



From
the
staff:

Merry Xmas
Happy
New Year



19 Wing CFB Comox



TOTEM TIMES



The Comox Valley's Oldest Newspaper

VOL 39 NO 19

THURSDAY 11 DECEMBER 1997

COST: FREE

Wing Commander's Christmas Message



Season's Greeting to one and all. Like my family, I'm sure that many of you are making plans for this festive season, maybe to welcome visitors for the holidays or perhaps you are gearing up to travel in order to spend this joyous time with family and friends. Clearly, it is a time for each of us to reflect upon our good fortune measured in terms of family, friends and good health. Let us take time to be thankful for what we have and to enjoy the companionship of one another.

We at 19 Wing Comox can look back with pride on all our accomplishments in 1997. Over the past year we have attained an exceptional flight and general safety record; flown many successfully hours protecting our sovereignty, provided combat support to our Navy and, more importantly, saved lives in the conduct of Search and Rescue Operations; we quickly reacted to contingency operation requests such as the Winnipeg flood relief effort; and flawlessly hosted VIPs such as the Governor General, Minister of National Defence (twice), Chief of Defence Staff and Chief of the Air Staff; and finally we successfully conducted MARCOT 2/97, a major exercise, which was closely followed by hosting Fincastle '97. Throughout it all, professionalism, dedication and an attitude of "can do" prevailed. Indeed you demonstrated the spirit of cooperation, teamwork and excellence that made 19 Wing the place to be in our Air Force.

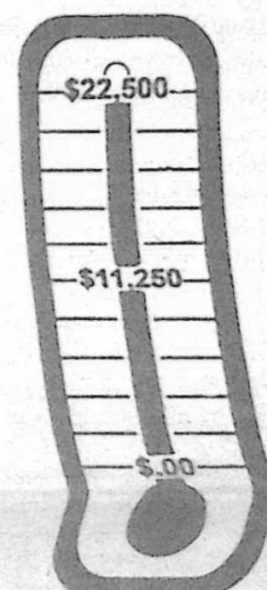
My family and I want to take this opportunity to wish you all a very Merry Christmas and a happy and prosperous New Year. I would ask you to join us in offering our prayers and best wishes to our extended military family who are serving with UN and NATO missions around the world, far from their loved ones.

Joyeuses Fêtes à tous et à toutes. Tout comme chez moi, je suis certain que nombre d'entre vous se préparent en vue de la période des Fêtes, que ce soit pour accueillir des visiteurs durant les Fêtes ou pour faire vos valises en vue d'aller rejoindre famille et amis pour fêter ensemble. Cette période se veut également une pause où nous pouvons méditer sur la chance que nous avons de jouir d'une bonne santé et d'être entouré de notre famille et de nos amis. Prenons le temps d'apprécier ce que nous avons et la compagnie des gens qui nous entourent.

A la 19e Escadre, nous pouvons considérer avec fierté tous nos accomplissements de 1997. Durant cette dernière année, nous avons maintenu un dossier de sécurité exceptionnel, tant dans le domaine des vols que de la sécurité générale. Nous avons consacré de nombreuses heures de vol à protéger avec succès notre souveraineté, à fournir l'appui tactique à notre marine et, ce qui compte encore plus, à sauver des vies lors des opérations de recherche et sauvetage que nous avons menées. Nous avons répondu rapidement aux appels d'aide à l'occasion de situations d'urgence comme les inondations de Winnipeg. Nous avons réservé un accueil impeccable aux dignitaires tels que le Gouverneur général, le ministre de la Défense (deux visites), le Chef d'état-major de la Défense et le Chef d'état-major de la Force aérienne. En dernier, nous avons mené avec succès l'exercice MARCOT 2/97, et peu après, nous avons été l'hôte de Fincastle '97. Dans tous les cas, votre professionnalisme, votre dévouement et votre attitude gagnante a prévalu. En effet, vous avez fait preuve d'un esprit de coopération, d'un travail, d'équipe et d'une excellence au travail qui font de la 19e Escadre l'envie de l'ensemble des Forces aériennes.

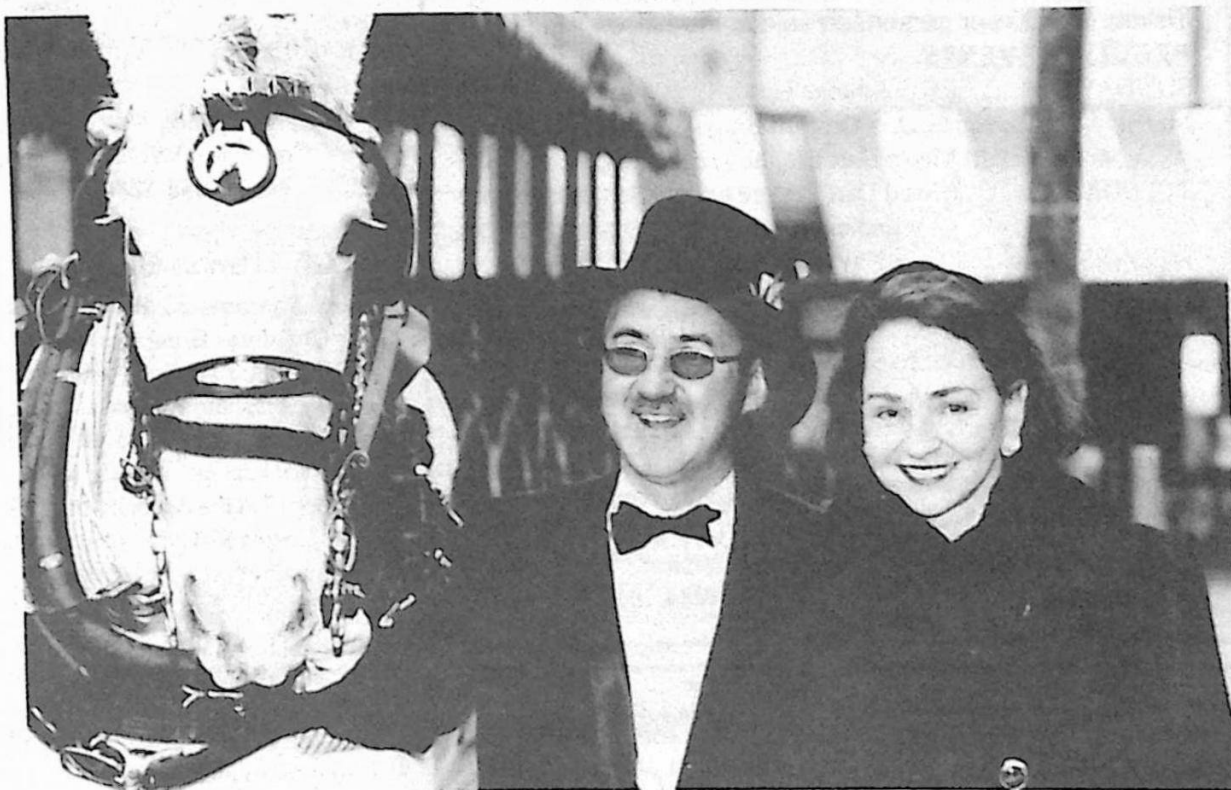
Ma famille et moi désirons profiter de l'occasion pour vous souhaiter à tous et toutes un Joyeux Noël et vous présenter nos vœux de santé et de prospérité pour la Nouvelle Année. Je voudrais également que vous vous joigniez à nous pour offrir nos prières et nos vœux aux membres de notre famille militaire qui sont en mission de l'ONU ou de l'OTAN un peu partout dans le monde, loins de leurs êtres chers.

United Way Thermometer



United Way final tally
\$21,123.24
Well done 19 Wing!

Memories of APEC



Mme Chretien at the Granville Mall. More photos on page 15. (Photo by Cpl Kelley, Wing Imaging.)

Ho! Ho! Ho!

H.E.R.E. Built on Sales & Service Excellence
Into The Future
COMPUTERS

897-1286
Fax: 897-1296

102 - 910 Fitzgerald Ave., Courtenay



Merry Christmas
from
all of us
H.E.R.E.

Start Come to H.E.R.E. for CHRISTMAS





Legion Log

BRANCH 17 COURTENAY 334-4322

REGULAR EVENTS:

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

12 December ... Easterners
19 December ... Vested Interest
26 December ... Wylie & The Other Guy

SATURDAY NIGHT DANCE:

20 December ... Wayne's Music

Special Events

Xmas Bingo: Thursday, 18 Dec at 7:00 p.m.

Xmas Draw: Sunday, 21 December at 1:00 pm
Tickets on sale at the Bar (.25 cents each)

Crib Tournament - Sunday, 28 December
Registration 12 noon, game start 1:00 pm

New Year's Eve Dance: Wylie & The Other Guy
Admission by tickets only. Cost \$10.00 per person (limited seating). Cold food buffet 9 to 11 pm. Designated drivers available.

FUN CRIB.....every Wednesday night 8:00 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

Free membership for serving CF members.

Phone office for more info.

BASE PERSONNEL WELCOME AT BR. 17

Office: 334-4322 Service Officer: 334-3613

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri Dec 12 ... TOE TAPPERS
Fri Dec 19 ... ALLEYCATS

Note: There will be NO band on Dec 26 - Boxing Day.

SPECIAL EVENT - New Year's Eve Dance

Say goodbye to '97 and welcome in '98. The New Year's Dance on 31 December will feature "Country Cousins" in the Upper Hall from 9:00 pm to 2:00 am. Good food, good music and free transportation available. Reserved seating. Tickets \$15.00 per person, on sale at the office.

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 - reg. 8 Sep, start 15 Sep
TUESDAYS.....Mixed Dart League - reg. 9 Sep, start 16 Sep
Ladies Crib League 7:30 pm in Lounge
WEDNESDAYS.....Navy League Drop-In Bingo, 7:00 pm

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.



FOR ALL YOUR INSURANCE NEEDS

Homeowners, Tenants,
Camper & Trailer, Mobile,
Marine, Business,
Life And Travel

Autoplan

Also OFFERING Mobile Service at Local Dealerships

OUT OF PROVINCE TRANSFERS/PERMITS

Courtenay: 470 Puntledge Road

(opposite Block Buster Video)

Phone: 338-6766 Fax: 338-2324

Cumberland office: 336-8524



The Dog House

by MCpl & Mrs. G. Baird

It's the Christmas season and the trees will soon be up. Who put that overgrown stick in my water dish? Yes, my dog sometimes thinks it is for him - 14 years old and as smart as a rock! My cat likes the new toys in the house. She won't play with a toy mouse but she loves beating on shiny ornaments. Saying "NO" all day long is like talking to my kids when they were two.

After my wife talked to the SPCA we found out these small incidents can turn into a major problem for large dogs and kittens, especially in the "Qs." There's not much room left after you put up a tree in a small living room. Remember to tie your tree off to the wall so your dog can't accidentally knock it over and hurt himself, or worse start an electrical fire. The glass ornaments, especially your great grandmother's, should be placed high on the tree and out of your kitten's reach. This glass can cut their extremely delicate paws.

Poinsettia plants are a common friendship gift during the holiday season. This plant is not only poisonous to us, it is also poisonous to our pets. Keep them up out of reach.

In each issue of the T.Times for the next little while we will be looking at the rules and regulations concerning our pets and how they affect us, our neighbours and



1491 McPhee, Unit #2
Courtenay, V9N 3A3
Phone: 334-8884

Christmas Brunch

You are invited to join us for our Christmas Brunch on 14 December, 11:30 a.m. at the Officers' Mess on the base. The brunch will be served at 12:30 p.m. Tickets are on sale to December 12 at the Association's office. Cost is \$10 adult (member), \$12.50 adult (non-member), children under 12 years of age \$5 (member), \$6.25 (non-member). Free entry to children 3 years old and under.

Santa Claus will arrive around 1:30 p.m. to pick up your list. For info, call 334-8884.

Brunch de Noel

Encore cette année, vous êtes cordialement invités à notre "Brunch" de Noel, le dimanche 14 décembre entre 11:30 et 15H00 au "mess" des officiers sur la base militaire de Comox. Le buffet sera servi à 12:30.

Les billets seront en vente du 24 novembre au 12 décembre, au local de l'Association. Coût des billets: \$10 adulte (membre), \$12.50 adulte (non-membre), enfants 12 et moins \$5 (membre), \$6.25 enfant (non-membre). Les enfants de 3 ans et moins c'est gratuit.

Le Père Noel arrivera vers 13:30 pour apporter votre liste de cadeaux.

Pour plus de renseignements, composez le 334-8884.

TOTEM TIMES

CFB Comox, Lazo, B.C. V0R 2K0
Phone (250)339-2541 Fax (250) 339-5209

1998 PRINTING SCHEDULE VOLUME 40

Copy Deadline (NOON - Friday)

1 January 09
2 January 23
3 February 06
4 February 20
5 March 06
6 March 27
7 April 17
8 May 08
9 May 22
10 June 05
11 June 19
12 July 10
13 July 24
14 August 14
15 September 11
16 September 25
17 October 16
18 November 06
19 November 20
20 December 04

Publication Date (Thursday)

1 January 15
2 January 29
3 February 12
4 February 26
5 March 12
6 April 02
7 April 23
8 May 14
9 May 28
10 June 11
11 June 25
12 July 16
13 July 30
14 August 20
15 September 17
16 September 01
17 October 22
18 November 12
19 November 26
20 December 10

our wallets. In the past, many things have been overlooked by previous ACOs and it is now out of control.

Since we took over the position, we got lucky once with a dog being returned to a new tenant and not so lucky with a very sick cat which we had to take to the SPCA to be put down. Please don't let this happen to your pet. If your pet is tagged and registered to explore the neighbourhood we'll help find it. If we pick up a tagged

runaway we can bring your pet home.

Mona and I would like to wish everyone a Merry Christmas. Please keep your pets safe, especially for the holidays.



THE HEAD SHED UNISEX HAIRSTYLING



Merry Christmas & Happy New Year from the gang at the

HEAD SHED

204 North Island Hwy
Braidwood Centre,
Courtenay,
(next to Canadian Tire)

338-5541



Computer Enterprises

Your Comox Computer Centre

339-1347

103-1797 Comox Ave. Comox (behind Credit Union) ~ xcalibur@mars.ark.com ~ FAX 339-1387

UPGRADE SPECIALS



Loads of Software
for Christmas

Pentium Processors with MMX, Hard drives, CD-ROM, Internet

Holiday message from the CDS

As Chief of the Defence Staff, I want to extend greeting to all members of the Canadian Forces and employees of the Department of National Defence. The festive season is not only a time to share with family and friends, it is also a time to reflect on the preceding year.

1997 has been challenging and exciting. Overseas, members of the Canadian Forces have served with courage and dedication in such places as Haiti and Bosnia, and our thoughts are with those of you who will be spending the holidays away from your loved ones.

Here at home, you also showed your mettle in Manitoba this past spring. You fought the Red River in a magnificent show of determination to overcome the forces of nature. But, apart from such

well-publicized events, you also carry out less spectacular tasks which are no less important to the lives of Canadians. I want to acknowledge your loyalty and professionalism in your day-to-day work. You are making vital and valuable contributions to Canadian society.

I would also like to emphasize once again, three areas that I believe are essential to the future of the Canadian Forces: the continuity of reform, top-notch leadership and strong support for our members. I know that these priorities will guide and focus us in the New Year.

Once again, let me extend to you and your families my thanks and best wishes for the holiday season and for 1998. May the New Year bring you health, happiness and prosperity.

General J.M.G. Barril

NEXT DEADLINES Advertising - 7 Jan. Articles - 9 Jan, NOON

MIDNIGHT MADNESS

December 12, 1997 until Midnight
Free Hot Apple Cider & Entertainment
Santa's here between 6:00 & 9:00 pm
TWIGGLEY WIGGLY The Clown

6:00 pm - 9:00 pm
DESERT DIAMOND DANCERS
9:30 pm and 10:30 pm
Driftwood Mall Gift Certificate draws
EVERY HOUR
6:00 pm \$25.00 7:00 pm \$50.00
8:00 pm \$75.00 9:00 pm \$100.00
10:00 pm \$125.00 11:00 pm \$150.00
12:00 pm \$200.00

SANTA'S HOURS FOR 1997

Sat. 13th 2:00-5:00 Sun. 14th 1:00-4:00
Mon. 15th 10:00-Noon Sat. 20th 2:00-5:00
Sun. 21st 1:00-5:00 Mon. 22nd 10:00-Noon
Tue. 23rd 11:00-1:00 & 3:00-5:00 & 7:00-9:00
Wed. 24th 10:00-Noon & 2:00-5:00

Season's Greetings



2751 Cliffe Avenue, Courtenay

From CE with every good wish to you and your kin...

by finn

White Christmas. Christmas turkey, ditto presents, carols, tree. Home for Christmas.

All of the above combine to constitute the kind of Christmas which most of us would label, traditional. The sort of Christmas we hope for.

But not everyone is so lucky. Judy Brown, ex-Reg, MCpl in the Reserve, now working as a civilian for CE's Procurement Team, remembers an involuntary stay in Hong Kong when the plane she helped crew, an Air Force 707, broke down.

"Four days to fix it," she recalls, "and right through Christmas, too!" It happened back in '83, but the memory remains vivid. "We had Peking duck instead of turkey, and a greasy one it was." But the stay wasn't all disaster. "What do you do in Hong Kong? Shop, of course. And that's what we did, all sorts of lovely stuff. We might have been stuck, but we were also determined to enjoy the stop-over as much as possible."

Some Christmas days differ simply by dint of geography.

"One thing we could be sure of was a white Christmas," says Bob Allan, W Env O, who for many years resided at Whitehorse in the Yukon. "We could also pretty much take it for granted that the temperature would be - well, chilly. Usually in the minus forties. I remember one Christmas when, due to an unusual south wind, it was warm enough to barbecue the turkey outside - plus 2 or 3 degrees, maybe - so we did. Within hours it dropped to minus 45 - and stayed there for seven days!"

Cold, but with compensations. "We would dress for a walk, parkas, fur-lined hoods and all, and it would be calm, and the snow would crunch under the feet, and it was bracing and great! Christmas, we would usually go for a "Skate with Santa." If the dog came along, we'd have to remember to put booties on him - that's how cold it was! Inside the house, there would be occasional loud cracks as the wood contracted, but sounds familiar to our ears. Of course, we had to spend a fair amount of time inside. Still, family bonding became the result

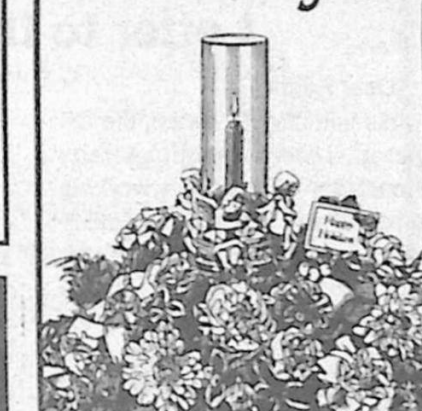
and that's not a bad bonus."

Then there are those who must work Christmas - for, with Hamlet, "...some must watch while others sleep, thus runs the world its way." Someone, for instance, like MWO Don Armstrong, Deputy Fire Chief. "It's not so bad, for the seven members of the duty platoon at least are not alone, and they'll bring in wives and kids Christmas Eve, usually for a pot-luck dinner. Christmas Day, lunch traditionally is served by the Fire Chief or his deputy, sometimes by both. Generally, it's quiet during Christmas - it can be a bit boring, in fact, simply because so many are off the Base on leave. But boring is fine with us - that means a safe Christmas. Of course, we'd rather spend Christmas at home, but that's only natural."

WCEO, Maj Wayne Gauthier, with many fond memories of yuletides past, extends a Merry Christmas and a Happy New Year to CE and all members of 19 Wing: "My personal wishes for a safe and happy holiday as we help bring peace on earth and good will towards all."



Light up your holidays.



Give Teleflora's Golden Angels Bouquet.

Teleflora's Golden Angels Bouquet features a glorious hurricane lamp in a setting of fresh winter flowers. Bathed in soft candlelight, these richly detailed angels poised in joyful celebration will complement any holiday table. To send this special gift almost anywhere in Canada or the U.S., just call or visit our shop.

Teleflora
Deadline for Overseas Delivery
Dec. 21, 97

COMOX VALLEY
FLORIST
(250) 339-4141
TOLL FREE 1-800-604-5999
Canada & U.S.
Comox Mall, Comox B.C.

Don't Get Burned Over The Holidays

Drinking and Driving Counterattack

Auto Parts Plus
HARTMAN AUTO SUPPLY LTD.
"Serving the Comox Valley Since 1946"

VISA
MasterCard

338-7261 &
480 Puntledge Rd. Courtenay

Domestic & Import
Fast Service & Delivery • Compare Our Prices

GENERAL • GOODRICH • DAYTON • ARMSTRONG • FIRESTONE • YOKOHAMA

KINGSWAY AUTO CENTRE
Serving the Valley for 19 years!

Wheel Alignment • Balancing • Brakes
Tires • Custom Wheels • Tune-Ups
Complete Auto Repairs
Licenced Mechanic
Batteries

370 PUNTLIDGE RD., COURTENAY
PH: 338-6505

CONTINENTAL • UNIROYAL • HANKOOK • PIRELLI

REALTY WORLD™
THE RESULTS PEOPLE™

2050 McKenzie Road, Comox
A GREAT DEAL!!!
Cozy 3 bedroom Comox rancher with newer woodstove insert, many improvements including painting, newer roof etc. \$129,500.

Mike & Marge Gariepy
"RELOCATION SPECIALISTS"
res. phone/fax (250) 339-7910

REALTY WORLD
Coast Country Realty
#121-750 Comox Road, Courtenay, B.C. V9N 3P6
334-3124



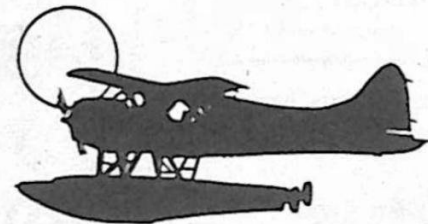
The announcement of a new DND/CF national newspaper (see letter to the editor below) is a welcome initiative of Director General Public Affairs. The "Maple Leaf" as it will be called, is intended to act as a national communication tool to better inform the military member on national and local news. There is the assumption, of course, that people actually read newspapers and that they will take the time and energy required to read this one.

Communicating information has always been a challenge for management at all levels and there has been a continual search to introduce a medium that is easily accessed and used by all. The Local Area Net set up on the base is one example of an attempt to make information easier and faster to obtain. To a certain extent it has been successful as more and more people are using the E-mail to transmit routine information. It is, however, expensive to install, requires some training to use and is not readily accessible to dependants of serving members. The face to face briefing is the most effective means of communication, but we all know how difficult they are to organize on a repetitive basis. The written word remains the most durable and accessible means of transmitting information, at least in my opinion.

Public Affairs is obviously also wrestling with a ways and means of communicating with the public and the military members. The creation of a new national newspaper and news network recognizes the enduring qualities of national and local newspapers. This is good news for lowly people such as we, who struggle with each edition of the local fishwrapper. Not only does it recognize the value of the printed word, but it also recognizes the value of the base newspaper to the local military community. Besides, you can't wrap up your coffee grounds with a computer disc.

This is the last edition of the Totem Times before the Christmas rush. It has been a very successful year for us, thanks to all of the contributors who work so hard to inform us of the activities on the line. The staff and I take this opportunity to wish you one and all a Merry Christmas and Happy New Year. See you in '98.

Joel Clarkson



Letter to the Editor

Dear Editor,

As you may be aware, the Director General Public Affairs Branch has been actively working to renew and enhance the quality of our communications efforts, both to external as well as internal audiences. With regard to the equally vital task of keeping our large internal audience well informed, we are engaged in various initiatives.

Principal among these initiatives is the standing up in January 1998 of a new DND/CF national newspaper in tabloid format: *The Maple Leaf*. This will coincide with the establishment of a national DND/CF news network. To allay any confusion about these initiatives, there are a few points I'd like to pass on.

With respect to the newspaper, it will be a national monthly, with frequency increasing to twice a month by mid-1998. As such, it will be complementary to, and by no means a replacement for, the newspapers at your Base or Station. As part of its standing up, the only publication that will cease will be the newsletter *Defence Matters/Questions de défense*. Base and Station newspapers, in a word, remain a critical medium to our overall internal information approach.

As for the national news network, it is intended to be similar to the Canadian Press news cooperative. It will allow everyone to post and share pictures and stories, thereby giving you more timely information for your readers. The system uses an Internet File Transfer Protocol (FTP) site. This will be a "push-pull" system in which information is provided by news sources from the local to the national level, and from which information can be obtained or passed on to support all existing internal news sources - from the national newspaper to the Base/Station newspaper, and vice versa. This same network will also ensure that information, both editorial and visual imagery, is also available for use on the Defence Intranet as well as on D-NET, the departmental world wide web site.

Training is a key component of the national news network and to ensure value added to base papers, members of DGPA's internal communications staff will be providing training on a continuous basis to Base and Wing PAOs and to newspaper editors. The training offered includes a print communication and a photo workshop, as well as how to use the FTP site and transmit images



digitally. Funding and timing details are currently being worked out with your Command PAOs. We hope to have the first wave of this training complete prior to the holiday break.

The essence, then, of these internal communications initiatives, is communicating to our internal audiences in a more complete and timely manner, and doing so by increased sharing of

information and news at all levels of DND/CF. Command, Base and Station newspapers are key partners to the new national newspaper/news service.

Thanks in advance for your vital assistance to our drive to better serve our members and employees.

Bob Quinn,
Director, Strategic Planning
D-G Public Affairs

Thank you Totem Times

Dear Editor,
On behalf of the executive and members of Comox Legion Branch 160, I wish to express our sincere thanks and appreciation for the many years of excellent coverage you have provided us through the medium of your newspaper. Your efforts on our behalf are very much appreciated.

We would like to wish you and the members of the Totem Times staff a very Merry Christmas and a happy, healthy and prosperous New Year.

Thank you once again, I remain,
Yours truly,
Marjorie M. Arnold
President

Powder room party



The official opening and ribbon cutting of the newly renovated ladies powder room in the Officers' Mess. Cutting the ribbon for this auspicious event were Col Brian MacLean and Capt Kathie Cutland. Following the ribbon cutting, everyone was invited into the washroom to view the spectacular final product and enjoy a gala reception, complete with wine in the sinks and a guest book signing. Many thanks to the designer Shelley Wright, coordinator Kathie Cutland, WCE and all wallpaper hangers: Beth Burt, Mary MacLean, Bobbi Howard and Jean Trainer.

RCAC Station Comox
TOTEM TIMES
EDITOR IN CHIEF
Major Joel Clarkson

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)

OFFICE PHONE: 339-2541
FAX: 339-5209

Address correspondence to:
The Editor, Totem Times,
CFB Comox, Lazo, B.C.
VOR 2K0

SUBSCRIPTION RATE
\$15.00 per year, GST included.

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. Views expressed are those of the contributor unless expressly attributed to DND, CF, or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Material may be reprinted with attribution.

Published 19 times a year with permission of the Wing Commander, 19 Wing CFB Comox, B.C. Publications Mail Registration No. 4098. Printed by Ladysmith Printing, Ladysmith, B.C.

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



by Smokey

Once again the festive season is upon us. The staff of 19 Wing Comox Fire Dept wish you all a very Merry Christmas and best wishes for the New Year. We hope the following 12 tips will help you have an incident-free holiday season.

1-Natural trees: Examine the tree to determine if it is too dry. A dry tree is highly combustible and sheds its needles easily. Be sure your tree stand has provision for holding water. Cut the tree shaft 2.5 cm above the original cut before placing it in the stand.

2-Pick a safe spot for your tree: This location should not block any exits, doorways or halls leading to the outside of your home. Heating floor vents near the tree should be closed to prevent the tree from drying out.

heating and a fire hazard. If a fuse blows, or the circuit trips, turn off

3-Man made trees: Take care to ensure your man-made tree is safety approved and has fire-retardant labels. (CSA or ULC approval.)

4-Tree Lights: Before setting up your tree, check the lights and wiring for fraying or broken sockets. Don't be a home electrician. Have them repaired by a qualified professional or replace them.

5-Take care when purchasing decorations: They should be of the non-toxic non-flammable variety. Very small or fragile decorations and those that resemble food or candy must not be used because children might swallow them, cut themselves, or try to eat them.

6-Location of decorations: Ensure they are not placed on electrical fixtures, lamps, heating pipes, heating appliances or doorways. Lighted candles should be allowed only where there is no chance of them tipping over, out of reach of children, and if there is a responsible person present at all times. Never place them on the Christmas tree or window sills.

7-Electrical outlets: An overloaded circuit will cause over-

and unplug one or more appliances to prevent too great a drain on the power supply. Make sure that all extension cords are approved, use proper type and size for the job at hand and do not present tripping hazards with trailing cords. Please, NO octopuses.

8-Selecting toys: For your young ones, be sure to ask for toys that are safety approved and non-toxic.

9-Gift giving: For the safety of children, give them gifts that can be used without supervision and that do not contain small parts that can be easily swallowed.

10-Cooking: Be extra careful when cooking. Practice good kitchen fire safety.

11-Entertaining: Entertaining increases during the holidays so check for smoking material; especially in upholstered furniture. Provide guests with large, deep ashtrays and check them frequently. Before going to bed, be sure all smoking accessories are out of the reach of little hands.

12-The final check: At the end of each day, or before going out, unplug your tree lights and ensure there is ample water in the tree stand reservoir.

Happy holidays!



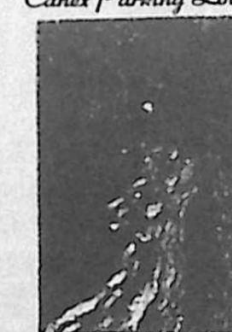
19 Wing Fire Dept. 1st Annual Christmas Tree Mulching Drive for Muscular Dystrophy



Saturday, Jan 3 1998

1:00pm - 4:00pm

Canax Parking Lot



On Saturday, Jan 3, members of the 19 Wing Fire Department will be mulching Christmas Trees to Collect donations for Muscular Dystrophy Association of Canada.

Support for the Muscular Dystrophy Association of Canada (MDAC) is a long-standing tradition among fire fighters. When MDAC was formed in 1954, Canadian Fire Fighters joined other volunteers in the first door-to-door canvassing drive. They've been with MDAC ever since.

The Muscular Dystrophy Association of Canada provides services to thousands of Canadians affected by over 40 neuromuscular disorders. The Association offers hope through research, creates awareness and understanding through education, and provides services through personal support programs.

We look forward to seeing you.

MINI STORAGE

"Close to the Base & Town"

U Store It
Lock It
Keep the Key

COMOX
KNIGHT & PRITCHARD
1520 RYAN RD.

TOTEM
1520 RYAN RD.

339-3424

ALL SIZES AVAILABLE HEATED OR UNHEATED. SECURE ACCESSIBLE. RESIDENT MANAGER.

HOURS 7:00 AM - 7:00 PM

On behalf of the President SISIP and all support personnel, thank you for the privilege of allowing us to serve you during 1997.

Best wishes for peace, happiness and a prosperous and safe holiday season.

Au nom du Président RARM et de tout le personnel de soutien, merci de nous avoir accordé le privilège de vous avoir servi en 1997.

Nos meilleurs vœux de paix, de bonheur et de prospérité vous accompagnent. Soyez pruden's.

INVEST THE TIME TO FIND THE RIGHT ADVISOR.

Dan Lindsay, BA CFP
INVESTMENT ADVISOR

Dan has been in the business of helping people prepare for their retirement for over 10 years. Areas of expertise are tax reduction strategies and investment management. He takes the mystery out of complex tax and investment matters and makes them easy to understand.

C.M. OLIVER & COMPANY LTD.
Courtenay Office,
334-8872

C.M. OLIVER & COMPANY LIMITED IS A MEMBER OF CIPF

MISSION: POSSIBLE

APPLIANCE SALES & SERVICE

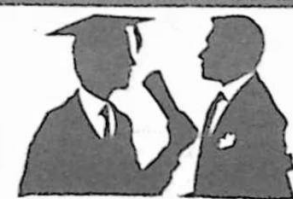
- Washers & Dryers
- Stoves & Fridges

Reconditioned Appliances
1 year warranty

DON'T DELAY
Get your stove checked BEFORE CHRISTMAS RUSH

338-0833

For Technical info and Advice
416 B Puntledge Rd.



by Pat Allan
CFCCN Co-ordinator

How many courses have you attended in your military or civilian career? Have you ever reviewed courses offered by a college and said to yourself, "Gee I'm smart - I already know all that!" Well, if you already know it, you may be able to get credit for it.

DND supports training and education more than most employers. And as a large, contemporary organization with a strong technological emphasis, it offers on-the-job experience which many people can only get through a training institute. All that training and experience is worth something! And the Canadian Forces Community College Network can help you get it.

If you would like to achieve a diploma or certificate in the field you work in now, there may be many courses which apply. There are two processes: transfer credit and prior learning assessment.

Educational credit for your DND training

Transfer credit applies to a course you have taken which covers the same material as a course the college offers. Examples are the POET course and Senior Leadership Course. You will have to supply course outlines, information about the number of academic hours, certification of completion and a final grade of the course. As you go through your DND training, keep this information - it is much easier to keep track of it yourself than to try to extract it from the DND system years later.

Prior Learning Assessment applies to work experience. It has been developed because colleges recognize that learning happens many ways, including hands-on work. To get credit through PLA, you may have to take a challenge exam, complete a demonstration project, or both.

In both cases, you have to apply to the college for admission to

a program of study, and request credit for specific courses in the program. There are college staff to help you through the process for both transfer credit and PLA, and your CFCCN Coordinator can help you make sense of it all.

Both transfer credit and PLA can take a lot of time to finalize. Do not wait until the deadline to move. While North Island College and the other member colleges of the Network are very interested in working more closely with DND, much of this is covering new ground so it's not efficient yet, but it can be well worth the time.

North Island College gets very few requests for credit for DND training. If you are entering a program at the college, consider whether you may be a candidate. Call the CFCCN Co-ordinator, Pat Allan, at local 8889 for more information.

RMC - continuing studies courses

The Royal Military College (RMC), through its Office of Continuing Studies (OCS), is offering its first credit course (Introduction to Psychology - PSE 123 B) at Comox commencing in January 98. OCS courses are open to members of the Regular and Reserve Forces, full time DND civilian employees and spouses of Regular Force members. Applicants should have completed secondary school or its equivalent, or meet the conditions for admission as a mature student. Students are permitted to hand in their assignments and write exams in the official language of their choice.

Also starting in January, OCS will be offering correspondence courses towards its Bachelor of Military Arts and Science. Selected courses may also be used towards a BA or BSc degree. The specific course offerings are detailed below.

Courses on-site

PSE 123 B - Intro to Psychology (Prerequisite course for Psychology of Combat).
Classes begin: Tues 27 Jan 1830 hours (day of week may be adjusted if required).
Location: Bldg 22, Room TBA.
Instructor: Darryl Spiers, MEd.

Correspondence

ENE 101B: Literature and Composition I.
ENE 102B: Literature and Composition II.
MAE 102B: Statistically Speak-

ing Math 102.
MAE 104B: Calculus for Business and Science.
HIE 474B: History of Technology and Warfare.
PSE 312B: Military Psychology in Combat.
BAE 216B: Marketing Fundamentals.
PHY 399B: La physique des armements.
CHEM 3XXB: Military Chemistry.
BAE 360B: Human Factors (via Internet).

Interested persons may obtain the RMC Continuing Studies Calendar and application forms from the WPSO. Those wishing to discuss course specifics or admissions may contact RMC directly as outlined below:

The Office of Continuing Studies, Royal Military College of Canada, P.O. Box 17000 Stn Forces, Kingston, ON, K7K 7B4.
Tel: (613) 541-6000
Ext: 6734 BMASc/Admin.
6734 Correspondence Admin.
6797 Counsellors/reg info.
Fax: (613) 541-6706
E-mail: bmasc@rmc.ca
Http://www.rmc.academic/continuing/

Cost of the on-site course is \$70.00, plus textbooks. Course fees must be submitted with the applicant's Application for Admission. Interested persons should apply early as they must be processed by RMC for admission and space may be limited, depending on the response.

Country Village Kitchen Bin

Browse the Beans & Surf the Net
Coffee & Internet
GOURMET COFFEE
GIFTS & MUCH MORE
Over 1 ton sold so far this year!
"Our Business is a Grind"
190 PORT AUGUSTA, COMOX MALL DON GATES... 339-7313

Captain's Seafoods

319-4th Street, Courtenay
Season's Greetings from
the Captain
& His Crew
Christmas Orders Packaged on Request for shipping
Captain's Greens & Grocery 1745 Comox Ave. Comox 339-4331 897-1001

Merry Christmas & Happy New Year to all from

Garf Barandall Ford
MERCURY SALES LTD.
FORD
MERCURY
334-3161
PARTS 338-5318
360 Old Island Hwy, Courtenay



Demon Doins

This Demon Doins comes from the ETO section. For those who know nothing about this section, read on. For those who do... well, you too can read on. ETO stands for Employment and Training Officer. The current incumbent in this position is MWO Tom (More often in Winnipeg than in Comox) Nurse. He has the responsibility for ensuring that all the training requirements for the maintenance flight are met. The guys on the floor must have the proper skills to do the job and he makes it happen. To help him, he has a section of seven people.

First is WO Andy De Vries. He is an AVS tech and coordinates the day to day activities of the ETO section. This is quite a busy time for the ETO section. Some of the projects on the go

include MOC 500 restructure, CP140 conversion training, implementation of the new PO3 maintenance policy, the AF9000 Plus auditing program, load training and the myriad of miscellaneous courses that all our personnel must have to do their job and advance in their careers.

To assist him are Sgt Andy Landry, our AVN training coordinator, and Sgt Jim (Music Man) Mulikow, our AVS training coordinator. They have very busy jobs and are always searching for people to go on course in Greenwood. Unfortunately, the length of the CP140 courses makes them very unpopular and they get all sorts of sob stories from people who do not want to go. As well, they look after a multitude of miscellaneous courses. Andy is always burning up the E-mail trying to hunt down potential candidates for the aviation courses. He never finds enough. With Him, it is just the opposite. There are not enough avionics courses to go around and he has more candidates than positions. Maybe some of these AVN guys should make a good career decision and go AVS.

Also in the ETO section is the Load Training and Standards section. They are Sgt Rod Spurr, MCpl Than (Whiner) MacNeill

and Cpl Pete Legault. These guys have got to be Servicing's most favourite people. The techs just love it when these guys come to tell them that they are decertified because they didn't do their pro loads. These three guys are responsible for ensuring that the technicians receive the necessary training and skills to safely handle all the various armament stores utilized by the squadron.

Last, but by no means less, is MCpl Stu Anderson. Stu came to us from the AMO section last spring to help out with the development of the squadrons AF9000 Plus quality program. When Capt Hounslow and WO Jim (I want a real job) Lowdon took over the reins of the AF9000 plan, they quickly recognized talent and scooped up Stu. Ever since then he has been diligently toiling away on his computer to put together the squadron Manual of Aerospace Procedures (MAP). This MAP will be used by the maintainers to help them do their jobs more effectively and efficiently.

I would just like to finish by wishing everyone a very safe Christmas and New Years. Enjoy the festive season with your families and loved ones.



Ho Ho Ho,
On Donner,
On Blitzen, On 414!



by Lt "Squish" Umyrsh

Ah yes, once again we meet, my captive audience. We are drawing near to the big day of Christmas, and the holiday season is upon us (actually according to any of the stores in town, the Christmas season started just after Halloween). The Fighting 414th has been busy, as per normal, this past while. Despite the somewhat (ahem) marginal weather that normally accompanies the Christmas months around Comox, we have been flying as much as possible. Maj Harrington and myself got to see how the other side lives when we blasted out to the East Coast to drop off a jet. We saw it all... sun, snow, ice, rain, you name it. All I can say is that I would much rather be wet from lots of rain than have to shovel snow.

More breathtaking 414 news... The Fighting 414th is once again deploying down to California to learn those Americans a lesson or two about messing with our salmon! In actuality, we are once again playing the bad guys, and get to slap around anything that decides to show up and challenge our grey Ferraries of the sky. For this deployment, Trout is the pointy end of the stick, Spot and Gramps are working the

MOJO, and I am the token wingy. Jim, Stevie P (hi Mrs. P!) and Terry Shanks are our Indy pit crew, keeping those aforementioned Ferraries running in tip top shape.

Things will be slowing down a bit for the next couple of weeks, as everyone begins to get ready for the holidays. I think it is a fine time for everyone to kick back and enjoy a few days off. Everyone around the squadron has worked very hard and been very dedicated during the past year and I feel that all of you deserve a big "Hey! Thanks for putting in all the effort!" The Fighting 414th is nothing without the people in it - all of you make it what it is. And what is the squadron you say? I thought you would never ask... The Fighting 414th is the most butt-kicking-plane-flying-insult-giving-hurt-dishing-combat-capable unit in the Canadian Forces or, for that matter, in the entire universe.

On that note, I think it is time for me to wrap this up and to leave you all to enjoy your vacations. Merry Christmas to all of you from the Fighting 414th!

Squish OUT.
Totis Viribus - With All Our Might.



Cops Corner

by Cpl K.E. LeBlanc

As this is the last article of 1997, I would like to begin by wishing all members of 19 Wing and their families a very Merry Christmas and a Happy New Year from the members of the SAMP Flt.

As always, along with Santa Claus, the family gatherings and the gifts, the holiday season also brings with it a number of opportunities to partake of seasonal merriment. As a result of this, we would like to stress the importance of not taking this merriment behind the wheels of our vehicles.

Every year in this province, as in most provinces, law enforcement agencies will be stepping up their roadside checks in order to identify impaired drivers. With this, also comes an advertising blitz to remind the public of the dangers associated with this potentially life threatening occurrence (I'm sure most of us have already seen some of the commercials on local TV channels). In the very near future we will begin to see an increased presence of law enforcement agencies, including the SAMP Flt, on our roadways, checking vehicles. Don't drink and drive.

As you travel to and from the Wing, you will start seeing our own Christmas "light display" from our patrol vehicles. Occasionally, depending on the amount of traffic, this will result in a short wait while attempting to either enter or exit the Wing. We would ask for everyone to be patient during this campaign, and hope that you will keep in mind that these checks are conducted so that we may keep the roads safe for all its users this holiday season.

By the time this article is printed, our Christmas Tree of Lights campaign will be under way. This campaign is in support of the Military Police Fund for Blind Children, which is the only registered charity in the CF, and something which we are all very proud of. Each donation made will illuminate one light on the tree. Our ultimate goal is to have all the lights glowing by Christmas Day. Donations may be made at the Military Police Guardhouse, and receipts will be given to anyone who requests them for tax purposes. Any questions in regards to the Christmas Tree of Lights campaign may be directed to LS Dave Stevens at 339-8218. I would like to take this opportunity to join Dave in thanking everyone in advance for their support in this fine cause.

Once again, we hope that everyone will have a very happy and safe holiday season. I look forward to 1998, the articles, and support, that this SAMP Flt will be providing to you in the coming year.

Season's Greetings from FURNITURE WAREHOUSE

Come in and see the best selection
of dining room and kitchen suites in
the Comox Valley.
Many suites to
choose from.

only at... FURNITURE WAREHOUSE
334-2922
OPEN
Mon. - Thurs. 9:30 - 6:00
Friday 9:30 - 9:00
Saturday 9:30 - 5:30
Sunday Noon - 4:00
2967 Kilpatrick Avenue, Courtenay, B.C.

XMAS GIFT IDEAS at THE SID

classical & spanish
guitar with
Liona Boyd
Sun. Jan. 11 - 8pm
Tix \$25 (res.)

Gershwin & more with
ANAGNOSON
& KINTON
PIANO DUO
Sun. Jan. 18 - 8pm
Tix \$20/\$18/\$12

Coming Jan. 13
sony music
recording artist
CHANTAL KREVIAZUK
tix on sale soon

SID WILLIAMS
CIVIC THEATRE
BOX OFFICE
442 Cliffe, COURTENAY
hrs: 12-3/4-6pm mon-sat
#338-2420

DRIVE THE BEST BUY
1992 CHEV CAVALIER RS
V6 Auto, Air cond, PW's
PDL's, Tilt, Cruise
53,000 Kms, One Owner
EXCELLENT CONDITION
STK# 1089A
Price: \$10,995.00
To View Call BILL at... 334-2425 Bill Snow CDI
BRIAN McLEAN
CHEVROLET - GEO - OLDSMOBILE LTD.
2145 Cliffe Avenue Courtenay B.C.
334-2425 Mon-Thurs: 9-6 Fri & Sat: 9-30 DEALER NO. 8379

CAPTURE
PIRANAH POWER
TIFFINY Hot Tub. 12 hydrotherapy jets
powered by Jacuzzi Piranah 2 hp. Includes
Power Smart thermal cover. 5 year
warranty. Factory Direct Price \$3650 + tax.
DALRON
HOME LEISURE
Your Home Turf Advantage.
Dalron Home Leisure "we guarantee our service"
2720 Cliffe Avenue, Courtenay • 338-1330
(Located across from the Driftwood Mall in Courtenay)

REID'S Esso
COURTENAY
In Province Vehicle
Inspections
Engine Steam Cleaning
Exhaust Systems
Truck & Auto Repairs
Auto Propane & Repairs
Propane Key-Lock
RENT-A-WRECK
RENTS
334-2060
Moving Trucks & Buses
CARS & Pick-up Trucks
334-3844
451 Ryan Rd., Courtenay

Murray
Christmas Tree
Farm
CHRISTMAS
TREES
Comox Valley Grown
No GST
on Tree
\$10.00 and up
Cut Fresh Daily
1/4 Mile South of Driftwood Mall
3215 Cliffe Avenue



by Sgt Bob Aitchison
Seasons Greeting from 19 AMS. The last little while has been a busy time for all the elves of the squadron.

Now that MARCOT and Fin-castle are over, squadron business has settled back to its usual hectic pace. Quite a large number of personnel are involved in training either as an instructor/facilitator or as students. In addition to the usual local courses we have people away in Cold Lake, Winnipeg, St. Jean and, of course, the ever-popular Borden.

Yes, Virginia, there is a Santa Claus and he has seen fit to give us some new technicians to perform our minor miracles:

Posted in to ACS (Aircraft Structures) Cpl Currie, Pte Ivany, Pte Lewis and Pte Maher, all in from CFSATE Borden. Cpl B. Wilson from 442 Sqn has joined the Non Destructive Testing sec-

tion. Cpl J. Lemieux is in from Bagotville and is making himself at home in the Aviation Life Support Equipment section. As well, Cpl G. Delorme from 414 Sqn is now a happy resident of the Component Shop. However, the career manager giveth and the career manager taketh away - we have had to say goodbye to two of the trolls from the Avionics Lab; Cpl John Simms posted to Cold Lake and Cpl Scotty McPhalen moved next door to 442 Sqn.

The Sqn CO has had the honour of presenting several CDs to squadron members including Cpl Bruce Webb, Cpl Keith Babiak and Cpl Art Gogan. On the same occasion, MCpl Rick Franke was presented with a No Retreat Award for his dedication and professionalism during the recent investigation of the T-33 that crashed on the mainland years ago. Congratulations all.

Congratulations also go out to Capt Jim Rossell and wife Tracey and their new son, Thomas, and also to MCpl Doc Savage and wife Annette and their new son, Jeremy. I don't know if they have traded stories with each other but other people in the squadron are full of advice for the new parents.

You may have noticed that there have been some changes in the local landscape in the recent past. In particular, Building 15 (at the north-west corner of 7 Hangar) no longer exists. It has been levelled to make way for the

ACS Techs' brand new, state of the art, paint facility.

The happy campers in Process Control decided that they didn't like the ambience on the top floor of 7 Hangar (something about no windows) so have relocated to the DIAC school out in front of the hangar. I understand they like the view much better, but there have been complaints about all those stairs when they have business up top.

November 28 saw the athletic members of the squadron participating in feats of prowess at the gym. Games of floor hockey and volleyball were well attended with all having a good time while getting a good workout. It was reported the over-40s team cleaned up.

With the festive season upon us, it is once again time to start thinking about getting together and socializing. The squadron is scheduled to have its annual Christmas Party on Friday 12 December. Was this arranged so I could sleep in the next morning?

As well, plans are well under way for the annual Wing Walkaround on 18 December. Rumour has it the food will be pizza, compliments of the squadron management. See you there.

In closing, 19 AMS would like to wish everyone the Best of the Season and a Prosperous and Happy New Year.



Cpl Bruce Webb receives his CD from Maj Bourget CO 19 AMS. (Photos by Wing Imaging)

Congratulations United Way raffle winners



Congratulations to the winners of the United Way raffle. Cpl Josée Ménard from Wg Imaging and Pat Nicholson from Wg Telecom have each won a 4-night vacation package from Crystal Cove Beach Resort, Tofino, B.C. The raffle generated over \$1,800 in support of the United Way. (Photo by WIS)



Cpl Keith Babiak, CD.



Cpl A.F. Gogan, CD.



MCpl Rick Franke, No Retreat Award.

Season's Greetings from

When it's time to purchase B.C. Plates, or renew your car insurance, your independent insurance broker covers you best.

"Insurance with a difference for over 30 years!"

COMOX VALLEY INSURANCE SERVICE LTD.

3 LOCATIONS TO SERVE YOU BETTER!

491 Cumberland Rd.
Courtenay

338-1401



1211 Ryan Rd.
Courtenay

334-2104



1782 Comox Ave.
Comox

339-4847

CVI
COMOX VALLEY
INSURANCE SERVICE LTD.

**Tri-City
Boot Repair
& Sales**



TOP QUALITY
Shoe & Leather Repairs

Cliffe Ave & 8th St.

Next to Subway

Tues-Sat. 9:00 - 5:50



**Central
Builders**

Everything for the Builder
since 1924

610 Anderton Ave., Courtenay
Ph. 334-4416 Fax. 334-3776

Christmas! Carols, chuckles and calories

by Capt Caroline Chartier,
nutritionist d.t.p.

The holiday season is quickly approaching. Like every year, we will celebrate Christmas and the New Year and, like every year, we will have a hard time putting our uniforms back on in January (except for those of you who have the luxury of wearing a flying suit with Velcro...). Here are a few tips which will help you to avoid gaining those unwanted pounds but, just one thing before we start, DON'T BE TOO PARANOID - it is the holiday season after all!

Tip #1: If you're going to increase your intake, make sure you increase your output. Take this opportunity to do activities as a family. You could go swimming, skating, skiing, or play badminton, basketball, football, etc. If you like to run and your kids are too young to run with you, have them follow you with their bikes. If you propose an activity and they tell you to go for a hike, well just reply that a hike is a great idea. There are numerous trails around, especially an interesting one along the Puntledge River. Just don't ask my husband for directions - you might get lost!

Tip #2: Don't skip meals. You might use the logic that if you skip lunch you will be entitled to double the size of your dinner. In

terms of calories ingested you might be close, but those calories consumed late at night will not be immediately required and therefore will be stored (HA! More fat!!) The importance of having three meals a day remains and the following proverb can help you to visualize: "Have the breakfast of a king, the lunch of a prince and the dinner of a pauper." The logic is that throughout the day we need energy but as the day progresses the level of activity usually decreases.

Tip #3: Use alcohol in moderation. A bottle of beer, or 200 ml of wine, equals two slices of bread. There is nothing wrong about enjoying some wine with your meals as long, of course, as you don't drive but don't underestimate the number of additional calories you are adding. The trick is to drink in moderation and to increase your output the following day (see Tip #1).

Tip #4: Listen to your body; if you are not hungry any more, stop eating! Those parties are meant to celebrate and have fun, not to feel sick. The food might be delicious but, if you are full, don't push things. If you are attending a dinner at a friend's place, you can always ask for a smaller portion.



Tip #5: If you are preparing a dinner, reducing the fat and sugar content of your food items is also an option. Some reduced fat and sugar content recipes are listed at the end of this article.

Tip #6: Increase your intake of vegetables and reduce meat or excess bread products. Your plate should consist of a portion of meat (slices of turkey, two portions of vegetables (carrots and broccoli) and one portion of potato.

Tip #7: Eat slowly. The faster you eat, the more food you will have time to ingest before you'll feel full. One of the factors that activates this chain reaction, giving you the feeling that you are full, is the increase of your blood sugar. There are other factors, but one fact remains - eating slowly will help you eat less.

Tip #8: If, even with all the best intentions, your plan fails and you gain a few kilos, we can all meet in the gym in January!

Tomato & Basil Soup

(4 portions)

1 small leek (white part only)
10 ml Canola or sunflower oil
1 clove garlic
1 can tomatoes (796 ml)
5 ml dry basil
5 ml powder concentrated chicken bouillon

Pepper
Fresh basil leaves
Plain yogurt
-Cut leek in half, clean thoroughly and slice
-Heat oil in T-fal pan and brown leek and garlic until tender (4-5 min)
-Add tomatoes, basil, chicken bouillon and pepper
-Simmer 10 - 15 minutes
-Remove from heat
-Put in blender and reduce to thick soup
-Reheat when required
-Decorate each soup serving with a touch of yogurt and a fresh basil leaf.

Sesame Broccoli

Broccoli, washed
Sesame seeds

-Cut broccoli into small florets
-Steam until tender
-Sprinkle with sesame seeds and serve.

Glazed carrots

(6 portions)

16 small new carrots, cleaned
15 ml butter
15 ml honey
Salt & pepper
Bunch of parsley, chopped

-Scald carrots in boiling water for 4 min.
-Melt butter in pan and brown carrots approximately 2 min.
-Add honey, salt & pepper
-Cook until carrots are well coated
-Sprinkle parsley on carrots before serving.

BRAND NAMES FOR LESS *Plus* THE THE CANEX NO INTEREST CREDIT PLAN*

NO MONTHLY PAYMENTS

UNTIL MARCH '98!

Packard Bell
14" COLOR MONITOR
ONLY 299⁹⁹
100 PER MONTH

Packard Bell
15" COLOR MONITOR
ONLY 399⁹⁹
100 PER MONTH

Packard Bell
17" COLOR MONITOR
ONLY 599⁹⁹
100 PER MONTH

Packard Bell
M 404 COMPUTER
166 MHz PENTIUM PROCESSOR
WITH MMX
1599⁹⁹
133 PER MONTH

Packard Bell
R 500 COMPUTER
200 MHz PENTIUM PROCESSOR
WITH MMX
2199⁹⁹
183 PER MONTH

RAINBOW 3.5 DISKETTES
PKG 25
7⁹⁹

NO DOWN PAYMENT
(OTHER THAN APPLICABLE TAXES)

NO INTEREST PAYMENTS EVER!

PAY NO INTEREST FOR UP TO 12 MONTHS
NO DOWN PAYMENT (OTHER THAN TAXES)
Selling and financing of computers, software, printers and other electronic equipment by CANEX. The CANEX No Interest Credit Plan is a service provided by CANEX. Visit your nearest CANEX store for details.

VALUE • SERVICE • SATISFACTION

CANEX

PRIX • SERVICE • SATISFACTION

OPEN/OUVERT
MON 0700-2100 LUN
TUE 0700-2100 MAR
WED 0700-2100 MER
THU 0700-2100 JEU
FRI 0700-2100 VEN
SAT 0900-2100 SAM
SUN 1100-1800 DIM

CHRISTMAS SCHEDULE

GYM, POOL & WEIGHTROOM SCHEDULE

24 DEC	0730-1600 HRS (GYM & WEIGHTROOM) 1300-1600 HRS (POOL)	(WEDNESDAY)
25 DEC	CLOSED	(THURSDAY)
26 DEC	CLOSED	(FRIDAY)
27 DEC	1300-1700 HRS (GYM & WEIGHTROOM) 1300-1600 HRS (POOL)	(SATURDAY)
28 DEC	1300-1700 HRS (GYM & WEIGHTROOM) 1300-1600 HRS (POOL)	(SUNDAY)
29 DEC	0730-1600 HRS (GYM & WEIGHTROOM) 1300-1600 HRS (POOL)	(MONDAY)
30 DEC	0730-1800 HRS (GYM & WEIGHTROOM) 1300-1600 HRS (POOL)	(TUESDAY)
31 DEC	0730-1600 HRS (GYM & WEIGHTROOM) 1300-1600 HRS (POOL)	(WEDNESDAY)
01 JAN	CLOSED	(THURSDAY)
02 JAN	0730-1300 HRS (GYM & WEIGHTROOM) 1300-1600 HRS (POOL)	(FRIDAY)
03 JAN	1300-1700 HRS (GYM & WEIGHTROOM) 1300-1600 HRS (POOL)	(SATURDAY)
04 JAN	1300-1700 HRS (GYM & WEIGHTROOM) 1300-1600 HRS (POOL)	(SUNDAY)

Glacier Gardens Arena
Christmas Holiday Schedule

Casual Skating Times

22 December:	1130 - 1300
23 December:	1130 - 1300
24 December:	1100 - 1230
25 December:	CLOSED
26 December:	CLOSED
27 December:	1130 - 1300
28 December:	1130 - 1300
29 December:	1130 - 1300
30 December:	1130 - 1300
31 December:	1100 - 1230

1 January:	CLOSED
2 & 3 January:	(No Casual Skating)
	Minor Hockey Tournament
4 January:	1500 - 1615

Commander's Cup Sports

If there is enough interest, the Rec Centre will host Commander's Cup in the following sports:

•Volleyball •Basketball •Floor hockey
Canvass your unit/section/sqn. If the interest is there, call or E-mail me and we'll pick the dates and have a go at it. Let me know NLT 12 December. The ball is in your court!
Jake Plante, Sports Coordinator, loc 8783

A VOLKSWAGEN GOLF to get you up the slope
A KZ snowboard
or a pair of ski's
to get you down...



Debbie Barnes
Sales & Leasing

The Golf K2

Sunwest Auto Centre

401 Ryan Rd., Courtenay 338-1221

19 WING

Flyers
take
ten

The 19 Wing Flyers Hockey team snatched up 10 points to jump near top of the C-V Men's Commercial Hockey League.

Since the last time we talked, the Flyers have turned it up a notch. With some line juggling by coach "Swains," our newly renovated dressing room and, most importantly, "a system" the big orange machine seems to have ignited.

The "first to the puck" attitude and winning most of the one on one battles had proven successful, rewarding the troops with a five game winning streak and 10 big ones to the good.

Since the last front office report, the Flyers started by losing a close one to the Courtenay House 4-2, but bounced back by beating top ranked Bloodshots 5-3 and handed the Pirates a 5-2 loss. Flyers' centre, Tim Mamy, put in a good night's work as he buried three against the Mex Blues as Bill Johnson, Dan Janelle and Kelley McLaughlin also tallied. Net minder, Mark Glowach, kept up his end of the bargain, recording the big goose egg as our boys blanked the Blues 6-0.

A very rare Sunday night game showed the Edgewater come up

short, as they were defeated 3-0. Mark Glowach, again, denied all tries, clenching his second shut-out in a row.

Last Thursday's bout against the first place Black Fin Kings will prove to be a big confidence boost. It did not look good in the first as the Flyers spent most of it in the sin bin. However, great special teams kept the run and gun Kings to a one goal margin. Stellar goal tending by Paul MacMillan and close checking eventually lulled the storm. After 20 minutes the Kings were on top and the Flyers were off to the dressing room for coach's corner with coach Swains. Back to the basics and some RnR was the recipe for the second period.

At the two-minute mark of the second period, John Clairmont evened up the contest at one. More temper time-outs were handed out to both teams by the officials. After scoring the Flyers' second goal, Dan Janelle was shuttled off to repair a broken wrist. Just up from the farm, defenseman Travis Wert found the back of the net with a blast from the blue line. Partner, Vince Lagace added to the lead with another drive from the top of the

circle. Flyers' skipper, Wayne Simpson, dialled Kings' goalie long distance - scoring from outside the blue line and increasing the lead to four. The Flyers still weren't done as Gregg Carr squeaked one in through the five hole during a scrum near the Kings' net. Bill Johnson got the seventh and final goal with a beauty wrister to the shelf as the Flyers downed the Kings 7-1.

The 19 Wing Comox Flyers Hockey team is working very hard at putting a competitive team on the ice. Grab your cow bell, get Maxine to fix you some hot chocolate, and come out and root for your team. There are new heaters and a closed-in viewing area for those Flyer fans who are not fussy about the cold.

For more info about the Flyers, contact team president Paul MacMillan at local 8417, or call the Rec Centre at local 8315.

The 19 Wing Flyers would like to take this opportunity to thank the guys at the CE workshops for all the help and expertise in renovating our dressing room. We would also like to thank our sponsor, Comox Builders, for their support.

Noon

Drop-in Sports

Just a reminder that noon drop-in sports are as follows:

Tuesdays - basketball
Thursdays - volleyball
See you there!

Men's Broomball
Wing reps

There will be a general meeting for all 19 Wing Men's Broomball players in the gym conference room on 16 December at 13:00 hrs. On the agenda:

- introduction of the new coach,
- introduction of new and old players,
- team roster for equipment sign-out,
- practice times and dates, etc...

For more info contact:
Coach: WO Denis Cormier, loc 8380 or
MCpl Lou St-Onge, loc 8606.
Come out and enjoy a great broomball season.

Pacific Region Sports 1998 Schedule

Sport	Location	Date
Basketball	19 Wing Comox	9-11 Jan
Volleyball	CFB Esquimalt	22-24 Jan
Hockey (OT/Men's)	19 Wing Comox	16-20 Feb
Broomball (M/W)	CFB Esquimalt	26-28 Feb
Curling	19 Wing Comox	TBA
Badminton/Squash	19 Wing Comox	27-29 Mar
Golf	Fort Lewis (Esquimalt)	TBA
Ball Hockey	19 Wing Comox	16-18 July
Softball (M/W)	CFB Esquimalt	6-8 Aug
Soccer	CFB Esquimalt	20-22 Aug
Running	CFB Esquimalt	5-6 Sep

Pacific Region
Basketball and Hockey
Cry for Volunteers

19 Wing will be hosting Basketball 9-11 January 98 and Oldtimers' Hockey 25-30 January. If there are any volunteers out there, please call Jake Plante at loc 8783. We need score keepers and time keepers for both basketball and hockey, as well as general helpers for hockey. Indicate which Regional you wish to help with and we'll send the memo to request authority to attend.



Thank you for your support

We, at the Totem Times, would like to encourage all our readers to support our advertisers, without whom we would not exist.

please mum
TRADING COMPANY

Let's Have A Party!
HOSTESS RECEIVES:
• 10% of party sales in free clothing
• One item for 60% off
• A free gift
• VIP membership
• chance to win \$1000 shopping spree & more

VIP SALE
Buy 1 select item & get 2nd at 50% OFF
Joanne Brearley 339-7066



WINTER GOLF

by Barb Carter

As of December 7, winter golf has undergone a time change. Sign up is now at 8:00 a.m. for an 8:30 a.m. tee off. Winter golfers will not be allowed to book tee times until they finish winter golf. This is to allow more of the membership to have access to the course. We hope this time change won't deter your coming out to have some fun and visit with friends.

NOV 30 RESULTS

After a two week delay because of inclement weather, win-

ter golf got under way again. The weather likely fooled a lot of people (only 36 showed up) but it turned out to be a super fine day.

1st LG: Jim Brown's team of Phil Nakashima, Larry Sawyer & Jim Hume.

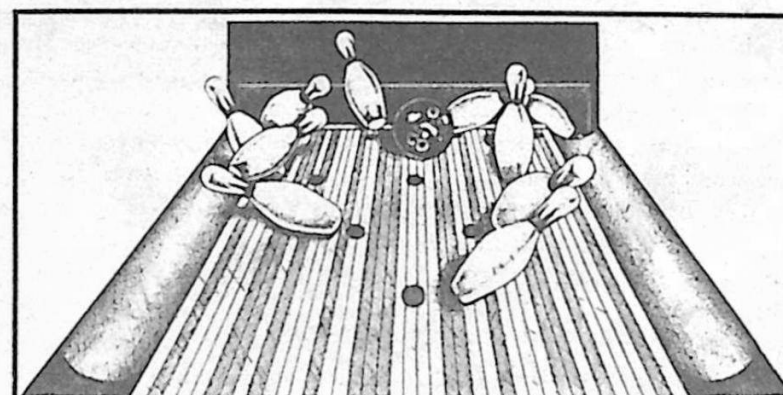
1st LN: Scott Klein, Jim Trask, Dave Kelly & Linda Picard.

2nd LG: Ron Carter, Lloyd Billings, Bill Pompanio & Mo Morrison.

2nd LN: went to the birthday boy's team - Fred Williams, Bob Pridmore, Don Douglas & Ralph Glass.

KPs on #12 to Glen Meers and his team of Fran Hume, Glen Caslake and Mary Kelly.

KP on #15 to Duke Dutrisac's team of Larry Blais, Fred Horvath and Joyce Merrill.



Bowling Centre

Casual bowling hours:

Friday 1800-2100 hrs
Sunday 1300-1600 hrs

Very reasonable rates!
Smoke free atmosphere!

We now have gutter bumpers so the small fry can bowl and never get a gutter-ball!

COME ON OUT AND
BOWL UP A STORM!!!

Pacific Region
Championships

19 Wing will be hosting two Pacific Region Championships in the New Year.

Basketball

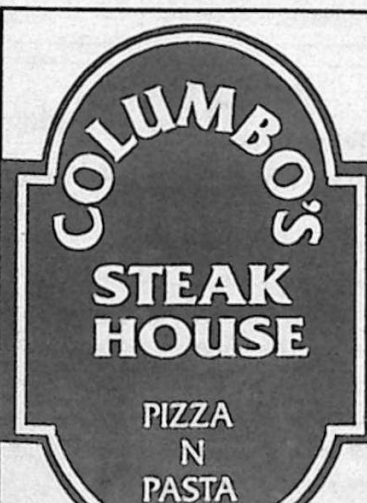
9-11 January
First game 1930 hrs, 9 Jan
Men's and Oldtimers' Hockey

25-30 January
First game 1700 hrs, 25 Jan.

Jakes Trivia Corner

1. What number car did Richard Petty drive to stock racing fame and fortune?
2. What chocolate company bankrolled an American hockey league club?
3. Who is the all-time home run champion among centre fielders, with 660 circuit clouts?

See answers on page 14.



Luncheon & Dinner
Pick up Available
Italian & Greek Dishes
Banquet Room for Parties
Open 7 Days a Week
1-450 Ryan Rd. Courtenay
338-1488

PUT A
Softub
Canada's Truly Portable Hot Tub

Under your
TREE This
Christmas

- needs no plumbing
- plugs into 110V outlet
- 5 year Ltd. warranty

THE PERFECT SPA
FOR PEOPLE ON THE MOVE

\$300.00 Factory Rebate
available now

SUN SOFT SPAS
Ph/Fax 338-7719

Put your head on my shoulder

by Michelle McKenzie

"What's happening with the Dive Club?" you ask. Well, in November we had our AGM to vote in the new executive, choose a club logo for crests, jackets, etc., and discuss club issues. The Public Relations position has been dispensed with in order to spread creative responsibility to all members. Brian is working on a newsletter and I am working on putting together a web page for the LAN. I could use help in the area of dive stories, graphics/photos and articles.

Since Tahsis '97, members rented a cabin on Gabriola Island for a "local" dive trip. Some people made a night dive approximately 200 metres from the cabin on the first night. The next morning most of us seemed to be sucked into the couches, pyjamas and simple lethargy. Eventually, we got it together in time to see our neighbouring eagles frolicking over the water.

Later, we dove Malasapina Galleries which was quite fantastic for me. I was certified in 1991 at Borden, made my first dive in 1993/4 with friends, then, two years later, with the club. In June I was refreshing with Glen Coates; I had equipment problems (growth); at Malasapina



(Photo by Ron Reeves.)

Galleries I finally got wet. I had bought new disposable contacts, borrowed a short tank from Glen and discovered Ron, who has dived with many different people during his diving years.

We were the last divers to hit the water, Ron and I. Once we'd equalized and I looked around, I was amazed. It was just like on television and in focus! (From someone who is near sighted.) Ron thought I was scared because all he could see was the whites of my eyes - HUGE! There were fish all over the place. Little orange ones in groups, and a huge mouthed ling cod that was easily

a foot long, appearing to have a big smile. Then there was the sea cucumber which I didn't bother to touch, but I did get a picture of me holding a starfish to my chest. It was great, just great! Getting out was new. The waves were huge, slamming us against the rock that we jumped off. Ron found it easier to grab the back of my tank, hauling me to the exit point where I rode the waves onto the rock. Let me tell you it was great! great! great! Now all I need is a small tank and a dry suit for my almost fatless frame.

Till next time...

"NEW" SPORTS STORE HOURS

Mon - Thurs: 0730 - 1600 hrs
Fridays: 0730 - 1330 hrs

Francis Jewellers Ltd.

Appraisals & Repairs
Watch Repairs ♦ Giftware
Goldsmith Services

334-2611

320 Fifth Street, Courtenay



FOR COFFEE LOVERS

Now roasted for your pleasure
and your gift giving pleasure.
A Very Special Coffee

ETHIOPIAN YRGHACHEFFE

FINE LOOSE TEAS:

You'll find our Loose Teas of High Quality.
China Keemun, Formosa Oolong,
Ceylon Orange Pekoe,
India Darjeeling Deluxe, Assam, Nilgiri.
Green Teas: Japan Spiderleg,
China Gunpowder.
Earl Grey, English & Irish Breakfast.
Naturally Flavoured Black Teas.



338-5592

HOURS: 8:00 am - 5:00 pm Monday to Saturday

SIMON'S CYCLES LTD.



NO PROBLEM

#3 - 1841 Comox Ave, Comox

339-6683

Super
Discounts
on all
97 BIKES

SIMON'S CYCLES LTD.

ALL 97
BELL HELMETS

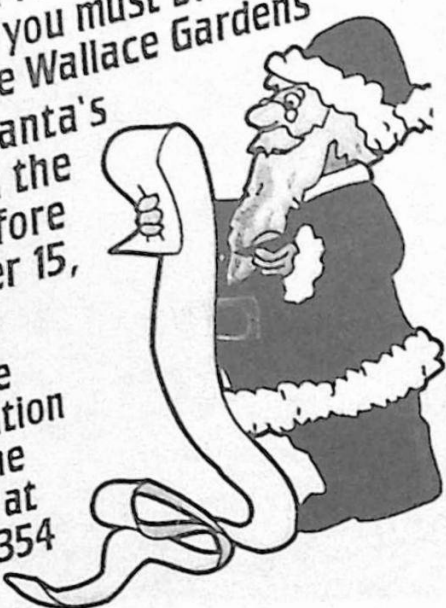
30%
OFF

97
SUSPENSION FORKS
including
Rock-Shoxs

Letters to Santa

If you would like to write a letter to Santa and receive an answer from Santa, you must bring your letter to the Wallace Gardens office or Santa's mailbox in the Canex before December 15, 1997.

For more information call Jane Bekus at 339-2354



TEEN NEW YEAR'S DANCE



The Wallace Gardens Association will be holding a Teen New Year's dance on Thursday, 1 January 1998 from 8:00 pm - 1:00 am in the Airport School Gym. There will be a DJ, prizes, food, fun and dancing. If you are a parent and would like to chaperone or if you would like any more information, please call Carmie Dixon at 339-7696.

MQ LIGHTING CONTEST

The Wallace Gardens Annual Christmas Lighting Contest is here again. Prizes will be awarded for the Best Overall, Best Traditional and Best Creative. There will also be one honorary prize for each Ward. Your displays must be ready by December 20, 97. Winners will be announced on December 24, 1997. For more information call Janina Nicholls at 339-8211 ext 8571.

WGCA VIDEO AFTERNOON

At the Wallace Gardens Community Centre

December 14, 97 from 1-3 pm

For children 12 and under

For more information and the title of this month's movie call Yvon Berlin at 339-7522

Cost for popcorn and drink:
50c for Wallace Gardens members
75c for non-members

Merry Christmas

WALLACE GARDENS COMMUNITY ASSOCIATION



SKATE WITH SANTA

The Wallace Gardens Community Association invites you to come and skate with Santa. He will be at the Base Arena on Tuesday, December 23, 97 from 1:30-3:00 pm. We will be serving hot chocolate and cookies. See you there!

For more information, call Janina Nicholls at 339-8211 ext 8571.

WALLACE GARDENS COMMUNITY ASSOCIATION

FROSTY THE SNOWMAN SOCK HOP

SATURDAY, DECEMBER 13 FROM 3-5 PM

COST: PLEASE BRING A CAN OR BAG OF PET FOOD AS YOUR ADMISSION AND THIS FOOD WILL BE BROUGHT TO THE SPICA DURING CHRISTMAS

FOR INFORMATION CALL PAT TAYLOR AT 339-4400

WALLACE GARDENS CHRISTMAS COLOURING CONTEST

THIS COLOURING CONTEST IS OPEN TO WALLACE GARDENS MEMBERS AGES 0-12. THE PICTURES TO BE COLOURED CAN BE PICKED UP AT THE WALLACE GARDENS OFFICE. THERE WILL BE A FIRST, SECOND AND THIRD PLACE WINNER IN EACH AGE GROUP. COLOURED PICTURES MUST BE IN THE WALLACE GARDENS OFFICE NO LATER THAN DECEMBER 17, 97. WINNERS WILL BE ANNOUNCED DECEMBER 18, 97.

FOR MORE INFORMATION CALL JANINA NICHOLLS AT 339-8211 EXT 8571.

Pet News

The WGCA is pleased to announce the names of four new Animal Control Officers. They are Cpl and Mrs. Baird. They can be reached any time on their pager at 703-9009 (this is a local call). They can also be reached at home (339-4627) or at work (339-8211 ext 8696). Please feel free to call them with any animal complaints or concerns.

WGCA Pet Info

Did you know.....?
•ALL pets in MQs must be registered at the Community Association office.
•If your pet is not registered by 1 Nov 97, you will be charged an additional amount of \$25.00 added to the regular registration fee. (The original deadline was 15 Sept but we have given you an short grace period).
•No MQ shall have more than three pets without getting written approval.
•Even if your pet is tied up in your own yard, you may be considered "in the wrong" if your pet bites someone. If your yard is accessible to others, you may be considered liable.



COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

Seasons Greetings

From the Board, Staff, & Volunteers at the CMFRC & the KCCC



Joyeuses Fêtes et Bonne Année à Tous

du conseil d'administration, le personnel, et les bénévoles de la CMFRC et la garderie KCCC

Youth Activities

Preteen Creative Story Writing

Do you love to tell and write stories? Join Jill for this fun 5 week writing course and meet some other potential artists. Creative parents are invited to attend and write their own stories. The main focus of this workshop is to foster everyone's creativity.
Dates: Wednesdays, January 21, 28, February 4, 11, 18
Time: 3:45 - 5:00pm
Location: Protestant Church Annex. Next to Glacier Gardens Ice Arena
Ages: 9-12 year olds
Cost: \$5.00 for snacks

Preteen Gym Time

Do you like to play basketball, dodgeball, tag, or indoor soccer? Come on out to

Airport School Gym for drop in sports.

Dates: Tuesdays, January 13, 20 and 27, February 3, 10, 17 and 24
Time: 4:00 - 5:00pm
Location: Airport School Gym
Ages: 8-12 year olds
Cost: Free

Christmas Caroling

All teen and preteens are welcome to join in with Christmas caroling around the PMQ's.
Date: Dec. 22nd
Time: 6:30pm
Location: Meeting place will be the Protestant Church Annex. Refreshments will be served afterwards.
Contact Person: Please phone Jill at 339-8290.

Youth Voice

Comments by Ginny Bolduc on the teen sports nights:
"I can meet friends, play sports, and games. Doesn't matter how good or bad you are at sports. It's fun and you don't have to play every game. We get to vote on the games. Lots of competition and laughing. The staff and volunteers are great with their generosity and kindness. They play sometimes." Written by Ginny Bolduc.
Dates: Wednesdays, December 17 and January 7 until end of May.
Time: 6:30 - 8:30pm
Location: Base gym

Counselling Services

- Short term and crisis counselling is offered by an experienced social worker
- Completely confidential and free of charge
- Available to any member of a military family - individuals, couples, families
- You may bring a wide range of issues such as communication difficulties, marital conflict, parenting, deployment stress or anger management
- Assessments and referrals available to other professionals and agencies
- Call counsellor, Mary Ann Rolf at 339-8286 or phone the CMFRC at 339-8290 for more information

Board Member Recruitment

This is a wonderful opportunity for a person interested in contributing their time, skills and energy to strengthening military families in our community.

For more information on becoming a member of the CMFRC Board of Directors please call 339-8290.

Financial Counselling

Financial Counselling Services are offered by an experienced counsellor at the Family Resource Center. Completely confidential and free of charge. You don't have to be up to your ears in debt to meet with a financial counsellor. You can arrange to discuss a problem, to obtain information, or simply to learn how to prepare a budget. Call the Family Resource Center at 339-8290 to arrange an appointment. Evening appointments are available Monday, Wednesday and Thursday.

Kinnikinnik Child Care Centre

Infant and Toddler Program

The Kinnikinnik Child Care Center has full and part-time spaces available for Infants and Toddlers (ages 6 - 36 months). For more information please call 339-5051 or 339-5074.

Parents and Tots

Parents with children under the age of five years are invited to join this group. This is an opportunity for parents and their children to meet other families and make new friends. Activities are geared towards younger age groups, however, older siblings are welcome to join in the fun.
Date: Every Thursday
Time: 9:00 - 11:00am
Cost: \$2
Registration: Pre-registration is not necessary

Preschool

Spaces are available in the morning preschool for children ages 3 and 4. For more information please call 339-5051.

Stress Busters

- Talk to a friend •Laugh often •Trust yourself •Have a spare key •Make a list •Plan ahead •Go for a walk
- Develop a support network •Cook a special meal •Read a good book •Smile •Ask for help •Practice yoga •Get up early •Do something you've always dreamed of doing
- Know your priorities •Play everyday •Watch a sunset •Eat lots of fresh fruit and vegetables •Own your feelings
- Praise other people •Take a break •Bake cookies •Face your fears •Be early for appointments •Practice deep breathing •Say no more often •Take a warm bath •Take time to look good •Do dreaded jobs first •See the funny side of things •Change your routine •Get enough sleep
- Take a risk •Be a good listener •Ask for hugs •Read a story to a child •Work for excellence, forget perfection
- Go for a bike ride •Tickle someone •Expect good things •Be grateful •Cut down on salt and sugar •Avoid limited thinking •Go dancing •Maintain your weight •Decide you are important!

**WANTED!****Girl Guide Leaders**

Comox and Lazo are in urgent need of leaders for all levels of Guiding. We would hate to close units or turn away any girls. Please call Terry at 334-8898 a.s.a.p.

Every Day Counts!

Every day in developing countries children face illness and death. In the event of a postal strike, don't wait - make your donation to CARE Canada by phone: 1-800-267-5232. Please call today!

Child Care

Mother of two willing to care for your children (days/weekends, full/part time) in our fun, responsible and loving home. Wholesale food provided - snacks. Park nearby. Call Nancy 339-3710. <1/2>

Wanted

Royal Canadian Air Force, RCN and CDN Armt aircraft photos for research project and historical preservation. Contact Rick 890-0435.

1st Lazo Scout Group

The 1st Lazo Scout Group offers scouting to your community: Beavers - ages 5 to 7, Cubs - ages 8 to 10, Scouts - ages 11 to 14. We welcome Bill Tracey as the new group committee Chairperson and Pearl Smith as Vice-chairperson.

We are actively looking for a secretary and other group committee members. If you would like more information, please contact Bill Tracey (339-6225) or Pearl Smith (890-0680), or come to our first meeting on Wednesday, 7 January, 8:30 p.m. at 888 Wing.

NEXT DEADLINES

Advertising - 7 January.

Articles - 9 January,

noon.

Work Opportunity

The opportunity to earn money from your home, just by telling two friends (family) about it. No door to door selling. For more info call: 339-6352. <2/2>

Duplex

2-year old duplex for sale. 3-bedroom, 2-1/2 baths, gas fireplace and HWT, heated 4ft. crawlspace and garage. Remainder of NHW. \$119,900. 338-5569. <2/2>

Happy 3rd birthday, Stephanie

love,
Dad, Mom & Jessica

Jake's Trivia Answers

1. 43
2. Hershey
3. Willie Mays

To: All personnel of 19 Wing Comox

On behalf of the British Columbia Committee Air Cadet League of Canada, I wish to thank the Wing for all the courtesy, support and service provided to the B.C. Air Cadet Squadrons and the Pacific Regional Gliding School during the past year.

I wish you all a Merry Christmas and a New Year of promise and success.

W.J. Batchlor, Chairperson
B.C. Committee
Air Cadet League

**New Year's Day Levees
19 Wing Comox**

As part of 19 Wing's traditional New Year's Day celebrations, the Officers' Mess and the Warrant Officers' and Sergeants' Mess will host New Year's Day Levees.

Timing:
- Officers' Mess 1000 - 1200 hours
- WO's & Sgts' Mess 10:30 - 1230 hours
- Military members DEU 1A (with medals)
- Civilians semi-formal (jacket and tie).

Dress:

Attention all Comox Legion members

Membership cards expire on 31 December 97. 1998 dues are due and payable on 1 January. To remain in good standing, membership dues must be paid no later than 31 January 98. Dues rates are as follows:

Ordinary and Associate members (under 65).....\$35.00
Ordinary and Associate members (over 65).....\$25.00
All Fraternal Affiliates.....\$45.00

If you wish to mail dues please send to:

Comox Legion, 1825 Comox Avenue, Comox, BC V9B 3M3

Make cheques payable to: Comox Branch

Merry Christmas to all

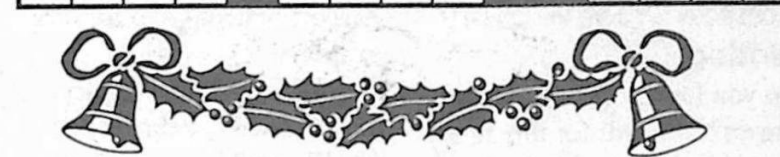
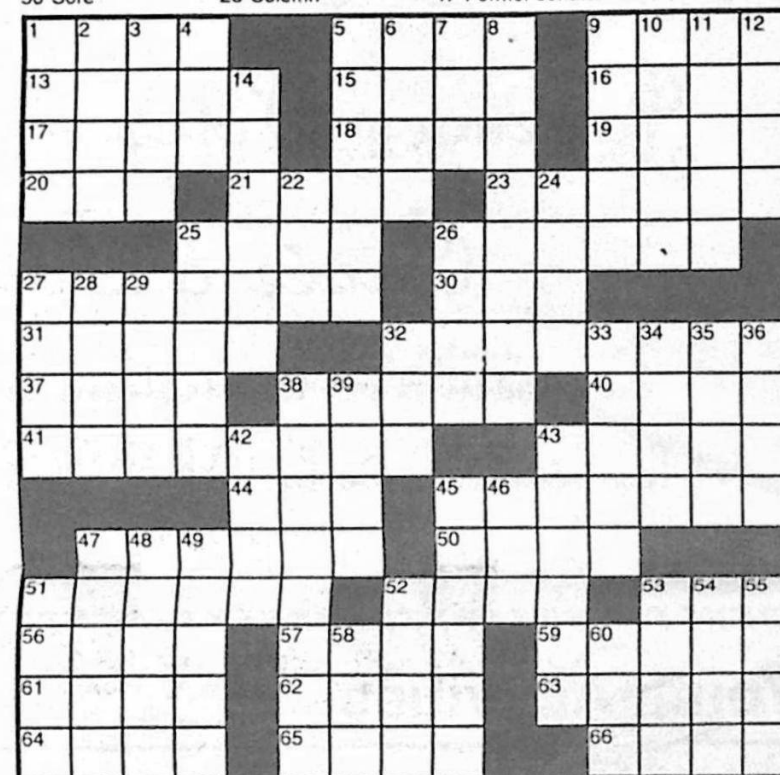
L.A. members and

**TODAY'S
CROSSWORD PUZZLE****ACROSS**

- 1 Golden Fleece ship
- 5 Currier and —
- 9 Leg part
- 13 Ballroom dance
- 15 Fictional captain
- 16 Smidgen
- 17 Speak pompously
- 18 Act like Ringo Starr?
- 19 Very small weight
- 20 Went first
- 21 Ostrichlike bird
- 23 Package
- 25 Cut of meat
- 26 Pullover
- 27 Warmest
- 30 Energy unit
- 31 Lugs
- 32 Items in artists' studios
- 37 Sicilian volcano
- 38 Black
- 40 Merchandise
- 41 Stocky
- 43 Elementary
- 44 Quiet — mouse
- 45 Cover
- 47 Mocked
- 50 Used a doorbell
- 51 — down the hatches!
- 52 Lumber
- 53 Reclined
- 56 Sore

DOWN

- 1 Truant soldier
- 2 Cooked just slightly
- 3 Happy
- 4 Hall-of-Famer Mel —
- 5 Start a paragraph
- 6 Dancer — Ellen
- 7 Relative of 21-Across
- 8 In a grave manner
- 9 Omens
- 10 Crowd
- 11 Boot-shaped country
- 12 Title
- 14 Nails
- 22 Not hers
- 24 Exhort
- 25 Fragrant shrub
- 26 Actress Marsh
- 27 Newscaster
- 28 Solemn

**All-Weather Aircrew Reunion**

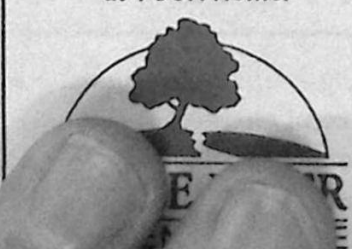
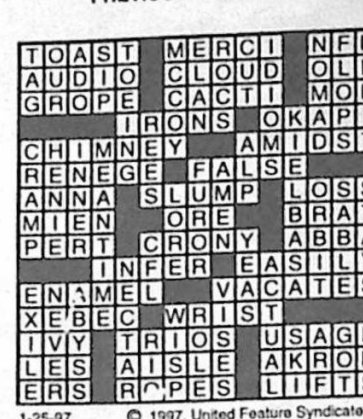
Tentatively scheduled for 21-23 August 1998 in Winnipeg, Manitoba. Soliciting expressions of interest by 31 December, 1997 deadline. Contact Lynn Wagar, 30 Amberwood Place, Winnipeg, MB, R2R 1E7. Phone (204) 633-3158.

Gifts for Gardeners!

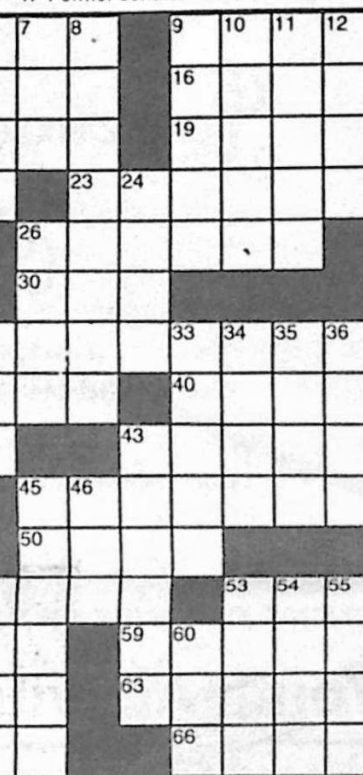
- * Tabletop Fountains
- * Asia Decorative Pots
- * Bird Feeders
- * Concrete Garden Ornaments

Live & Fresh Cut Local Christmas Trees

Landscape Consultations at YOUR Home.

**PREVIOUS PUZZLE SOLVED**

- 1 Toast
- 2 Merge
- 3 Info
- 4 Audio
- 5 Cloud
- 6 Ole
- 7 Grope
- 8 Cacti
- 9 Mob
- 10 Tires
- 11 Okapi
- 12 Chimney
- 13 Amidst
- 14 Renegade
- 15 False
- 16 Anna
- 17 Slump
- 18 Loss
- 19 Mien
- 20 Ore
- 21 Brat
- 22 Pert
- 23 Crony
- 24 Abba
- 25 Infer
- 26 Easily
- 27 Enamel
- 28 Vacates
- 29 Xebec
- 30 Wrist
- 31 Tivvy
- 32 Trios
- 33 Usage
- 34 Les
- 35 Isle
- 36 Akron
- 37 Ears
- 38 Ropes
- 39 Lifts

**MQ and Wing cable interruptions**

In the event of cable outages, call the WGCA office at 339-8211, ext 8571, between the hours of 0730 and 12 noon. If the office is closed, please call Wing Ops at 339-8211, ext 8231, to register your complaint. The problems will be dealt with as soon as possible.

The ROLLING PIN BAKERY

Try Our Vegetarian Mincemeat Tarts



order your CHRISTMAS GOODIES NOW

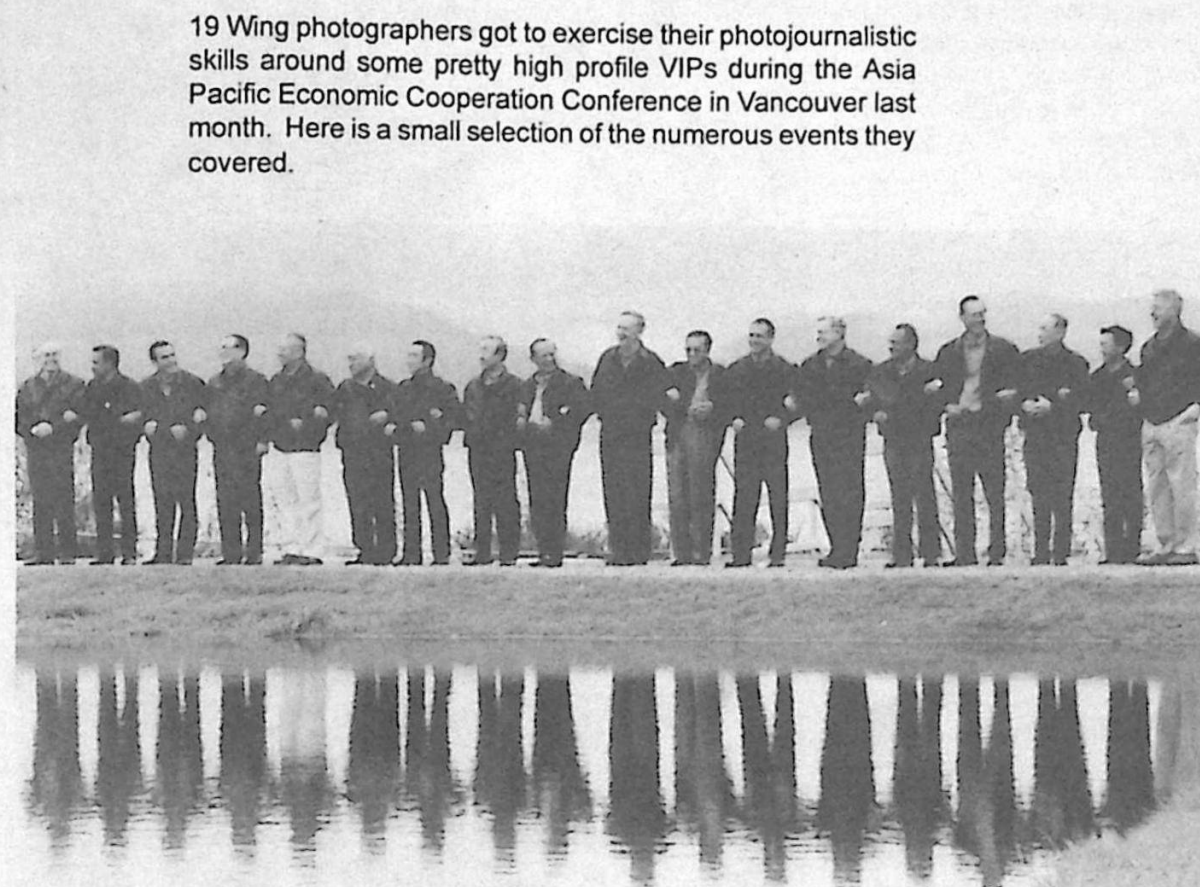
Open Tue - Sat 9-6, Sunday 10-5

339-5636

1496-C Ryan Road Just outside the base!

Watch out, world press!

19 Wing photographers got to exercise their photojournalistic skills around some pretty high profile VIPs during the Asia Pacific Economic Cooperation Conference in Vancouver last month. Here is a small selection of the numerous events they covered.

**Reflections of the future**

(L-R): Australian PM John Howard, Brunei Sultan Hassanal Bolkiah, Chilean Pres. Eduardo Frei, Chinese Pres. Jiang Zemin, Hong Kong Chief Exec. Tung Chee-hwa, Indonesian Pres. Suharto, Japanese PM Ryutaro Hashimoto, South Korean Pres. Kim Young-sam, Philippine Pres. Fidel Ramos, PM Jean Chretien, Malaysian PM Mahathir Mohamad, Mexican Pres. Ernesto Zedillo, New Zealand PM Jim Bolger, Papua New Guinea PM Bill Skate, Singapore PM Goh Chok Tong, Taiwan Economic Council Member Koo Chen-fu, Thai PM Chuan Leekpai, US Pres. Bill Clinton. (Photo by Sgt Redding, WIS)



Prime Minister Chretien's press conference at the closing of the APEC conference. (Photo by MCpl Currier, WIS)



US President Clinton shakes hands with other economic leaders at APEC. (Photo by Cpl Desrochers, WIS)

Jr. Ranks New Years Eve Party

Come Celebrate the New Year with us!

Surf & Turf
with all the
Trimmings
Champagne Toast
at Midnight

Party Favours
Dance to the DJ
Doors Open at 1830hrs.
\$15.00 / Plate Mem.
\$30.00 / Plate Couples
\$20.00 / Plate Non-mem.

Tickets available at the Ranks
Cash or Acquittance Roll
NO Door Sales
NO Reduced Rate for Party Only
MQ Gate will be open
&
Courtesy Bus Available

Cold War era returns to Comox

by Maj Joel Clarkston

There has been a lot of activity on the heritage front of late, and most of it has been around the Heritage Aircraft Committee's temporary hangar next to the arena. On Friday, 21 November, a break-in occurred at the hangar and a number of aircraft instruments went missing. The deed was reported to the Military Police the following morning and an attempt was made to prevent any further occurrences. The very next day, however, on Sunday morning, the very alert arena staff noticed a person hanging about the fence next to the hangar entrance. On closer inspection, an arena staff member noticed two persons exiting from the hangar and attempting to scale the fence. Some quick action on his part resulted in the three being delivered to the MPs for unauthorized entry. Good work and a big thanks from the museum staff to Bob and the arena folks.

The volunteers of the Heritage Committee and the Rowe Library were honoured at a dinner held at the Griffin Pub on Sunday, 7 December. Thirty-two volunteers, spouses included, were treated to a meal and a stirring speech by the Heritage Officer in recognition of their untiring efforts at promoting

the heritage of 19 Wing and the Air Force. All of the volunteers currently working with the museum will have their names inscribed on the Honour Roll board located at the entrance to the museum proper. These volunteers will be considered as charter members of their respective areas and all following volunteers will be inscribed as regular members. Both the Heritage Aircraft Committee and the Rowe Library continue to grow with continual visits by the public and promise to be a tremendous asset to the base and the community.

The Heritage Committee hangar now has permanent power. Permission was finally received from B.C. Hydro and the base for the installation of permanent underground electrical power to the temporary hangar. The line was run by volunteer members of the committee and certified by qualified electricians. This is an excellent addition to the capability of the facility as electrical power was previously provided through the use of generators. This was a noisy and costly proposition to say the least. The portable generators will be retained so that on-site servicing can still be provided to aircraft within the park.

You may recall, two issues

ago, that we announced the imminent arrival of a Mig 21 fighter from the Czech Republic. This fighter was a gift from their nation to ours and was to be displayed at our Heritage Air Park, along with the other Century series fighters. Well, the Mig finally left the Czech Republic, in pieces, via Hercules transport aircraft, and ended up at CFB Trenton in Ontario. The wings were the last pieces to arrive in Canada and they landed in Trenton on December 8. The whole lot is now stored in a hangar awaiting further transportation via road or air to Comox. It is anticipated that the bits will be Comox by end December but there are no guarantees since air transport is scarce right now. Even if the Mig does arrive shortly it will probably not be on display in the park till late spring. The ground within the Air Park does not drain well and is quite soft during the winter months, and not suitable for aircraft relocation.

This being the last Heritage Happenings of the year, may we at the museum wish you a very Merry Christmas and all the best in the New Year. And remember, you can't see where you're going if you don't know where you've been.



Staff and Charter Members of the Volunteer Staff of the Comox Air Force Museum.



Murray Smith, Chairman of the Heritage Aircraft Committee delivers another eloquent speech.

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

Comox Air Force Museum



All sorts of aviation oriented gifts that spell out the best of the past and the promise of the future

10% OFF

All items
in stock
at the gift
shop.

Sale on till December
25th

Located at the main
entrance to CFB Comox

