

Premiere of new Sports Page

...Page 7



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Story on Page 4...



TOTEM TIMES



VOL 39 NO 12

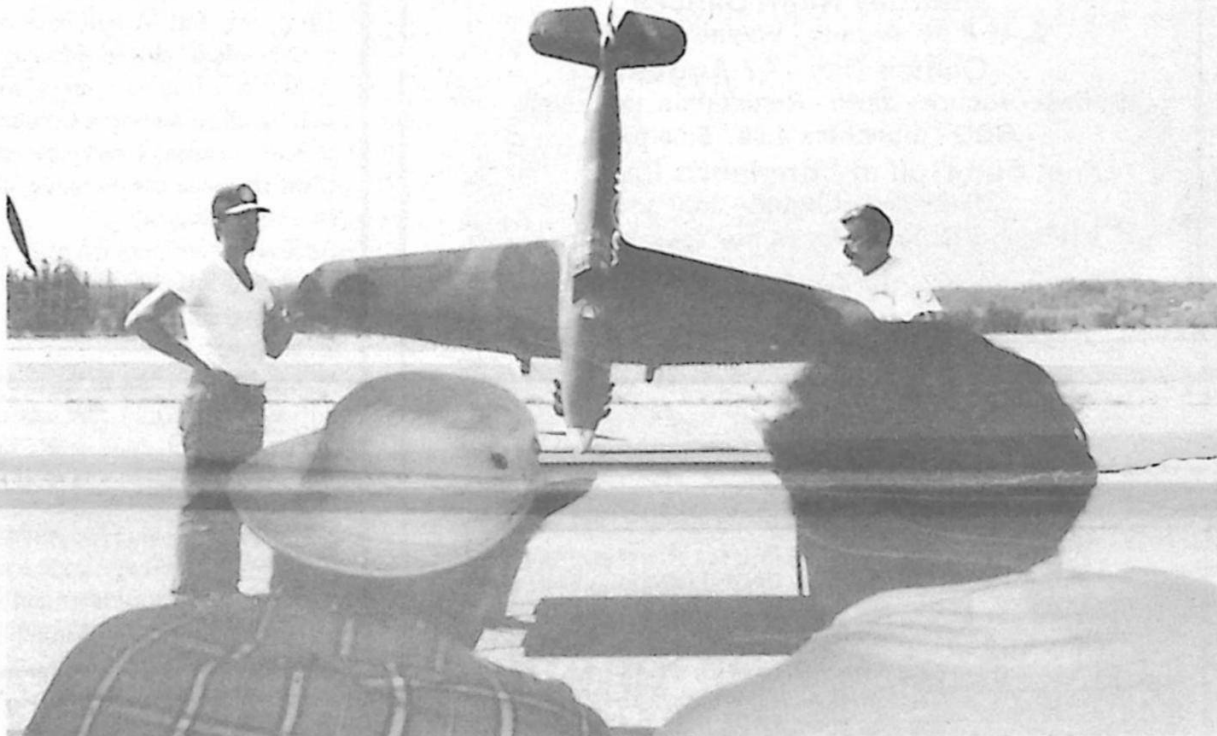
The Comox Valley's Oldest Newspaper
THURSDAY 31 JULY 1997

COST: FREE

History on display



Impressive flight line.



Large scale Hurricane being judged for scale accuracy.

by Joel Clarkston

The big news from the museum folks this issue is their participation in Comox Nautical Days. As an opening event for the festivities, the museum sponsored a military and civilian scale model event, open to the public, and featuring many radio controlled models flying in exciting and realistic manoeuvres.

With the support of 19 Wing, a temporary flying field was set up in front of the control tower and a flight line established so that competitors and public alike could enjoy the exciting air demonstrations. The event was run as a competition with the flyers competing for a number of prizes and trophies. A running commentary was maintained by announcers in the ops van, provided by the NBCW folks, and this en-

abled the public to stay informed regarding flying techniques as well as the historical significance of some of the aircraft being demonstrated.

Competitors arrived from as far away as Port Hardy, Powell River, Vancouver and Victoria. The local flyers from Campbell River and the Comox Valley were also well represented.

The attendance figures for the 2-day event were quite good with an estimated 1,000 spectators entering through the Tee Pee Park campground gate. Continual advertising announcements were maintained by the local radio station, CFCP, on the day prior to the event and during the opening day. This support was much appreciated and undoubtedly contributed to the large spectator turnout.

...see Scale Event, page 2



Carlo from Powell River - SE5A Biplane. Voted most popular by the participants.



A future air force pilot.

(Photos by MCpl Cuerrier)

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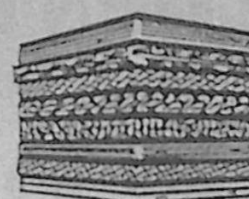
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REGULAR EVENTS:

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MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
DANCE.....every Friday night, 8:00 pm

1 August.....The Alleycats
8 August.....The Easterners
15 August.....Norm's Combo
22 August.....Andrew Schmidt
27 August.....Special Delivery

FUN CRIB.....every Wednesday night 8:00 pm
FUN DARTS.....every second 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.....cancelled for July & August.
Next General Meeting will be held 23 September.

Special Events

Saturday Night Dances:
2, 16 & 30 August - Wayne's Music
Games Day - 17 August
Crib - euchre - darts - Registration 1:00 p.m.
(BBQ - munchies 4:00 - 6:00 p.m.)
Fun Golf at Longlands Par 3
Saturday 9 August - 3:00 p.m.
9 holes - \$12.00, includes golf fees & prizes.

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BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri Aug 1 ... STRIKE IT RICH
Fri Aug 7 ... ALLEYCATS
Fri Aug 15 ... THE EASTERNERS
Fri Aug 22 ... ELDORADO
Fri Aug 29 ... COUNTRY COUSINS

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

The Pub Night Singers would like to take this opportunity to thank all those who donated or supported our very successful Garage Auction & Bake Sale. This fundraiser will help defray costs for our trip to the Lodge at Broadmeade, Victoria in September, where we will entertain the veterans. Again, our thanks.

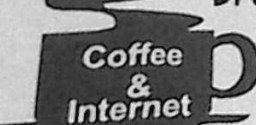
DEADLINES

Advertising - 6 Aug.

Articles - 8 Aug, NOON

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Cops Corner

by Cpl K.E. LeBlanc

Welcome back to the Guardhouse. It seems that no matter where you go, July and August always appear to be the busy season for Military Police sections, and Comox is certainly no exception this year.

As always, we are faced with the manning shortages which every unit must deal with due to the simple reason that it's posting season. We are now in the process of losing our out-going personnel, but we have only gained one new member.

Add to this the array of commitments we must now provide bodies for. As stated in previous articles, we are coming up on Peace Keeper Challenge and, although two of our competitors have withdrawn for personal reasons, we are still sending two of our members in the beginning of August.

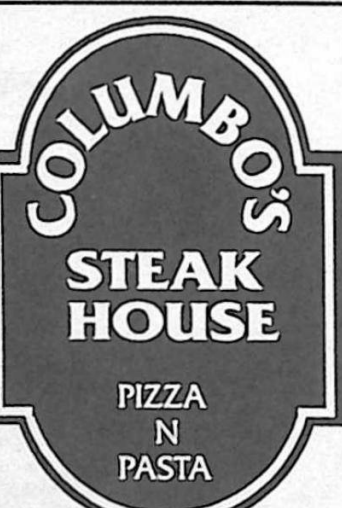
Once again our SAMP Flt is providing all the security for Canadian Military assets at the Abbotsford International Airshow. So we can scratch another Sergeant, Master Corporal, and four Corporals from our roster. These individuals will be deployed from 5-12 August. Until early fall we still have our Captain and a Sergeant deployed to the United Nations Security Mission in Haiti.

As this article goes to press, we will be finding out if MCpl Grenier will be off to support a Combat Engineer Bridge Camp at Chicotin or not. As always, he is presently in the "hurry up and wait" mode. If the message comes in, he will be with his old regiment from 25 July to 15 August.

As every summer, we also provide one Master Corporal to be employed full time at the Sea Cadet camp run at HMCS Quadra. Our congratulations go out to MCpl Liam Stackwood, this year's lucky winner.

What all this means to those of us staying behind is that our section will be going from four duty shifts to three. We are so short of manpower that these shifts will actually be partially manned by some of our regular day staff members, much to the dismay and/or fright of our patrol members.

Well, that is what is happening in our little neck of the woods this summer. We wish everyone a safe vacation for those of you heading out on leave this summer and we will be back in a few weeks with a topic unknown at this time.



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Scale Event

Continued from front page...

The overall winner of the competition came as a bit of a shock to the contestants. Thirteen year old Mike Beasley from Vancouver scored the highest in the static scale and flying points to take the number one spot. The aircraft was scale model of a Spitfire Mk IX built by Mike, supported by his father Wayne and his grandfather Doug. All three were in attendance during the opening day and participated in the flying action. The grandfather, Doug Beasley, was unfortunately called away for the second day because it was his 50th wedding anniversary. I suppose that discretion is the better part of valour.

The winners in the other categories were: Mike Schoefield from Victoria flying a civilian scale Extra 300; Terry Androssov and Frank McCrindle from the Comox Valley, also flying an Extra 300; and Jim Scammell from Victoria flying a military scale Harvard. The aircraft voted most popular by the contestants was a World War I scale SE 5, a biplane built and flown by Carlo Ciarnello of Powell River. Terry Androssov's military scale F4U Corsair was voted most popular by the spectators.

The museum's mandate for public education was certainly fulfilled during the course of the competition. There was ample opportunity for the announcers to explain the historical significance of the aircraft being flown and it was a rare opportunity to get the message across to so many people at one gathering. It was truly an occasion for both the flyers and the museum to strut their stuff. Now it's time for the builders to hunker down and build even bigger and better aircraft for next year.

The museum's participation in Nautical Days will continue with a float entered in the parade on August 4. We will also have a booth set up in the Comox Marina Park for the festivities on Sunday and Monday.

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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)

Review team looks at medical care

by Vice Adm L. Murray,
Acting CDS

A major review of the care of injured personnel and their families will be conducted to determine the level of our success or failure in providing them adequate medical care and administrative support post injury. In proceeding with this review, my ultimate goal is to ensure that all CF members, regular and reserves, can serve with the confidence that they and their loved ones will be well cared for in the event of injury or death.

An Injured Personnel and Families Review Team (IPERT) has been established with the mandate of completing their work

no later than 30 September 97. The team will confirm the number of casualties/injuries since 1 Jan 92 and conduct extensive interviews with them, their families or their survivors. It will further solicit from them any suggestions they may have for improvements to our current methods of caring for casualties/injured personnel and their families. The team will then be required to provide me with recommendations to improve our legal, medical and administrative procedures to ensure continuity of care and personalized attention.

While the review team will endeavour to initiate contact with injured personnel and their families, it may not be able to reach all

of them in the time frame provided. For this reason all personnel who have been injured in the line of duty are encouraged to make direct contact with the review team.

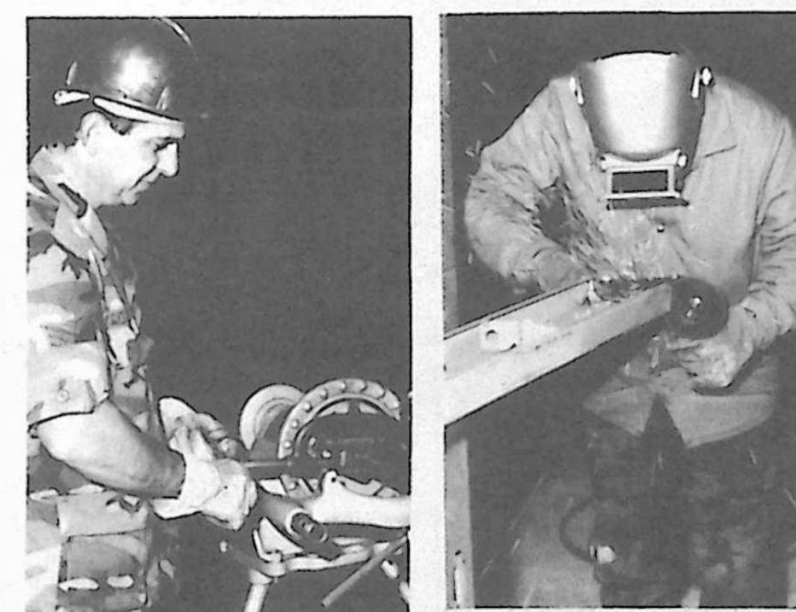
The review team leader is LCol R.G. McLellan, CF Chief Social Work Officer. He can be reached at (613) 945-6703. The rest of the team can be reached at (613) 996-4639. There is also an IPERT toll free line which may be used: 1-888-837-4777.

Let me restate my commitment to this review and my sincere hope that from it will emerge a more effective and compassionate way of caring for injured personnel and their families.

Air National Guard complete spray booth, phase 2



WCEO Maj Gauthier presenting Engineer plaque to LCol Voch from Pittsburgh Air National Guard.



Air National Guard hard at work at Bldg 126.
(Photos by Wing Imaging)

Yet another deployment of the ANG to Comox is complete with the departure of the 150th CES from Kirland, New Mexico. With their great effort they finished off the second phase of the paint spray facility project. The last group left in style with a traditional Mexican dinner of enchiladas. The food was great but the tradition of hot chillies does not mix well with the Airfield Engineer tradition of the Pakka Sapper. All that's left is for the contractor to finish off the building by the mid-October deadline.

Many thanks to all around the Wing who supported this deployment. There was nothing but kind words for the accommodation, meals, recreation and warm reception. Special thanks to Sgt Owen Blake for his constant support to the ANG's during their stay.

Office equipment: Fiction or FACT

Fiction: Computers don't use very much energy.

Fact: Turn your computer on and leave it running for a year and you'll receive an electricity bill of between \$100 and \$150 for your trouble.

You'll also need to return it for repairs sooner and more often. Include printing costs if you decide not to use e-mail, and your inefficient computer habits can drive costs up to startling heights.

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Grand unveiling of 407 mural

(Photos by Wing Imaging)



LCol G.F. Reaume is pleased to announce the promotion of WO Jean Simard, shown being presented with his new rank of MWO.



407 Sqn recently held a competition for the design and painting of a wall mural for the squadron Orderly Room. On 8 July the grand unveiling took place in the presence of many squadron personnel, along with friends and family of the winner, Sgt Marc Fontaine, who is shown here being congratulated by LCol Reaume for a job very well done. Marc's artistic talents will be missed as he was recently posted to Cold Lake, but the squadron will enjoy his work for many years to come.

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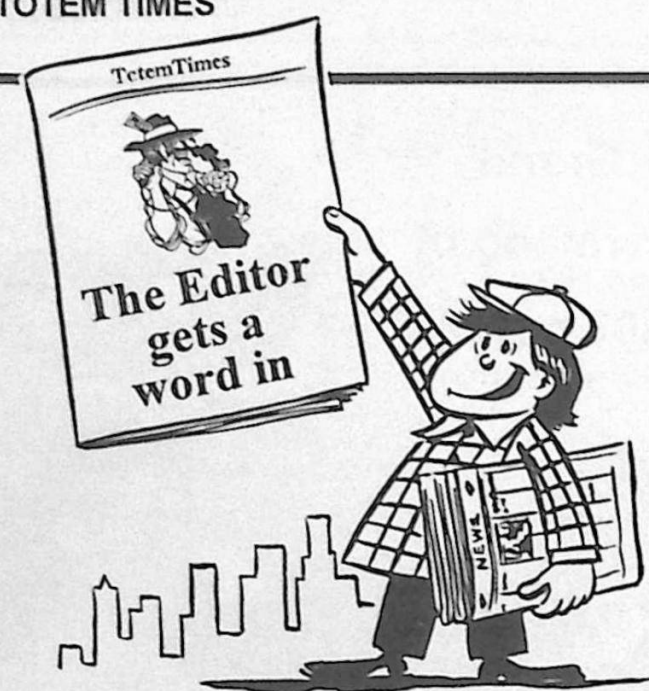


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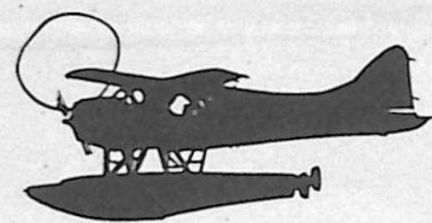
2967 Kilpatrick Avenue, Courtenay, B.C.



"I don't know the secret of success, but I do know that the secret to failure is trying to please everybody" - Bill Cosby.

Lately I've given serious consideration to having that quote engraved on a bronze plaque and mounted prominently about the office. The Scale Event sponsored by the Comox Air Force Museum on the weekend, and well attended by the public and participants alike, is a case in point. It was organized by the museum staff and a great deal of cooperation was given to them by 19 Wing. On the whole, it was a great success as the advertising and exposure for the museum was significant. As one of the organizers, I have to say though it's a tough go when there are so many people with great ideas, and they all seem to surface at the eleventh hour. Organizing one of these public events over the course of a year is a little like floating down a nice wide, non-turbulent river for eleven and a half months, followed by two weeks of vicious rapids, ending in a trip over Niagara Falls. Considering the excellent support from 19 Wing and the outstanding cooperation from the Air Traffic Controllers, I know that the fliers appreciate the unique opportunity to display their craft before the public. It's just that so many people have so many ideas on how it can all be improved. Great, thanks for your input. I'll try to incorporate some of those changes for next year. Please refer to the opening quote.

Joel Clarkston



Wing Commander's Commendation

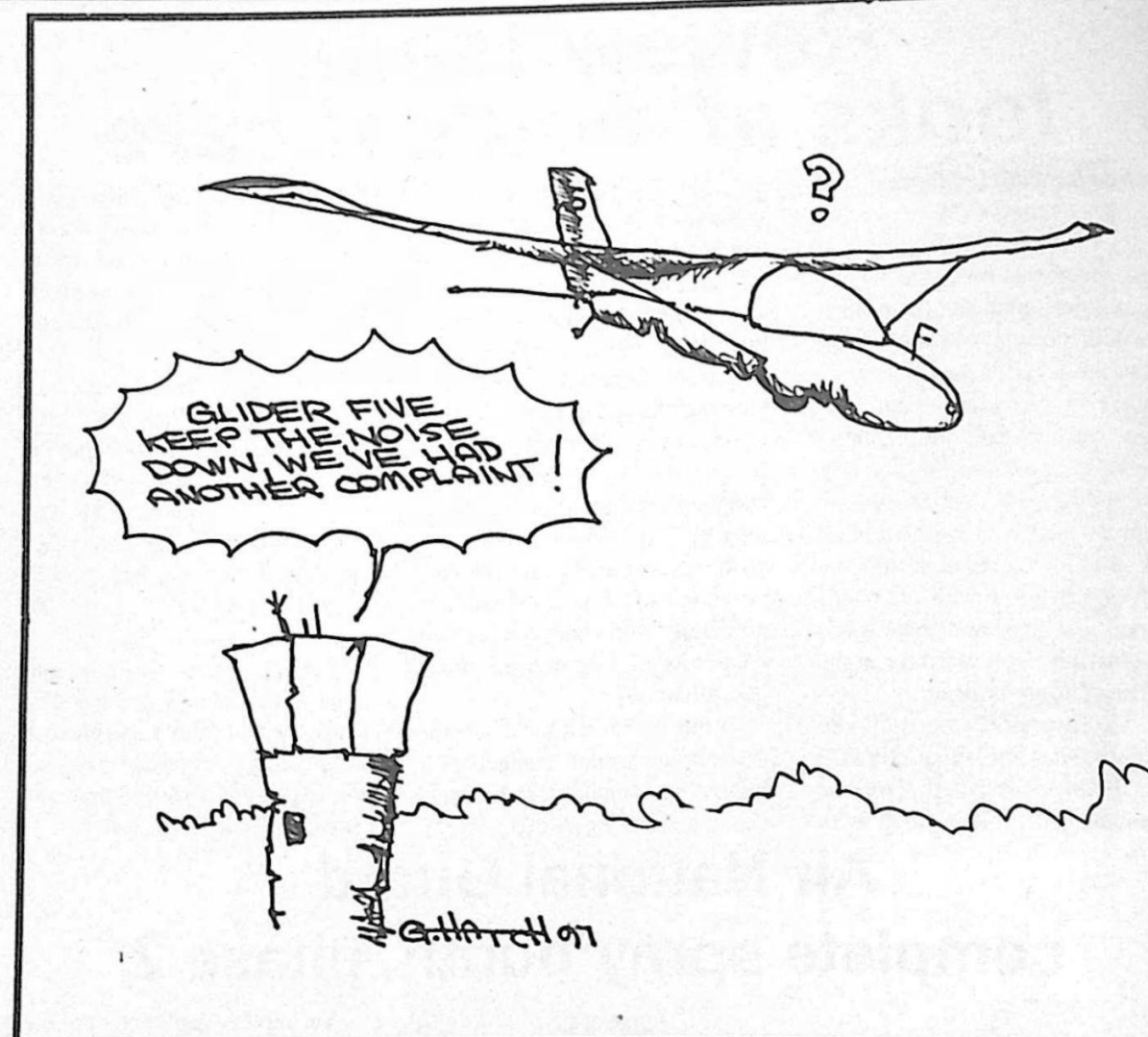


Sgt Leo Phillips from WNBC Flt received the Wing Commander's Commendation from Col Brian McLean for his outstanding contributions to the wing and local community organizations. As NCO i/c, he demonstrated exceptional leadership and organizational skills by improving the operational capability of the NBC unit and vehicles, as well, enhancing the tracking and training of essential qualifications for all Wing Personnel. A strong supporter of the local community, Sgt Phillips played a prominent part in the success of Canada Day celebrations for two years, numerous Mess functions, Winter Carnival, Wallace Garden initiatives, etc. Well deserved award, Leo!

(Photo by WIS)

More Murphy's Laws on Combat Operations

If you are forward of your position, the artillery will be short. The enemy diversion you are ignoring will be the main attack. If your attack is going really well, it's an ambush. All of your 5-second grenades will have 3-second fuses. When you have secured an area, don't forget to tell the enemy. The only thing more accurate than incoming enemy fire is incoming friendly fire. Anything you do may get you shot, including doing nothing. Close only counts if you are on the receiving end. Everything else being equal, the side with simplest uniforms wins.



10,000th radar approach

On behalf of the Commander of Air Command, LGen A.M. De-Quetteville, the WComd Col B.B. McLean, presented Sgt P.W. Lucas with a Certificate of Achievement recognizing 10,000 radar approaches by an Aerospace Control Operator. The 10,000th approach was flown by the CO 414 Sqn, LCol A.D. Hunter. From all

the pilots, military and civilian, that he has expertly recovered during various weather and emergency conditions, goes many kudos. This represents a noteworthy milestone in his career and the members of the ATC section in Comox were proud to be able to share this with him. Congratulations Perry.



LCol A.D. Hunter, CO 414 Sqn, congratulates Sgt P.W. Lucas after completing his 10,000th radar approach. Also in photo, back seat Cpl Jamison 414 Sqn and WO A.R. Lirette, Senior Radar Controller.

(Photo by WIS)

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.



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Jenny Cooper

PHOTOGRAPHIC DEPT.
Sgt Robert Trombley

PRODUCTION STAFF
MCpl Brenda Trombley

CIRCULATION
Jenny Cooper (339-3486)

PHONE: 339-2541
FAX: 339-5209

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Glacier Greens



JOYCE MERRILL
AGES #15

by Barb Carter

Glacier Greens Ladies had 32 girls come to play on July 15. The turnout was smaller than usual since many of the ladies were at Pacific Playgrounds for an Inter-club. The weather was great and, after a random draw, six girls received shiny new balls for their efforts. Low Putts went to Lorraine Courtmache with only 29, on the other hand it was Sharon Warne. Both received balls.

The invasion of #15 continues - on 14 July, using her 6 iron, Joyce Merrill got her ace. Well done Joyce.

Our Match Play Team is doing great. The last match was played with Sunnydale and they captured 36 points, putting them in second place. Team members were: Lori Ross, Duane Miles, Muriel Krier, Sue Powers, Fran Hutchinson, Irene Marshall, Carmel Horochuk and Gill Idiols. The next match is at Sunnydale on 6 August. Sign up early - its the lowest eight handicaps who get to play.

MR & MRS/
HIS & HERS

NET TOURNAMENT

Played on 13 July, the field low net winners of the Mr & Mrs were the Mann's (64). Bing Shearer and Linda Picard won the His & Hers (67.5). Although primarily a net tournament, one gross was given in each category: Mr. & Mrs - the Livingstone's (79); His & Hers - Andy Clark and Dot Grant (93).

Other couples who were winners for the Mr & Mrs: Courte-

manche, Warne, Merrill, Prichard, Marshall, Carmichael, Horvath, Powers, Verbeek, Belanger, Armstrong, Johnston, Perry, Limin, Lott, Downey, Beachey, Froehler, MacArthur, Forget, Hutchison, VanBoeschooten, Felbaum and Israel.

Second in the His & Hers - Nick Mykitiuk and Karyl Diewert, third - Ray Cossette and Ellie Noeholas.

KPs were: #4 Giles/Brinkman; #12 Downey's; #15 Courtemanche's, 17th Powers'.

TRI GOLF
CHALLENGE

It was a fun day at Glacier Greens on July 22 when we played the Tri Golf Challenge. 1st LG went to the team of Duane Miles and Mary Kelly, 1st LN to Fran Hume and Claire Rathbun, 2nd LN to Ann Johnston and Arlene Bishop, 3rd LN to Marie Israel and Shirley Chapman.

Hats off to Ellie Nicholas who broke 100 for the first time and received her coveted pin. Well done, Ellie.

The volunteer work we are receiving from our members is totally awesome - from the power washing of the Clubhouse, beautifying the grounds, the removal of debris, and so many other things. For fear of missing even one name, you know who you are, and it is much appreciated. What a great membership!

To the crew of Steve Bailey and his hard working merry men - the course is in fantastic condition and we thank you for all your efforts. To the Pro Shop, for all their help - thanks so much.



by Anne Newman,
CPGA Pro at Glacier Greens

Once upon a time, in a far away place (Powell River), a little golfer was born. Deciding that the island was where they wanted to live, the little golfer's family moved to Campbell River.

Once the little golfer was old enough, she was allowed to play golf at the local golf course. Around and around she went until the little golfer was good enough to play in some competitions. At the age of 15 the little golfer entered her first B.C. Junior Championship and managed to win 1st Low Net. She was hooked!

As a junior, the little golfer worked hard on her game and, because of this hard work, she was able to travel across Canada representing her province.

As the years went by, the little golfer became a young adult golfer and, as all young adults do, she decided to leave the nest and moved to Victoria. She stayed there for eight years working for B.C. Tel and working full time on her game.



Golfers having trouble with their putting game may want to see their optometrists before signing up for more golf lessons because the underlying problems could be with their vision.

"To putt well, both your eyes need to be properly aligned and working together," says Dr. Donna Mockler, chair of the Sports Vision Committee of the B.C. Association of Optometrists.

"The golfers who have trouble are those whose visual alignment fluctuates," Dr. Mockler says. "Most golfers whose visual alignment is consistently off can adapt to it, but those whose alignment fluctuates will feel they don't have any control over their putting." The fluctuation may be aggravated by stress or being tired.

Inconsistent putting is a symp-

"Operator,
connect me with my
CPGA Pro"

During her time in Victoria, the young golfer was able to win the city championship and set two course records: one at her home club of Gorge Vale (74) and the other at Rivershore (69). She played in her first Canada Championship as an adult and finished in the top 25. She won many island tournaments but also lost many along the way.

Feeling that there was something missing in her game, the young golfer moved to Vancouver to receive coaching from Jack McLaughlin (Head Pro at Shaughnessy Golf Club). Jack made golf easy for the young golfer and made her realize that she could make a living at the game she loved so much. So she retired from B.C. Tel and went to work for Jack's son, Jim McLaughlin, at University Golf G.C. Under Jack's coaching, the young golfer won the Vancouver City Championship twice, was captain of the B.C. Ladies Amateur Golf Team two years in a row, runner-up in the B.C. Amateur

twice, had three top 15 finishes in the Canada Amateur, and was ranked 10th, then 5th in Canada. She also represented Canada in the Mexican Ladies Amateur, finishing fifth overall.

tom that this may be happening. Another is difficulty judging the lie of the green. "If the lie looks different in the putting position than when standing behind the ball, visual alignment is probably the culprit," says Dr. Mockler. "These golfers will have massive uncertainty when they go to stroke the ball. If their eyes are not exactly in line with what they see or perceive, working on the mechanics of their golf swing will be futile."

Good Visual

Alignment Essential

Doctors of optometry specializing in sports vision or in binocular vision can diagnose a visual alignment problem, using additional eye exam tests that are not part of a routine exam. They then develop a sports training program to solve the problem. Such programs involve practising specific visual tasks in the optometrist's office and at home.

In the early part of 1991 her coach passed away and the young golfer had to make a decision: to stay amateur and represent Canada in the British Amateur and Commonwealth Games, or to start her apprenticeship as a professional golfer.

She decided to turn professional and started work at Hazelmere Golf Course. The young golfer found that she had a flair for teaching and enjoyed it very much. From there she went to Shaughnessy Golf Club and worked for three years. She worked hard on her teaching, making sure that her students were having fun.

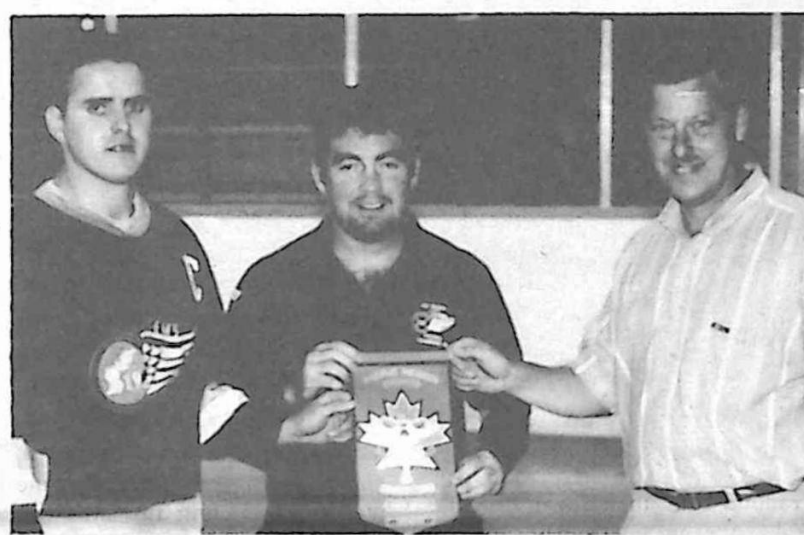
Missing the small town life (for not only does the young golfer love golfing, but she loves fishing even more) the young golfer pro started to look for work outside the city. It was her good fortune that the Head Professional of Glacier Greens Golf Course (Scott Fraser) was looking for an assistant.

So, in 1995, the young golfer came home to the island and started work at GG. Even though she does not play as much as she wants, the young golfer still has managed to set four course records in the last three years.

Anyone looking for a game???

Ball Hockey
Regionals

Roberta (Bobby) Howard, Fitness Sports and Recreation Director, drops the first ball to officially open the 97 Pacific Region Ball Hockey Championship. Facing off at the opening - Esquimalt's famous team captain Lamonte French and Comox's Barry (Clutch) Hower.



Wing Chief, CWO Dupuis, presents the Pacific Region Ball Hockey Banner to Gregg Carr, the coach of the 19 Wing Comox Ball Hockey Team. Looking on is the team captain, Tim Mamye.



19 Wing Ball Hockey Team - Pacific Region Champions.

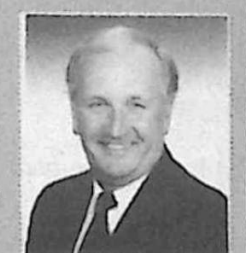
(Photos by Cpl Olsson)

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Open Daily 9am - 5pm

The PAC Region Ball Hockey Championship was held at 19 Wing Comox from 11-13 July. Teams from Esquimalt, the Pacific Fleet (HMCS Protecteur) and Comox participated.

The tournament was a single round robin event with a semi-final. Comox went through the round undefeated, earning a bye to the finals. Esquimalt and the Protecteur played in the semi-final with Esquimalt winning handily 11 to 1.

The final was like watching two new, fresh teams playing their first game of the tournament. The action was up and down the floor and the thrills were by the minute with Spud MacMillan of Comox and R. Crawford of Esquimalt keeping the ball out of the net. At the end of regulation play the score was tied 2-2, due to the outstanding net minding of both keepers. The game went into sudden death overtime and both teams had their chances early. Then, at the 6:21 mark of the OT period, Barry (Clutch) Hower found a hole and neatly netted the winning goal with the help of the Clairmont brothers - Jeff and John.

Congratulations 19 Wing!

Swimming Pool		MONTH JUL-SEP 97						
FACILITY	TIME	MON	TUE	WED	THU	FRI	SAT	SUN
POOL MAINTENANCE	0700							
	0730							
	0800							
	0830							
	0900							
RED CROSS SWIM LESSONS 0900 - 1130	0930							
	1000							
	1030							
	1100							
	1130							
MILITARY SWIM 1130-1300	1200							
	1230							
	1300							
	1330							
	1400							
CAMPS SWIMMER CAMP 1300-1400 2 JUL-29 AUG	1430							
	1500							
	1530							
	1600							
	1630							
BLUE DEVILS SWIM CLUB 1530-1700	1700							
	1730							
	1800							
	1830							
	1900							
OPEN SWIM 1830-1920	1930							
	2000							
	2030							
	2100							
LANE SWIMMING 1500-1600								
LANE SWIMMING 1830-1920								

Glacier Greens
Social Centre

The Social Centre is now nearing completion of this year's planned improvements. So far a new kitchen has been installed as well as new flooring in the Clubhouse. The exterior of the building has been power washed and painted by an army of volunteers led by Larry Lot. The flower gardens have all been attended to so the place has never looked better. Inside, photos of each of the 18 holes grace the walls. These were done by Hal Fraser who happens to also be a member here at Glacier Greens.

The restaurant is now cooking Sunday Brunch, starting at 0700 hrs. for just \$5.95 adults and \$3.95 for kids. Remember, the centre is open to all - not just golfers - so come on down for breakfast, brunch, lunch or dinner!

1997 Summer Swimming Program
Session 3 (5 - 15 August)
Registration: 1 August
Time: 0830-1130 hrs.
... 1800-1900 hrs.
Session 4 (18 - 29 August)
Registration: 15 August
Time: 0800-1130 hrs.
... 1800-1900 hrs.
Cost: Level 1 to 6 \$24.00
... Level 7 to 9 \$30.00
... Level 10 to 12 \$40.00
Lesson: All lessons will be held between 0830 and 1130 hrs, from Monday to Friday at the Base Rec Centre Swimming Pool.
Registration: All registrations will take place at the Base Rec Centre.
For more info, contact J.C. Fromont at 339-8211 local 8315.

RULES OF PLAY - RULE 13

- (A) YOU MUST PLAY THE BALL AS IT LIES ...
YOU MAY NOT MOVE IT TO A BETTER SPOT ...



(B) ... OR MOST OF ALL IMPROVE THE LIE

HEY!

Check
This
Out

The following stats are from the Golf-a-thon played out by "Butch" Kelly of Storey Creek Golf Club and Scott Fraser from our own GG course. Funds raised through pledges will go to aid programs at both golf courses. At present, pledges total approximately \$1,300 for GG and \$1,000 for Storey Creek. The event started at 0500 and finished when darkness descended and saw: 225 rounds of golf played, 1838 golf shots, 1 eagle, 64 birdies, 77 pars, 87 bogies and 24 doubles. Approximately 1225 divots were replaced and 565 ball marks fixed (several extras). To keep going, Butch and Scott consumed between them: 18 Snapples, 6 chocolate bars, 4 pizza slices, 4 soda pops, 4 muffins, 3 bags of chips, 2 bacon & egg sandwiches and 1 sausage roll. Also required: 5 Band-aids! End result: two very tired and sore golfers who were pleased to have beaten last year's 200 holes!



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Take Off With Us!

Sunwest Auto would like to introduce DEBBIE BARNES to their sales team. Debbie, her husband Drew and their 3 children have recently been posted to CFB COMOX. She is actively involved in both the Comox Military Family Resource Centre and the Wallace Gardens Community Council. Debbie has an extensive background in sales and marketing and is looking forward to helping you with all your vehicle needs.

Sunwest Auto Centre

401 Ryan Rd., Courtenay

Debbie Barnes
Sales & Leasing
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Reserves pave way to brighter future

by Jennifer Faubert

"It's a good time to be a reservist," said Col McLeod of DCOS-Reserve & Cadets at a recent town hall meeting. Col MacLeod sees real value in holding these meetings. "The problem is that too many rumors are in the air, so unless I personally hear it from the Commander myself, I don't put much faith in most of what I hear."

Key highlights of his most recent talk involved initial recommendations surrounding the "Air Reserve 3000 Project, informally renamed "Reserve Revitalization" (it will determine the future of the air force reserve). Official recommendations are expected as early as this fall.

More reserves!

Col McLeod reminds reservists that the main business is still part-time, and this is the main reason behind the revision of reserve employment across the Command. Particular emphasis will focus on Class B(A) career positions with the review to be completed by the end of this year.

The green light was given to potentially add another 2,000 reservists to the payroll within the existing funding envelope, thereby conceivably boosting the current number from 3,000 to 5,000.

"Taking care of reserve issues by full-time reserves is still necessary," said Col McLeod, but he also warned, "expect competition in future to ensure the best person gets the job."

More

Public Affairs Officers

The air reserve plans to mirror the regular force's plan to hire Public Affairs staff by adding four additional positions. "We need to deliver a proactive approach, march out the successes of the reserve component and deliver better communication vehicles to inform, pass information and to talk about reserve issues," the colonel explained.

Targeting Industry

One such issue is to encourage industry to support employees employed with the military. This includes supporting time off, with pay top-up, to allow reservists the opportunity to become involved in operational exercises and career advancement courses.

Col McLeod said the Industrial Reserves trial implemented in 1994 centred on the aerospace industry since the air force is in the business of fixing, maintaining and flying aircraft. Canadair, CAE and Bristol are all participating aerospace industries that have contracts for Air Command aircraft types. Eligible employees were initially enrolled in the air reserve to work on the same equipment.

"It is a win-win situation. They end up with a better trained employee and we receive a trained reservist," said Col McLeod. He admits that preliminary reports from the trial were disappointing as the program did not fully get off the ground and was not extended across the Command. Despite this setback, the programs will continue. Future growth intends to target individuals with specific skills, gained either from prior regular force service or through their current civilian jobs.

Plans are in the works to extend the Industrial Reserve program to other industries, such as clerical, transport, medical and security.

Class "A" EI benefits

Due to government restructuring of the Employment Insurance (EI) program, Class A or part-time reserves are now afforded the opportunity to use Class A hours toward EI claims. Once implemented the deduction will automatically be collected from pay.

According to Reserve Controller, Maj Clark, the date for implementation could be as early as September. "It is definitely going to happen but the difficulty lies with the pay system and if it can be configured to handle the deduction," he said.

The news has been met with relief, as well as some concern. Maj Clark noted that few reserves would be able to collect under the new system, since most reservists terminate their own employment. However, for those who see the possibility of having to collect, it is beneficial. "It is like having fire insurance," Col McLeod analogized, "you just hope you never have a fire."

These are just a handful of projects which are works in progress of the reserve component and deliver better communication vehicles to inform, pass information and to talk about reserve issues," the colonel explained.

New boss at WLOG Sqn.

On 9 July, LCol Peter Abbott, OMM, CD handed over command of the 19 Wing Comox Logistics Sqn to LCol Terry Leversedge, CD. The Chief of Staff Support from Air Command HQ, Brig-Gen Peter Gartenburg, CD was the Presiding Officer.

During his tenure as W Log O, LCol Abbott effectively "moved the yardsticks" to streamline operational support by his active involvement and leadership in the re-structuring process. Under his auspices a well mapped out path for the way ahead was prepared. The 19 Wing Master Infrastructure Development Plan provides a sound foundation for the siting and design of buildings to meet our future needs. At several farewell events, LCol Abbott was recognized for his personal involvement and concern for the welfare and development of civilian and military personnel under his command. Appointed Deputy Commander of 1 Wing HQ, LCol Abbott and his wife Joanne will reside in Kingston, Ontario after a leisurely "Harley" ride into the sunrise across western Canada. All personnel at Comox wish you Good Luck and Godspeed in all your future endeavours.

LCol Terry Leversedge, his wife Eileen and daughters Alexandra and Jenna join us from North Bay, Ontario where he was the Deputy Chief of Staff Support (A4 Support) at Fighter Group/Canadian NORAD Region HQ. In his initial address to the squadron, LCol Leversedge described his personal philosophy "4 C's" to promote teamwork that achieved considerable success at previous units. He promised his personal commitment to the task ahead, consistency of effort to achieve the mission, effective communication to ensure all personnel in the chain of command are kept informed and a renewed challenge to meet the changing needs of the Air Force at Comox. He also emphasized the important role logistics performs to keep aircraft flying, as reflected in the motto of his current unit "without support nothing operates." All squadron members extend a warm Comox welcome to LCol Leversedge and his family.

NEXT DEADLINES
Advertising - 6 August.
Articles - 8 August,
noon.



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The paperwork's complete



LCol Leversedge, BGen Gartenburg and LCol Abbott sign official Change of Command documents.



Capt McCarthy receives his CD from Aircom COS SP BGen Gartenburg.



MCpl Giguère, CD.



Cpl Rioux promoted to MCpl.



Cpl Baird, promoted to MCpl.



Cpl Dupre, CD.

(Photos by Cpl Ménard)

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AEF busy beavers

by MCpl Carlson

I'd like to start things off by introducing myself. I'm a stationary engineer - soon to be plumber heating tech, due to trade restructuring. Lucky me!

I've been asked to take over as the new AEF columnist representative for the Totem Times. Our former rep, Cpl Haggart, is being posted to Winnipeg this summer.

Well, enough of the formalities, I guess the first order of business is bidding farewell to those posted out this year. Leaving are: Cpl Hayes, Cpl Haggart, Cpl Izard, Pte Villeneuve, Cpl Bouchard, MCpl Critch, Sgt Hibbert and WO Owen (Putz) Blake. We wish them and their families a safe and smooth move.

There are a few new faces around the shop as well. We have MCpl Pearcey, Cpl Macdonald, Cpl Lamothe, Cpl Klein, Cpl Burton and finally Pte, no hook, still wet behind the ears, Dixon. To our new members: welcome to the valley and the wettest summer on record.

During April members of the AEF were busy. MCpl Grimstad finished a six-month tour in the Golan Heights and said it was a blast. MCpl Frank is presently in the Golan Heights and reports back that things are going great. We also had a few guys in Eureka for a couple of months working with 1 CEU. The lucky three were MCpl Newell, Cpl Turrett

and Cpl Saigeon. In the early part of April we went to the Air National Guard unit in Selfridge Detroit for about two weeks to begin on the restructuring of a MIR/Dental clinic. The crew put up metal studs for walls, installed drywall, insulation, electrical and plumbing. Four AES from Cold Lake completed the project. It was quite the experience and the Americans were great hosts.

Soon after returning we were off to assist the victims of the tragic flood in Winnipeg. This was a satisfying mission in the sense that, for the first time in many years, the Canadian military as a whole could help their own fellow Canadians. Helping in peacekeeping around the world is great, however when it is your own country in need there is a great sense of pride in doing for one as one would do for another. During these past two deployments we had wonderful support from 19 Wing. We had a few firemen, cooks, and MSE Ops join our crew and only one complaint - MCpl Swainsbury missed his gator.

During the last couple of months there's been some well-deserved leave taken. I don't know why the weather has been so crappy. We also have a few base projects in progress.

Looking to the future, we have a couple of people going to Resolute Bay for a week to do some maintenance at the SAR survival school. Also there's some maintenance in Holberg, a project in northern Manitoba, and exercise Silver Flag in Florida some time in September. I almost forgot - three lucky people are going to Alert this fall: MCpl Benjamin, MCpl Rouzes and MCpl Poisson. Good luck guys, you'll need it.

As you can see, the AEF had been constantly challenged and continues towards excellence. Does that sound sappy or what? Chimo!



Morale is good while helping local farmer with sandbags.

Wall Climbing for Teens

In co-operation with CMRFC, we are offering a wall climbing session for teens 13 - 18 years on Thursday, 14 August, from 1:00 - 3:00 p.m. You must be a member of WGCA to participate. The event is limited to a maximum of 15 teens so sign up soon! For more info call Carmie 339-7696 or Jill at CMFRC 339-8290.

Upcoming Events

Saturday, 6 September:

The Base Rec Centre will be holding an Open House from 10:00 a.m. - 3:00 p.m. Come and sign up for your favourite activities (sports, guiding, scouting, etc.)

Sunday, 14 September:

Family Fun Day from 12 noon to 3:00 p.m. More info will follow in a future edition of the Totem Times.



- Who tells the history of Acadia and its people in her novels?
a) Margaret Atwood
b) Antonine Maillet
c) Kit Pearson
- What Canadian actor from Aurora, Ontario, played Wayne Campbell in the mega-hit movie Wayne's World?
a) Jason Priestley
b) Michael J. Fox
c) Mike Myers
- What major sporting event, involving all of the provinces and territories, is held in Canada every two years?
a) Commonwealth Games
b) Canada Games
c) Olympic Games
- Which Alberta city hosts an annual world-famous stampede?
a) Edmonton
b) Calgary
c) Lethbridge
- Which Canadian rock musicians won a Juno award in 1996 for best group of the year?
a) The Tragically Hip
b) Blue Rodeo
c) Vilain Pingouin

ANSWERS: 1. (b) Antonine Maillet; 2. (c) Mike Myers; 3. (b) Canada Games; 4. (b) Calgary; 5. (c) Blue Rodeo.

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MAGAZINES - COVERS AND PERFUMED INSERTS REMOVED

Welcome to the Wing Imaging Section!

The traditional Base Photo section is evolving. The digital technology and video production side of our work is growing. In order to reflect these changes, we are changing our name to Imaging Section. In conjunction with this name change, we would like to announce that as of July 1, the Wing Imaging Section bid farewell to 19AMS and is now part of the Wing Ops Branch. Our location has not changed and we still offer a full range of audio visual services to meet our customers' needs.

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Nearly new well managed & secure. Sunny spacious suites some mtn views. All incl. patio or balcony, drapes/carpets, large fridge/stove, ample storage & parking. Suites in 2 B.R.s.
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Large 2 B.R. apt. \$565 mth & Lrg 3 B.R. \$580. Includes heat, hot water & parking. No pets. References please.
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1009 10th St., Courtenay
2 B.R. starting at \$535/mth. 1 B.R. avail. April 15. \$495/mth. 2 ref. required. Sorry no pets.
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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 \$550-\$700. Children & small pets welcome.
338-7449

RUTHERFORD MANOR
1075 Edgett Rd.
Avail. now & July 31. 1 B.R. & Deluxe 2 B.R. Large Storage, Frost Free Fridge, 30 range, \$515 & \$560. Incl. Blinds, Carpets, & Basic Cable. No Pets Please
338-0183

CYPRESS ARMS
1255 9th Street
Avail. now & July 31. Deluxe 2 B.R. Large Kitchen \$625.00 includes, fridge/stove, washer/dryer, basic cable, private entrance & balcony.
No Pets Please. 338-0183

WILLEMAR COURT
1060 Willemar Ave.
Avail. now. Large 2 B.R. town house. Family oriented, fenced back yard, 550 incl. fridge, stove, drapes, & basic cable. Close to School Bus. No Pets Please.
338-0183

PINES APARTMENT
1055 - 10th Street
182 B.R. Avail. Immed. Basic cable, heat, hot water, parking drapes & carpets incl. Coin-operated laundry. 2 ref. req'd.
No pets. Call 334-4483 for an INCENTIVE

BLUE JAY APARTMENTS
450 - 19th Street
Senior Oriented Building
2 B.R. avail. Immed. Heat, Hot water, parking, cable, drapes, carpets incl. No Pets.
Call 334-4483 for an INCENTIVE

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

You can now pick up your Totem Times from the Overwaitea newspaper shelf, located next to the Lottery Booth.

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.

Need to lose Weight?

Do you need more energy? Would you like to lose some pounds and inches in a safe and healthy way? Call 339-0340.

Room-mate wanted

To share clean 2-bedroom home with an easygoing atmosphere. Mission Hill area, Courtenay. \$300.00 per month includes utilities. Phone 338-9545 or leave a message.

Duplex for Sale

1-1/2 year old, 3 bedroom, 2-1/2 baths, gas, HWT & FP, heated 4ft. crawlspace, garage, landscaped, patio, close to golf, CFB, NIC. Dead-end street, NHWP. 897-3568. <1/2>

Are you ready for the BIG one?

St. John Ambulance will conduct a series of free Earthquake Preparedness Workshops at their Training Centre, 463 Fifth Street, Courtenay on:
Thur 7 Aug: 7-9 p.m.
Wed 13 Aug: 10 a.m. - noon.
Wed 27 Aug: 7-9 p.m.
Seating is limited so participants must pre-register by calling 897-1098. Register early. Don't be left standing on shakey ground!

**It's a BOY!**

We've been blessed with a son! Colton Riley, born to Marlene and Chris Ricard on 21 June 97 at 0217 hrs, weight 10lbs. 9oz. A little brother for Emily and Danielle. Proud grandparents are: Robert and Andree Ricard and Mary May Moffatt.

Courtenay Townhouse

#8-2625 Muir Road
Close to bus, schools, college. Fast connector to base. 2 spacious bedrooms, 5 appliances, sliding glass door to patio overlooking green belt. \$85,000 o.b.o. 338-4557

For sale

Floater jacket & pants, large size, ex. for boating or kayaking. \$175.00 o.b.o. 890-0784 ask for Peter or leave message.

Comox Townhouse

1268 sq.ft. 3-bedroom, 1-1/2 baths, 4 appliances, patio, end unit. Quiet area. One block to Comox Mall, medical centre, etc. \$87,900. 339-4822

Caregiver required

Family oriented childcare for 4 year old girl and 6 year old boy, on call Mon-Thurs. Can only afford \$5.00/hour or \$20/day. Must be in PMQ area. Call Shaunie or Pascal 339-0340. <2/2>

Attention prospective sailors!

The Comox Squadron of the Canadian Forces Sailing Association has two keelboats available for skippered charter. Daily rental rates, very reasonable. For more information call Regent at 339-2554.

Please Mum Trading Co.

New! Fall line. Host a party and earn FREE children's clothing. Enter to win \$1,000 shopping spree! Joanne Brearley, 339-7066. <1/2>

Officers' Mess Ladies Club

The OMLC held their farewell dinner June 18 at the Officers' Mess. A large number of members, non-members and guests turned out to say goodbye to people being posted or taking FRP and to participate in elections for next year's OMLC executive. Everyone enjoyed the excellent meal prepared and served by PO2 Banns and his staff. Elections were held following dinner and, although most positions were filled, some posts remain empty. If you are interested in becoming a member of the OMLC exective, give Barb Pattison, next year's president, a call at 339-0216. Have a great summer. See you in September!

Fall Fashion Show

The Women's Business Network's 2nd Annual Fabulous Fall Fashion Show will be held at the CFB Comox Officers' Mess on Thursday 11 September, commencing at 6:00 p.m. Tickets \$25.00 each. This event is a fund raiser and seating is limited to 150. Door prize: getaway for two at April Point Lodge. Silent auction and full dinner. Call Donna Stevenson 339-3996.

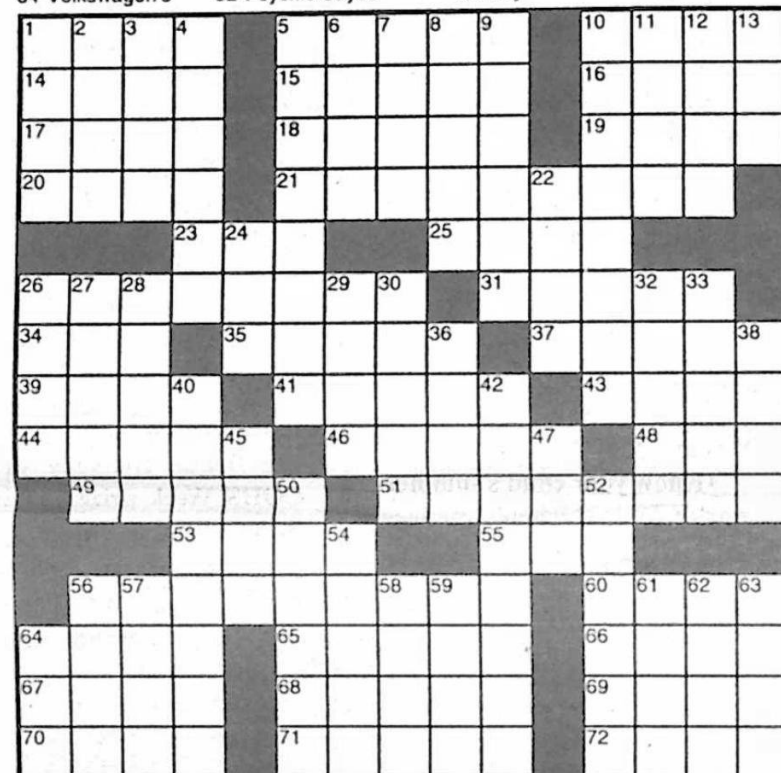
TODAY'S CROSSWORD PUZZLE

ACROSS
1 Wild pig
5 Top story
10 Splendor
14 Thin strip of wood
15 Dishes
16 Brainstorm
17 Nautical hello
18 West Point student
19 Metal
20 Go after game
21 Lived up
23 —, skip, and a jump
25 Toothpaste container
26 Sweet-smelling
31 Bushed
34 Gesture meaning "yes"
35 Rank
37 Teams
39 Pirate captain
41 Hinder
43 Water, to Pedro
44 Director Dwan
46 Casaba, for one
48 Emulate Tom
49 Church council
51 Differ in opinion
53 Actor Richard —
55 Self
56 Wander about
60 Open
64 Volkswagen's

DOWN
1 Dull
2 Honolulu's island
3 Like — of bricks
4 Musical beat
5 Gave approval to
6 Better late — never
7 Time and —
8 Sluggish
9 Tennis-racket material
10 Popular eatery
11 "Garfield" pooch
12 Heal
13 Snow boot
22 Heron's cousin
24 Dunderhead
26 Singer Paul —
27 Agitates
28 Strangely
29 Piece of news
30 Quoted
32 Psychic Cayce

PREVIOUS PUZZLE SOLVED

ADORE BACK YOGA
LIVES ALAN UKES
BRIGGS ROBE LANK
SEEDGE BULLSEYE
ASA ETA
APE TIPS LEWIS
AWE GILA IMMUNE
NATURAL RESOURCE
DRAMAS ROAN SAM
YELPS MYNA LITS
TONSURED SPURT
HOLE MAKO CURIO
ALEX AGES ORALS
SLOT CEDE TELLS



ANNOUNCEMENTS

**Comox Valley Fall Fair**

"Participation is everything!" states Comox Valley Exhibition Association President, Michele Morton. "That's what the Fall Fair is all about." That's why one of this year's focus points is on reminding people that it is time to start working on those entries that don't just happen overnight.

Our records show few entries from the Base housing area. It's time to change that! There is no better way to feel a part of the community than to get right in there - participating and entering your special skills.

What qualifies? The Prize Book will be available 1 August at Buckersfields and Black Creek Farm & Feed. Until then, as a rule of thumb, if it takes more than two people to carry it, it could become a questionable entry.

Call 338-8177 for more info. Help us make '97 the best fair to date. Participate!

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 339-6566, Donna 339-3692, or Wendy 338-8545.



COMPUTERS DID YOU KNOW
(NC)—If you leave your home computer on all the time, it can use more energy than an energy-efficient refrigerator.

Staying alert and safe this summer

School's over and your children will be starting a whole new routine for the summer months. They may be going to camp, working at a job or simply hanging around.

Because most of our kids will have a less regimented and far less supervised daily schedule than they're accustomed to during the regular school year, this is a perfect time to help them brush up on their streetproofing skills and techniques.

Stay Alert...Stay Safe (SASS), the national streetproofing program, funded by the Canadian Tire Child Protection Foundation founded in 1987, is especially concerned that the summer season is a time when parents and children relax their safety rules. To help children, from coast to coast, continue to stay alert and stay safe during the summer months, SASS has issued a number of tips for you and your kids to follow:

- **Know your child's summer world:** Your children's routines will change for the summer. Make sure that you know exactly where their job, camp, play areas and other activities are located.

- **Know your child's summer friends:** Your children's friends may change for the summer months. Make sure that you post a list of their friends' names, addresses and phone numbers to contact in case of an emergency. Get to know their friends' parents too for extra reassurance.

- **Check out your neighbourhood:** Take a walk around the neighbourhood with your kids. Show them potential hazards and point out Block Parent homes and other safe places.

- **Create an information Centre:** Establish a single information and message centre in the house where you and your kids can routinely leave notes detailing where you are and when you'll be back.

Here are some helpful streetproofing ground rules for your kids to follow:

- Always avoid hanging around lonely parks, woods, parking lots or even school yards after dark.

- Always work out the best route to your activities and stick to it.

- Always go places with buddies when possible.
- Always say "no" if a grown-up invites you alone into their home or car, unless your parent has given you permission and knows where you are.

For more information on SASS, visit <http://www.sass.ca> or call 1-800-301-7277 for your free streetproofing booklet and colouring page.

Airport School fly away with Safety Awards



Presentation to Airport School for their outstanding participation in last year's COHS Week. (L-R): Mr. Ken Ilitski, WGSO; Mr. Darren Buckler, HRDC; Mr. Charlie Schellinck, Principal Airport School, Lt Brenda Gauthier, A/WGSO and Mr. Dennis Kennelly, President UNDE 1007. (Photos by Wing Imaging)



Mr. Dennis Kennelly, President UNDE Local 1007, presents COHS Week prize to Grade 1 Safety Poster Contest winner Mike Sutherland.



Grade 1 Safety Poster Contest winner Jason Davies receives his prize from Mr. Darren Buckler, Safety Officer HRDC.

SUMMER SALE
With any purchase of \$9.99 or over,
buy a dozen long stem roses for \$5.00
(While supplies last each week)

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quality fresh cut flowers daily quality fresh cut

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Select Seafood

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Courtenay
897-1001

1745 Comox Ave.
Comox
339-4331

Captain's Greens & Grocery
Custom Smoking



Mr. Ken Ilitski, WGSO, presenting COHS Week prize to Torrey Slater, Kindergarten Safety Poster Contest winner.



Mr. Ken Ilitski, WGSO COHS Week, presents the prize to Kayla Watts, Grade 1 Safety Poster Contest winner.



Jay Ferguson, another Grade 1 Safety Poster Contest winner, receives his prize from Mr. Dennis Kennelly.

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COMOX MILITARY FAMILY RESOURCE CENTRE

phone: 339-8290



FAMILY FUN IN THE SUN

Summer is a perfect opportunity to spend quality time together as a family. Celebrate being together by taking advantage of the long lazy days of summer. Here are a few ideas to get you into the summer mood:

- ◊ Swing on a Tire
- ◊ Launch giant bubbles with dish soap and a large wand
- ◊ Organize a treasure hunt in your local area.
- ◊ Take great pictures of all the summer fun and organize them in a scrap book
- ◊ Make a tent out of clothesline and have an afternoon tea party in the shade
- ◊ Have a corn boil and invite the neighbors
- ◊ Finger Paint
- ◊ Visit a Farmers Market
- ◊ Race through an obstacle course set up

- ◊ in your back yard.
- ◊ Organize a block party
- ◊ Lay on the grass and star gaze at night
- ◊ Have an ice-cream social
- ◊ Hold an art fair
- ◊ Go to the West Coast and see the big surf
- ◊ Make a wind chime
- ◊ Open up a lemonade stand and help the kids exercise their entrepreneurial spirit and make some bucks
- ◊ Curl up outside on the grass with the kids and read them a great book
- ◊ Fly a kite
- ◊ Play Tourist in your own town for the day and visit:

For Swimming or Sightseeing:

- Medicine Bowls
- Nymph Falls
- Maple Lake
- Comox Lake
- Filberg Lodge

- Kitty Coleman Beach
- Miracle Beach
- Air Force Beach
- Trent River Falls
- Anderton Park
- Comox Marina
- Goose Spit
- Kye Bay
- Point Holmes
- Port Augusta Park
- Forbidden Plateau
- Hornby Island
- George Sawchuck's
- Forest Gallery

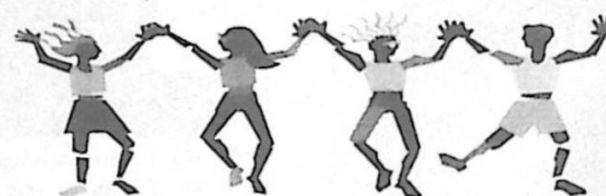
For History and Heritage:

- Courtenay Museum
- Cumberland Mining Museum
- Air Force Museum

Phone the Comox Valley Chamber of Commerce and Tourist Information Center at 334-3234 to get directions to these attraction and to discover more about Vancouver Island.

Have Fun!!!

WE NEED YOU!



Special Workshop Facilitators Needed

The CMFRC needs people with crafty talents to run a workshop or two. It is a great way to meet new people, advertise your business, experience challenges and have fun! The following are just a few ideas to get you thinking about what you could offer:

- Photography
- Candle Making
- Smocking
- Cross-Stitch
- Quilting
- Beginners Drawing
- Dried Flowers Arrangements
- Tote Painting
- Calligraphy
- Creating Christmas Ornaments

For more information contact Tina or Michelle at 339-8290.

Youth Activities

Preteen Gym Time

Do you like to play badminton, volleyball, indoor soccer, basketball or dodgeball? If so, join the Kool Kidz Program on **Tuesdays from 2:30 - 3:30pm**. Please phone and register through Jill at 339-8211 local 8656.

Dates: Aug. 5th, 12th, 19th and 26th

Cost: Free during this time

Ages: 9 - 12 year olds

Location: Base Gym

Preteen Outdoor Basketball

Are you a basketball enthusiast? Do you like to play 3 on 3 or full court? Come out and join the Kool Kidz on **Wednesdays from 2:30 - 3:30pm**. Weather permitting, of course. Please bring your own basketball.

Dates: Aug. 6th, 13th, 20th and 27th

Cost: Free

Ages: 9 - 12 year olds

Location: Air Port School out door courts

Volleyball Mania

Join us for an exciting game of beach volley ball. Everyone Welcome. For more information call Jill at 339-8211 local 8656.

Dates: August 13th and 27th

Times: 6:00 - 10:00pm

Cost: Free

Ages: 13 - 18 year olds

Location: Airforce Beach



Counselling Services

CMFRC #119 Kinnikinnik, Phone 339-8286



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

Kinnikinnik Child Care Centre

Kool Kidz Summer Day Camp

Ages 11 & 12 years

Weekly Sessions

Dates: Aug. 04 to Aug. 29

Cost: \$65.00 per week

Times: 9:00am - 4:00pm

Includes sports, computers, field trips, overnight camps and more...

Summer Krusader's Summer Day Camp

Ages 6-10 years

Weekly Sessions

Dates: Aug. 04 to Aug. 29

Cost: \$65.00 per week

Time: 9:00am - 4:00pm

Child minding available before and after camp. Lots of exciting activities.