience with her stories.

Basket. Winner of the watercolour was Jan Haggart. Mara Pungente won the Weekend Getaway Basket and Sharon Coles-Webb won the Family Fun Basket.

Glowing feedback and raves from conference participants was

received, thanks to the efforts of the committee members, the excellent work done by the artists and workshop facilitators, and the tremendous support of the local merchants who sponsored the conference.

Thanks to Local Merchants for Sponsoring Conference

The CMFRC would like to thank the following merchants and businesses for sponsoring the International Women's Day Conference. Donations, projects and/or services were provided by the following:

19 Wing Comox • David Broughman • Fairhearts • Totem Stationery • Tamark Design • Pharmasave Comox • Uranus • Maida's Boutique • Middleton Meats • Comox Flower Pot • Avon • Taco Time • White Spot • Whistle Stop • Kingisher Oceanside Inn • Island Mobile Detailers • Tupperware • Worrall Supplies • Krysalis Fashions • Nealy New Books • Quail Place B&B • Heatherwood House B&B • Valley Native Arts & Crafts • The Curiosity Shop • Touch of Class • Perfect Pages & Rainbow Copies Ltd • Hot Chocolates • Flower Affairs • Francis Jewellers • Rankeillour • Bergman's Hair Salon • The Rolling Pin Bakery • Atlas Cafe • Northern Reflections • Searles Shoes • My Fascination • Grape Expectations • Monks Office Supplies • Arizona Gift Gallery • Clarion Books & Music Ltd • Laughing Oyster Book Shop Ltd • Soap Exchange • Happy Days Handbag & Luggage Co • Canada Trust • Seal House B&B • Pharmasave Courtenay • Sylvie's Boutique • Comox Builders • Avante Hair & Nail Studio • Comox Beauty School • The Chocolate Ranch • La Bella Ladies Wear • Heavens to Betsy • Roxanne's Fashions • The Washington Inn • Forbidden Plateau Recreation Ltd • Secret Drawers • Shopper's Drug Mart • Body & Soul Esthetics • Subway • Mt. Washington Ski Resort Ltd • Overwaiteau • Mountain Meadows Sporting Goods • The Book Shell • Mary Kay Cosmetics • Weekender Wear • Hallmark.

The huge success of the International Women's Day conference is due in part to the support provided by the businesses of the Comox Valley. Our heartfelt thanks and appreciation to all!

IWD Committee Members and Helpers

*Debbie Barnes
*Coreen Cherry
*Edith Cuerrier
*Ruth Davis
*Patty MacNeil
*Tina Matchett-Bianco
*Nicolee Miller
*Karen Nogue (MC)

*Birdie Pilon
*Mara Pungente (Committee Chair)
*Kimberley Saunders
*Zan Sinclair
*Ruth Stacey
*Jill Sturrock
*Terry Dekker
*Judy Walker

IWD Workshop Facilitators and Artists

Workshops, which made up the majority of the conference, gave participants exposure to a variety of activities and topics. Many thanks to the following facilitators for sharing their time and talents:

- Liz Wouters - Change: A Blessing in Disguise.
 - Sherry Dittick - Creative Memories.
 - Marilyn Armstrong - Reclaiming Your Voice.
 - Brenda Bombine & Todd Robertson - Self Defence & Personal Safety.
 - Wanda Mae Anderson - Meditation: Let the Journey Begin.
 - Rosmarie Roduck/Birdie Pilon - Take Charge of the Future.
 - Carol Neufeld - You are the Story: Journal Writing.
 - Marina Quilty-Peters - Aromatherapy: Evoking the Feminine Power.
 - Nancy More - Astrology: Telling Our Stories Through Myth.
 - Inga Pungente - Chinese Brush Painting: A Relaxing and Symbolic Art Form.
 - Channing Holland - Finding Your Creative Self.
 - Sandy Jasmer - Telling Our Story: Reclaiming the Feminine in Spirituality.
- Several artists shared and exhibited their work at the conference. The beauty of their art decorated and enhanced the conference atmosphere. Many thanks to the following artists for their colourful and creative work: Birgit Guderjahn • Janet McFayden • Mary McMahon • Lynne Saunders • Carole Thompson.

Thanks and appreciation to Carla Calmes for her Weekender Wear Fashion Show and to Irene Gaudet, Mary Kay Cosmetics, for the fashion show models' makeup.

The generosity of all those involved made the conference not only possible but a truly enjoyable experience.



Debbie Barnes (L) presenting Jan Haggart with the Raffle Draw first prize - a watercolour painting donated by Debbie's father, David Broughman.



Aromatherapy Workshop participants experiencing relaxing and energizing fragrances.

(Photos by MCpl Edith Cuerrier.)



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