

Garage Sale

see pages 8 & 9

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more...

Shoot out decides new sheriffs at Glacier Greens



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 39 NO 6

The Comox Valley's Oldest Newspaper
THURSDAY 1 MAY 1997

COST: PRICELESS

Labrador helicopter in flood stricken Manitoba

by Capt David Krayden,
WPAffo

With the flood waters from the overflowing Red River threatening southern Manitoba, a Labrador helicopter from 19 Wing's 442 Transport and Rescue Squadron is in Winnipeg to assist in any potential rescue or evacuation efforts.

The usual complement of five personnel - pilot, co-pilot, flight engineer and two Search and Rescue Technicians - are also in Winnipeg for an indeterminate period of time. Maintenance technicians are proceeding to Manitoba to support the deployment.

The Labrador, which is routinely used to save lives from Comox B.C. to Gander, Nfld., is well suited for this mission because of its ability to carry significant amounts of supplies and personnel. Its crews are trained for emergency evacuation and often

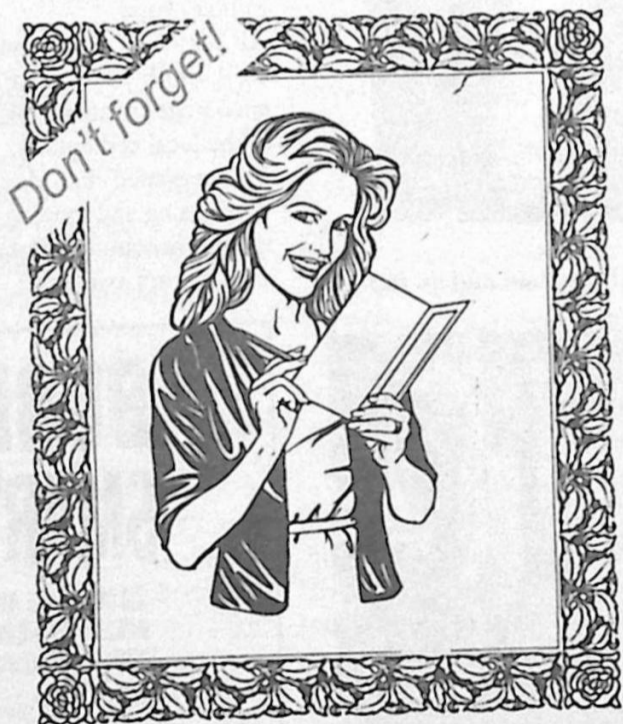
carry out these responsibilities during the regular course of their search and rescue operations.

As well, a second Labrador helicopter is on its way from CFB Trenton, Ont. to support rescue efforts. Eight Griffon helicopters from 4087 Squadron at CFB Edmonton are also in Winnipeg. Soldiers and other military support from across Canada are converging on Manitoba to combat the "flood of the century."

Editor's note: As of press time, a second Labrador had been sent to help out in the Winnipeg area. Most of the photos shown in the regional media were taken by a photographer sent with the original Lab, although this was not reported by the press. An Aurora has also been on standby since Friday 25 April and is scheduled to act as an airborne surveillance platform.



(Photo by Cpl Champagne)



Mother's Day May 11th

Starting with our 15 May edition, please note there will be two deadlines:
Wednesday 7 May - deadline for commercial advertising
Friday 9 May, noon - deadline for articles.

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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

2 May—Alley Cats
9 May—Country Cousins
16 May—Andrew Schmidt

FUN EUCHRE.....every Monday night 7:00 pm
FUN CRIB.....every Wednesday night 8:00 pm
SUNDAY CRIB.....(Sun 27 Apr).....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
*New Steak Sandwich \$4.00

Complimentary (free) membership for serving CAF members. Phone office for more info.

BASE PERSONNEL WELCOME AT BR. 17
Office: 334-4322 Service Officer: 334-3613

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri May 02.....JOHN MACKENZIE
Fri May 09.....ALLEY CATS

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 recessed to Sept 97
TUESDAYS.....Mixed Dart League recessed to Sept 97
Ladies Crib League 7:30 pm in Lounge recessed to Sept 97
WEDNESDAYS.....Navy League Drop-In Bingo, 7:00 pm
Upper Island Men's Crib League recessed to Sept 97
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:
Sun May 11 - Mothers' Day Wine & Cheese. Music by the Alleycats from 2-6 pm.

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

Gas barbecue tune-up tips

- ▶ Check the gas hose or supply line for nicks, cuts, cracking or abrasions. Replace only with factory authorized parts if found to be unserviceable.
- ▶ Check all gas connections with a soap and water solution. Any bubbles that form or grow indicate a leak. If bubbles occur, shut off gas, tighten the fitting and re-test. After checking, rinse the soap solution off with clear water. If a leak should persist, do not use the barbecue. Shut off gas and call for a service person.
- ▶ Check under and around the controls, valves and burners for dirt, leaves, cob webs or anything that would affect the flow of combustion or ventilation of air. These areas must be clear.
- ▶ Check the burners for obstructions such as spider webs that can cause serious damage to your barbecue grill. Clean out if necessary.
- ▶ After placing the barbecue in position, check screws, nuts and bolts for tightness.
- ▶ Give your barbecue grill a good, thorough cleaning at least once a year. Clean the cooking grates before each use by using a brass grill brush or a piece of crumpled aluminum foil.
- ▶ Refer to your owner's manual yearly for required maintenance and read all "Warnings" and "Operating Instructions".
- ▶ Never test the grill in an enclosed area. Use your barbecue grill outdoors only.

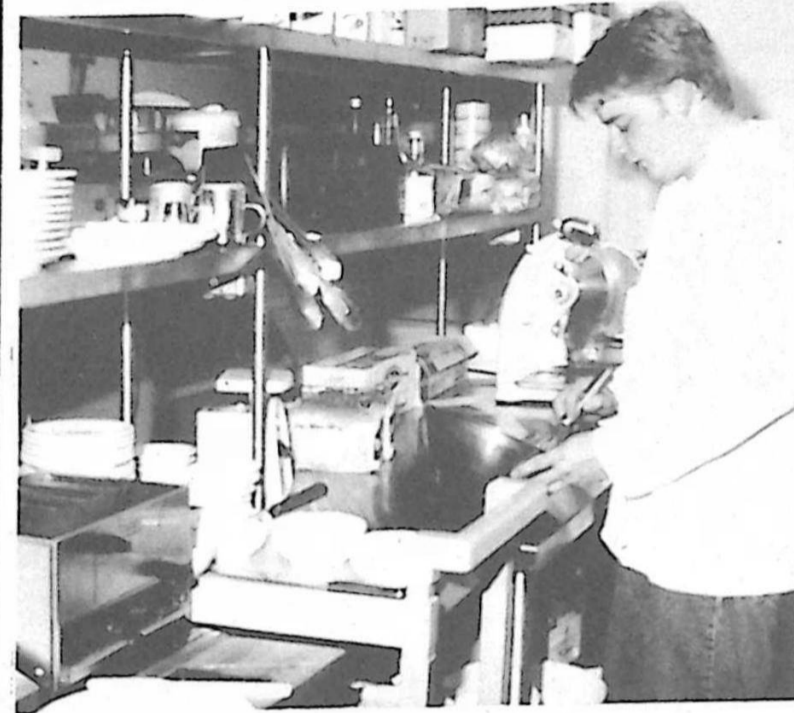
The number to call is 1-800-Grill-Out™ (1-800-474-5568) for expert barbecue advice and a free copy of Weber's newest pocket-sized recipe booklet. The Weber® Grill-Line™ will be open from April 1 through to Labor Day, Monday - Friday from 9:00 a.m. - 7:00 p.m.(ET).

CHOCOLATE RANCH
1496 Ryan Rd., Lantz, B.C. BETWEEN GOODS GROC. & PETRO CAN! (Tue-Sat 10-6 & Sun 12-5 Closed Feb. 15-20)
890-0772

MOTHER'S DAY
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CARDS & GIFTS with a hint of THE WILD WEST

Renos in "Greens" land

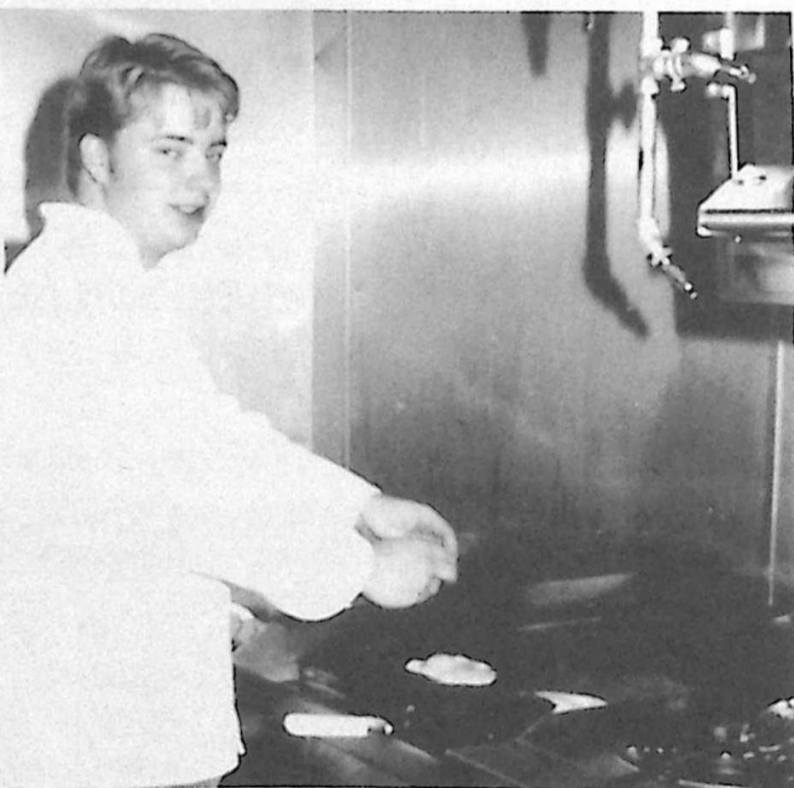


Justin whips up a culinary delight.

With the renovations of the Club House and Social Centre at Glacier Greens almost complete, the new concessionaires are looking forward to another golf season. This year, the plan is to offer breakfast, lunch and dinner, regardless of weather conditions. There are also great plans in the catering department for parties - large and small. Golfers and non-golfers are invited to sit in the solarium and watch the wild birdies, the occasional eagle, our famous jumping Titlelist trout, and real golfers on the big screen TV. For info call Steve at 339-8163.



John Powers keeps everyone's favourite brew cold and on tap.



Let's get crackin' - Justin will cook your eggs just the way you like them. (Staff photo)

Francophone Assoc.

Liste des activités pour le mois de mai:

Mini Franco-Fun: Mercredi, 14 mai et 28 mai de 15H00 à 16H30 à l'Association Franco-phonie.

Concert printannier: le Samedi 10 mai, à 19H30, Old Church Theatre avec "Les Voix de l'île" et les "Échos du Pacifique." Billets: 334-8884 ou 339-3031.

SCRUMPTIOUS

Chocolate Mint Girl Guide Cookies On Sale

Girl Guides of Canada Guides du Canada 338-2809

Ex Final Chimo CFB Chilliwack

30 June - 1 July 97

The base closure celebrations and activities planned are as follows:

- Golf Day at Royalwood Golf and Country Club, 0730 hrs, \$40 per person incl. green fees, prizes and lunch. Open to all military and civilian personnel who have served at CFB Chilliwack. Attendance limited to first paid-up 160 applicants. Inquiries to MWO Lyonnais at CSN 252-1325, civ (604)858-1011 ext 1325.
- Mess open houses 1500-1800 hrs. Open to all.

All Ranks Dance, 1900-???? hrs. Open to all.

1 July, 1300-2145 hrs. Base participation in the District of Chilliwack Canada Day celebrations to include march through city, static equipment displays, bridge building competition, military band.

All personnel with connection to CFB Chilliwack or CFSME are encouraged to attend this farewell to the local community. It is regretted that, due to Base downsizing and training commitments, accommodation and rations are not available.

BURN SMART

TO MINIMIZE AIR POLLUTION FROM YOUR WOODSTOVE:

Don't dampen down your fire, as this will produce a smoky, oxygen-starved fire. Ensure that you follow the manufacturer's instructions for the safe operation and maintenance of your particular stove. Check your chimney frequently for creosote buildup...a common cause of house fires.

A message from the BRITISH COLUMBIA LUNG ASSOCIATION

AIRCOM comments on pay raise

by LGen DeQuetteville, Commander Air Command
I am aware that the pay raise announced, when taken in isolation, was viewed by many of our people as underwhelming. I think it is important that this announcement be placed in proper context.

To be precise, the April adjustment represents the first installment of the Treasury Board (TB) agreed compensation gap that currently exists between the Military and the Public Service. In accordance with current TB direction, we are unable at this time to discuss any future installments in this catch-up aspect. Notwithstanding, Ref A also stated that ongoing collective

agreement negotiations between the government and the Public Service will result in a further pay raise (TBA) to be awarded retroactive to 1 Apr 97.

In summary, members (below the rank of colonel) can expect more in 1997 than just the current April compensation adjustment, plus associated increases to environmental allowances. In this context, I believe our members will find the total 1997 package realistic as the SCNDVA deals with longer term military compensation and benefits issues in accordance with the MND's recent report to the Prime Minister.

Retirement of CC137 aircraft

Editor's note: This article confirms our front page story of Feb 27/97 "Boeing's last visit to Comox?"

On 1 April 1997, after an illustrious 26 year career, the CC137 (Boeing 707) retired from service. This venerable aircraft, the workhorse of the north, had been with us since 1970/71 when five were purchased to provide a world-wide strategic transport and air-to-air refuelling (AAR) capability. With a speed of mach .81 and a maximum flying time of 11 hours, the Boeing provided medium and long range transportation of both passengers and freight, VIP transport, medical evacuation, and strategic in-flight refuelling for CF5 and CF18 fighters. It carried up to 212 passengers or 43,000 Kg of freight or a combination of both. The two modified for air-to-air refuelling significantly increased the range and capability of our fighters and were pivotal in ensuring our NATO and UN commitments were met. Fittingly, their last mission was AAR and transport support to Fighter Group 14-28 March.

From their home base of 8 Wing Trenton, the CC137 was flown by 437 Sqn of Air Transport Group to all points of the globe in support of many high profile tasks such as the Gulf War, numerous VIP missions and global humanitarian relief. These included, just to name a few: Op Magnet (the airlifting of Vietnamese "Boat People" out of Hong Kong), Op Boreal (the transporting of provisions to the former Soviet Union), Op Airbridge (resupply to former Yugoslavia) and humanitarian missions to such places as Ethiopia, Namibia, Sudan, Somalia and Rwanda. VIPs included many Canadian Prime Ministers, Her Majesty Queen Elizabeth and various members of the Royal Family, Pope John Paul II, former Premier Kosygin of the USSR, along with many others too numerous to mention. The two remaining aircraft logged approximately 38,000 hours each during their stint with the CF. Whether flying service personnel and their dependants across the country or overseas, refuelling our fighters in flight, hauling freight or transporting VIPs, the 707 has been one of the most flexible and reliable aircraft in our inventory. Achieving this enviable record has been through the dedicated work of many and all who have flown, maintained or supported the CC137 can be proud of their contribution and are to be congratulated. The CF will sorely miss its unique operational capabilities and reliability, but the fleet and its roles and responsibilities will be ably replaced by both the Hercules and the Polaris aircraft. Those who knew her well will always hold a special place in their hearts for the Boeing.

Fundamental Social and Economic issues facing CF members

by Cpl Jennifer Faubert

The Commander of Air Command, LGen DeQuetteville, appeared before the Standing Committee on National Defence and Veteran's Affairs (SCNDVA) on April 17 to address a wide range of social and economic "quality of life" issues facing CF personnel and their families. At the request of the Defence Minister Doug Young, the 11 member House of Commons committee will examine and review these issues and present a report later this year.

In a letter to Mary Clancy, MP for Halifax and Chair for SCNDVA, Minister Young stated: "I consider the social and economic aspects of the Forces 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."

A support team comprised of CF personnel is in place to provide background, research, analysis and any other support roles required for the SCNDVA project. The SCNDVA committee

meets as required and have been instrumental in identifying the key issues that will be given top priority.

Representative for AIRCOM, LCol Marie Claire Ouellette said the project is moving quickly and gives credence to the government's recognition of issues facing the Canadian Forces. She sees her role, as providing expertise on AIRCOM issues to ensure this branch of the service is included in the various packages, proposals and recommendations.

Issues LGen DeQuetteville addressed included the CF's ability to retain pilots being sought by commercial airlines, pay and benefits, posting lengths, housing and family support programs.

In addition, the Chief of Defence Staff asked SCNDVA to articulate the federal government's commitment to CF members and to emphasize the need for fair and equitable compensation which recognizes the unique military circumstances and the government's role towards the CF.

SCNDVA receives representation from all political parties as it is solely comprised of members of parliament. Apart from

special projects, the committee is also responsible for defence estimate approvals and was instrumental in the recent revision of the Reserve Force restructuring.

In the same letter to MP Clancy, Minister Young outlined his commitment to the project: "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?"

An impending election call has set back the SCNDVA agenda. It has also pushed back visitation dates to various bases across Canada who have not received confirmation.

To date, the SCNDVA team has travelled to Halifax and Valcartier to view infrastructure and facilities, meet with CF members and families to determine the general feeling in the forces community in order to identify additional quality of life issues.

(The Commander's speech can be found in the next issue of the Roundel.)

Fireworks at Airforce Beach

Once again, the Wallace Gardens Community Association will be hosting the Canada Day Celebrations at Air Force Beach on July 1st. Due to the fact that several thousand visitors more than expected came out last year,

this year's preparations are being planned with higher attendance in mind. Therefore, the association is seeking more volunteers to help out. A shuttle bus from Glacier Greens Arena, food concessions, and fireworks at dusk are already

in the works. This is being planned as a family fun day. If you have ideas or wish to volunteer your time, please call 339-8211, loc 8571.

Immunize your kids!



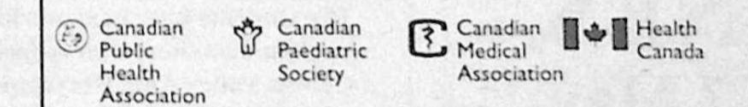
SHARON,
LOIS &
BRAM

If you want your children to be healthy, protect them from disease. Immunization can keep them safe from many serious illnesses.

But remember: Children need to complete their full schedule of shots to be protected.

So boost their chances for health. Immunize your children. On time, every time.

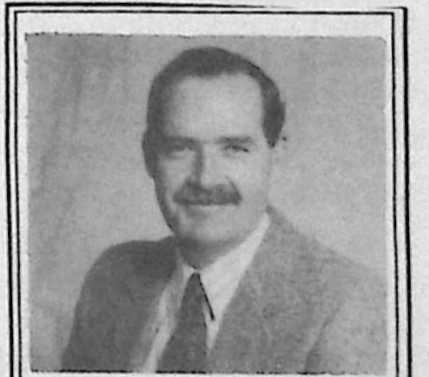
If you have questions about shots or immunization schedules, contact your doctor or public health unit.



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Local Editor does good

Every now and then as you rumble down the rocky road of your military career, you come across a very gifted individual whom you dearly love to work with, or for, but doesn't really belong in the outfit. In the late 70's I ran across a good pilot and exceptional character while I was training on F-5s in Cold Lake. He and I were subsequently posted to Comox to fly Voodoos and he left the military after he completed his tour. During his brief military career he was also a graduate of Royal Roads Military College, and, I'm proud to say, the Editor of the Totem Times. His name is Barry Kennedy and he enjoyed the valley, displaying a hard driving hard playing lifestyle that amazed his peers and unnerved his superiors. And he always talked of writing a book. Now he has. It's call "Through the Deadfall" and it's about a small Vancouver Island community, with a glacier nearby, just slightly north of Fanny Bay, that is full of protesters, strange characters and lots of fun. The book is good and well worth the \$20.00 purchase price. It may seem strange that a Toronto writer, for that is where he lives, would write about his brief experiences on Vancouver Island, but I guess that we left as big an impression on him as he did on us.

Joel Clarkston

LETTERS TO THE EDITOR

Dear Editor:
As you know, I introduced Bill C-302, a Private Member's Bill, which would adopt an official pledge of allegiance to the Canadian Flag.
Since the introduction of the legislation last June, the response has been overwhelming. Over 450 municipal councils, representing communities in every province and territory in Canada, have passed resolutions of support. As well, almost 4,700 Canadians, living in 418 different communities have also written, called, signed petitions, or have offered their own version of a pledge of allegiance. Several school boards have also passed resolutions of support.

Canadians have been pledging allegiance to our flag in a variety of ways, using different versions, for years. I have received letters from a number of people informing me of the words that they used, or continue to use, in various pledges. My Bill would adopt

an official pledge of allegiance, one that can be used by all Canadians in classrooms, before meetings, or wherever the flag is prominent.

The idea of an official pledge of allegiance came to me from a constituent, Joyce Hammond, who believes that reciting the pledge would give Canadians "roots and a sense of belonging." I agree, and I invite your readers to send me their ideas, as many have in the past to Room 152, Confederation Building, House of Commons, Ottawa, Ontario, K1A 0A6. Postage is not required on mail to Members of Parliament.

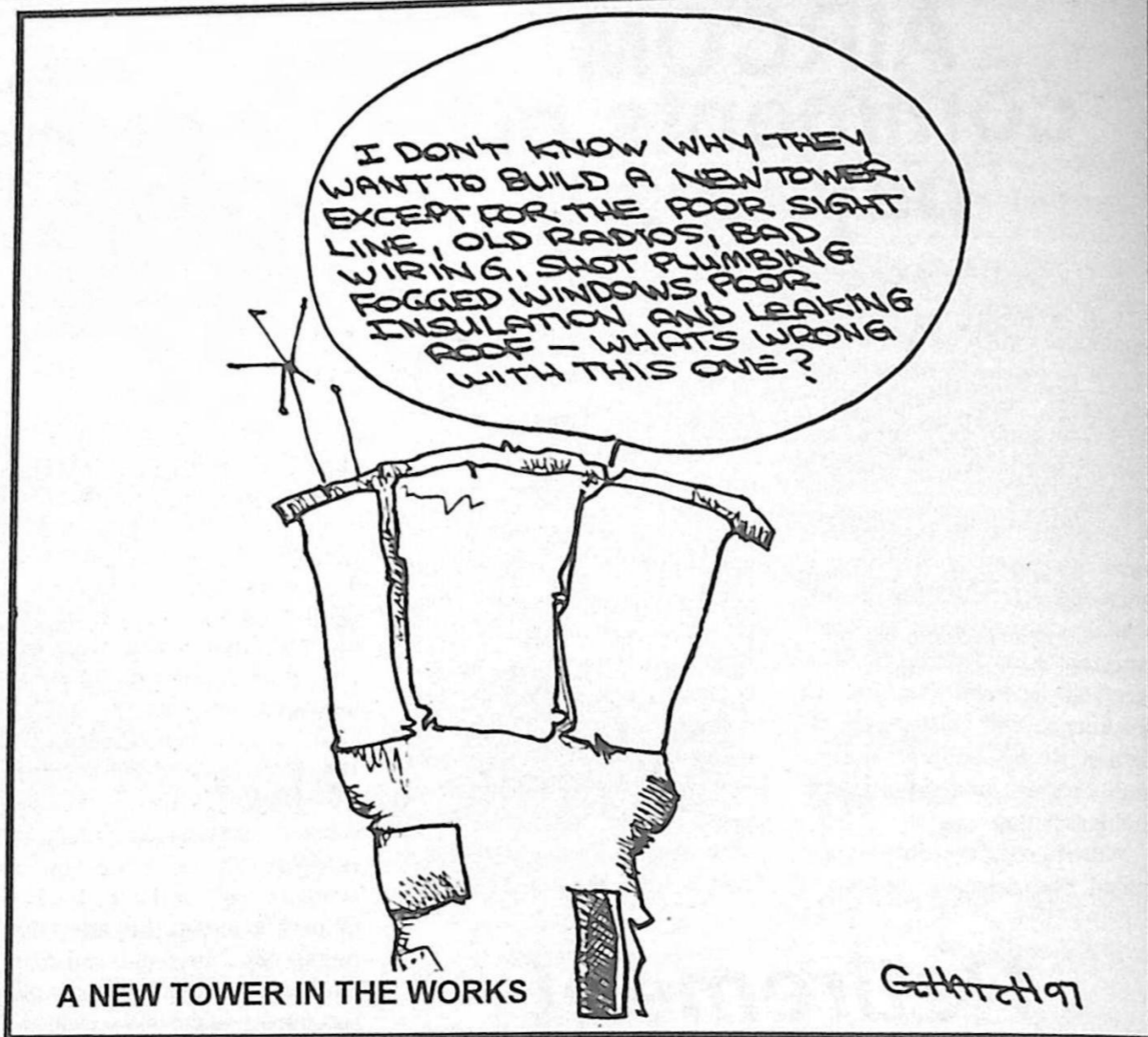
I thank Canadians for the support that they have shown to this initiative. An official pledge of allegiance, in the view of many, would be a welcome addition to our national unity.

Yours sincerely,
Brenda Chamberlain, M.P.
Guelph-Wellington

DEADLINES

Advertising - 7 May
Articles - 9 May noon

Did you know that B.C.'s Children's Hospital has the province's only Molecular Diagnostic Laboratory and Medical Genetics Counselling Service, and acts as a national genetic research centre?



A NEW TOWER IN THE WORKS

A picture is worth....

Will you be submitting an article on an upcoming event? Would a photograph make your article more appealing and eye-catching? We now have a photographer on staff who will try to be there and capture the moment on film for you. At least one week prior to the event call 338-1956 and ask for Bob, or leave a message. We will do our best to get the photo you desire.

19 Wing Teens earn ICBC grant



A group of Robb Road and Highland School students involved with the Comox Military Family Resource Centre Youth Program recently received an ICBC Road Sense Youth Grant in the amount of \$500.00. They are producing a series of public service announcement videos which will be shown some time in June. The first video is about drinking and driving and has involved many organizations on and off the Wing. The CMFRC, the Wing Drug Education Coord, the John Howard Society and Kerry Hendricks (CFCP Radio) have all provided advice, support, time and resources for this project. 19 AMS Photo section provides the video recording and editing equipment as well as technical expertise. The students have been working on this project since January, on their own time, after school and on holidays. Wing Hospital, Comox Valley Auto Recyclers and Piercy Funeral Homes have provided the use of their facilities for location shooting. Robb Road School and the Waichay Friendship Centre also received grants from ICBC on April 24 for their Road Sense projects. (Photo by Cpl Josée Menard)



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CFB Comox, Lazo, B.C.
V0R 2K0

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



COMOX MILITARY FAMILY RESOURCE CENTRE

phone: 339-8290

Welcome Michelle O'Neill

Michelle has been hired for six months to replace Suzanne Sinclair as the Information/Outreach/Volunteer Coordinator. In this role Michelle will be doing a study of Francophone needs in the community and recommending strategies for meeting those needs.

Michelle's academics are in sociology and human psychology and she is currently engaged in a Masters program in educational psychology, concentrating in family life education, with McGill University. She has had a wide variety of work experience in sociological research, educational, volunteer

and outreach activities most of which have been practised in the Eastern Townships of Quebec.

Michelle is married with three children, she is bilingual and has worked with language related issues. We all welcome Michelle to the Centre and wish her well in her work.

Bienvenue à Michelle O'Neill

Pour les prochains 6 mois, Michelle remplacera Suzanne Sinclair comme coordinatrice des bénévoles et de l'information. Pendant cette période, Michelle étudiera les besoins de la communauté francophone et recommandera différentes approches pour répondre à ces besoins.

Michelle a un baccalauréat en sociologie et psychologie humaine. Présentement, elle travaille sur une maîtrise en psychologie éducationnelle spécialisée en éducation familiale à l'université McGill. Michelle possède de l'expérience en sociologie, éducation, et bénévolat acquis

au Québec.

Michelle est mariée avec trois enfants, elle est bilingue et a travaillé avec des projets touchant les langues dans le passé. Nous souhaitons tous la bienvenue à Michelle

Adult Programs

Stress Survival
Date: May 7, 14, 28 & June 4
Time: 6:30-8:30 pm
Location: CMFRC Program Building 120 Kinnikinnik
Fee: No Fee
Registration: Call the CMFRC at 339-8290

Kinnikinnik, ph. 339-8290
Beeswax Candle Making
Facilitator: Patty MacNeil
Date: May 15th
Time: 6:30-8:30 pm
Fee: \$10.00
Location: 120 Kinnikinnik, CMFRC Program Building
Registration: Call the CMFRC at 339-8290

Location: Wallace Garden's Community Centre
Cost: \$32 includes all supplies
Registration: CMFRC Administration Building 119 Kinnikinnik, ph. 339-8290

Aromatherapy - A Sensory Delight!
Facilitator: Marina Quilty-Peters
Time: 6:30 - 9:30 pm
Date: May 8th
Location: CMFRC Program Building 120 Kinnikinnik
Cost: \$10
Registration: CMFRC Administration Building 119 Kinnikinnik, ph. 339-8290

Volunteer Training Session
This mini workshop provides a general orientation for all new volunteers to the services provided by the CMFRC.
Date: May 20-21.
Information: If you are eager and interested in joining our team, please contact Michelle at 339-8290.

It Takes Two A Workshop for Couples
This one day workshop will focus on learning to communicate with clarity and honesty. Participants will be introduced to theory and techniques of communication and will have opportunities to practice skills in the context of their couple relationship.
Facilitators: George Penfold & Marilyn Armstrong
Time: 9:00 am to 5:00 pm
Date: Saturday, May 31st
Location: CMFRC Program Building 120 Kinnikinnik
Cost: \$25 per couple
Registration: CMFRC Administration Building 119 Kinnikinnik ph. 339-8290.
Fee due by May 23rd.

Beginners Hanging Basket
Facilitator: Jennifer Harrison
of Little River Garden Centre
Time: 7:00pm - 9:00pm
Date: May 9th
Location: Wallace Garden's Community Centre
Cost: \$18 for supplies
Registration: CMFRC Administration Building 119

Moss Hanging Basket
Facilitator: Jennifer Harrison
of Little River Garden Centre
Time: 6:45pm - 9:00pm
Date: May 23rd



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.

CMFRC 3rd Annual General Meeting

The CMFRC Board of Directors are pleased to announce the Third Annual General Meeting of the Comox Military Family Resource Centre

Monday night June 2nd, 7:00pm at the Officers Mess

Guest Speaker:

Mr. Jim Jamieson Director of Military Family Support.

All current and retired military members, spouses and dependants, regular and reserve force are welcome to attend and take part in the elections of CMFRC Directors.

The evening will also include door prizes and refreshments.

"Come out and take part in your Family Resource Centre."

Kinnikinnik Child Care Centre

Limited Spaces are available in:

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

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

Preschool (ages 3-5)
Morning and Afternoon Programs
Registration for September 1997 will be held May 20, 7-9 pm at the KCCC, morning and afternoon programs are available. Immunization Records and Birth Certificate must be shown at the time of registration.
For more information call: 339-5051

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

Youth Activities

Teens' Gym Nights
Teen Gym Nights will continue until the end of May
Dates: Wed. 6:30-8:30pm
Location: Base Gym.
Recreation passes are not necessary during this time.

Calling All Teen Creative Writers
This workshop will explore where you imagine yourself to be in 5 years, in 10 years, and how to keep an interesting journal.
Date: Monday, May 12th
Time: 4 - 5:30 pm
Location: Protestant Church Annex
Registration: Phone Jill at 339-8211 local 8656

3 on 3 Basketball Tournament Rescheduled for May
Date: Saturday, May 10th &/or 11th
Time: 8:00am to 1:00pm
Location: Base Gym
Cost: \$9.00 per team.
Registration: Forms available at your school or CMFRC ph. 339-8211 local 8656, through Jill.

Posted out? College program info is available

by Pat Allen,
CFCCN Co-ordinator

Are you one of those who knows that you will be moving yet again this summer? This continual relocation makes it difficult to plan for any kind of post-secondary education. Why bother to start college studies when you know it will be impossible for you to ever get through it? We make it easier for you to start and complete your education.

The Canadian Forces Community College Network is a resource for all military, civilian and NPF employees and their families. We can help you find your program and determine a strategy for you to get through it regardless of where you are posted. Before things get hectic with the upcoming move, why not take some time to preview your opportunities?

We have calendars from colleges across Canada, available for loan in the Resource Room in the WPSO's office in Building 22. You can take a look at what the college in your new community offers. Network colleges have agreed to facilitate transfer credit from other colleges, so you don't have to start all over at square one.

We have co-ordinators at 21 bases across the country who can help you develop a strategy and a plan. If you would like to talk over your educational goals, or just discuss the possibilities, call and leave a message for Pat at 8889. Interviews can be arranged and you can browse through the calendars to see what is available. Whether you are considering high

The last Management Development Program course for the 96/97 year will be offered on Base May 23-25. Gwyneth Taylor will be teaching Management for Reschool upgrading, college or even university transfer studies, or if you just want to bounce some ideas off someone willing to listen, you are welcome to call.

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sults, covering setting goals and objectives, planning and evaluation, the relationship of authority, responsibility and accountability, and an overview of ethics, power and influence. As with all courses in this program, there are no assignments or exams, but you will put in a demanding weekend participating in exercises, role plays and case studies. Even if you have not taken other MDP courses, you are welcome to join us any time. We have newcomers at almost every course.

For more information and to register, call Pat at 8889.

Women's Business Network

As a professional speaker, Pat Nichol has spoken to international audiences from Victoria to Florida. She is counted among the top five per cent of speakers in the Pacific Northwest. Her purpose in life is to help others expand their own horizons by improving their verbal communication. Some of her subjects are:

- The Power of Positive Thinking
- The Gentle Art of Verbal Self Defense
- Managing Change
- Polishing Presentation Skills
- Spiritual Vitamins.

She works with local, provincial and federal governments, school districts, community groups, non-profit groups, private citizens and major corporations.

She also finds time to work at the high school level to assist teachers and students discover "Real World 101." She is a life-long learner, constantly reading, studying and learning with real teachers from past and present.

As a TV Talk Show host on Women Unlimited, she is in touch with global as well as local issues. After speaking throughout North America on the subject of Networking, she has published a sight/bite book called Power of Positive Linking - ABCs of Linking to Positive & Powerful People.

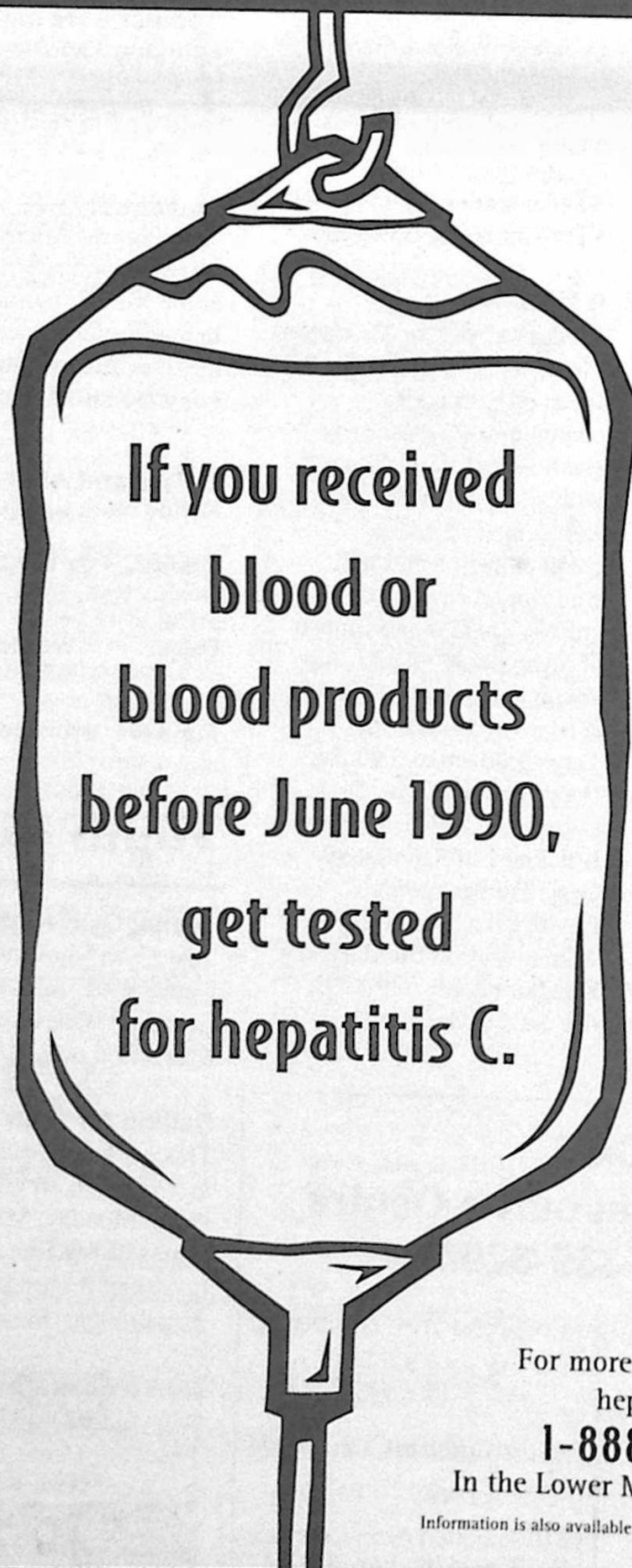
Pat knows that she is one of the fortunate people who has found the way to do what Joseph Campbell was referring to when he said "Follow Your Bliss." It is her awareness of this that has made it

part of her purpose to help others find the path they need to travel to be all that they can. Because we know that angels can fly because they take themselves lightly, even if the message is a serious one, her innate sense of fun is never far from the surface.

To see and hear this dynamic, fun, knowledgeable speaker come along to the Women's Business Network monthly meeting on 8 May at the Officers' Mess and hear Pat Nichol and her Communication Connection on Spiritual Vitamins, food for thought shared presentation. Tickets are now on sale for \$20.00 and can be obtained by calling any member of the Women's Business Network or phoning the "hotline" at 338-0113.

HEPATITIS C

BE SURE. GET TESTED.



THERE IS A CHANCE some people (about 2 in 100) who received blood or some blood products before June 1990 were infected with hepatitis C and still don't know it. Others may not know they received a transfusion.

Since June 1990, the blood supply has been screened for hepatitis C.

It's possible you received blood or blood products if you experienced any of the following events:

- major surgery
- a major motor vehicle accident
- orthopedic (bone or joint) surgery
- cancer therapy

The Ministry of Health is notifying people who likely received a transfusion from 1985 to June 1990 - where hospital records are available. But we may not be able to reach everyone. If you know you received a transfusion anytime before June 1990, or if you're unsure, see your family doctor, who may order a test.

Hepatitis C can cause health problems such as liver damage. There are ways to limit the effects of hepatitis C - that's why it's important to know whether you have it.

For more information about hepatitis C call:
1-888-770-4800

In the Lower Mainland call: 660-0999

Information is also available on HIV and CJD (Creutzfeldt-Jakob Disease).



Look who's recycling

Preventing spills from fuel storage

by B. Allan, W Env O

19 Wing Comox has significantly reduced the risk of spills from stationary fuel storage tanks through a comprehensive spill prevention program.

Storing and handling flammable liquids is an essential part of operations at a military base; fuel is required to power our aircraft and vehicles and heat our buildings and homes. The risks of managing fuel can be taken for granted because of its widespread use, but the consequence of failure can result in serious fires causing property damage and personal injury or can cause environmental impacts through contamination of soil and pollution of drinking water and fish habitat.

The spill prevention program at 19 Wing combines the two elements of an engineered storage tank system and ongoing preventive maintenance program. This article will focus on the ways in which the storage tanks were upgraded.

The tank upgrades were achieved in two ways: eliminating fuel storage by conversion to natural gas, and upgrading the storage tanks to a higher standard. In 1994, many houses and buildings at 19 Wing were converted to natural gas. This conversion program eliminated all fuel storage tanks located in Wallace Gardens and HMCS Quadra. Conversion to natural gas reduces the environmental hazards related to fuel storage and had the added envi-



A new double-walled fuel storage tank has been installed at the Water Pumphouse Building. (Photo by Cpl Kelley)

ronmental benefit of producing a cleaner air emission.

The remaining tanks have been upgraded by providing a secondary containment system that is capable of holding a tank's contents in the event of failure. The technique of achieving secondary containment varies with the design of the fuel tank. For example, the bulk storage area for aircraft fuel consists of five large tanks holding approximately one million litres each. In order to provide spill containment the area surrounding the tanks was shaped into a basin and a synthetic liner was placed on the surface. These tanks are exposed to the weather, so the containment system must also be capable of handling large amounts of rainwater, but be ready to contain a spill of fuel at all times.

Many of the tanks were replaced with new double-walled tanks. These tanks have an air space between the fuel tank and

outer wall that is monitored for fuel leaks either through a loss of vacuum pressure or through visual inspection. And finally, for small tanks located inside buildings, the tanks were placed inside plastic tubs where spills would be easily detected and contained.

Some facts about fuel storage tanks at 19 Wing are:

- there are 38 storage tanks - 35 above ground and three underground;
- they range in size from 500 to one million litres;
- 65% are less than five years old;
- all tanks are provided with secondary containment.

Good equipment, combined with sound maintenance, equals spill prevention when it comes to fuel storage. This combination ensures that we comply with fire, safety and environmental standards and ultimately reduce the risk of fuel spills at 19 Wing Comox.

Photo contest focuses on fresh air

If you've captured fresh air on film, enter your photo in the British Columbia Lung Association's Fresh Air Photo Contest.

Now in its 13th year, the contest is intended to raise awareness of the importance of clean air and the environment. Co-sponsored by London Drugs, it's expected to attract more than 5,000 entries from all over B.C. and Alberta.

Amateur photographers have until June 30 to enter their best fresh air photos in categories of: kids, sports and leisure, animals

and nature, and scenery. Submissions will be accepted in colour or black and white prints or slides.

"Breathing is something we do every day and the contest should remind people that breathing clean, fresh air is vital to healthy lungs," says Richie Gage, B.C. Lung Association's volunteer president.

Thousands of dollars worth of donated prizes will be awarded to winning photographers, including a Pentax camera and binoculars, Daiwa fishing rods and reels,



Sony sports Walkmans, Fuji cameras and film, and a photography vacation for two to Smithers, B.C., made possible by Canadian Regional Airlines, Hudson Bay Lodge, Smithers Chamber of Commerce, and Thrifty Car Rental.

Fresh Air Photo Contest entry forms and contest details are available from all London Drugs locations or from the B.C. Lung Association at 2675 Oak Street, Vancouver, B.C. V6H 2K2.

Time To Plant!

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Cops Corner

by Cpl K.E. LeBlanc

In this week's issue we would like to address what is occasionally a sore spot for individuals - Wing Exercises.

The complaints, although they don't come from everyone, usually start when people approach the Wing and see the "Exercise in Progress" signs, and continue until the exercise is stood down. We hope to cover some of the more common complaints/misconceptions and, although we realize that this may not make anyone happier during the next Exercise, at least everyone may have a better understanding of why things are done the way they are.

To begin with, checking IDs at the Main Gate is not done to make anyone late, it is part of the heightened security posture which we are attempting to practice. Everyone entering a Defence Establishment must be prepared to properly identify themselves to gain access. It is a matter of day to day operations that this is not strictly enforced; however, it could be. For Military personnel, you are required to surrender your CAFIB 20 (ID card) at any time, anywhere. This means that when a member of the MP/WASF asks for it, you must not only show it to them, you must hand it over to them. For civilians attempting to enter the Wing, if you do not wish to properly identify yourself, that is your right; however, you will not be allowed onto the Wing.

Another area of complaint is the way traffic is routed from the Main Gate. Cars entering from Ryan Road are directed to enter through the normal exit gate and then straight past the Guardhouse. If you are coming from Military Row past Canex, you will be directed to turn right onto Heritage Boulevard towards the Jr Ranks' Mess. This is done in an attempt to keep traffic flowing as quickly as possible, no matter where people may work. We make no exceptions to the traffic pattern. We ask that everyone remember that this is a relatively small Wing and, no matter which direction you are asked to travel, you will only be delayed a few seconds at the most.

In closing, we would like to thank everyone for their cooperation during Wing Exercises and we would like to remind you that they are an integral part of this Wing's ability to function properly under any atmosphere.

If you have any questions regarding this article, please contact Cpl LeBlanc at 339-8236.

Glossary of Aeronautical Terms (con't)

- Propeller:** Fan that keeps pilot cool. Turn it off and watch him sweat.
- Roger:** Most popular name on the radio.
- R.P.M.:** Initials of large corporation that builds tachometers.
- Piper Cherokee:** Flying Indian musician.
- Runway:** Place where exotic stewardess starts the airstrip.
- Skyjack:** Device for changing tires in flight.
- Slip:** Apparel worn by some pilots.
- Stall:** Place where plane is kept.
- Supercharger:** Pilot with a full wall of credit cards.
- Taildragger:** Pilot who lost bout with the bottle last night.
- Thermal:** Student pilots' description of a container of hot coffee.
- Zulu Time:** Used by African pilots.



Remember your Mother/Wife this week with FLOWERS, bud vases, a mug of flowers, roses, bouquets etc. Starting from \$9.99. May 5th - 12th.

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407 Sqn



Demon Doin's

Welcome to another edition of the Demon Doin's. It's been a slow time for exciting news, so it's time to catch up on gossip and, if I have to, make things up.

First and foremost, the squadron had their Annual All-Ranks Mess Dinner on 17 April. After numerous (and threatening) warnings from the DCO about using the Mess Dinner to practice for the upcoming baseball season, Maj Dave "Now, I'll put on my black hat" Berry (as if to make us think that he owns a white hat), the dinner was, from the ball perspective, foul free. Rumour has it that a certain someone's seating tag was stolen and used to pen a love letter to the CO with the offer of certain favours for a certain PER rating. The CO realized that it wasn't from the person named on the tag as this squadron member would have performed aforementioned favours to avoid a posting to a certain East Coast Aurora base and not wasted them on a PER. Who says aircrew don't have standards?

I'm impressed, actually surprised, that people LISTENED to the DCO, knowing full well that he's being posted this summer.

BC SMILE

The Seniors' medication information line (BC SMILE) is now extending its service to all seniors in the province.

BC SMILE is a free telephone hotline, staffed by licensed pharmacists, established to assist seniors, their families and caregivers with information about medication including side effects, drug interactions, and the misuse of drugs.

Phone 822-1330 in the lower mainland or toll free in BC at 1-800-668-6233, Monday to Friday, 10:00 am to 4:00 pm.



Charity Garage Sale

Got some "good junk" you want to get rid of? Don't have the time or energy to have your own garage sale?

Give it to the children!

Bring your articles to Overwaitea. We will price it and sell at our annual Garage Sale on Saturday, 24 May.

All proceeds go to BC Children's Hospital.

Usually people try to push the limits when they know that one of the headsheds is posted. Maybe it's because the DCO's replacement was at the dinner and his nickname is "Shredder." That's right folks. Maj Ray "Shredder" Laplante is taking over the DCO's office this summer. He has already promised to wear a grey hat, vice a black hat, so as to better match the colour of his hair. I'm not sure where he got the nickname "Shredder" (not that I want to find out the hard way either)...but I've heard stories. Gossip for the next article.

The Mess Dinner was actually fairly quiet (plus the DCO screens this article. A crew from 405 Sqn on the East Coast, who were here for the week, showed up to join us for the after dinner party. We repeatedly demonstrated our prowess at foosball and crud, thereby bringing the Greenwood guys to tears (or maybe that was the Tequila). Needless to say, the crew learned a lot about West Coast operational flying and numerous other valuable back bar lessons from the West Coast flying club.

News from the crews is sketchy at best, so I'll do my best to fill in the blanks. Like the country, election fever is gripping the squadron. Capt Wenzel and Capt East have been having their own version of an election. They've each been trying to get the other elected to the Squadron Navigator Training cell. That's right. Instead of the slash and burn tactics that are used by politicians, their is a much nicer campaign. Colourful slides during morning briefs, wishing the training slot onto each other, set the tone for a positive working environment. And if any of you are familiar

with the jovial and never sarcastic Rick East, you'll realize that the campaign is nothing but sunshine and roses (hopefully, that fragrance might cover up the aroma that is emanating from this page...cause, for those of you who don't know, I'm being SARCAS-TIC).

Crew 5 just spent another week in Greenwood, preparing for the O'Brien Competition. That's right. The "Elite of the Elite" are rewarded with repeated vacations in tropical Greenwood. Ahhh, to be old enough and good enough to reap the rewards. They go back again in May with the groundcrew team for the actual competition to see who is the best Anti-Submarine Warfare team in Canada. Best of luck! May the SCHWARTZ be with you.

Crew 2's Crew Commander was on the receiving end of a thrashing at foosball during the Mess Dinner, so he's been keeping a low profile. But in his defence, I will say that he represented himself valiantly for someone of his aged stature.

Crew 3's Crew Commander, Capt Gord "Stain or Paint" Gushue, has also been busy nosing around to find out where all the deployments that were meant for Crew 3 went. Rumour has it that the other crews have been stealing them from us. Obviously, he should maybe get a copy of that certain love letter from the CO and (insert imagination here). Take one for the team, Gord. By the way, if you are curious about Gord's nickname, ask the Wing Commander.

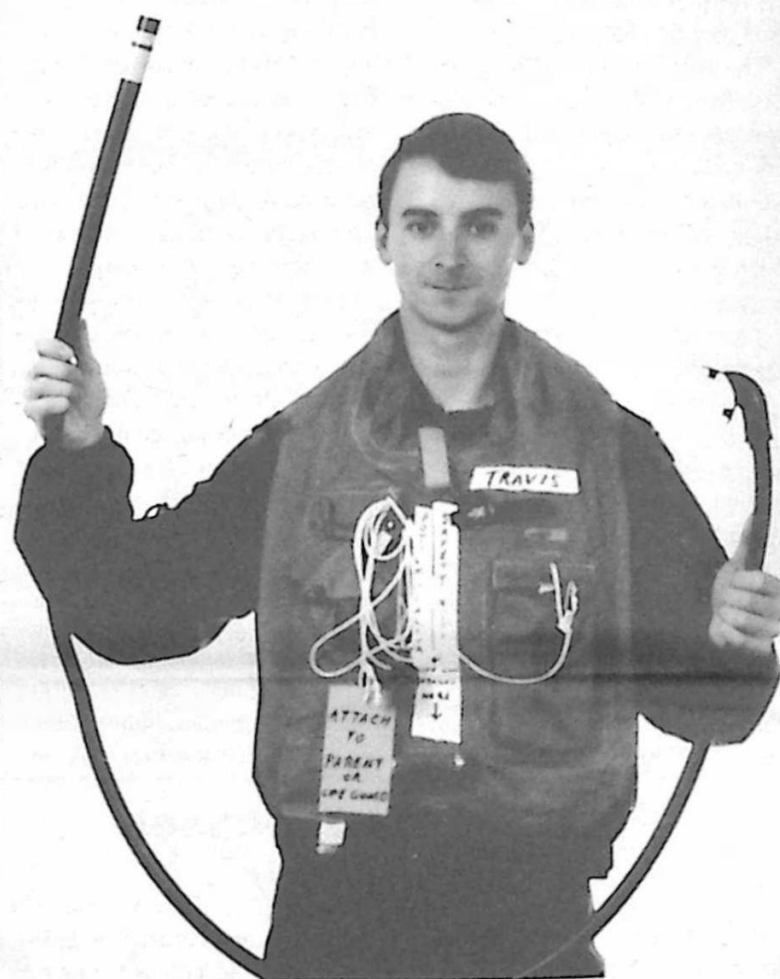
I'm running out of stuff so before I start taking advantage of my forum, I should sign off. Demons out...

19 AMS hard workers and heroes

by Eric Travis, ArmPAVO (COSMO?)
Welcome once again to the third floor. Today, I have decided to begin by passing on information on changes to 19 AMS/Wing infrastructure. The Refinishing shop has been stating that the facility that they presently work out of (Bldg 126) has been out of date, and insufficient to carry out the workload required of them for many years now. There has also been a dream of housing workshops personnel and refinishing (ie: all ACS techs) under one roof to improve efficiency. If you work in Hangar 7, you have probably noticed a significantly large

discuss Wing requirements and examine possible construction sites and layouts for the new armament storage area. At the present time the deer mice have not identified their requirements (perhaps they can move into Tyee Park). We wish them the best of luck.

Next, I will discuss the recently covered swimming pool and some exciting events that occurred therein on Monday, 21 April. That evening, from what I have been told, an individual (not to be named, will be called Cosmo/Guppy for convenience - see picture) decided that even after hitting the weights for an hour



hole in the ground next to Refinishing. The funding for a new paint facility was approved last year, and the ground has already been broken. The projected date of completion for the new facility is Fall '97. At the present time, no date had been set to transfer workshops into Bldg 126, but all involved are extremely pleased to see their plans come to fruition.

Refinishing has not been the only section of 19 AMS that has declared dissatisfaction with their present facilities. The Wing armament storage area (Area 85, and ready use Bldgs 119 and 120) has been slowly disintegrating as a result of age, and the effects of horizontal rainfall common to the Comox Valley. Many deer mice and other rodents have infested the storage buildings and pose health and safety threats. Last year, with the development of the Wing Main Infrastructure Development Plan, the status of the present bomb dump received much attention and its replacement is presently listed as the top priority on the Wing, following the ATC tower replacement. Requests have already been sent to the flying squadrons to identify future storage requirements (war stock/ops stock) for use in the planning stages of this new complex. An engineering team will be visiting 19 Wing May to

and going for a jog that he could still hold his breath and swim two lengths under water. Unfortunately, he was mistaken, and ended up passing out under water. Fortunately for him, three individuals came to his rescue: Cpl Denis Brisson (414 Sqn) and Cpl Mike Lafleur (19 AMS) dragged Cosmo to the deck and Sgt Glen Coates (19 AMS) performed artificial respiration. Due in part to the excellent first aid of the above mentioned personnel and a stroke of luck, the unnamed individual came around after approximately one minute and went to St. Joseph's Hospital. After a long night and some extremely shaken nerves, all turned out OK in the end.

On the topic of first aid training, 19 AMS had a significant number of personnel requiring re-certification in '97 and, using their initiative, the ETO cell organized two first aid courses for 19 AMS personnel only. These courses will run 20-22 and 27-29 May and will be taught by our very own Sgt Calmes.

In closing, I wish to congratulate MCpl Haley on his victory at the fishing derby (the only individual to catch a fish). I understand Cpl Sellstead found the water to be a very pleasant temperature and couldn't understand why more fish were not biting.

Awards and Medals

by Cpl Jennifer Faubert
Even though Remembrance Day has come and gone, you may still see a medal here and there and wonder how one can qualify for this type of Canadian honour. In actuality, it all starts with a supervisor, since you cannot nominate yourself. An honour is one way that your supervisors can recognize and reward your efforts.

Canadian honours come in many forms; orders, decorations and medals and are presented to mark bravery, honourable service, and meritorious performance of a deed or activity. The first Canadian honours to hit the scene were developed during the Second World War, yet even back then, they were few and encompassing. Honours and awards are steeped in tradition and the Canadian Military has always maintained that an uncluttered uniform is best.

The Order of Military Merit and the Canadian Forces Decoration are only two of the medals envisioned half a century ago which still exist today.

Capt Brian Quick, SO ADMIN 4 (Honours and Awards), the secretary to the Air Command Honours and Awards Committee, is responsible for the day to day operations of the program. He maintains that although the process can be lengthy, it is not difficult.

"It can be a lot of work, but it is not impossible," he said. "Don't be intimidated. You can never go wrong with the truth and the facts...just tell the 5 W's (who, what, when, where and why)."

There are two classifications of honours that he deals with at the Air Command Headquarters level. The Commander's Commendation and the Merit Award Programme are reviewed and awarded at this level. National level awards, such as the Order of Military Merit recognize CF personnel who have demonstrated

conspicuous merit and exceptional service and are reviewed by a higher authority. In this case, the Commander of Air Command can only recommend the honour be bestowed; NDHQ and Government House retain the final decision.

Most honours recognize the activities of all DND employees, civilian and military, for exceptional and outstanding work performance, bravery or other meritorious contributions which reflect positively on the organization.

"Having a medal says, this is how we want our people to perform and we publicly recognize that you did a good job," explained Capt Quick.

Common types of Awards

Canadian Bravery Decorations recognize acts of courage of varying degrees. The highest being the Cross of Valour, followed by the Star of Courage and the Medal of Bravery. These medals can be bestowed on any Canadian citizen and are not exclusive to military members. (CFAO 18-5)

Meritorious Service Medals recognize performance that has been executed in a highly professional manner which, in turn, has benefitted and honoured the Forces. Meritorious Service Medals have a military and civilian component. (CFAO 18-22)

The Air Command Commander's Commendation recognizes exceptional achievement or performance that brings great credit to the Air Force. The Commendation is open to both CF members and DND civilian employees and may also be awarded to groups or units. (ACO 18-1)

The Chief of Defence Staff Commendation is awarded to CF members who have performed a deed or service that is considered beyond the demands of normal duty. (CFAO 18-17)

The Canadian Forces Medal-

lion for Distinguished Service is awarded to non-serving DND employees or CF members who occasionally serve or work in conjunction with the CF. The medalion recognizes activities that exceed the expectations of their employment or personal responsibilities. (CFAO 18-15)

Process

When considering the Awards process, first and foremost it is necessary to review the applicable regulations governing the specific award. The general submission process is outlined below:

1. Submit a covering letter and Personal History Form, located at Annex C to CFAO 18-4.

2. A narrative must accompany the above form, outlining what the individual did to merit the award. It should also explain why the activity to be recognized was outside the paid duties and beyond the norm expected of the individual's rank and experience. Recommendations should be for the most appropriate award.

3. Submit this information, via the chain of command, to Air Command Headquarters, attention DCOS Pers. All other enquiries should be directed to the SO Admin 4 at (204) 833-2500 ext.5637. It should be noted that this summer the Honours and Awards function is moving to Ottawa as part of the Chief of the Air Staff and the new OPI will be Personnel Management and Services 3-2-2.

Lastly, it should be noted that each nomination is assessed by the Honours and Awards Committee and based on its own merit on a case by case basis. Capt Quick maintains that this helps to ensure that the high standards established and the integrity of the award and event are maintained. This in turn protects the integrity of the Honours and Awards program.

It's Girl Guide Cookie Week



Sgt Leo Phillips, deputy Mayor of Wallace Gardens Community, had the pleasant surprise of having a Spark, a Brownie, a Guide and a Pathfinder at his door recently, selling those delicious Girl Guide Cookies. (Photo by Edith Cuerrier)

Last year, British Columbians bought 925,824 boxes of Girl Guide Cookies which works out to more than 18 million cookies!

This year, Cookie Week is 24 April - 4 May. Girls of all ages will soon be at your door selling the famous chocolate and vanilla sandwich cookies. Each box costs \$3.00. The ingredients breakdown is now listed and the boxes are made from recycled paper.

Girls will be selling at the Driftwood Mall on May 2 and 3 and at the Black Creek Store throughout Cookie Week.

Two thirds of the cost of a box of cookies goes toward the worthwhile projects of the more than 34,000 girls and women who are members of the Girl Guides in B.C. Half these profits will remain within each Guiding unit

here in the Comox Valley to support the girls in their many activities. As a non-profit organization, Girl Guides of Canada has provided worthwhile programs and opportunities for over 85 years now. Girls aged 5-18 years enjoy a wide range of hands-on activities such as hiking, working with computers, community service projects, environmental projects and much more.

Guiding is proud to be self-sufficient in B.C. We are not members of United Way and do not depend on grants. Our membership fees and various fundraising efforts allow us to cover most of our expenses. We are especially grateful to all the residents of the Comox Valley for their continued support.

U+ = Civic Pride
www.pitch-in.ca

HUGE GARAGE SALE
presented by the Glacier Greens Ladies
Date: Saturday, 3 May
Where: Glacier Greens Golf Course.
Look for us under the big top across from the Pro Shop.
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Wallace Gardens

WGCA Awards Night



Wallace Gardens Community Association held their Awards Night on April 22. This group of representatives from several Wing Sections received a special thankyou for supporting the association throughout the year. (Photo by MCpl Cuerrier)



Col MacLean (L) and Mayor Laplante (R) presented flowers and an Appreciation Certificate to Linda and Wayne Jeffrey, who are now retiring and will be enjoying a one year holiday in Mexico and Alaska. Linda wishes to thank the community for all the support they have given her.

Women's Business Network
presents
PATRICIA NICHOL
May 8, 1997
Officers Mess - CFB Comox
6:00 p.m. Networking & Dinner
Admission \$20.00 per person
Phone 339-6401 for tickets

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AT THE END OF CASUAL SWIM TIMES:
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SATURDAY TO SUNDAY 1530 - 1600 HRS

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Just outside the Base! Sunday 10-5

ATTENTION ALL PMQ RESIDENTS

When calling 911 for all emergencies ensure that you inform the 911 dispatcher you are calling from:
• The PMQ's at CFB Comox
• The street name and house number

Environment Week June 1-7

Take stock, take action

(NC)-OTTAWA—Environment Week can be something like New Year's—a time to take stock and to resolve to take action.
In planning for Environment Week June 1-7, everyone can help improve and protect the environment through being aware and changing routines. Little things such as walking to the corner rather than driving, using alternatives to herbicides...with more and more people participating, the result will be healthier neighbourhoods.
Thousands of people across Canada have been involved in more than 250 Action 21 projects which deal with specific environmental projects ranging from cleaning up fish spawning creeks to holding clinics for checking car emissions. Many focus on disposing household hazardous wastes and encouraging neighbours to become environmentally conscious.

Here are some easy goals for Environment Week '97:
• walk, bike or use public transit for two more trips each week to reduce car emissions;
• reduce pesticide use on gardens and lawns; and
• take the lead in making others aware of the environment;
Action 21 is a year-round Environment Canada program where financial help is possible for non-government, not-for-profit groups and organizations to undertake projects relating to clean air, toxic substances, biodiversity and preserving ecosystems in their communities. The program can provide up to 50 percent of the eligible costs of community-based projects where groups at least match the federal funds with local money or in-kind support.

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GARAGE SALE IN MARRIED QUARTERS



NOW IS THE TIME TO SELL THOSE ITEMS YOU HAVE BEEN WANTING TO GET RID OF
WILL BE HELD ON MAY 24, 1997 FROM 8:00 AM TO 2:00 PM

- Clothing
- Appliances
- Jewelry
- Pots & Pans
- Books
- Furniture
- Bikes
- Plants
- and much more...

Family Bingo

Saturday 3 May from 2-4 pm at the Community Centre. 25cents a card to be played every game.

Video Afternoon

For children up to 12 years has been cancelled for May.

Video Evening

Saturday 10 May at the Community Centre. 7-11 pm for ages 13 to 17.

Teen Dance

Saturday 24 May at the Community Centre. 7:30-10:30 pm for ages 13 to 17. Cost \$1.00. Canteen available. Fun and prizes.

Dry Garbage Pick Up

Monday 26 May in Married Quarters at 7:30 am. More info to follow.

Sock Hop

Saturday 31 May at the Community Centre. 6-8 pm for ages 12 and under. Cost .50cents. Canteen available. Prizes and fun.

Canada Day Raffle

Tickets \$1.00 each or 3 for \$2.00. Help support Canada Day and get a chance to win a bicycle. Tickets on sale at the Community office. Draw will be held July 1.

For more info on any of the above events, call Linda Jeffrey at the Wallace Gardens Community Office 339-8211, loc 8571.

ATTENTION!!!

Public Notice for residents of the Town of Comox and CFB Comox concerning RECYCLING

Effective 1 May 1997, the Town of Comox has cancelled its curbside recycling program for paper and cardboard. This has been done in conjunction with the implementation of the Regional District of Comox-Strathcona's Solid Waste Management Plan which includes various recycling initiatives.

Residents are encouraged to continue recycling products at the various locations listed:

- Comox Bottle Depot, 1A-821 Shamrock Place, Comox
- West Coast Waste, 687 Anderson Road, Comox

For additional info regarding recycling initiatives in the Comox Valley, contact the Regional District of Comox-Strathcona at 334-6000.

Mom's The Sweetest!
Make her feel extra special this Mother's Day...
Send her a loving "Cookygram"! We'll supply the goodies, you bring your imagination!

Workshops at Driftwood Mall Saturday, May 10th 11:00a.m. to 2:00pm
COOKYGRAMS
Decorate a delicious cookie for Mom and we'll wrap it for you.
(Quantities limited. First come, first serve basis.)
SPECIAL CARDS
Make an awesome card...and send Mom loving message straight from the heart!

DRAW!
You could win Mom a BEAUTIFUL SWEATSHIRT courtesy of Driftwood Mall.
Pick up an entry form from any Driftwood Mall Store and deposit it into the Draw Barrel opposite the Food Court no later than 6:00 pm Saturday May 10. Draw will take place MONDAY MAY 12, and the winner will be notified by telephone. Details on entry form.
Driftwood Mall
Managed By First Commercial Management (198) Inc.
2751 Cliffe Avenue, Courtenay



The 1997 Snow to Surf marked a significant improvement for the Supply team over last year's result. Led by team Captain Cpl Chantal Racine, the team surged from a 116th place finish last year to 85th at this year's event. The team was entered in the Men's Open category.

Leading off for Supply was Cpl Frank Unrau, who turned in an impressive downhill result after sprinting uphill from the yellow chair to the top of the blue chair. After rocketing to the finish he handed off the wristband to Cpl Racine whose job it became to ski cross-country for 7 Km. After blazing past five competitors using a faster skating style during leg of the race, Chantal handed off to runner #1, Cpl Bob Martel.

For the next 6.5 Km Bob would know pain. Upon completion of his leg of the race, Bob handed his pain over to runner #2,

WO Art King, who sprinted the remaining 6.5 Km with the wristband but without the pain!

After Art's leg was completed, the wristband found itself on the arm of mountain biker Cpl Roy MacLellan. After overcoming technical difficulties during the first kilometre, let's just say he had a "chain" reaction, he completed his 11.5 Km trip along the pipeline and through the woods before handing off to road cyclist Cpl Maria Pickering.

The wristband in hand, Maria went on a 26.6 Km tour of Courtenay, Cumberland and Royston before ending her tip at Manfield Drive, hear the Whistle Stop Pub.

Our two canoeists, PO2 Mitch Scott and Cpl Matt Mailloux had canoe in hand, ready to hit the water when tragedy struck. The race organizers cancelled the canoe portion of the race after approximately 83 teams had entered the water. We would have been the 85th team to hit the water. Close but not quite.

Although Mitch and Matt didn't get to complete, you can be sure they were happy to be a part of such a great team.

Our Supply team finished 39th in their category, 12th out of the military teams and 85th overall. Congratulations go out to all team members for the effort and spirit and also a big "Thanks" from Chantal.

Let's see what happens next year!

Totems Fastball Club hits the field

Now that spring is here to stay, it's time for the Boys of Baseball to dust off the cleats, suck in their hitting weight and make their way out to the diamonds. Led by returning veterans Kirk Waugh, Rick Patterson, Tom Harrison, Dale Warren, Michel Briesbois and a handful of "Totem Rookies," such as Mike Briere and Pierre Boudreau, the Totems have stepped up to play in the very competitive Bill Moore League. After going 19-1 in the C.V.M.S.R.L. the team decided the future was in the Bill Moore League. For baseball fans in the Q's this should be a real treat as the Totems will be playing 10 home games at the PMQ field as per the following schedule. All games will start at 7:00 pm.

- Tues May 6 vs Edgett Masters
- Thur May 8 vs Hamilton Logging
- Thur May 22 vs C.Riv. Rockies
- Thur May 29 vs Edgett Masters
- Tues Jun 3 vs Hamilton Logging
- Thur Jun 5 vs C.Riv. Sierras
- Tues Jun 10 vs C.Riv. Rebels
- Thur Jun 13 vs Hamilton Logging

Thur Jul 17 vs C.Riv. Rockies
Tues Jul 22 vs Rosewall Benders

The Totems won't promise a repeat of their 19-1 season but we will promise good wholesome entertainment for you and your family on warm summer nights in the valley. We hope that all the people in the local area will take ad-

vantage of being so close to a quality ball field and we look forward to seeing some young and old fans at our home games. And, as always, the team is constantly searching for quality ball players. If interested, contact Tom Harrison, loc 8454 or Rick Patterson loc 8601.



Cpl Rick Patterson accepts the 1996 Comox Valley Fastball Trophy for league play from WComd Col MacLean. (Photo by Cpl Kelley)

Low-rate credit cards

by Margaret Eckenfelder
Canadian Bankers Assoc.
Two steps away from paying off your credit cards?

Does this sound familiar? You regularly carry a balance on your credit card. You write a cheque for the minimum or more expecting the following month's bill to be manageable, but it never is. It always seems as though little progress was made in paying down that debt. If this does sound familiar, a low-rate card might be for you.

Though the most cost-effective way to use a credit card is to pay it off in full every month, low-rate credit cards can be a solution for consumers who carry a balance. They are similar to standard cards but offer a lower interest rate and charge an annual fee.

In Canada, there are over 30 million Visa and MasterCard credit cards in circulation and approximately 45% of all card holders carry a balance in any given month. Of the many financial institutions which issue credit cards such as credit unions, caisses

populaires, trust companies and life insurers, banks have been the most aggressive in offering low-rate cards.

These cards have been available from some banks in Canada since 1992 and have been extensively promoted by the banks since their introduction through advertising campaigns, branch and mall promotions, statement stuffers, direct mail and pamphlets.

They offer consumers the lowest interest rate credit cards have had since 1977. Retail, gasoline and travel credit cards all have relatively high interest rates compared to bank credit cards. The average rate for a low-rate card is 10.01% (Fen 97), compared to the average rate for a basic card which is 17.3%.

This is the fastest growing segment of the credit card market. For banks which offer low-rate cards, such cards represent over 7% of the cards actively used by consumers and almost 15% of the new accounts which were opened in 1996.

Consumers should note that if a credit card bill is not paid in full before the due date, interest is calculated and charged daily on the balance (starting from the date each purchase is posted to the account, up until the bill is paid in full). This means, despite the annual fee, customers who take several months to pay off a credit card balance, while continuing to use the card, will generally benefit from the low-rate cards.

Banks have been aggressive competitors, providing consumers with greater selection from which to choose the card that best suits their needs. However, consumers should look not only at interest rates but a variety of factors when assessing which credit card to use. Though low-rate cards offer a lower interest rate, consumers might opt to pay a higher rate in order to earn discounts on purchases, frequent flying points or other rewards. They should consult financial institutions as to what products are available to suit their needs.

So, if you can't pay off your bill every month and feel like you're doing the two-step, consider switching to a low-rate card. It could save you money.



Shown above is Lt Lance Gelinas, Facilities Development Officer, receiving his captain epaulettes and congratulations from Maj Gauthier, WCEO, and Capt McCarthy, WCE Ops O. Capt Gelinas' promotion was effective 1 April 97.

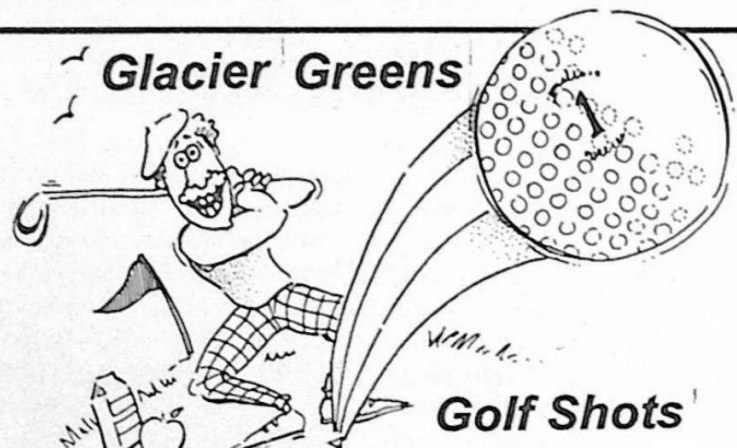
C.E. Promotion
NEXT DEADLINES
Advertising - 7 May. Articles - 9 May, noon.

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Week ending: 3 May, 1997

1. Floaters	Wambaugh
2. Tick Tock	Koontz
3. The Runaway Jury	Grisham
4. Outrage	Buttosi
5. Richter Ten	Clarke
6. Buzz Cut	Hall
7. West of Dodge	L'Amour
8. Warhead	Latham
9. Her Name Titan	Pellegrino
10. Mind Hunter	Douglas



Glacier Greens

Golf Shots

by Barb Carter

INTERCLUB AT COMOX

April 15 was the date for our first away Interclub at the Comox Golf Course. I'm told 13 of our ladies enjoyed nine holes of golf and a great lunch.

Meanwhile, back at the home-stand, hats off to Linda Picard, Ellie Nicholais, Marie Israel, Marlene Hall, Janet Edwards and Barb Morris - these gals made it through the 18 holes, despite battling gusty winds and showers. All were awarded a shiny new ball for bravery.

GARAGE SALE

Articles of all descriptions are filtering in for our Bonanza Garage Sale to be held Saturday, May 3 from 8:00 a.m. till whenever the stuff runs out, or the worders do.

LADIES' SPRING FLING

The weather was wet and miserable on April 19 but that didn't stop 34 gals from battling the elements to complete nine holes. All were quite happy when Judy decided to call it after the nine.

Winners, determined after playing a numbers game, were: Deb Bolster, Mary Bowen and Ann Patterson. Second place went to Brenda Miller, Wanda Arneson and Joyce Merrill. KPs on #4 went to the team of Marie Israel, Marguerite Fornier and Ellie Nicholas, with Marie doing it for her team. On #7 it was the team of Brenda Miller, Wanda Arneson and Joyce Merrill, with Brenda making the shot. All participants went home with prizes.

Thanks to our excellent prize committee of Helen Williams, Barb Morris and Linda Lott for a

good job well done. Welcome to Deb Bolster - it's good to see new faces almost every week.

Renovations to the kitchen are now becoming a reality. Hopefully another week should do it, then Steve and staff will be able to offer the great meals we've been waiting for.

APRIL 22

Match qualifying was the order of the day. Duane will be doing the draws and we will soon know who plays with who.

Balls went to:

1st Low Gross - Fran Hume 91, Duane Miles 92, and Liz Vanboeschoten 94.

1st Low Net - Wanda Arneson 66, Fran Hutchinson 68, Lorraine Courtemanche and Mary Bowen tied at 73 each.

Putts went to Gussy Pritchard with an amazing 28 putts under extreme conditions as the greens were being dressed. Gussy is also working hard to beautify the front of the Club House and other flowered areas. It's a hard job but someone had to do it. Great work, Gussy.

Another new member has joined us - we welcome Bev Scott to the fold.

GARAGE SALE UPDATE

We could still use more donations. It's to aid our ladies so pitch in. Large items can be dropped off on 2 May when the tent is up.

AMATEUR OPEN

Entries are coming in fast for our Amateur Open so don't be disappointed - do it now!

"Shootout"

Mykitiuk and Pasanon win Glacier Greens

by Len Doyle

On Saturday April 26, under threatening skies, the 56 two-man teams hit the links for the final day of the Shootout Tournament. The alternate shot format took its toll. However, second round leaders Al Pasanon and Nick Mykitiuk held off the field and won the event with a three round total score of 176.

Second place went to the Glacier Greens Maintenance Team of Supt Steve Bailey and partner Dan Brundige with 180. Third place went to the Bo Bishop and Jim Trask team with 182. Thor Jendle and Bob Pridmore came in at 184 for fourth and Floyd Merrill and Dave Kelly took fifth with 184.

Thirteen teams were awarded K.P. prizes, won on the five par 3's throughout the three day tournament.

A good time was had by most!!

Next on the menu will be the Lawry Willis Classic which we will be hosting on Sunday May 11. This is a fund raising tournament to assist Lawry as he ventures out on the Canadian Tour. This team scramble tournament will be a 1:00 pm shotgun. Eighteen holes of golf, prizes and a steak BBQ all for \$30.00. For more info call (339-6515) or drop into the Glacier Greens Pro Shop



Aerospace Control Golf Tournament CFB Comox

19 Wing Comox Air Traffic Control is proud to announce and host the Inaugural Aerospace Control Golf Tournament on 1-2 May. The tournament is open to all Aerospace Controllers; retired military ATC and AWC/AD Tech types; and active and retired civilian ATC. The schedule of events is as follows:

1 May 1100 hrs: Blocked tee times for practice round. Contact Pro at 339-6515.

1800 hrs: Registration Meet & Greet with meal at Glacier Greens Social Centre.

2 May 0700 hrs: Tournament Breakfast at GGSC.

0830 hrs: Official Tee Off - Wing Commander

0900 hrs: Tournament start - 18 Hole Shotgun start.

1800 hrs: Banquet and Awards presentation at GGSC.

Cost: \$50.00 per person, which includes Meet & Greet meal, breakfast and banquet. For info and registration: Capt Al Basinger (250)339-8115 or WMO Phil Nakashima (250)339-8229.



24-Hour YANA Relay

by JoAnne McLeod

The behind the scenes organization of this year's 24-Hour Relay for YANA is progressing very well. Although not until July 5 and 6, a full-time disc jockey, COPS as road marshalls, Toastmasters as Emcees and Two Men and a Little Lady Caterers are all confirmed. A welcome addition this year is an on-site children's activity centre.

Next week you can check out Mountain Meadows Sporting Goods window for the Gortex jacket that will be awarded to the captain of the team, registered by May 15, which turns in the most money collected by noon July 5. Information on YANA and the purpose of the relay will also be displayed.

Registration forms are available from the CRA Courtenay, Comox Rec and Cumberland Rec. Team captains are encouraged to register immediately in order to be eligible for the jacket. Teams consist of 12-18 members and can be all runners, all walkers, or a combination. More members can be added after the team is registered, up to the maximum of 18. Junior Teams must have all members under the age of 18 as of 5 July 97. Registration fees remain the same at \$275.00/team (\$200.00/Junior

team). Once a team is registered the captain will receive a program packet containing pledge sheets for each member. Please distribute immediately so that participants can start collecting pledges.

All funds raised this year will be used to pay the rent on the three apartments YANA leases in Vancouver. These are strategically located between Vancouver General Hospital and Children's Hospital. They are available, free of charge, to Comox Valley families who have children needing medical attention in Vancouver. It is YANA's goal to supply "a home away from home" - a quiet, secure place where families can retire to rest and recuperate from the stress of dealing with medical emergencies. All children (0-19 years) from School District #71 who must leave the valley for medical care (illness, injury or disease) are funded.

Anyone interested in being on a team can contact Team Whip, Sandra Williams (338-8879). She will arrange to get you on a team of like calibre. Remember, this is a fun event to raise money for a great cause. You do not have to be an endurance athlete to take part. The fund raising is the most important part of this relay.

Scuba Club "Refresher Courses"

Are you a certified diver?

Have you been out of the "scuba" scene for a while and want to get re-acquainted with the sport? Pacific Divers Scuba Club will be offering refresher courses in late April, pending course loading and size.

The cost you ask? \$30.00 per person.

What about equipment? The club can handle up to six, possibly 8, persons on the course. You will need to bring the mask, fins, snorkel and boots as these are personal items. The rest we supply - air, tanks, etc.

What's the course duration/content? Some touch up on the theory, some pool work on the drills, and then off to the great blue sea (OK the channel) for some open water work. Depending on how we are doing, this should take approximately one week. Why and how? We can do two nights of theory and pool stuff, then a Saturday and Sunday of open water stuff.

If this is for you, contact Cpl Brian Scott at loc 8657 weekdays of 8402 (Club), or Bobbie Howard at 8542 (Gym) weekdays or 8402 (Club) Monday and Thursday nights from 1830 - 2000 hours at the Scuba Club.

Snow to Surf '97

by WO A.J. King Snow to Surf Coord.

For the third year in a row, the Island Honda Danger Birds of 442 Sqn were awarded the Base Commander's trophy for finishing first of 18 military teams competing in the 15th Annual Comox Valley Snow to Surf Relay Race. The Danger Birds finished the multi-sport relay in a time of 2:59:20, placing fifth overall, out of a field of 165 teams.

The "Skip" Sommerville Memorial Trophy, presented to the first Military Masters team to cross the finish line, was won by the Geritol Gents of the WOs' and Sgts' Mess. A total of 18 CF teams participated in this year's race. Eighteen teams, 144 plus athletes, some from as far east as Petawawa and Trenton, vied for the Base Commander's Trophy.

This year's Snow to Surf Race was not without incident. The canoe leg of the race was cancelled after 83 teams made it into the water, due to 2-foot swells and a few canoes either rolling or getting swamped. The 8 Wing Wonders from Trenton, the only CF female team were disqualified



Island Honda Danger Birds of 442 Sqn receive the WComd Trophy from Col MacLean for finishing first out of 18 military teams. They placed 5th overall out of 165 teams. (Photo by Sgt Redding)

half way through the race for not being at the mountain bike check-in on time. That may have been discouraging for the women but, then again, they won back the \$176.00 registration fee for the costumes and participation in the Snow to Surf parade. Perhaps the biggest controversy of the CF teams was the winners of the "Skip" Sommerville Memorial Trophy. The Geritol Gents were hot on the tail of SAR 1. Sgt Bob Aitchison said they could have caught up and passed them during the canoe leg but were told to wait

as they were putting their canoe in the water, due to the swells. The Geritol Gents had to finish at the Courtenay Air Park as they watched their rivals paddle off into the high seas.

At the awards ceremony, the SAR 1 team was beckoned by CWO Dupuis to receive the "Skip" Sommerville Trophy as first CF Master team but they had already left. There were questions as to a last minute replacement on the SAR 1 team, which was allowed. Unfortunately the SAR 1 team did not meet the minimum age requirement of 300 years. After confirming the age requirements with SAR 1 team reps, it was agreed that the Geritol Gents would be awarded the "Skip" Sommerville Trophy once more.

A total of 11 teams from 19 Wing entered the Snow to Surf Race this year. Some were first timers, while others have been grooming themselves for an improved overall placing from previous years. Who knows, maybe there will be a year when the "Skip" Sommerville Memorial Trophy will be what the majority of CF teams are competing for.

Once again a number of teams from outside Comox attempted to capture the Commander's Trophy. And, once again, none of our visitors were able to adjust to our valley way of life. The Red Hot Chilliwackers from CFSEME participated, before their move to Gagetown, 15 Wing was represented by the 15 AMS Warriors and the M.J. Vikings. The ATC Coyotes from Meaford had a very favourable fourth placing of CF teams. The CFSAL Huskies must have been working out as their overall finish this year as 79 vice 104 last year. The 2 Field Ambulance men's and mixed teams from Petawawa have learned a thing or two from their Adventure Training and state they will return next year.

On an appreciative note, many thanks to all those from the WTISO, W Sup, W Tn, W Accn and WSAMP who gave of their time to assist in making this event a huge success. Well done to all participants - now that the pain has been forgotten, it's time to begin training for next year!

Geritol Gents win Sommerville Trophy

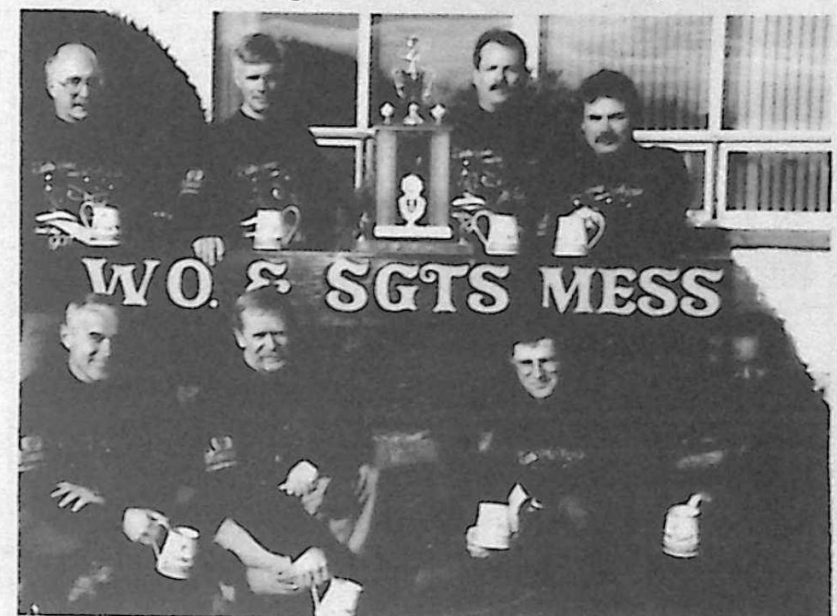
Once again, the WOs' and Sgts' Mess team "Geritol Gents" has had the honour of winning the Snow to Surf 97 in the Military Masters Team category, making it the third year in a row.

The team was composed of the same members as the previous year except for our downhill skier: WO Graham Vokey (downhill), WO Glen Thomas (X-country), MWO Lawrence Goble (1st runner), WO Keith Spragg (2nd runner), Sgt Bob Aitchison (mountain bike), Sgt Marc Fontaine (road bike), and Sgts Chris-

tian Ricard and Glen Coates (canoists) - who never had a chance to paddle due to extremely hazardous conditions on the water.

Our competition this year and our only concern was team "Pro-Fusion" from 19 Wing but, in the final results, we came victorious with 17 minutes 40 seconds to spare.

Our team is looking forward to next year's competition which is sure to become more fierce. Rumour has it there is another team lurking in the Wing.



Team "Geritol Gents"

Back row: Sgt Glen Coates, WO Graham Vokey, Sgt Bob Aitchison, Sgt Christian Ricard. Front row: MWO Lawrence Goble, WO Keith Spragg, Sgt Marc Fontaine, WO Glen Thomas.



19 Wing Supply's Snow to Surf team. (Photo by Cpl Kelley)

MAY HIGHLIGHTS OF THE SID

May 2 -- 8pm

BRIAN EVANS Songs of Sinatra, Orbison & Diamond

May 3 -- 8pm

Ferron "Still Riot" Tour

May 6 -- 8pm

Rollicking Roadhouse R & B with RITA CHIARELLI

May 15-17

COCKTAILS AT PAM'S a hilarious comedy

SID WILLIAMS

THEATRE COURTENAY BOX OFFICE HOURS OPEN 12-3-4-6PM, TUES-SAT #338-2420 CHARGE-BY-PHONE

Officers' Mess Ladies Club Paint your Pots at Paintpots The May event of the OMLC will be held on 21 May, 7:00 pm sharp at Paintpots, on Fifth Street in down town Courtenay. The cost of the evening will depend on the piece(s) selected to be painted. Members, non-members and guests are invited to attend, but spaces are limited so stop into Paintpots (located next to Nuts Hobbies, in the old Spaceworks location) and register with Jody, the owner. Everyone who attended April's OMLC evening thoroughly enjoyed themselves and the OMLC would like to thank Anderton Nursery for the fun and informative event.

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

Please call or write:

Don Wyld, CD, Sales Rep. #1 Barrielfield Centre, Kingston, Ontario, Canada K7L 5H6 1-800-498-9953 1-613-548-3333 Fax 1-613-545-1101

E-Mail Internet address: donwyld@limestone.ROBONE.com



Don Wyld, CD

Authorized Military Relocation Specialist

Did You Know? Junior Golf is alive and well at Glacier Greens. Bring your youngsters out to try the game of golf every Monday afternoon commencing at 4:00 p.m. You never know, you might have a budding Tiger Woods in your home! (Contact Auntie Annie or Todd at 339-6515.)

ASK THE PROFESSIONAL

QUESTION:

What is the best way to save for my child's education?

ANSWER:

The best options available are: (1) Registered Education Savings Plan (RESP). You can contribute up to \$4,000 per year into this plan and the growth is tax sheltered while in the plan. The new rules allow parents to transfer the RESP money into their own RRSP if the child does not attend post-secondary education. The new budget changes make RESP plans much more attractive. (2) Trust Accounts - there is no limit on what you can save in this type of plan. However, the money is not sheltered from tax, but there is freedom to use the funds for uses other than education. A post-secondary education can offer your children the freedom of choice in their future, but only if they have the financial resources to get them there!



Kim Vogel Financial Advisor

Comox Valley Rice Financial

480 - C Sixth St. Courtenay, B.C. 338-8713



Thank You. The value of your donations is measured in more than just dollars.

10th Annual children's Miracle Network Telethon
MAY 31 - JUNE 1 873-1122 OR 1-888-663-3033

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CHRIS PEARSON 334-3161 (Fax:334-4624)

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Free Classified Advertising for members of 19 Wing and their families

Ads must be 55 words or less, legible and either hand delivered or dropped in the base mail. No phone ins please.

Miscellaneous for Sale

21 spd mountain bike, Nishiki Barbarian, Shimano Altus AIO components, zoom headset, MIT shocks, \$375. 334-1096 <1/2>

Must sell brand new wedding/engagement rings with one large and five small diamonds. Purchase price \$1,600 and appraised at \$2,875 - asking \$1,000 or o.b.o. Jerry at 336-8242 or 339-9184. <1/2>

•1971 soft-top tent trailer with zip-on dining tent \$500.00
•Utility trailer \$150.00
•Railing to circle wood stove \$150.00. Phone 339-7427. <1/2>

14 ft Lund, many mods, new 25 HP Johnson, galvanized trailer, fish finder, rod holders, deep lines. All in great shape. 339-3018 <1/2>

For Sale

1983 Nissan Sentra station-wagon, automatic, blue colour, \$2,000. 339-3486

Townhouse for Sale

#8-2625 Muir Road Courtenay, B.C.
Carefree living close to schools, college, shopping centre and Base. 2-bedrm, 5 appliances, w/w carpet, vinyl windows with screens, carport. Approx 1,000 sq.ft. 3 years old. For an appointment to view call (250) 338-4557.

MEICOR REALTY Management Service Inc.

UNDER NEW MANAGEMENT FRASER COURT 1720 - 13th Street
Family oriented, clean, spacious 2 B.R. unit, incl. fridge/stove, drapes. Near schools and grocery stores. Children & cats welcome. \$495/month 334-4483

BEECHER MANOR 1045 Cumberland Rd.
Nearly new well managed & Secure. Sunny spacious suites some mth views. all incl patio or balcony, drapes/carpets, large fridge/stove, ample storage & parking. Ensuities in 2 BRs. starting at \$495. 338-6692

WILLOW ARMS 1252-9th St., Courtenay
Large 2 B.R. apt. \$565/mth. Includes heat, hot water & basic cable. No pets. References please. 334-2831

CEDAR APARTMENTS 1009 10th St., Courtenay
2 B.R. starting at \$535/mth. 1 B.R. avail. April 15, \$495/mth. 2 ref. req'd. Sorry no pets. 338-2945

ST. BREALES COURT 146 Back Road
New large luxury suites, with ensuite laundry, 5 appl., carpets, blinds & in-suite storage. 2 Bedrooms avail. now. Rents from \$650. \$700. Children & Small pets welcome. 338-7449

EVERGREEN COURT 1085 Piercy Avenue
2 B.R. townhouse with fenced-in backyard & patio. Parking, drapes & carpets incl. coin-operated laundry. 2 ref. req'd. Sorry no pets. \$525/mth. Available immed. May 15 & June 1st. 334-4483

WILLEMAR COURT 1060 Willemar Avenue
Avail. now and April 30, large 2 B.R. townhouse. Family-oriented, fenced backyard. \$550 includes fridge/stove, drapes, carpet, basic cable. Close to schools and bus. No pets please. 338-0183

PINES APARTMENT 1055 - 10th Street
1 B.R. avail. immed. & June 1. 2 BR. immed. Basic cable, heat, hot water, parking drapes & carpets incl. Coin-operated laundry. 2 ref. req'd. No pets. 334-4483

BLUE JAY APARTMENTS 450 - 19th Street
Senior Oriented Building
2 B.R. avail. immed. Heat, hot water, parking, cable, drapes, carpets incl. No Pets. 334-4483

ARGO COURT 1846 England Avenue
Avail. now and April 30, 2 B.R. \$550, close to mall, corner of 18th & England. Clean quiet. Includes fridge/stove, drapes and carpet, hot water & basic cable. No pets please. 338-0183



THE BULLETIN BOARD

Wanted

Looking for wigs - must be in good condition and reasonably priced. 339-2136. <1/2>

Are you moving? Selling your fence? Looking for 6 ft wooden fence. Good condition. 339-4303 <1/2>

Looking for a Travel Consultant? Contact Tammy Weiss at Island Fever Travel, Suite 100-991 Alder Street, Campbell River, B.C. V9W 2R1. Phone (250) 287-3221or (home) 339-0551. E-mail: tweiss@mars.ark.com. <2/2>

For Rent

Ground level, 2-bedroom condo in quiet, small 9-unit building with gas fireplace, 5 appliances, park across road and on bus route. \$650.00 per month, plus utilities. Available 1 May. Contact Capt Bob Richter 338-6361 or Base loc. 8734. <2/2>

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Call Jack 339-2650

HOME FOR SALE

Brand new 1585 sq.ft. rancher, East Courtenay (Elkhorn Place), minutes from base, 3-bedrm, 2-3pc bath, bright, spacious interior, country kitchen & extras. Large lot, end of cul-de-sac. \$169,900. No GST. 338-9594

For Sale

Duplex, 4 bedrooms, 3 floors, 3 bathrooms, fenced backyard, 3 rooms freshly decorated, close to Base, basement has own entrance - could be in-law suite. 338-1263.

ANNOUNCEMENTS

NEXT DEADLINES

Advertising - 7 May.

Articles - 9 May, noon.

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. BOP 1N0.

Employment Opportunities

•Base Accounting Office Supervisor, CFB Montreal.
•ABACIS Operations Bookkeeper, CFB Valcartier.
•Accounts Receivable Bookkeeper, CFB Valcartier.
•Senior Internal Auditor with CFPSPA HQ.
•Internal Auditor with CFPSPA HQ.
•Physical Education Teachers/Coaches (6 positions), Royal Military College.
For further info contact Larry Francis, NPF HR Co-ord, L8066.

"Celebrate our Music" Courtenay's July 1st Canada Day

The July 1st Committee has been hard at work planning the events and schedule for Canada Day 1997. This year the theme is "Celebrate Our Music."

One of the first things that has to be put in place for the day to be a success is the booking of the various booths which will be set up in the park. Many of the non-profit organizations in the Comox Valley depend on the money earned from their day in Lewis Park on July 1st to do their good works. The people who volunteer to make pancakes, hot dogs, hamburgers, etc., help make the day festive and are truly contributing people which we should all be grateful for.

Any organizations who wish to put up a food or craft booth in Lewis Park on July 1st should contact Jennifer at Courtenay City Hall, phone 334-4441. Deadline for applications is May 31.

The booths are an important part of the July 1st celebrations and all effort is taken to bring good products to the general public at reasonable cost to ensure all families can have an affordable and happy time celebrating Canada's birthday!

Club Info

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

Canoe & Kayak Club

Komoux Valley Paddlers Canoe and Kayak Club meeting 6:30 pm on May 1 in upstairs meeting room at the Edgewater Pub. For more info call Betty 339-6475.

BETA SIGMA PHI

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!

Volunteers needed

The Comox Valley Sexual Violence Services requires volunteers to provide on-call assistance for their 24-hour Sexual Assault Response Team.

This volunteer opportunity is suited to women with good communication skills, compassion, sensitivity and an understanding of confidentiality. Previous crisis training or experience is an asset. Volunteers must have immediate access to a motor vehicle and to childcare (if they are a parent) while on call, and be able to attend initial training sessions and ongoing monthly meetings. Training will begin in May. Application forms available at the Comox Valley Women's Resource Centre, 7680 Grant Street, Courtenay. For more info contact Terry at 338-1133.

Day Care

Licensed Family Daycare near base provides TLC, stimulating play, outdoor fun, reasonable rates and great references. Give me a call - Wendy 339-2414.

CBC

"Maple Leaf Forever" Contest

Comox author Matt Hughes took second place in a CBC radio competition that drew more than 400 entries to rewrite the words to *The Maple Leaf Forever*.

Long revered as Canada's national hymn, the song fell into disuse in the 1960s. Its lyrics, with reference to "Wolfe, the dauntless hero" and other staunchly pro-British Empire sentiments, no longer suited Canadians' changing sense of national identity.

In January, the staff at Metro Morning, a CBC radio program heard in Toronto, asked listeners to try composing new words that reflected the patriotism of the times.

The Canadian Press wire service picked up the story and spread it across the country, and a flood of entries poured in. The judges - singer Amy Sky, newspaper columnist Michael Valpy, broadcaster Rita Devereil and retired Army General Lewis Mackenzie - took months to agree on a winner.

They finally chose the entry of Vladimir Radian, a Romanian immigrant living in Thornhill, Ontario.

"Radian's lyrics are great, and I hope people start singing them" says Hughes. "It would really be something to hear the old song sung at hockey and baseball games. Much as I like "O Canada," *The Maple Leaf Forever* is the kind of tune that can lift the air on the back of your neck."

The new lyrics for The Maple Leaf Forever by Vladimir Radian

O, land of blue unending skies, Mountains strong and sparkling snow, A scent of freedom in the wind, O'er the emerald fields below.

To thee we brought our hopes, our dreams, For thee we stand together, Our land of peace, where proudly flies, The Maple Leaf forever.

(CHORUS)

Long may it wave, and grace our own, Blue skies and stormy weather, Within my heart, above my home, The Maple Leaf forever!

From East and West, our heroes came, Through icy fields and frozen bays, Who conquered fear, and cold, and hate, And their ancient wisdom says:

Protect the weak, defend your rights, And build this land together, Above which shine the northern Lights, And the Maple Leaf forever!

(Repeat Chorus)

Sur mers sauvages ou glaciers durs, Tant d'héros se sont suivis, En conquérant la peur, le froid, Et les tempêtes de leurs vies.

Et tant de braves, rouges ou blancs, Reposent ici ensemble, De noble sang, de tant de neige, Est née la feuille d'érable.

(REFRAIN)

De leurs exploits, de leurs travaux, Et leur courage sublime, Dans leurs vieux rêves réunis, Puisse nouvelles racines.

(Refrain reprise)

Sur nos montagnes, dans nos prairies, A travers temps et sable, Amons toujours la fleur de lys, Toujours, la feuille d'érable.

O, Maple Leaf, around the world, You speak as you rise high above, Of courage, peace and quiet strength, Of the Canada I love.

Remind us all our union bound, By ties we cannot sever, Bright flag revered on every ground, The Maple Leaf forever!

(CHORUS)

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ACROSS
1 Fit to —
5 Chiller
10 Word used with fill or lard
14 Mend
15 Royal
16 Hawkeye of "M*A*S*H"
17 Small whirlwinds
19 Sewing line
20 Rabbits' cousins
21 Crevices
23 Matters
25 Warbled tree
26 Dwarfed tree
27 Less dirty
30 Actress Adams
31 Plant parasite
33 Type of code
35 Fuss
36 Alcoholic beverage
37 Negative vote
38 Arm bone
40 Windy-day flyers
42 Biological unit
43 Core
45 Lifesaving fluid
47 Glimpse
48 Pie shells
49 Obedient
52 In flight
53 Seaweed product

54 Disguise
59 Soft cheese
60 Approximately
61 Seives
62 Mail
63 Nuisances
64 Carbon deposit

DOWN
1 Do a math task
2 Greek letter
3 Sounds of hesitation
4 Express great interest
5 Sluggishness
6 Inlets
7 Sacred bird of Egypt
8 Wing of a building
9 Saved
10 Pasta dish
11 Actor Baldwin
12 Sask's neighbor
13 Grand Coulee and Aswan
18 "Two Years" author
22 Genetic material
23 Pamper
24 Liver and —
25 Ooze
26 Sweetheart

PREVIOUS PUZZLE SOLVED

LOVE	BOLE	SEW
COMET	AVID	CLIP
ALINE	LABS	HULA
NATURALLY	MODEL	
SINIP	AGELESS	
LAW	ADAM	TIRA
USE	LARA	GERBIL
GEAR	KLIM	SOFA
SARONG	TUBE	AFT
BAA	STYX	BYE
LOCUSTS	IRIS	
ABASH	WINDSTORM	
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SELL	ELKE	EVENIS
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6



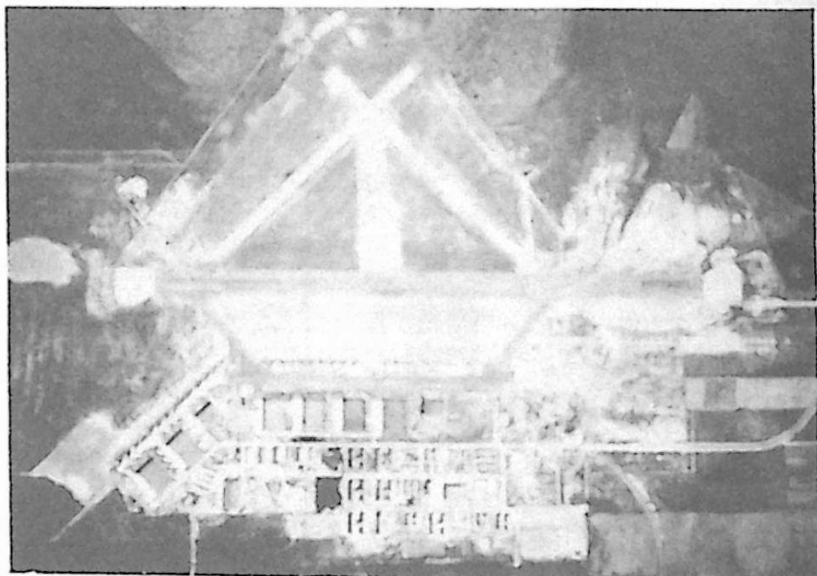
3



1



4



2

(Photos courtesy of Comox Air Force Museum)

The Museum Library is open for research Thursday to Sunday, 10:00 a.m. till 4:00 p.m. (ph: 339 - 8162)

CH-135 TWIN HUEY RETIREMENT

23,24,25 May 1997

CFB Petawawa

PLAN TO ATTEND!

Friday - Meet'n'Greet

Saturday - Golf/Fish
- Displays
- Ceremony
- Dinner
- Dance

Sunday - Champagne Brunch

If you FIXED it, RODE it, FLEW it, worked at a Huey unit, or just WANTED to, you won't want to miss this retirement event hosted by 427 Tac Hel Sqn for all associated with the Huey



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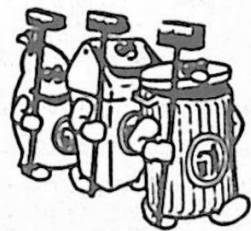
For information/registration contact Lt M Currie@C Flt@427 Sqn
613-687-5511 ext 7610 Avn 677-7610
Internet to Maj Eddie Haskins - eddiercaf@msn.com

Name that Aerodrome

Drawn from the Rowe Library is this set of pictures of aerodromes that most of the aviators of today will have seen. They are wartime or immediate postwar photos and they are a reminder of the development this has occurred in the near vicinity over the years.

(See answers below)

PITCH-IN WEEK May 5-11



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1. Comox 1944
2. Summerside 1944
3. Abbotford 1945
4. Rockcliffe - postwar (early 50's). Note Mustang landing in foreground.
5. Toronto 1944
6. Boundary Bay

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