

Winnipeg students say thanks
- page 8



Congratulations!!
407 wins
O'Brien Cup



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 39 NO 8

The Comox Valley's Oldest Newspaper
THURSDAY 29 MAY 1997

COST: PRICELESS

First class First Aid

At the BC Zone 1 First Aid Competition held in Nanaimo on Saturday, 24 May, Claudia Naaykens was the recipient of the Gus Porcher Award from the Occupational First Aid Association of BC for Best Performance by an Individual. Claudia is a member of the St. John Ambulance Adult Brigade who spent many hours helping to develop the skills the

team required to compete in this competition. Some of the island's best and most dedicated first aiders were present to put their skills to the test and learn from each other.

Claudia is the Child Care Program Administrator at Kinnikinnick Child Care Centre for the Comox Military Family Resource Centre. She attended her Stand-

ard First Aid course here at 19 Wing and was encouraged to expand her skills by taking the Advanced course. She accepted the challenge and continued to demonstrate her above average skills. Claudia joined the St. John Ambulance Brigade and continues to be a valued member by putting

her skills to use in the community on a regular basis. Claudia has taken the St. John National Instructors Development Program and will soon be a First Aid Instructor.

Brigade members who made up the team were: coach - Marianne Van Biert-Graugaard, team captain - Sherry Fleming, Claudia Naaykens, Terry Race, Rick Euper and Brad Wallman.

A MESSAGE FROM THE WING COMMANDER

**CANADIAN OCCUPATIONAL HEALTH AND SAFETY WEEK
AND
NORTH AMERICAN OCCUPATIONAL SAFETY & HEALTH WEEK**

I would like to convey to all personnel of 19 Wing that 1 - 7 June 1997 has been designated Canadian Occupational Health and Safety Week (COHS) and North American Occupational Safety and Health Week (NAOSH).

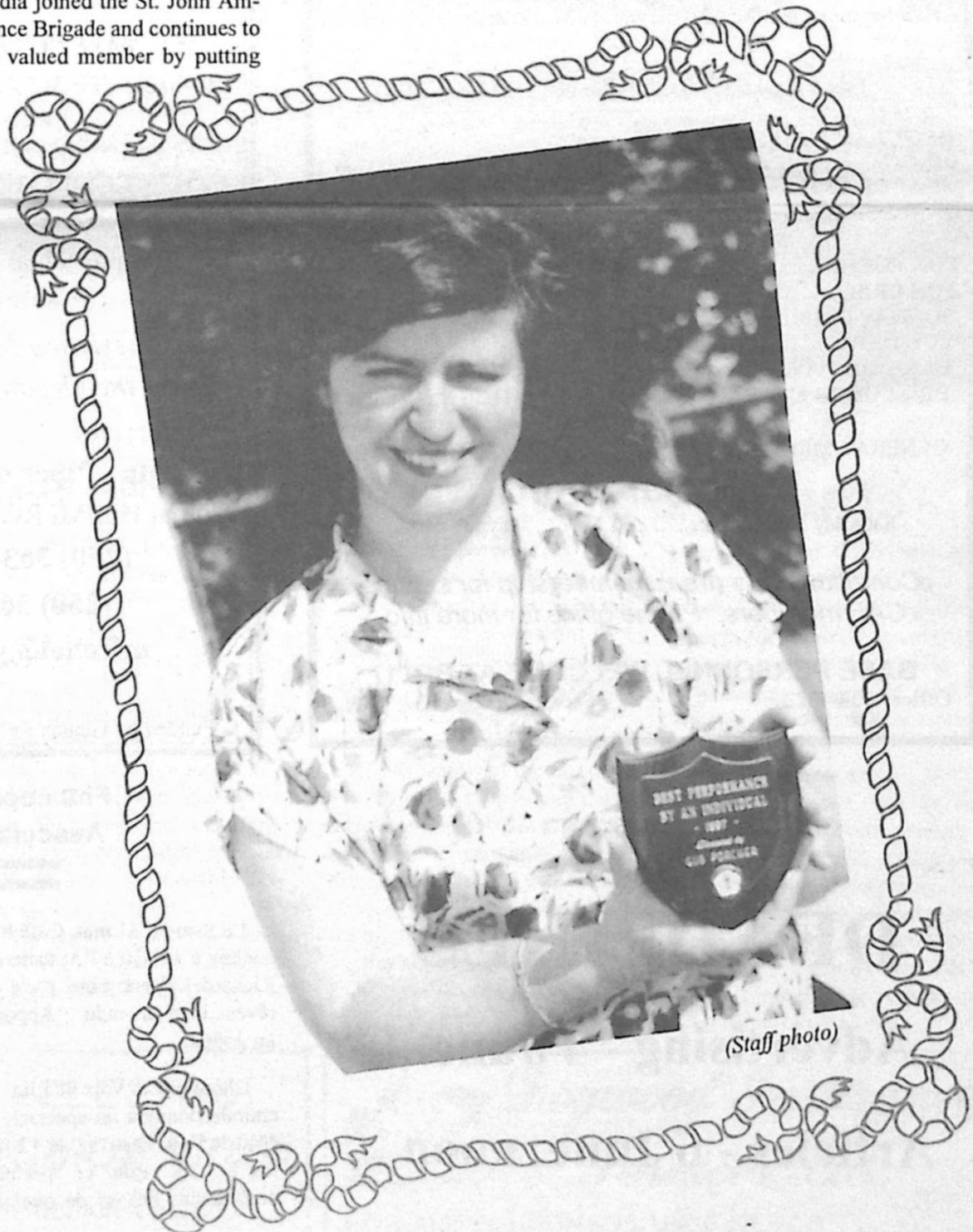
After ten years of COHS Week in Canada our nation will join hands with the United States and Mexico in the maiden "NAOSH" North American Occupational Safety and Health Week.

The Tri-National theme is Occupational Safety and Health: "A FACTOR OF PRODUCTIVITY". Canada's theme this year is "MANAGING SAFETY", and will run concurrently with NAOSH Week, spanning the first week of June. Both themes selected recognize that effective proactive safety management is essential for successful health and safety programs in the workplace.

As I have stated in the past our operational roles of 19 Wing Comox require that we function as a close knit team. We all share this common goal. Operational effectiveness dictates the need for formal safety programs to maintain the full capability and availability of our team.

Health and safety in the workplace is crucial. I invite you to participate in the events and programs planned during this special week, at work and in the community. We can make significant strides towards increasing safety awareness and reducing accidents and illnesses. I urge you all to support and promote the safety programs at this Wing not only during Tri-National Safety Awareness Week, but each and every day of the year.

B.B. MacLean
B.B. MacLean
Colonel
Wing Commander



(Staff photo)

More Safety - see page 9

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BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

- Fri May 30 ... ELDORADO
- Fri June 6 ... HIGHWAY 19
- Fri June 13 ... BEYOND BELIEF
- Fri June 20 ... NORM'S COMBO
- Fri June 27 ... VESTED INTEREST

REGULAR EVENTS:

- SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 pm
- MONDAYS.....LA Drop-In Bingo, Upper Hall, 7:00 pm
- Monday night Men's Dart League 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
- UPCOMING EVENT: Fathers' Day - 15 June. Watch for further details.

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

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
- 30 May.....50th Parallel
- FUN EUCHRE.....every Monday night 7:00 pm
- FUN CRIB.....every Wednesday night 8:00 pm
- SUNDAY CRIB.....(Sun 25 May).....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
- GENERAL MEETING.....Tues 27 May, 7:30 pm

Special Event

Saturday Night Dance.....31 May.....Wayne's Music

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

NEXT DEADLINES

Advertising - 4 June.

Articles - 6 June, noon

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Francophone Association

Le Samedi 31 mai: Café Rencontre à 19H30 à l'Association. Richard Leblanc nous parle des rêves...bien entendu. Apportez un goûter.

Chorale: Les Voix de l'Île. La chorale donnera un spectacle au "Music Folk Festival" le 12 juillet, à 3:30. Pour ce spectacle, nous avons besoin de quelques

voix supplémentaires, hommes ou femmes, vu que nous avons des membres qui ne seront pas disponibles ce jour là. Vous vous engagez seulement pour 3 pratiques de chorale qui auront lieu à l'Association francophone les 17 et 24 juin et le 8 juillet. Si vous aimez chanter, s.v.p. communiquer avec Pauline au 334-8884 ou 338-2193.

"Barking" book reviews

by Gerry Gerow

The Essential Weimaraner

by Patsy Hollings (US\$25.95)

This is a 160 page hardcover edition with around 120 photographs and illustrations to complement the text. All the essentials of a good breed book are here, with one exception - like most books written by English writers, Canada does not exist. However, the UK standard, the American standard and the German standard are all included.

The "W" in the name should be pronounced as a "V" because it is German. Weimaraners are often referred to as the "grey one" due to their distinctive grey colouring. A fine hunting dog in their native land, they have become mainly pets and show dogs in ours.

Hollings has been breeding and showing Weimaraners for over 20 years, and is an internationally recognized judge. This is the first book on Weimaraners to come my way, and also the first by this particular author. I'm impressed - the author obviously knows her stuff. The book is well researched and, to my mind, essential to the library of any Weimaraner owner or prospective owner.

Ask your local book or pet supply store to order it for you.

The Complete Dog Book for Kids

Official publication of the American Kennel Club (Hardcover US\$34.95), (Paperback US\$22.95)

Howell Book House, New York

"Wow" and "About time" were the two thoughts that came into my head after I received this one from my friends at Howell. What we have here is the AKC's "The Complete Dog Book" written for youngsters. Part One of the book consists of five chapters dealing with obtaining a dog, shows, trials and more - all written in a language a kid can understand.

Part Two is spectacular, with each breed allocated one of the 8-1/2 x 11 pages, complete with a large colour photograph, a brief description of the dog in large easy to understand print, very brief excerpts from the breed standard dealing with general appearance and size, and a map showing the dogs' country of origin.

Part Three deals with health matters and training. There is a very simple, easy to understand glossary and index at the end.

This is the perfect gift for a child who is interested in dogs, or for one who would like to become interested. What a starting place to decide which breed appeals to you! The photos are really spectacular.

You may find it on the shelves of a good book store, or you can ask them to order it from Howell.

When people unite

by Capt Wendy Greenlaw

A groundswell of offers, by personnel at Air Command HQ, to help Winnipeg residents protect their property from threatening flood water was the driving force behind the forming of the Air Command HQ Flood Assistance Team of volunteers.

Over a period of 15 days (22 Apr-6 May), 267 military, civilian, and dependant volunteers augmented city residents and Op Assistance military personnel by providing urgently needed support to flood victims. They worked whenever and wherever required assisting friends, relatives and strangers alike to see the job through to completion.

Although the majority of volunteers filled, passed and packed many of the seven million sandbags, the remaining volunteers offered their services to the Red Cross and Salvation Army. Some of their duties included preparing and serving food, supervising volunteers, operating phone lines, providing emergency radio services, and coordinating the relocation of evacuees.

Just as the demand for services grew, so did the need for provisions. Mrs. Lisa Pratt (civilian employee at Air Command) arranged collection points at two base gyms and this HQ from 25 Apr-14 May. Operation Drop-off resulted in the accumulation of 50 tri-walls (very, very, large boxes) of bedding, clothing, towels, toys, baby furniture, sleeping bags, and non-perishable food, which were delivered to the Salvation Army Recycling Centre for further distribution.

All support efforts definitely had an emotional impact on everyone, even if not of a personal or material nature. Fortunately, human and property casualties were minimal in comparison to the estimate that about 80% of the city of Winnipeg could have been under water if the floodway did not exist. Even though the water is now subsiding and the urgency for immediate assistance is gone, the warm and fuzzies experienced as a result of aiding a fellow human being, during difficult times, will not dissipate quickly.

Canada's Search & Rescue team hosts former East Block military

Military officers from 17 former east bloc nations gathered in Cornwall, Ontario on 18 May to learn why the Canadian Forces search and rescue (SAR) team is the world's leader in the field of "saving lives."

The two-week exercise, known as Cooperative Zenith '97, is the first time Canada has hosted this prestigious NATO series of activities which are designed to increase understanding and stability among participating nations.

Exercise highlights included an overland air SAR demonstration at CFB Trenton, Ontario on 26 May, and a marine SAR demonstration in Sydney Harbour, Nova Scotia on 29 May.

Other events included practical workshops and seminars at the NAVCAN Training Institute in Cornwall, Ontario, and at the Canadian Coast Guard College in Sydney, Nova Scotia. Delegates observed how the Canadian system is structured and what ele-

ments they can adapt for use in their nations.

A SAR industry display, highlighting development in personal location technology was held at CFB Trenton and cultural events in Toronto and Louisbourg, N.S. rounded out the program.

NATO initiated the Partnership for Peace series of exercises in 1994. The time had come to promote a spirit of cooperation with the former Cold War adversaries. This new spirit assists the participating nations to expand their capabilities in the fields of peacekeeping, search and rescue, disaster relief and humanitarian operations.

The partnership nations include: Albania, Bulgaria, the Czech Republic, Estonia, the Republic of Georgia, Hungary, Kazakhstan, Krygystan, Latvia, Lithuania, Moldova, Poland, Romania, Slovakia, Former Yugoslav Republic of Macedonia, Ukraine, and Uzbekistan.

Operation Assistance

Taking direction from the Emergency Measures Organization (EMO) close to 400 Canadian Forces Engineers will assist civil authorities in a rapid return to normal conditions by repairing roads, buildings and homes throughout southern Manitoba.

"Our job is not to rebuild the province," explained LtCol Chris Rousseau, Deputy Force Com-

mander for the Engineers. "We will provide support to the civilian authorities during the re-entry phase of the operation. That includes inspecting roads, buildings and homes to ensure the integrity of these structures, and do the emergency work to let people back in. But it is not our mandate, as an example, to replace wall panelling in a basement."

Two specific engineering units will be dedicated to this task: 4 Engineer Support Regiment (4 ESR) from Gagetown, with approximately 230 members, and 8 Airfield Engineer Sqn (8AES), comprised of about 170 military personnel. Their primary task will be to support the Regional Municipality of Richot and Roseau River Reserve.

MAG HQ closeout

The official date of the closeout of Maritime Air Group HQ is 31 Jul 97, with ceremonies and events taking place on 5 July 97. The actual transition of operational functions to ICAD/CANR Halifax Maritime Air Component (Atlantic) and Maritime Air Component (Pacific) will occur on 1 Aug 97.

On the evening of 5 July, the members of Maritime Air Group HQ will hold a Closeout Dinner and attend that evening's performance of the Nova Scotia International Tattoo. It is at this time, during the finale of the performance, that the MAG flag will be lowered and marched off the floor.

Friends of MAG wishing to attend the evening's performance of the Tattoo and to sit in the area reserved for MAGHQ personnel are asked to contact OPI for ticket information nlt 29 May. Price is \$19.00 per ticket. OPI is CWO E. Welin, GCWO AVN, 447-2204, fax AVN 447-0437.

Tobacco Act toll free line

Health Canada has set up a toll free information line to provide information to those affected by the new Tobacco Act which received Royal Assent April 25, 1997.

The information line will help ensure that those who sell and promote tobacco products are made aware of, and understand, their obligations under the law. Restrictions on tobacco sponsorship promotion will come into effect October 1, 1998.

The toll free number is 1-888-636-9898 and operates 9:00 am to 6:00 pm local time, Monday to Friday.

Congratulations!



Cpl A.F. Gogan, an AVS Tech from 19 AMS Comox, received the LAC Gravel Memorial Award from Col B. Molloy, 16 Wing Commander during the 2 May 97 Graduation Parade of JLC 9702 at the Air Command Professional Development and Training Centre, located at CFB Borden. LAC Karl Gravel was the first enlisted member of the RCAF to win the George Cross. When involved in the crash of a Tiger Moth aircraft in 1941, he selflessly disregarded his own safety in saving the life of the pilot. He died as a result of wounds received. LAC Gravel was 19 years old. ACPDTC has instituted the LAC Gravel Award for presentation to the one JLC Candidate per course, as nominated by his or her peers, who demonstrates exceptional personal commitment to the support of their fellow students.

Air Command Honours & Awards

(Message from LGen A.M. DeQuetteville, Comd.)

The Canadian Forces Unit Commendation is awarded to a unit that has performed a deed or activity considered beyond the demands of normal duty.

The Acting Chief of Defence Staff has approved the award of The Canadian Forces Unit Commendation to 430 Tactical Helicopter Sqn in recognition of their professionalism and outstanding service during three assistance to the civil authority situations during the summer of 1996. Specifically, these situations were:

- fighting the forest fires at

Mistassini and Chibougamau, Quebec (June 96)

- the evacuation of residents from the devastated Saguenay region of Quebec (July 96), and
- assisting the RCMP with a counter drug operation at Clova, Quebec (Sep 96).

To all of the members of 430 Tactical Helicopter Sqn, on behalf of the Air Force family, I extend my sincerest congratulations to you on receiving this award. Your professionalism, outstanding performance and dedication to your fellow Canadians is commendable. Again, congratulations to you all.

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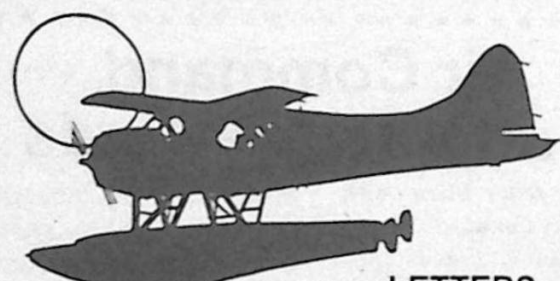


One thing that never ceases to amaze me is the number of surprises that occur each and every week in this job. By "job" I mean my other duty as the Chairman of the Museum Committee...



So low and behold, when the museum at Chilliwack closed out last summer, a phone call was made to our museum offering a 1953 army jeep if we could use one.

Joel Clarkston



LETTERS TO THE EDITOR

Dear Editor: I have seen many articles, messages and newscasts about the recent pay raise for the military and future raises when the public service completes their bargaining.

25 in the Public Service to help them through the tough times. I am an air force brat, a dependant of a former army service member, and a civil servant.

Gail Eggman CR3, CFB Comox

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?

WARNING



Dear Editor:

As summer nears and barbecue season is upon us, I want to send out a word of warning to all your readers: please cook with care - make sure your burgers are well cooked and no pink meat remains.

HUS need never happen. I would hate to see any other child go through what our daughter has been through. Please, moms and dads and anyone preparing food, cook with care.

RCAF Station Comox

- EDITOR IN CHIEF Major Joel Clarkston
MANAGING EDITOR MCpl Edith Cuerrier
WING PAFFO Capt David Krayden
CARTOONIST Gord Hatch
TYPESETTER/BOOKKEEPER Jenny Cooper
PHOTOGRAPHIC DEPT. Sgt Robert Trombley
PRODUCTION STAFF MCpl Brenda Trombley
CIRCULATION Jenny Cooper (339-3486)
PHONE: 339-2541 FAX: 339-5209

The TOTEM TIMES is an unofficial publication of 19 Wing CFB Comox, B.C. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication.



C.E. Promotion



2Lt Mike Hogan, incoming Facilities Development Officer, receiving his Lieutenant epaulettes and congratulations from Maj Gauthier, WCEO, and Capt Gelinas, outgoing Facilities Development Officer.

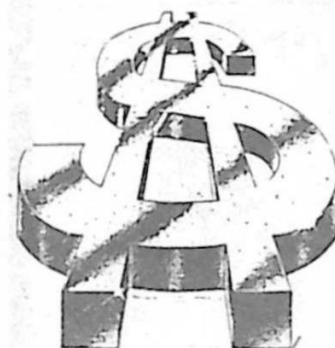
Airfield Engineers to begin clean up and repair: Operation Assistance

Airfield engineers from 8 Airfield Engineer Sqn started repair work on flooded homes and buildings on 11 May. This airfield engineering unit, comprised of about 170 military members, will be responsible for assisting in the re-entry process for those people who have been forced from their homes and community buildings as a result of the flood.

ployed in the area of Ste Agathe and the Roseau River with their heavy equipment.

8 AES is a 170-member organization which consists of two airfield engineer flights (approx. 35 members each), an Airfield Support Unit (approx. 40 members) and an Air Combat Service Support Sqn (approx. 40 members).

COLUMBO'S STEAK HOUSE PIZZA N PASTA Luncheon & Dinner Pick up Available Italian & Greek Dishes Banquet Room for Parties Open 7 Days a Week 1-450 Ryan Rd. Courtenay 338-1488



Registering your investment and probate fees

by Kim Vogel Comox Valley Rice Financial

The names you choose to register your investments in can greatly affect the potential fees charged to your estate in the event of your death.

Table with 2 columns: Amount of Estate, Probate Fees Charged. Rows include 0-\$10,000 (None), 10,000-25,000 (\$200 flat), 25,001-50,000 (\$200 plus 6% over \$25,000), \$50,000+ (\$200 on first \$25,000, 6% on next \$25,000, 1.4% on amount over \$50,000).

Of course, RRSPs and RRIFs are exempt from probate fees, if there is a named beneficiary in the plan.

"Probate" is the court process by which a will gets the stamp of approval of a provincial judge. Once a will is probated, anyone who follows instructions from the executor is safe in assuming the information is correct.

One of the most common methods to avoid probate fees is the use of joint ownership of assets. An asset can be registered in two names with the provision "joint with right of survivorship."

Thanks for the breathing space. A message from the 75% of British Columbians who don't smoke to businesses & public places staying smoke free. 100% No Smoking Bylaw Initiative

Anne Davies CERTIFIED FINANCIAL PLANNER Phone 334-9300 201-576 England Ave. Courtenay E-mail: davies@mars.ark.com OFFICE HOURS: Thursday 0900 - 1600, Deadline Friday 0830 - 1600, Monday 0830 - 1600, Tuesday 0830 - 1200

Germany wunderbar. Don't just remember the good old days in Lahr and Baden-Württemberg... Package \$999.00 from aircanhotel. relive them. Rediscover the beauty of the Black Forest, relax in your favourite "Gasthaus", renew old friendships (over spätzle and beer!) and revel in the warm welcome we have waiting for you. You've come back so many times in your mind. Why not come back in person? Name, Address, City, Province, Postal Code. German National Tourist Office, 175 Bloor Street East, North Tower, Suite 604, Toronto, Ontario M4W 3J8. (416) 968-1570 (416) 968-1988. germanists@direct.com http://www.germany-tourism.de For reservations contact your travel agent. *Some conditions apply. Baden Württemberg, Lufthansa, DEWEL SERVICES, S&K, GNT0-CTT

Management Development Program grads

by Pat Allan,
CFCCN Co-ordinator
Congratulations to the recent graduates of Seneca College's Management Development Program (MDP), offered through the Canadian Forces Community College Network (CFCCN). These students have completed the six-course program with a combination of MDP courses and advanced standing for military training and other courses.

sors and those who would like to explore the field of management. Courses cover the major topics supervisors and managers need to understand to be more effective in their work. Each course is completed in a weekend workshop, featuring discussion of ideas, sharing of experiences, case study analysis, practical exercises and mini-lectures.

MDP students often say that the information covered in class on the weekend was useful for them the next week at work. This material is designed to be rele-



(L-R): Jenny Spence, Dawn Isberg, Kelly Ulm, David Harte-Maxwell, Jake Plante, Perry Lucas and Andy Anderson.

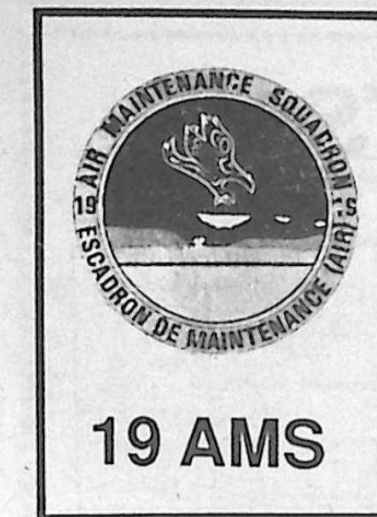
vant, both in your present career and in your future one.

The next set of MDP courses will be scheduled starting in September. They will be offered on base, and are available to all CFCCN members, including serving, retired and reserve military, civilian and NPF employees, and family members. If you would like more information, or would like to be placed on an interest list for Fall courses, please call the CFCCN Co-ordinator at local 8889.

OPEN INVITATION.

Come celebrate the Grand Opening of the Nanaimo Parkway, May 31st. You and your family are cordially invited next Saturday to join Premier Glen Clark in celebrating this historic occasion. Accompanying the Premier will be Rick Kasper, Parliamentary Secretary to Transportation and Highways Minister Lois Boone, MLA Dale Lovick, MLA Jan Pullinger and MLA Gerard Janssen. Cake, refreshments, face painting, and more. Bring the kids and join in the fun as the Premier cuts the celebratory cake at the Nanaimo District Secondary School, 355 Wakesiah Avenue, Nanaimo, at 12:30 pm. What the Nanaimo Parkway Project has already meant to the local area. Over 90% of all Island Highway construction workers have been from the community, generating more than \$57 million in earnings. Now, that's worth celebrating. So join us.

BRITISH COLUMBIA
Ministry of Transportation and Highways



19 AMS

by Eric Travis, ArmPAV0 (COSMO?)

Hi there, welcome back. Approximately one week ago, 19 AMS had its first softball competition of the season. With only three pitches per batter and the pitcher being on the batter's team, the old saying was true "Nobody Walks in Slowpitch." Unfortu-

nately the same could not be said about striking out. However, I was most impressed by the talent of all squadron members. Cpl McPhalen was moving faster than I've ever seen before with an inside the park home-run with no errors, while Sue Didsbury was stopping every ball hit or thrown her way (even when standing on the sidelines - ouch, how's the leg?). This event was run a little different than previous competitions in that the teams were AVS, AVN, ACS, and THE REST instead of shop vs. shop. ACS demonstrated their worthiness of spec pay through exceptional performance on the field. By the end of the day, with ACS taking the victory trophy, no one could argue that they were undeserving of it! I can't wait to see this year's event photographs.

Wing Photo recently took a trip down to Esquimalt to meet with their photo section and com-

pare digital, video and processing capabilities. By the end of the day, 19 Wing Photo section brought back a good sized loot of printing paper and chemicals and a newly fostered relationship with our brethren down island. Since the arrival of the digital suite and the new colour printer, Wing Photo has also been very busy recently with digital work for the Wing. Any sections that require more information on what services Wing Photo can provide, please contact Sgt Eileen Redding at local 8528.

One more topic of interest to mention is the development of a new secondary duty in 19 AMS. I have been named the Unit Sports Officer and will field, no pun intended, any questions or concerns you may have with respect to the Squadron Sports policy. If you have trouble reaching me at local 8484, my E-mail address is 19ampav.

polls (conveniently co-located in the WMBR) for that silly little federal election thing coming up next month.

In other squadron news, the deployments seem to keep coming fast and furious. By the time this issue hits the presses Crew 2 should be settled nicely into the Teamwork South exercise taking place off the coast of Chile. This ongoing series of exercises provides an excellent training opportunity for our Canadian MPA and naval crews as well as allowing for the exchange of ideas and techniques with crews from the American and Chilean navies. Although the crew seems pretty keen about the deployment, there were some rumblings heard about the frequency with which they are called upon to travel south of the equator. Something about always having to get used to the water swirling the wrong way when you flush the toilets. But, troopers that they are, we are all confident that they will adjust.

Crew 3 is just recently returned from an ASW exercise in Hawaii. Never a slave to conformity, crew commander Capt Gushue decided that the high altitude transit across the Pacific just didn't provide a nice enough view of the waves so he had the pilot fly the trip low level. Gord claims there was a pressurization problem on the aircraft but we all know he was just hoping to spot a mermaid. The crew is already prepping for their next deployment to Puerto Rico to get a taste of how things operate on the Atlantic side of the continent. Although working with US forces on both oceans, procedures can often be quite different from coast to coast so these occasional excursions to the "other side" can

provide excellent opportunities to see how the other guys do things.

Continuing with our commitment to control illegal driftnet fishing in the Pacific, Crew 4 is off to Hawaii for a series of patrols. This universally condemned type of fishing is particularly destructive and the CF participates in enforcement activities in cooperation with fisheries organizations and naval forces throughout the Pacific Rim.

The squadron is anxiously awaiting the results of the O'Brien 96 ASW competition under way in Greenwood, Nova Scotia. The competition between squadrons for bragging rights as the country's finest ASW unit and the right to represent the CF at the Finccastle competition is always tough. This year's reps from 407 Sqn, Crew 5, have reportedly fared extremely well in the simulator portion of the competition and are awaiting the opportunity to show their stuff in the air. Good luck to MPCC Maj Cutland and the whole crew.

Crews 6 and 7 are both recently returned from training exercises. Crew 6 has been in San Diego while Crew 7 has been at an OMS session in Greenwood. No comment on who got the short end of that stick.

In Crew 1 news, the DCO and TN Trg O have just returned from an ASW symposium in Singapore. Although there was apparently a very good exchange of ideas at the symposium, none but the most patient listener will ever hear about it since whenever the topic comes up both Bombo and Maj Berry feel compelled to regale the listener with a half hour description of the visual benefits of flying with Singapore Airlines.

407 Sqn



Demon Doin's

After months of grandstanding, hand shaking, baby kissing and backroom deal making, the polls have finally opened and the votes are being cast. Judging by the steady stream of squadron members filing into the polling station, set up in the Wing Main Briefing Room, it appears that voter turnout for the first NavCom Training General Election will be high. Man on the street interviews indicate that the electorate are pretty much evenly divided between the Wenzel and East camps. Everyone does agree though that the campaigns have been dirty, underhanded and highly entertaining. Capt Wenzel appears to have made the better use of the advertising media, while Capt East might have a bit of an edge after the debates. The election results will be made public as soon as the votes have been counted and verified by the accounting firm of CO&AFC. Good luck to both candidates. There also seems to be a good turnout of voters at the advance

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Cops Corner

by Cpl K.E. LeBlanc

On 30 May 97, six members of the 19 Wing Guardhouse will depart for Winnipeg, but it won't be for flood relief, it will be to compete in the 1997 Thunderbird Challenge. Thunderbird Challenge is an annual Military Police competition hosted by Air Command, and is representative of taskings and situations that an MP may face while employed as a patrolman, or while deployed to an Airfield Security Force. For the first time, the competition will be open to MPs from outside of Air Command. The Thunderbird Challenge itself is comprised of individual events. One is a C-7 competition, which involves run downs in full fighting order, as well as shooting while wearing a gas mask and helmet. Another portion is a pistol shoot with three scenarios, one simulating a night shoot. A third portion of the Challenge is the obstacle course, which ends with a kilometre and a half run. The final portion of the Challenge is a map and compass exercise. As well as the above-mentioned events, there is also an award given for the team displaying the best Esprit de Corps (an award which 19 Wing has won several times!).

At the end of the competition, individuals are chosen to create a "Team Canada" to participate in the Peacekeeper Challenge hosted by the US Air Force in New Mexico. We are very proud of the fact that Comox has had a strong representation on the national teams in the past, and we are hopeful that some of our members will be chosen again this year.

We at the 19 Wing Guardhouse would like to thank all the other sections, and individuals, who have helped this year's team get ready for the competition. We would also like to wish the Comox 97 T-Bird Challenge Team the best of luck in Winnipeg, and we hope all the training pays off!

One can only wonder how they managed to type their post-conference reports with their eyes all glazed over like that.

Travelling to another exotic location, Capt Browne has just returned from a week in Borden where he competed in the CF squash nationals. Brownie apparently fared pretty well, finishing up with a 3-3 record, however, judging from the creaks and groans coming from his side of the office since his return, the author cannot help but wonder if the old silver fox wouldn't be better off taking up bridge. Things in Ops have taken on a much calmer air since the end of the leave rush, however, Sully's perma-smile and constant humming of Beach Boys tunes is starting to take its toll on his coworkers.

To finish up this edition of the doings, I would like to wish good luck on behalf of the squadron to Cpl Rob Millaire from the Orderly Room and PAdminO Capt Jean-Marie Nogue and their families. Both Rob and JM will be adjusting to life on the wrong coast this summer as they are both posted to Halifax. Bonne Chance!
Demons Out.

GIVE SOMEONE A SECOND CHANCE

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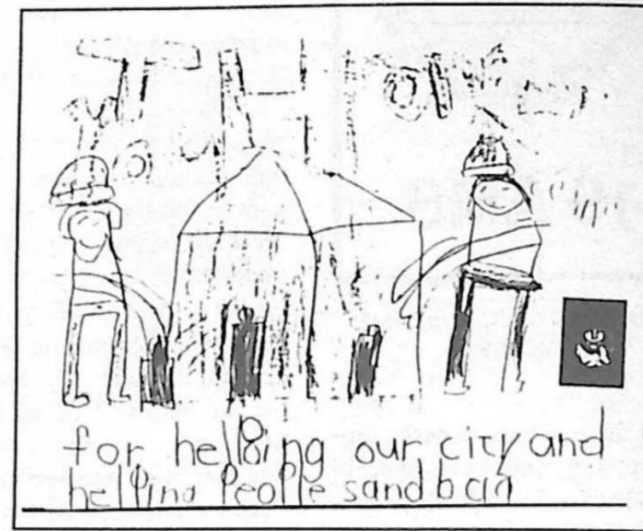
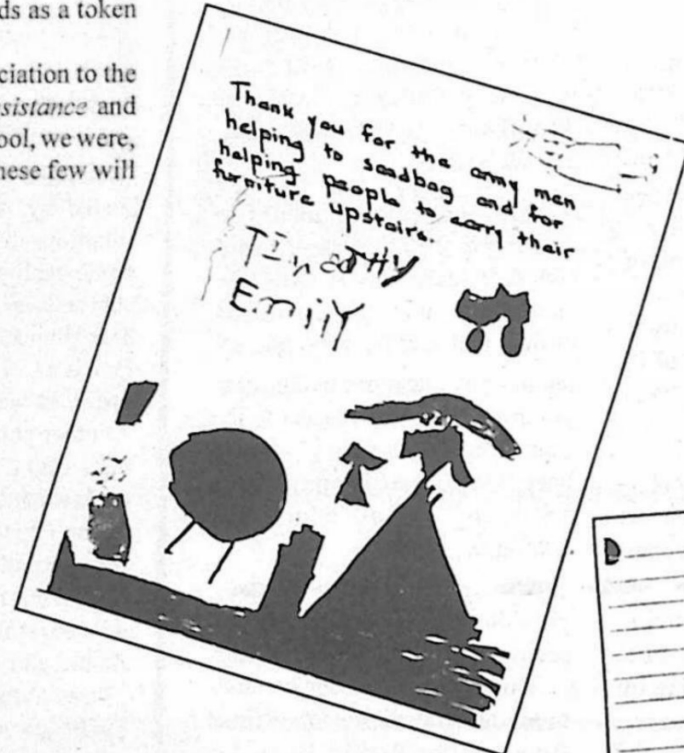
Thank you flood fighters

The students of our school wished to express their appreciation for the work done by the sailors, soldiers and airmen of the Canadian Armed Forces in helping the citizens of Winnipeg during their battle with the Red River. To this end, we devised Operation: Hug and compiled this assortment of thank-you letters and cards as a token of our appreciation.

I hope you are willing to convey our thanks and appreciation to the men of your unit who participated in Operation: Assistance and perhaps share these cards with them. Being a small school, we were, unfortunately, unable to make 8,000+ cards but hope these few will convey just a small measure of our gratitude.

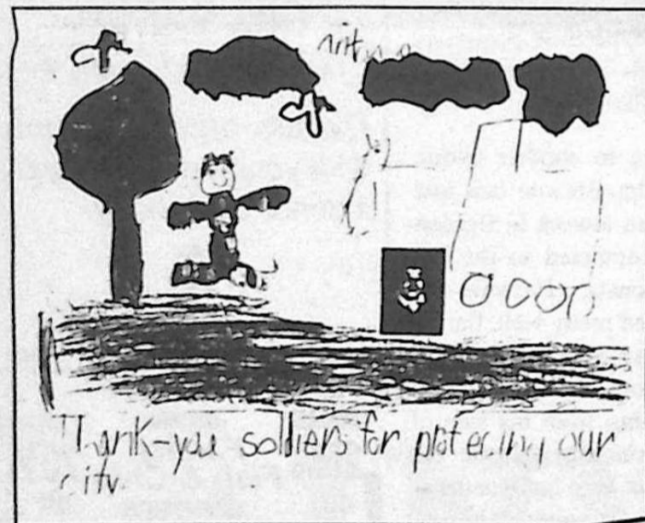
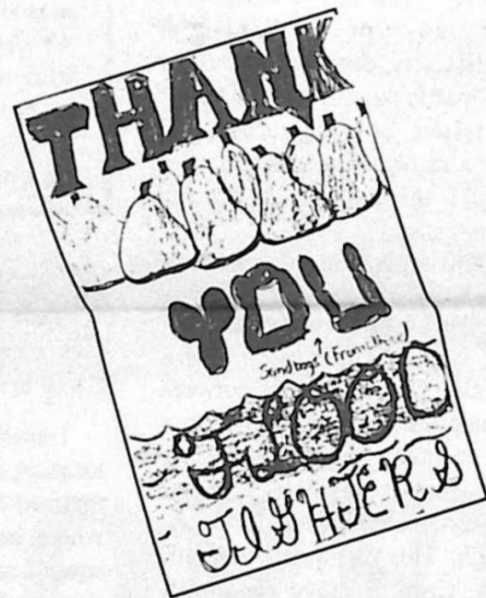
Sincerely,
Mrs. Donna M. Alexander
Saint John Brebeuf School, Winnipeg.

Thank you for helping us during the flood. You rescued people, sandbagged and flew around in helicopters to check for leaks. No other problems, I am doing fine. I will say a prayer for you and thank God your friend & by Theresa!



Dear the Canadian Armed Forces, Thank you for coming to Winnipeg to help fight the flood. The support you showed shows us how ways of us cavalry Canada. As you helped us by building dikes, filling sandbags and giving us a big family. We are so grateful and help that comes for each other and help out when one is in need. You have made me realize I love Canada and I would not want to live anywhere else!

Thank you
Elic Legge
Gr. 6
St. John Brebeuf School



Dear Floodfighter, Thank you so much for helping out MINNETOBA. During this flood, we couldn't do this without you.

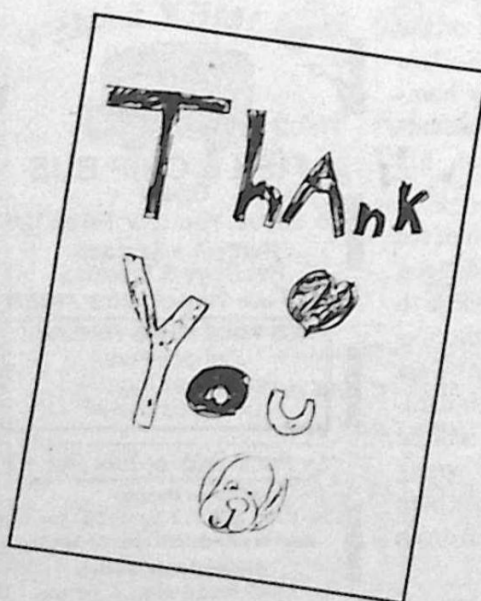
From: Santiago Fajardo
Gr. 7
St. John Brebeuf School

Dear Flood Fighters, I'd just like to say that you will never know how thankful I am to you because we have friends in St. Adolphe that would have been washed away if it wasn't for you.

P.S. Thanks again.

From: Mike Downe
51B
Winnipeg Mon. Cen.

Thanks You



Health and Safety Week



An office is not usually a place we think of as dangerous. Most offices, however, have more than their share of dangers - test your safety smarts to see how many you can spot. List the hazards and send to: Wing General Safety Officer, Bldg #22, 19 Wing Comox, Lazo, B.C. V0R 2K0. Entries must be returned by 3 June, 1997. 1st prize: \$25.00, COSH & NAOSH hat and T-shirt. 2nd prize: COSH & NAOSH hat and T-shirt, gold plated lapel pin. (In the event of a tie, a draw will determine first and second place.)

June 97 - COHS Week Calendar of Events

Monday June 2	Tuesday June 3	Wednesday June 4	Thursday June 5	Friday June 6
0830 hrs. WComd Proclamation HQ Conference Rm	0900 - 1030 Display & Briefing on Computer Ergonomics Pacific Rim Consulting AFIS Theatre	0800 - 1530 Equipment Suppliers display booths at Glacier Gardens. MSA, Acklands, Industrial Scientific, Pacific Rim, Mobilift, Hazmasters, 3M Canada Ltd, Levitt Safety Ltd, St. John's Ambulance, RCMP & 19 Wg display booths.	0800 - 1600 Standard First Aid Training Bldg 22, First Aid Classroom	Poster Contest judging at Airport School
WBC Display Canex Mall	1200 Set-up of Display Area at Glacier Gardens	0800 - 1200 Defensive Driving Course - military Bldg 22, Rm 11	0900 - 1030 Earthquake Preparedness AFIS Theatre	Safety Notice Boards judged.
1000 hrs. Safety Briefings at Airport School & opening of Safety Contest	0800 - 2100 Defensive Driving course - military Bldg 22, Rm 11	0800 - 1200 Defensive Driving Course - military Bldg 22, Rm 11	0900 - 1000 HRDC/Labour Canada UNDE Local 1007 WGSO Meeting Wing HQ Conf. Rm.	1130 - 1330 Wind-up BBQ at Firehall (Sgt Bellavance)
0800 - 0930 WHMIS TRG 1000 - 1130 WHMIS TRG 1230 - 1400 WHMIS TRG First Aid classroom - Bldg 22	0800 - 1600 T2 Fuel Cell Confined Space Training	0800 - 1600 Standard First Aid Training Bldg 22, First Aid classroom	1300 - 1400 hrs Combating Stress in the Work Environment AFIS Theatre	TBC - Flight Safety Briefing
1030 - 1530 hrs. Gen Safety Inspections	0800 - 1600 TMX 410 & 412 Instrument Training Bldg 22 ABATS North Classrm Industrial Scientific	12:30 - 15:30 hrs. HAZMAT & WHMIS Briefing George Scott, New Westminster (Reps - Refuelling & waste) Bldg 22, Rm 11	1415 - 1515 EAP Presentation AFIS Theatre	12:30 hrs. Presentation of COHS and NAOSH Week & General Safety Certificates
0900 - 1100 hrs. Flight Safety Briefing AFIS Theatre	1045 - 1145 Your Environmental Responsibility AFIS Theatre	1045 - 1200 Drug & Alcohol Briefing AFIS Theatre	Ground Training Days	0800 - 1600 Standard First Aid Training Bldg 22, First Aid Classroom
JOSH & OSH mtgs.	Ground Training Days	0900 - 1000 Hazardous Waste Briefing Glacier Gardens		0800 - 0845 COHS & NAOSH Week Steering Committee de-brief Bldg 22, Rm 10

COHS Week 1 - 7 June 19 Wing Comox

Safety Cartoon & Slogan Contest

In conjunction with COHS Week 97, the Wing General Safety Officer will be running a Safety Cartoon & Slogan Contest. Put your ideas and designs down on paper and send them to: Wing General Safety Officer Bldg 22, 19 Wing Comox, Lazo, B.C. V0R 2K0. Entries must be submitted by 3 June to qualify. All entries will be on display at Glacier Gardens on 4 June. Prizes will be awarded for each category on 6 June.



Lt Gauthier (L) and Mr. Initski (R) presented a T-shirt and hat to Mr. Claude Gaucher, Provincial Director of Canadian Society Safety Engineering and vice-chairman of NAOSH Week, and Ms. Rempy Johal, President COSH Week B.C. Steering Committee, to kick off the week's events.

19 WING, C.F.B. COMOX

C.O.S.H. WEEK

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Tuesday, 3 June AFIS Theatre 0900 - 1030

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British Columbia
Children's Hospital



Wallace Gardens

WE NEED YOUR HELP!!

Would you donate a few hours of your time and support the Wallace Gardens Community Assoc. in a day of fun and activities on 1 July, 1997? We need help in the food tents, with children's games, organizing sand castle judging, manning the duck pond, bouncers, dunk tank, water slide, train rides, helium balloon stand, admission booth, parking attendance and many more activities.

The only cost to families will be the second time through the duck pond and the purchase of hot dogs, hamburgers, ice cream and pop for \$1.00 each.

Last year we had over 7,000 people attend this event. If you could give us four hours of your help it would be greatly appreciated and make this day a fun event for everyone.

Please give us a call at 339-8211, loc 8571. Leave your name and number if no one is in the office.

Family Bingo
Our next Family Bingo will be held on Saturday, 14 June from 2:00 to 4:00 p.m. at the Community Centre .25 cents a card to be played every game. Come on out and try for a prize!
For more info call Linda Durst 339-2201



SOCK HOP
Saturday, 31 May at the Community Centre, beside Canex from 6:00 - 8:00 p.m. for ages 12 and under. Cost: 50 cents. Lots of fun, prizes and a good time. Canteen available.
For more info call Darlene Frandsen at 339-0848

FAMILY FUN!



CANADA DAY

Come and join us on July 1st at Air Force Beach Starts at 1300 hrs. Fireworks at dusk.

Ample parking at the beach - shuttle bus available from Glacier Gardens Arena, across from the airport.

Food tent available Hot Dogs, Hamburgers and Pop \$1.00 each

For more info call 339-8211, loc 8571.

FREE!



COMOX MILITARY FAMILY RESOURCE CENTRE

phone: 339-8290

3 on 3 Basketball Tournery a Blast!

Everyone who attended the 3 on 3 basketball tournery on May 10th had a blast (even though they had to get up at 8am). An added bonus was the fun of watching Hugh McKinnon, Vice Principal of Vanier Secondary play in his boxer shorts.

The Winners in the 12-15 category, the team who couldn't decide on a team name, "Undecided" won first place by four points (Todd Taylor, Ryan McMahon, Grant Campbell, and Guy Harder).

In the 15-19 category, Sunset Park won first place (Jason Kirsh, Brendon Woods, Ben

Raho, and Ryan Turnbull).

In the 20 plus category the winners were "The Destructors #1" (Jim Morrissey and Warren Hamille) who played hard in a tight play off game.

We would like to once again thank all the participants for entering and the following volunteers who supported the tournament:

- Jennifer Heath,
- Allisha Kasper,
- Jim Morrissey,
- Jamie Stibbs,
- Romeo Goulet.

We'd also like to take this

opportunity to thank the following sponsors for donating choice prizes, food or discounts.

- Mountain Meadows,
- Happy's Sorting Goods,
- T and F Cards,
- Bar None Cafe,
- Panagopoulos,
- Overwaitea Foods,
- A & W,
- Kentucky Fried Chicken,
- Subway,
- Chalky's,
- Uranus,
- Hot Chocolates,
- Macdonalds,
- New World Trophies.



"Nice hair and fancy footwork."

CMFRC 3rd Annual General Meeting

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

Thursday Night June 5th, 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."

Youth Activities

Teen Outdoor Basketball

Ages: 13-18 year olds
Dates: Wednesdays, June 4, 11, 18, 25
Time: 7:00 - 8:00 pm
Location: Airport School
Cost: Free

Preteen Outdoor Basketball

Ages: 8-12 year olds
Dates: Tuesdays, June 3, 10,

17, 24
Time: 3:30-4:30 pm
Location: Airport School
Cost: Free

Preteen Crafts

The CMFRC is making a banner, with its name, to display at community events. We want your help and creativity. Parents and teens invited to participate. Scrap materials welcome and

needed. Please bring your own scissors.
Ages: 8-12 year olds
Dates: Tuesdays, June 5, 12, 19
Times: 3:30 - 5:00pm
Location: Protestant Chapel Annex
Cost: \$5.00 (for snacks)

Registration for Youth Activities please phone Jill at 339-8211 local 8656.

Quality of Life Programs

Mosaic Flower Pot

You've seen them everywhere and now you can create your own mosaic flower pot - for a fraction of the cost! Find out how simple it is to create a work of art from broken tile and a terra cotta planter.

Facilitator: Inga Pungente
Time: 1:00 - 4:00 pm
Date: Sat., June 14th
Location: CMFRC Program

Building 120 Kinnikinnik

Cost: \$10.00 includes all supplies
Registration: CMFRC Administration Building 119 Kinnikinnik, ph. 339-8290. Fee due by Friday June 6th.

Wreathmaking for all Seasons

Learn to make a simple yet elegant wreath out of local plants. Once you have the basics you can dress your

wreath up for any occasion!

Facilitator: Edith Picard
Time: 1:00 - 3:00 pm
Date: Sat., Aug. 16th
Location: CMFRC Program Building 120 Kinnikinnik
Cost: \$7.00 includes all supplies
Registration: CMFRC Administration Building 119 Kinnikinnik, ph. 339-8290. Fee due by Friday August 8th.

CMFRC Counselling Services

#119 Kinnikinnik, Phone 339-8286

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



Kinnikinnik Child Care Centre

Limited Spaces are available in:

Toddler Day Care (ages 15 - 36 months)
Full-time, Part-time and Drop-in care
7:00 am - 5:30 pm
Limited Spaces Available

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.

Summer Krusaders' Daycamp

Ages 6-10 years
Full-time and Part-time weekly sessions
Cost: \$65.00 per week
Time: 9:00am - 4:00pm
Childminding available before and after camp

Summer Daycamp Volunteers Needed!

The Kinnikinnik Child Care Centre has openings for youth aged 16 and older to participate as Volunteers in the Summer Day Camp Program (ages 6-10).

For more information on KCCC Programs please call 339-5051.

Adult Craft Club

Sunday, 1 June
7-9 pm at the Community Centre, next to Canex

Busy B Crafts will be coming to teach you how to make beeswax candles. You will only pay the cost of the supplies you use. This club is open to WGCA members and any newcomers for only \$3.21 per month. Phone Kathy Bertin 339-7522 or Darlene Frandsen 339-0848 for further info.



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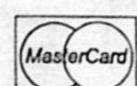
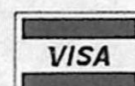
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Glacier Greens



Golf Shots

by Barb Carter

LADIES GOLF

May 13 dawned bright and sunny and, although some of our gals travelled to Myrtle Point, 24 of us arrived to play at the old Base course. After a random draw, five gals received the coveted shiny new ball: Dolly Pearson, Anne Blake, Trudy Lamouche, Marguerite Fournier and Peggy Clark. Thanks to Ann Newman who donated a lesson. The winner was Helen Williams. Much appreciated Ann.

On May 20, 42 eager ladies arrived at GG to play the dreaded Irons Only - maybe they didn't know, eh? When the dust settled and the scores were tallied it was 1st Low Net Marguerite Fournier, 2nd Low Net Lorraine Courtmache, 3rd Net was tied with Gayle Byrne and Liz Vanboeschoten. All received the coveted new balls. On the other end of the scale, Holly Liddiard and Anne Blake each received balls. Putting was a tie with Trudy Lamothe and Janet Edwards doing the honours - each had 32 putts.

Congratulations to Rosalie Lloyd who, on May 18, shot her very first Hole-In-One on #15, using a 7 iron. Kinda cuts off your bragging rights, eh Dave?

Shooting a blazing 96, Gussy Pritchard broke 100 for her first and was presented with her pin. Very well done!

Steve Dodd has added to his staff - we welcome Christie,

Michelle, Maryelle and Mark. Steve is a happy camper these days, with his kitchen completed we are all receiving the excellent cuisine we've become accustomed to.

AMATEUR OPEN

Plans are in full swing for our 24th Amateur Open. Our sponsors are set, the main man being Thrifty Foods, Design Floor Covering. The Hole in One is sponsored by Garf Baxandall Ford, for a 2-year lease on a new Escort. Hole sponsors are as follows: Appeals, Growers Direct, Comp Auto Clinic, Janet McGee Investors Group, Joey's Only, T&F Cards & Collectibles, Geo McLellan & Joy Johnson of Re-Max, Public Pest Control, Gary Hein First Financial, Shoppers Drug Mart, Susan Wharram RBC of Dominion Securities, Glenda Mosher of Coast Realty Group, Versatile Ind. Ltd., Jan's Travel & Cruise, J. Lowell Gun House, Midland Walwyn, Bond's Fish & Chips, and RCMP Vets.

Huge thanks to Jim Perry who has done the hole sponsor signs with such expertise. We could not ask for more. Thanks from us all.

Entries are coming in fast so don't be slack, it's going to be a great one. Our Prize Committee - Linda Lott, Helen Williams and Barb Morris, have been working overtime and have come up with super prizes already and they haven't finished yet, so get a move on.

MEN'S INTER-CLUB

by Len Doyle

On Sunday, May 25, 40 members of Glacier Greens Men's Club hosted 32 Comox Men's Club members at the first half of the annual Home and Away Inter-Club Match.

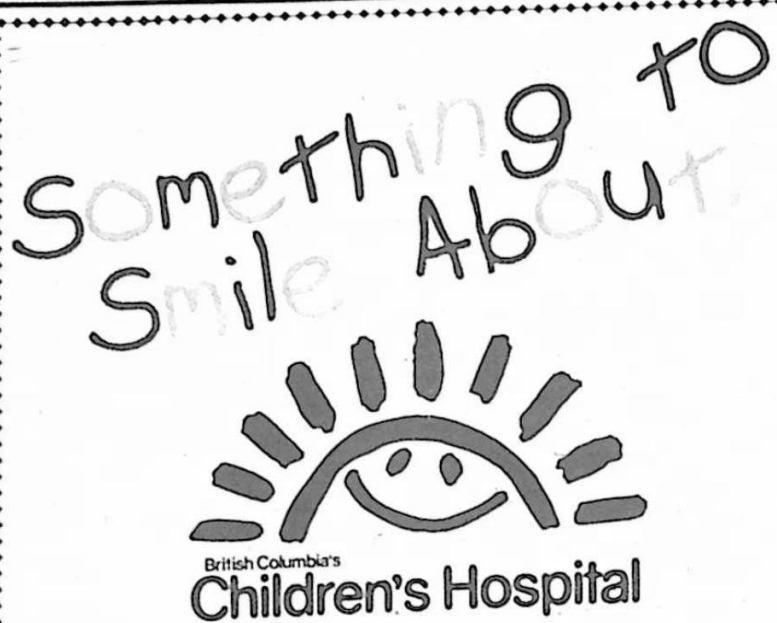
Clear skies, light winds and excellent course conditions made for an exciting and challenging match.

When all was said and done it was Glacier Greens by 4.4 strokes. The method used to de-

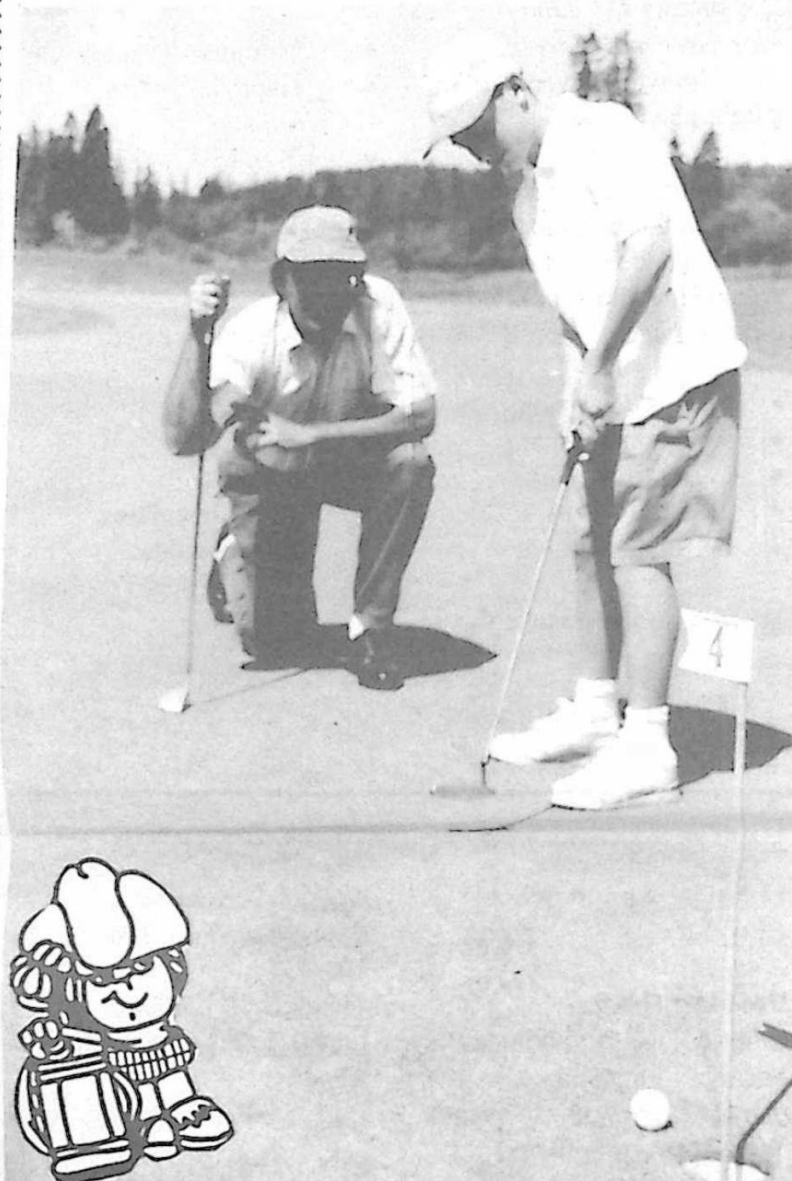
termine a winner was to total the team net scores and divide by the number of participants. GG was 69.4 and Comox 73.8.

Overheard in the clubhouse was "Why didn't those military guys leave the sand over at the Desert Storm conflict rather than bring it back here."

I would say Comox will be waiting for us at the return match at their club on 29 June.



Children's Hospital



Matt Trombley, a Junior at Glacier Greens, and Wayne Powell, Teaching Pro at Mulligan's Golf Course, practice putting techniques in preparation for their title defense at the 2nd Annual Children's Hospital Charity Golf Tournament. The tournament, hosted by Mulligan's, in conjunction with Overwaita's Garage Sale, proved to be a huge fundraising success. Although Matt and Wayne failed to return as champions, Matt said that the real winner was the Children's Hospital. Thanks Comox Valley for all your support. See you again next year. (Staff photo)



Chris Gale, Overwaita's Store Manager and artist Terry Komm of Terry's Talented Touches are all smiles. Terry painted these marvellous murals on the store's windows, all in support of the Children's Hospital. Over \$22,000 has been raised to date.

Warning! Renewed Balance body cream

Health Canada is warning consumers not to use AIM Renewed Balance Body Cream. This product, manufactured in the United States, is being sold in Canada as a cosmetic although it contains the prescription drug progesterone and could pose a risk to adults, who use it on a regular basis.

The manner in which the product is being promoted (indicated for numerous serious diseases) may lead individuals to abandon conventional therapies and its use by pregnant women may put the fetus at risk. The long-term safety of progesterone cream remains to be established.

While AIM Renewed Balance Body Cream has not been approved for sale in Canada, Health Canada is concerned as the cream is being imported and widely sold through multi-level marketing methods.

Health Canada is issuing this warning to advise consumers who may be using this product, the Canadian Medical Association, and the provincial Ministries of Health across Canada as a precautionary measure.

Anyone currently using AIM Renewed Balance Body Cream should stop using it and contact their doctor. The only legal means of continued access to this medication would be through the involvement of a physician and the Special Access Program administered by Health Canada. Consumers are advised that any medication assessed by Health Canada for safety, effectiveness and quality will carry an eight-digit Drug ID number (DIN) or general public (GP) number on the label.

FORE! DAD.

Tee up savings for Dad this Father's Day. For only \$32.10 including GST, a Golf Privilege Club membership will give him...

Free or reduced greens fees at 144 courses across B.C.

Plus 148 courses in Alberta and 610 golf courses in ten western states

Exclusive rates on golf travel

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Call Ticketmaster at 1-800-863-3611 or 280-4444 No service charge

BRITISH COLUMBIA LUNG ASSOCIATION

Advertisement for 'CHECK AROUND FLY IN CFB COMOX' featuring a photo of Gordie & Michaela and a small airplane illustration. Text includes 'Join Gordie & Michaela Sunday, June 1st 10-2pm as they welcome you to the 442 SEARCH and RESCUE SQUADRON at CFB Comox'.

WGSO attends conference



BC Safety Council 1997 Safety Conference on May 5 & 6 at the Delta Airport Hotel and Marina, Richmond, B.C. is the largest of its kind in Western Canada where experts and organizations share their techniques and secrets for success in safety. Mr. Ken Ilitski, WGSO and Lt Brenda Gauthier, Assistant WGSO, presented a session titled "1996 Canadian Occupational Health and Safety Week award winning organization formulas for success." In their session, they shared the various safety activities organized at 19 Wing last year during CSH week. Wondering how to increase safety awareness on your worksite? Why not use COSH and NAOSH Week to spearhead your safety programs?

Advertisement for Coast Realty Group featuring a photo of Maureen Davidson and text: 'COAST REALTY GROUP COMOX VALLEY LTD. 897-3999 1-800-715-3999 Fax: 897-3939 Res. 339-9987 MAUREEN DAVIDSON Sales Associate Looking for Great Value in a 1992 Sq. ft. home - this one is meticulously maintained and has 3 bedrooms all upstairs, family room and 2nd bathroom down - all fenced with back lane access and RV parking - priced to sell at \$134,000 625 England Ave., Courtenay, B.C. email: radavid@comox.island.net'

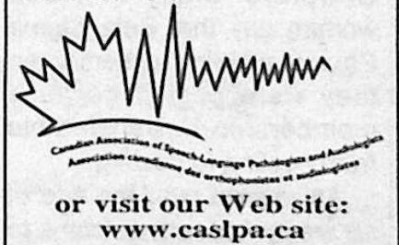
Advertisement for The Olde Photo Shoppe: 'The Olde Photo Shoppe Photo Scanning Digital Photo Retouching Joining Old Photos and New Technology 339-9987 or 890-0178'

Help your child communicate!

(NC)—You can help your child's language development by:

- Keeping talking fun.
• Rewarding and praising your child's communication attempts.
• Setting a good example for your child.
• Modelling correct speech.
• Using facial expressions and gestures to help your child understand you.
• Keeping your sentences short and simple. Do not use "baby talk".
• Speaking slowly and clearly. Repeat for your child if necessary.
• Emphasizing key words that you want your child to learn.

If you think your child has a speech problem, contact a speech-language pathologist—a professional trained to evaluate and treat speech disorders. After all, everybody deserves to have a voice. For more information, call 1-800-259-8519.



or visit our Web site: www.caslpa.ca

Tri-City Boot Repair & Sales

Advertisement for Tri-City Boot Repair & Sales: 'TOP QUALITY Shoe & Leather Repairs Cliffe Ave & 8th St. Next to Subway Tues-Sat. 9:00 - 5:50'

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Window is wider. 2. Expression is changed. 3. Sleeves are shorter. 4. Stethoscope is added. 5. First-aid cabinet is moved. 6. Diploma is missing.

Advertisement for the 10th Annual Children's Miracle Network Telethon: 'Thank You. The value of your donations is measured in more than just dollars. MAY 31 - JUNE 1 - 873-1122 OR 1-888-663-3033'

ASK THE PROFESSIONAL

Advertisement for Kim Vogel Financial Advisor: '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!'

Advertisement for Comox Valley Rice Financial: 'Comox Valley Rice Financial 480 - C Sixth St. Courtenay, B.C. 338-8713'

Advertisement for Flowers: 'Remember your Mother/Wife/Or That Special Someone with FLOWERS, bud vases, a mug of flowers, roses, bouquets etc. flowers from \$9.99 Flowers quality fresh cut GROWERS DIRECT quality fresh cut 897-1795 #101A, 1995 Cliffe Ave., Courtenay, B.C.'



Free Classified Advertising for members of 19 Wing and their families

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

Miscellaneous for Sale

Viking Dishwasher used one year only - certified by Salter & Newell - \$250 (new \$500). 338-9489 or loc 8274 <1/2>

12,000 BTU Fedders Air Conditioner, used one season only - \$400 (new \$800). 338-9489 or loc. 8274.

Hot tub (Coast Mountain Designs Ltd.), 7 months old, 13 jets, 1.5 HP, 5-6 adults, 79x80x35. 10 year warranty. Paid \$4,000, asking \$3,000. Call 338-6880 or loc 8399. Ask for Marie. <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) 339-0551. <2/2> E-mail: tweiss@mars.ark.com.

Wanting to Rent

Camping van or such-sized motorhome in reasonable condition wanted for rent one or two weeks, beginning 6 July. Phone Finn, 339-2258, or loc. 8379.

DON'T BUY A NEW FRANCHISE... BUY A USED ONE! There is great value in buying a USED Franchise that is already operating! You will like the opportunity of buying an existing store with an operating history.

FOR UNDER \$30,000 UNIQUE NEW & USED RETAIL OPPORTUNITY! TOY TRADERS Courtenay, B.C. (250) 897-1593 Traders International Franchise Management Inc. 1-(800)-792-3111

Club Info

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

Canoe & Kayak Club

The next meeting of the Komox Valley Paddlers Canoe & Kayak Club will be held at 6:30 pm on 5 June in the upstairs meeting room at the Edgewater Pub. For more info call Betty 339-6475. Paddle to follow meeting.

Seafood Feast

The Comox Valley Marine Rescue Society will be holding a fundraising dinner at the Florence Filberg Centre on Wednesday, 25 June, commencing at 7:00 pm. The Seafood Feast will be catered locally by Country Catering and the guest speaker will be Marty Douglas. Tickets can be obtained from members of the rescue unit.

The prime objective of this event is to raise funds towards the purchase of a more efficient and safer marine rescue vessel to serve the Comox Valley. The new vessel construction has been contracted to Daigle Boats of Campbell River and it should be in service by this Fall.

Another example of "Community Volunteers working for You."

THE BULLETIN BOARD

For Rent

Clean, furnished, 2-bedroom house, Mission Hill area. Storage shed, 4 appliances, 6-month lease. Call 338-9545 (answering machine). \$700.00 per month.

For Sale

Posted - must sell: 1978 24 ft. Okanagan camper trailer, 3-way fridge, 4-piece bath, roof air, stove & oven, sleeps 6 comfortably. \$6,500 obo. Will consider trade on car or truck of equal value. 339-0848. <2/2>

17 Ft. hardwall camper on tandem axles, by "Triple E." 3-way fridge, 3-burner stove, furnace, dual propane tanks, new toilet, many improvements. Was \$4,800, asking \$4,200. 339-9914. <2/2>

J & M SMALL ENGINE REPAIR

•Lawnmowers•Weedeaters •Rototillers•Chainsaws •Chain & Blade Sharpening Pick Up & Delivery SPRING TUNE-UP \$35.00 Little River area Call Jack 339-2650

Posted - must sell: 14.5 ft. fibreglass boat. Fresh 60 HP Johnson w/electric start and tilt on galvanized road runner trailer. Includes convertible top, Lowrance sounder, electric & manual downriggers, CB & AM/FM cassette. Salmon rods & gear. \$3,800 obo. 339-0848. <2/2>

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.

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.

Townhouse for Sale

2 bedrooms, 5 appliances, 3 years old, electric heat, end unit, large yard, Strata maintained, quiet neighbourhood. Close to college, public schools and shopping. Small park and playground across street. Fantastic Comox Glacier view. Available 1 July. Asking \$91,900. Qualified buyers only. Call T. Foster 339-3133.

Get a good thing going. Yourself. Sharing a Healthier Future with PARTNAPACON

ANNOUNCEMENTS

Sisters of the Heart

Are you new to the area or just wish that you knew more people? Beta Sigma Phi is an International Women's Organization that offers social and cultural enrichment and a lifetime of friendship.

In the Comox Valley there are over 100 members in 10 Chapters. Many of these women say that Beta Sigma Phi was a lifeline to them when they were posted because membership is transferable from posting to posting.

All women over the age of 18 are invited and welcome to join our local Chapters. If you are interested in learning more about Beta Sigma Phi, or you know someone who needs a little friendship in their lives, please call us: Pat 339-6556, Donna 339-3692, or Wendy 338-8545.

NEXT DEADLINES

Advertising - 4 June.

Articles - 6 June, noon.

"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!

KATIMAVIK

Katimavik is accepting applications for youth age 17-21. Gain valuable work experience, meet new friends, and get to know Canada. Call KATIMAVIK toll free at 1-888-525-1503 for more information. Programs start this coming Fall. Application deadline July 7, 1997.

REUNION

Attention all former members of the WO and Sgts Wives Club of CFB Trenton/8 Wing Trenton.

Next year marks the 20th anniversary of the formation of our club and we are currently seeking all former members who might be interested in a reunion.

We look forward to hearing from you now! Please contact any of the following if you are interested in this planned event: Debbie McDonald Phone (613) 392-2811 ext 2674, Fax (613) 965-2192; Elsie Hogg Phone (613)392-1476, Mail 11 Somerset Street, Trenton, ON, K8V 5T7; Donna Summers E-mail dsummer@sympatico.ca.



Windproof refillable lighters - safety warning

The Health Protection Branch of Health Canada is warning consumers not to use windproof refillable cigarette lighters recently imported by Y&U International of Toronto/Scarborough, Ontario. These lighters can be identified as follows:

- Pen-shaped lighter: stamped J.G. Seaverload (display box marked J.G.).
•Copper coloured, rectangular lighter: stamped FRUPI (display box marked Curiosity Menghu).
•Cylindrical shaped key fob lighter: stamped ZPC Tiger Brand.
•Gold coloured lighter, shaped like three cylinders with a silver-coloured eagle crest applique: GLP stamped on bottom.
•Silver coloured parrot shaped novelty lighter.
•Copper coloured crocodile shaped novelty lighter.

- Plastic lighter with granite-like appearance.
•Gold coloured rectangular flip top lighter with black plastic inlay.
•Silver coloured rectangular flip top lighter with detailed scroll work.
•Simulated leather, reddish brown coloured flip top rectangular lighter with silver coloured dragon emblem applique - stamped American Light.

The majority of these products have been distributed by Rob Guy Marketing of New Westminster, B.C.

Health Canada testing concluded that these lighters do not meet safety regulations. They have excessive flame heights, spurt droplets of fuel from the burner when used and continue to

burn for longer than 10 seconds after the lever is released, which is five times the regulated limit of two seconds. These lighters can also give minor electric shocks when used, release fuel when they are dropped and burst into flames.

Health Protection Branch advises Canadians to stop further use of these windproof refillable lighters and to dispose of them in accordance with local laws.

The importer of this product, Y&U International Inc. is cooperating with Health Canada and has voluntarily initiated a recall across Canada. Health Protection Branch is monitoring the effectiveness of the recall.

Consumers can contact the nearest regional Health Protection Branch of Health Canada if they have any questions concerning this matter. The number in Vancouver is (604) 666-5003.

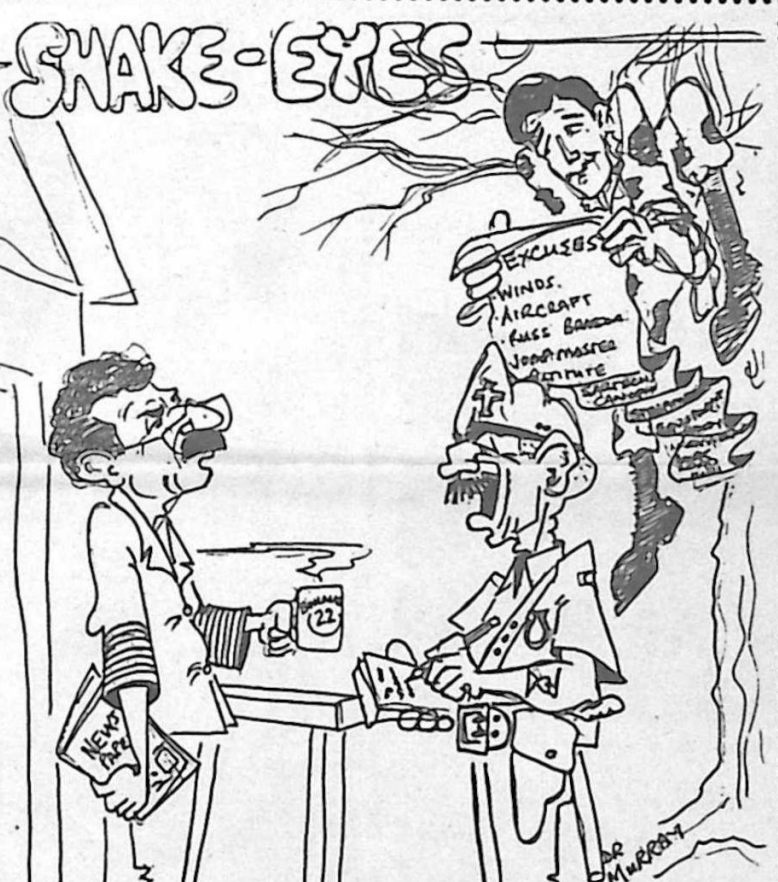


by Lt Kettles

The Black Knights have been rather busy the past couple of months. With the recent issue of our new jammer (A100 Humbler) we have been to a number of exercises. The most recent and significant one being Maple Flag XXX in Cold Lake (10-23 May). There were a number of international participants, including the Americans (F-15s and F-16s), Royal Netherlands Air Force (F-16s), Royal Air Force (E-3 AWACS), German Air Force (F-4s), and, of course the CF with CF-18s and T-33s. The enemy force woke up every morning with fear that the mighty T-33s were to be flying with their all singing, all dancing jammer. The Fighting 414th were an awesome force to be reckoned with, flying two superb missions per day, weather permitting of course.

(Interesting note: when the weather was too low to launch any of the brand new fighters, it was the T-Bird that launched twice daily for the weather check on the range.)

Generally, all participants were extremely happy with the results of the missions. Unfortunately, the second week of the period was cut short due to inclement weather i.e. snow in May. 414 is sending another group of pilots, EWOs and maintainers for the third period of Flag on 8 June. As well, exercises are coming up in Great Falls, Montana with the Montana Air National Guard and in San Diego, California with the U.S. Navy and Marines. We hope to continue to have successful exercises and satisfied customers.



YOU CAN CAMOUFLAGE 'EM ALL YOU WANT COLONEL, FACT IS; IT'S ILLEGAL TO EMPLOY PARARIGGERS AS TREE PRUNERS IN PQ'S!

Snake events

by Capt Hendricks

The passing of the Victoria Day long weekend marks the awakening of the giant, the time when winter hours are exchanged for summer, the time when the snake comes alive. Traditionally, the summer months between the Victoria Day and the Labour Day long weekends are the squadron's busiest, when even the quietest days are busy from dawn till dawn.

Many activities are in the planning stages, to name two: the 50th Anniversary of SAR and the Fly-in scheduled for June 1st. The charity Fly-in, co-hosted with Victoria's CHEK 6 TV, will give civilian aircraft the opportunity to land at Comox from 10 a.m. until 2 p.m. 442 Sqn plans to raise money for the Canadian Cancer

Society and the children of Camp Sunshine through a \$25.00 donation from each visiting aircraft.

Many have volunteered to assist with the static displays, the Mountain Flying and Survival briefings and a BBQ lunch for the visitors. The static displays will include an Aurora, a T-33, a Buff and a Lab and the RCMP helicopter. The museum also plans to have the CF-104 on display for souvenir photos.

Food for the BBQ will be provided, free of charge, by Thrifty Foods in Courtenay. This event will give the flying community an idea of the resources and manpower that is trained to assist when the situation might arise. RESCUE!!

TODAY'S CROSSWORD PUZZLE

ACROSS

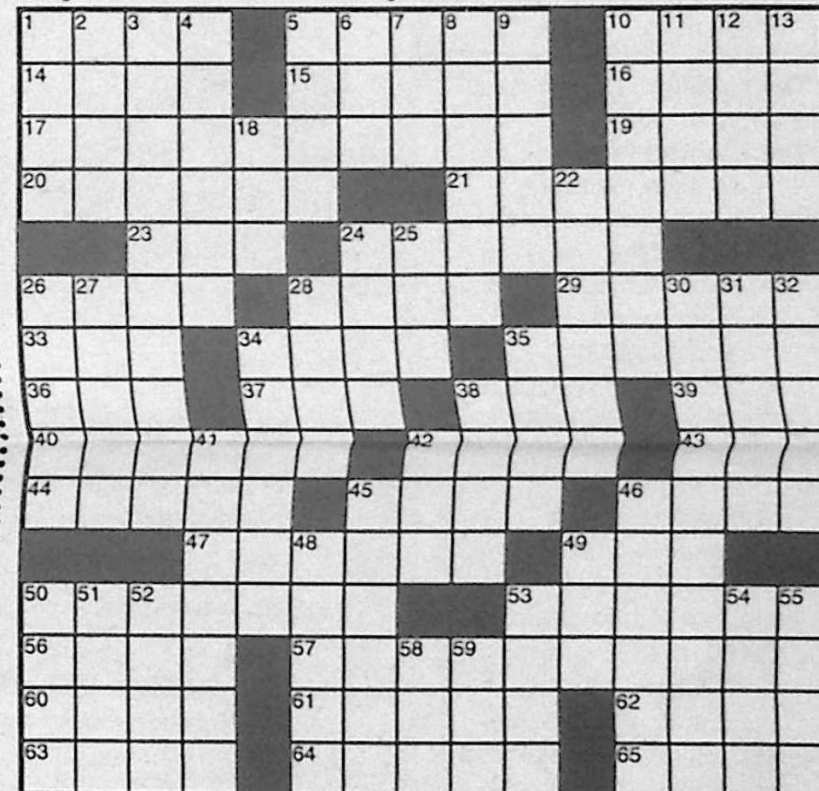
- 1 Operatic solo
5 Extend (a subscription)
10 Environmental problem
14 Swiss capital
15 Sports complex
16 Plow (the soil)
17 Acrobatic flips
19 Doing nothing
20 Makes a happy face
21 Native of Florence
23 "Golly!"
24 Bug
28 Leading actor
29 Allude (to)
32 Make lace
34 Electrical unit
35 Famous horseback rider
36 Kimono sash
37 One - million
38 Chicago Loop trains
39 Singer Damone
40 Perches
42 Platform
43 North Woods animal
44 April or May
45 Sage or oregano
46 Free ticket
47 Ages, as cheese

DOWN

- 1 Fundamentals
2 Paper quantity
3 Farming concern
4 Moose feature
5 Cheers
6 Before
7 Born
8 Sign up (for the Navy)
9 Squander
10 Sluff
11 Skirt length
12 Earthenware
13 Singer Campbell
18 Small
22 Puzzle heading

PREVIOUS PUZZLE SOLVED

VEER GASPS POT
ACNE APART ODOR
TRIM DECOR RIME
SUDAN SWIFTEST
ROCK SPUR
AWAKENED GRASER
TAT STEED SINAL
LIMB OPTED TARN
AVERS SEPAL FED
GEUCE ROSEBUDS
SAPS THOR
FISHBOWL SERFS
ALLI COOKIE WALE
DION HONES ERIC
EGG SNEAK RAPT



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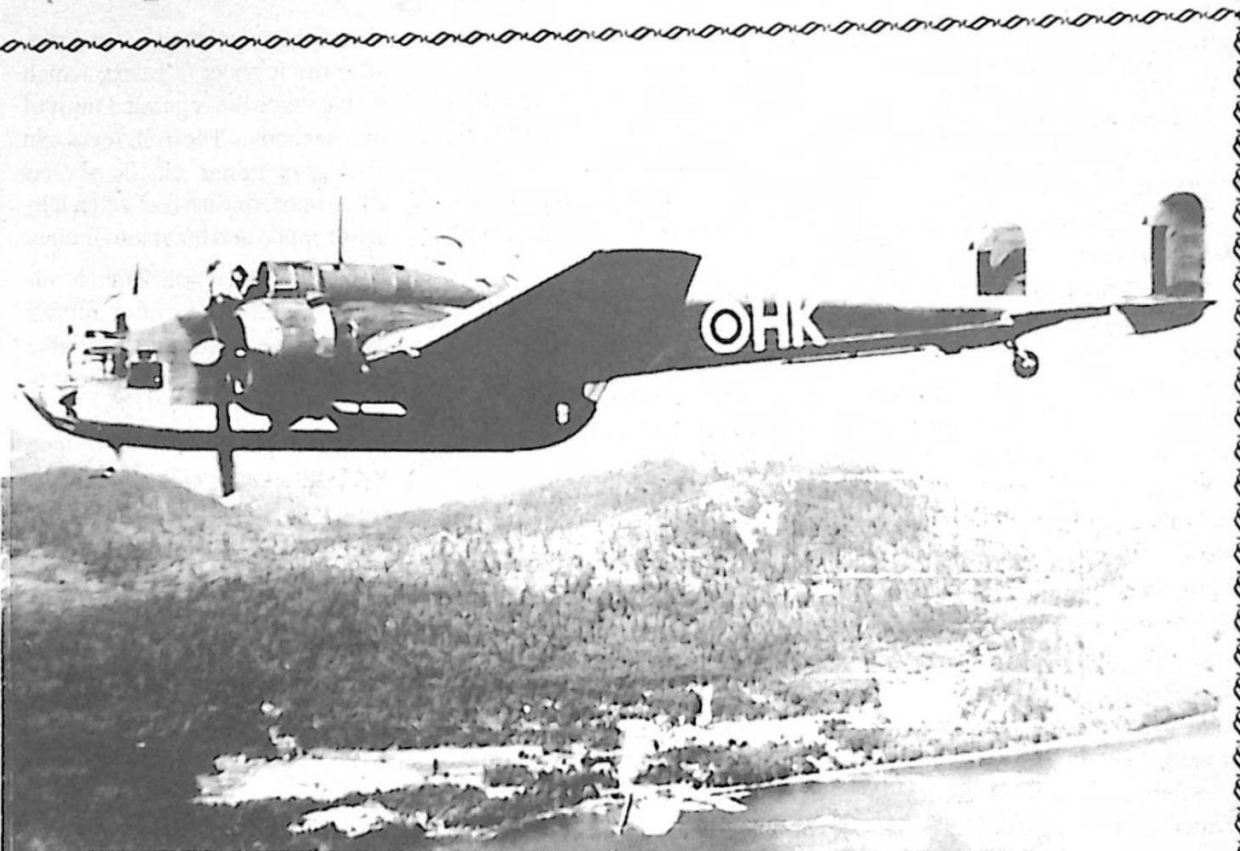
The Hampden in B.C.

The Hampden bomber aircraft was one of three, twin engined bomber types adopted by the Royal Air Force just prior to World War Two. Along with the Whitley and the Wellington, this type bore the brunt of the initial wartime allied bomber activity during the opening stages of the war. Designed and built by Handley Page, the Hampden represented a compromise between a bomber that could carry a large bomb load, and one that was very fast and agile but could carry only a limited amount of ordnance. Consequently it was not particularly fast nor agile, was lightly armed defensively and could not carry a significant bomb load, and therefore was not particularly successful in its operational role. It was withdrawn from operational service by 1943, one of the last squadrons employing it op-

erationally being 415 "Swordfish" Sqn RCAF.

Withdrawn from operations, the Hampden continued to serve well at Operational Training Units. 32 OTU RAF, the subject of the pictures featured on this heritage page, was located at Sidney (Pat Bay) B.C. and was used to train many aircrew in the art of bombing and torpedo delivery.

The Hampden was also built in Canada by a consortium of firms gathered under the banner of Canadian Associated Aircraft Ltd. The initial order by the RAF to Canadian Associated was for 80 aircraft and the first, P5298 flew on 9 August 1940. A total of 160 Hampden bombers were produced by Canadian Associated. The majority were ferried to England and the last was delivered by the end of 1941.

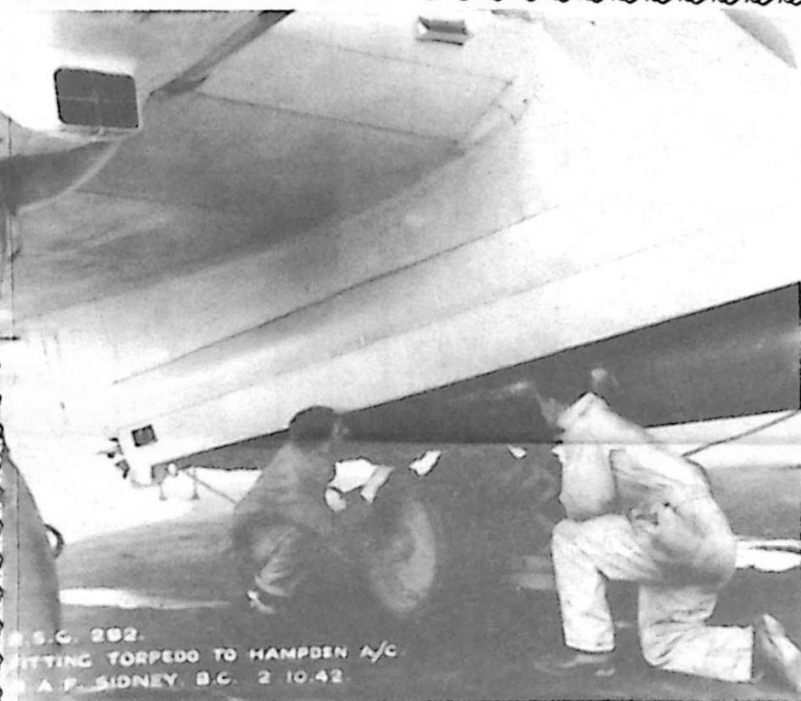


Hampden P5428 "HK" July 25, 1943. This aircraft survived to strike off in 1944. (Rowe Collection)

The Nanaimo Dive Assoc. and 748 Communication Sqn. cordially invite all serving and retired members of the Canadian Armed Forces Regular and Reserve and especially former serving crew of **HMCS Saskatchewan** and their guests to a **Saskatchewan Meet 'n Greet** to be held at **Nanaimo Military Camp 1400 to 2359 hours 14 June 1997**

To celebrate old and new friendships and the re-birth of a great ship. Come one, come all - bring your friends - a great time is planned. See HMCS Saskatchewan memorabilia. Hear the real war stories. Lots of parking

For more info contact **WO E.J. (Ed) (Peeters at (250) 755-5360**



Loading up a torpedo into a Hampden, October 1942.



Two Hampdens in line astern, over Saltspring Island. July 1943. (Rowe Collection)



Wing Commander Guy Gibson V.C. addressing 32 OTU (Sidney) September 15, 1943 during a motivational tour. Wing Commander Guy Gibson commanded 617 Squadron flying Lancaster bombers in the raid against the Mohne Dam and is generally known for his exploits with the "Dambusters." What is not generally known is that then Flying Officer Guy Gibson was the pilot of the first bomber to drop a 2,000 lb. bomb on the enemy during World War II. The semi-armour piercing bomb was dropped from Hampden L4070 in an action against the German battle cruiser *Scharnhorst* at Kiel on 2 July 1940.

Fighter Group disbandment

In commemoration of the disbandment of Fighter Group, the following activities have been scheduled:

- 6 June**
0830-1130: Comd Conference at Pinewood Inn.
1130: Comd Luncheon.
1300: Charity Golf Tournament for Sunshine Foundation at Pinewood. \$25.00. Dress: golf attire.
- 7 June**
1400: Disbandment Parade and unveiling of Gift to the City. Ceremonies will take place on the City of North Bay waterfront. Dress: No. 1A with medals.
1530: Reception on the waterfront hosted by the city.
1830: Candlelight Dinner and Dance at 22 Wg Messes. Dinner/Dance \$15.00. Dinner only \$12.00. Dress: casual - NO jeans.

A weekend package is available, which includes all activities, for \$40.00. Contact Carol Norman (705) 494-6011, ext 6041.

A history book on the air defence of Canada has been written in commemoration of the event and is available for \$25.00, plus tax. Order through Cpl G. Shank (705) 494-6011, ext. 6778.

A limited amount of souvenirs (clothing, wine, etc.) will be available at the ceremonies.

Harreson's Military Store & Outdoor Supplies Inc.
Bay#1-7381 Island Hwy, Merville B.C.
1-604-337-8299
FAX 604-337-8296

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Cap badges-ensignias•Knives
Tents• Medals• Pepper spray
Outdoor supplies•Nato•Cdn
U.S. Sleeping bags• Tents
Medals• Ribbons-mounting,
Raingear-military & civilian
new/used• Sunglasses • Flags
Parachutes • Packsacks,
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The Museum Library is open for research Thursday to Sunday, 10:00 a.m. till 4:00 p.m. (ph: 339 - 8162)

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Ontario, K0K 3W0.
Phone: 613-392-2811, ext 3457. Fax: 613-965-7509.
After 15 April: Ext 3704, Fax 613-965-2196

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