

# TOTEM TIMES

19 Wing CFB Comox




VOL 40 NO 1

THURSDAY 15 JANUARY, 1998

COST: FREE

The Comox Valley's Oldest Newspaper

  
**No  
Sno  
Fest  
'98**

...page 8



**Service  
Person  
of  
the  
Quarter**

...page 4

## Flight of Mercy

by Capt John Pumphrey,  
WSampO

Over the past 48 hours, the Canadian Forces have increased their humanitarian efforts to provide relief to what most have agreed is the ice storm of the century in this country. The mobilization of over 11,500 troops is the largest since the Korean War and twice the number of those deployed to assist in the Winnipeg floods last summer.

19 Wing Comox has not been untouched by the drama being played out in Quebec and Ontario. In addition to supplying much-needed generators and electricians, 10 members of the Wing Security and Military Police Flight were given only hours notice on Sunday morning to be deployed early the same evening. These 10 Military Police (MP) personnel will form part of a squadron of 70 MPs from various Air Force wings across the country. The MPs will assist the beleaguered Sureté du Québec - the Quebec provincial police. According to Capt John Pumphrey, the officer commanding the Military Police in Comox, the MPs will primarily be employed conducting traffic control and other typical policing duties in the region. The 19 Wing MPs deployed



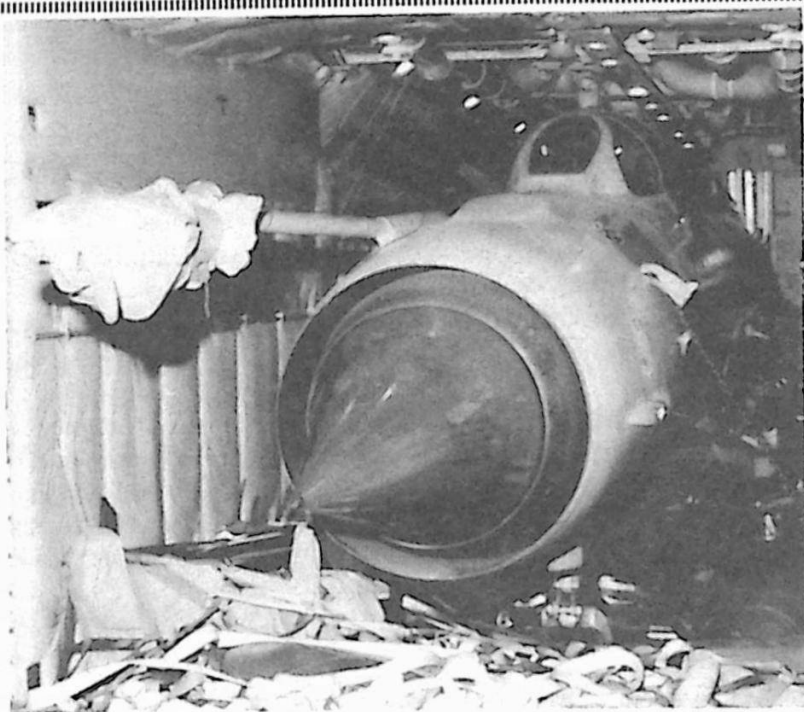
Hercules aircraft from 8 Wing Trenton were at 19 Wing Comox over the weekend to transport emergency equipment to ice-laden central Canada. The Heres were picking up diesel generators, donated by Caterpillar Corp. in Vancouver, as well as CFB Esquimalt, and taking them to Dorval Airport in Montreal, Quebec, to provide emergency power to residents of that province. The mission is a highlight of the Air Force's involvement in *Operation Recuperation*, a national CF strategy involving 11,529 troops in addition to the air support from 1 CAD.

(Photo by MCpl Edith Cuerrier.)

with army cots in hand and are prepared to be taken away from sunny Comox for two weeks - weather pending.

"It was difficult to select the 10 MPs for Montreal; everyone wanted to go. The average member of the Canadian Forces enjoys

demonstrating those skills that have made the Canadian military member renowned outside of our country's borders," he said.



(Staff photo)

## Czech this out

by Joel Clarkston

"Is it going on the ground or on a stick?" asked the pilot of the Hercules transport aircraft as he met with members of the Heritage Aircraft Committee on Monday night. Flight 2743 had just arrived from Trenton with a Mig 21 aircraft aboard for delivery to 19 Wing as a static aircraft display, and one of the pilots was looking for souvenirs. If it was going on a stick, i.e. if it was mounted on a pole like the Voodoo at the main gate, then there would be no need for a complete cockpit instrumentation package, so if some went

missing... Horrified, the committee members quickly stated that all pieces were required and doubled their efforts to unload as quickly as possible. This must be a technique to ensure quick off-loading.

A welcome addition to the already substantial collection of vintage aircraft at 19 Wing, the Mig will be assembled by members of the Heritage Aircraft Committee and 414 Squadron. The Hercules transport was unable to bring out the complete aircraft since the flight was actually

....continued on page 10

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## Legion Log

BRANCH 160 COMOX 339-2022

### ENTERTAINMENT:

Fri Jan 16 ... ALLEYCATS  
Fri Jan 23 ... HIGHWAY 19  
Fri Jan 30 ... VENTURA

The Annual Burns Dinner will be held on Saturday 24 January. Tickets \$30.00 per couple. Contact the office for further info.

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Ladies Crib League 7:30 pm in Lounge  
WEDNESDAYS.....Navy League Drop-In Bingo, 7:00 pm

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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  
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SATURDAYS.....Meat Draws in Lounge, 3:00 - 6:00 pm  
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BRANCH 17 COURTENAY 334-4322

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every Thur, Fri & Sun 7:00 pm  
every Fri 6:30 pm. Also every Sat 3:00 pm  
every Friday night, 8:00 pm  
Wyllie & The Other Guy  
Alley Cats  
Young & Half Yard  
Norm's Combo  
Tony Pollon

### LIGHT DANCES:

11 January ... Wayne's Music

MEETING: Tuesday, 27 January 7:30 pm

every Monday night 7:00 pm  
every night 8:00 pm  
every night 7:30 pm  
Tuesday, all day  
30 am - 1:30pm  
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Articles - 23 January, noon.

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## MANAGEMENT DEVELOPMENT PROGRAM COURSE OFFERING

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### MDP 500 People Management: Tools and Techniques

As a manager, you need to achieve your organizational objectives through other people. This course will assist you with tools and techniques to improve your people management skills.

#### Major Topics:

- organizing a people management program
- personnel planning and issues
- selecting winners and maximizing employee potential
- employee compensation

WHEN? January 23 - 25, 1998 REGISTRATION DEADLINE JANUARY 20  
Friday: 1800 - 2200 hrs. Saturday and Sunday 0900 - 1700

COST: Tuition \$120.00, materials \$30.00

### MDP 600 Labour Relations

Supervisors are responsible for the day-to-day application of the employment contract. This course reviews the relationship between employer and employee, legal confines and the union context.

#### Major Topics:

- union/management relations
- understanding the collective bargaining process
- supervising with a collective agreement
- discipline, the grievance process and the arbitration process
- trends in labour relations

WHEN? February 20 - 22, 1998 REGISTRATION DEADLINE FEBRUARY 16  
Friday: 1800 - 2200 hrs. Saturday and Sunday 0900 - 1700

COST: \$120.00 tuition, \$32.65 course materials

Payment may be made by personal cheque, VISA or MasterCard

TO REGISTER AND FOR INFORMATION:  
Call Pat Allan - CFCCN Coordinator at 339-8211, local 8889.

## Reduce tomorrow's headaches with an escape plan today

by Kim Vogel,  
Comox Valley Rice Financial

Keep that in mind if you find yourself putting off important estate planning decisions - because the "thief" could also claim cherished property, hard-earned savings, and peace of mind. Unfortunately, failing to establish an estate plan could cause your heirs significant emotional and financial pain.

### Put it in writing

Although you may spend a few hundred dollars to have a will professionally drafted, experts recommend it. A will written by a non-professional could contain language or inconsistencies that open it up to potentially costly and divisive legal challenges.

If you and your spouse die without a will, the courts could

decide who takes custody of your minor children. Your heirs could also spend years, and thousands of dollars, trying to sort out your estate - not the legacy you want to leave behind.

A "living will" spells out your wishes regarding the type of medical care you want in the event that you can't communicate those desires yourself. If you want a trusted friend or family member to speak on your behalf during such times, consider giving them "power of attorney" for health care or other decisions. For instance, you could appoint a family member to make financial decisions for you if you become incapacitated.

Consider reviewing all estate documents every few years - or whenever you experience a major life change - to ensure that they remain up to date.

### Don't forget taxes

A surviving spouse can receive your capital assets tax free. Upon the death of your surviving spouse, however, the federal government will impose income taxes on your estate's unrealized capital gains - with the exception of your principal residence. All told, taxes could deprive your heirs of a substantial portion of your estate.

One potential solution is to give away possessions before you die. Experts recommend doing so only with the assistance of a professional, however, so you don't accidentally deprive yourself of too many assets or cause other unanticipated problems.

Your investment professional or tax advisor can provide you with more information on these and other tax and estate planning strategies.

## GIVE SOMEONE A SECOND CHANCE.

Discuss organ donation with your family.  
THE KIDNEY FOUNDATION OF CANADA

## Survey says

by CWO L.W. Carlson

You may be one of 4,000 Canadian Forces Regular and Reserve Force NCMs to be selected as participants in the examination of the NCM Professional Development (PD) program.

What is the NCM PD? It is education you receive in your development as an apprentice, journeyman, supervisor or manager but is not related to the tasks, skills and knowledge you have received in your military occupational training. More specifically, it is the education provided in Basis Recruit Training (BRT), Junior Leader Course (JLC), Senior Leader Course (SLC) and the Senior CWO/CPOI Course. Recently included in NCM PD is the Middle Management Development Course in St. Jean, previously only available to Officers and Civilians of Officer status. Additional NCM Professional

Development education provided by the Chief of the Air Staff is the Basic Air Environmental Course (BAEC), Junior Leader Air Environmental Course (JLAEC), Sigs' Seminar and Senior Air Supervisor (SAS) Course.

Why is NCM PD being examined? The Minister of National Defence, in his Mar 97 report to the Prime Minister of Canada, stated this examination must take place to ensure NCMs are receiving the correct developmental education needed by today's Canadian Forces (CF). There are varied opinions throughout the CF on whether NCM PD is providing the necessary education at the right time within a person's career, to meet the needs of their rank and responsibilities. It must be determined if updating is necessary in order to address cultural changes in society, higher education of enrollees, the impact of devolution of authority to the lowest rank, business planning, peace keeping/making, Forces Reduction Program, (FRP), D2000, etc.

How will NCMs be selected to participate in the examination of NCM PD? A computer generated random selection of personnel will be obtained from the Personnel Management Information

System (PMIS) managed by NDHQ/ADM(Per). The random sample will represent the demographics of the NCM community throughout the CF. The distribution will be based upon the percentage of personnel serving in each of the environmental commands, plus the personnel employed outside the three environments. The breakdown will also reflect the percentage of male/female, anglophone/francophone and operational/support NCMs from Cpl to CWO.

How many RegF/Air Res will be selected from within Air Command NCM resources? (Air Command NCM resources also include personnel in helicopter units supporting the Chiefs of Maritime and Land Staffs.) According to recent statistics, Air Command NCM resources are 17% of the approximately 78,000 RegF/Res NCM population. Of the 4,000 NCMs to be surveyed, Air Command's 17% equates to approximately 680 personnel.

Why should you take a personal interest and hope to be selected to receive this survey? This is your opportunity to express your views on the effectiveness of the current NCM education and make recommendations on how NCM PD could be

improved. The results of this survey, which will include your personal contribution, will assist in determining the education you will receive in the future and at what stage in your career the education should be received.

Who prepared this survey? The NCM PD Council, consisting of the Canadian Forces CWO, Command CWOs and the Canadian Forces Recruiting Education and Training (CFRETS) CWO, under the scrutiny of the Military PD Council, commissioned an NCM PD Working Group (NCM PD Wg Gp) to develop the survey. The survey was prepared by, and will be administered by, NCMs. The Wg Gp is chaired by the ADM(Per) CWO, with a RegF and Res representative from each of the three environments, CFRETS, Communications Res and assisted by a Capt Trg Development Officer. Representing the NCMs of Air Command are CWO Carlson, 1 CAD HQ/A1 PD NCM (RegF) and MWO Cox, 1 CAD HQ/A1 PD NCM 2 (Air Res).

How, where and when is this going to take place? A team of NCMs with the NCM PD Wg Gp will travel to specific bases across Canada to provide a face-to-face on-site administering of the survey, not a mail-in survey. It is

projected that Air Command bases of 4 Wg Cold Lake, 8 Wg Trenton, 3 Ere Bagotville and 14 Wg Greenwood will be visited. WComds/COs of any selected Aircom NCMs, serving at locations other than bases previously mentioned, may choose to send their pers to the nearest participating base of any environment or authorize reallocation to one of the named bases in Air Command. Reallocation will have the individual's same demographic criteria applied. The survey will likely commence around the end of Feb/early Mar 98.

Will you be informed of the results of the survey? Unlike many previous surveys where you feed the requesting agency with the information requested but never seem to hear anything back on the outcome, it is the intent of the NCM PD Wg Gp to provide units with an overall summary of results after completion of data collection.

Should anyone have questions, speak to your Unit CWO/WCWO. If further discussion or clarification is required, WCWO/Unit CWOs are requested to contact CWO Carlson 1 CAD HQ/A1 PD NCM phone 257-6621, Fax 257-2522, or e-mail.

## New CDS visits



New Chief of Defence Staff Gen Maurice Baril visited 19 Wing on 8 Dec 97 to view base resources, visit with Air Force personnel and preside over an Honours and Awards Ceremony.

(Photo by WIS)

## 19 Wing improves recycling performance

by Bob Allan,  
Wing Environmental Officer

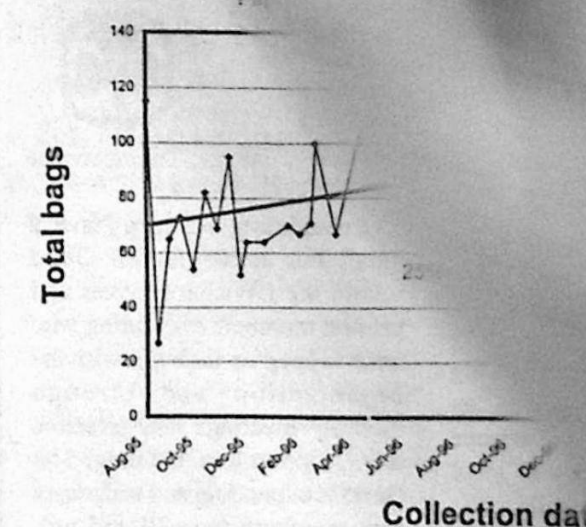
Can you believe that the amount of waste paper collected from 19 Wing has grown 25% annually over the last two years? In fact, we now collect 4 tonnes of waste paper every month that is recycled into new paper products. Now that's a lot of cellulose.

If the paper recycling program is so effective, you'd think it must cost a lot to operate. Actually though, the entire program is run by motivated volunteers like you and me. There is no cost to 19 Wing. It actually saves money that would otherwise be spent on garbage disposal. It also results in many benefits to the environment by reusing our resources and reducing demands on the landfill. Dam it, it's just the right thing to do!

The human elements of the program consist of waste generators, unit coordinators and collectors. The generators of waste paper are none other than you, buddy-over-there and me. Our primary role is to reduce the amount of waste paper by photocopying on two sides of the paper

and making sure that file is really ready for printing and won't become a draft destined for the recycle bin. Sound familiar? And don't forget to follow the simple rules for recycling waste paper; they are posted near most paper recycling stations.

Another important group of people in the paper recycling program are the Unit Recycling Coordinators. They shoot the recycling program through your unit. If they have any questions, try asking them. The Wing Environmental Officer



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MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm  
DANCE.....every Friday night, 8:00 pm  
2 January ... Wylie & The Other Guy  
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23 January ... Norm's Combo  
30 January ... Tony Pollon

### SATURDAY NIGHT DANCES:

3, 17 & 31 January ... Wayne's Music

GENERAL MEETING: Tuesday, 27 January 7:30 pm

FUN EUCHE.....every Monday night 7:00 pm  
FUN CRIB.....every Wednesday night 8:00 pm  
FUN DARTS.....every second Thursday night 7:30 pm  
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(Photo by WIS)



## 19 Wing improves recycling performance

by Bob Allan,  
Wing Environmental Officer

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If the paper recycling program is so effective, you'd think it must cost a lot to operate. Actually though, the entire program is run by motivated volunteers like you and me. There is no cost to 19 Wing. It actually saves money that would otherwise be spent on garbage disposal. It also results in many benefits to the environment by reusing our resources and reducing demands on the landfill. Dam it, it's just the right thing to do!

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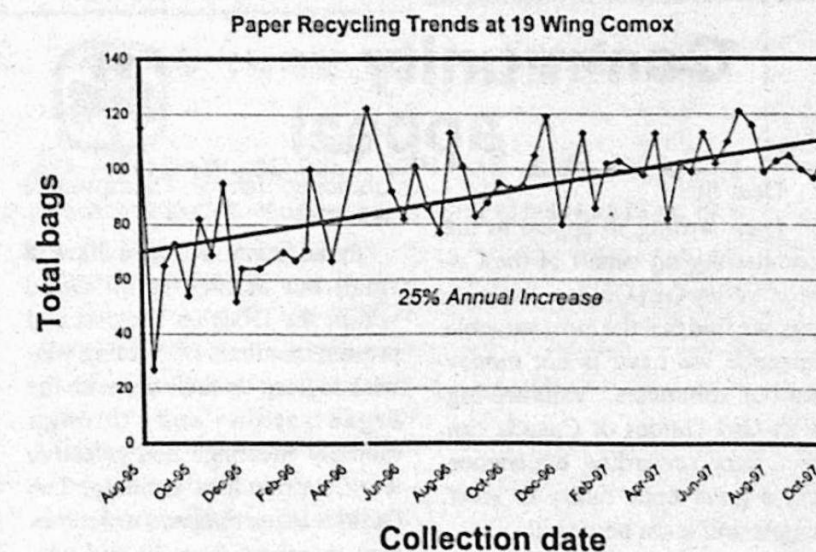
and making sure that file is really ready for printing and won't become a draft destined for the recycle bag. Sound familiar? And don't forget to follow the simple rules for recycling waste paper; they are posted near most paper recycling stations.

Another important group of people in the paper recycling program are the Unit Recycling Coordinators. They troubleshoot the recycling program for your unit. If they can't answer your question, try calling Bob Allan, the Wing Environmental Officer

at 339-8187.

And finally, the people that collect the full bags are from Journeys, a non-profit organization making a genuine contribution to society. They collect the bags every second Tuesday. Their service to 19 Wing is free and they only ask for your cooperation in keeping the bags below 45 pounds or 20 kilograms and keeping contaminants out of the bags.

So as we recycle through another year, let's remember to reduce our paper use and recycle the waste paper to give it another life.



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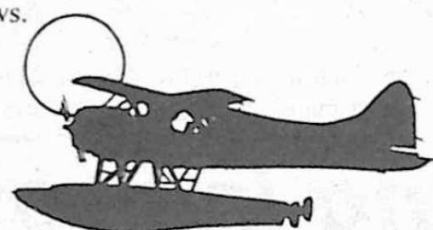
## I'd rather fly a Lab

The announcement, finally, that there will be a replacement for the Labrador helicopter was welcomed recently by the flying community and the local media. It is indeed nice to see a commitment to spend the money to replace the Labrador with a brand new state of the art helicopter. I'm sure that the Search and Rescue crews will make maximum use of the capabilities of the Cormorant helicopter and that there will be a marked increase in the comfort level of those who fly in those most hazardous of circumstances.

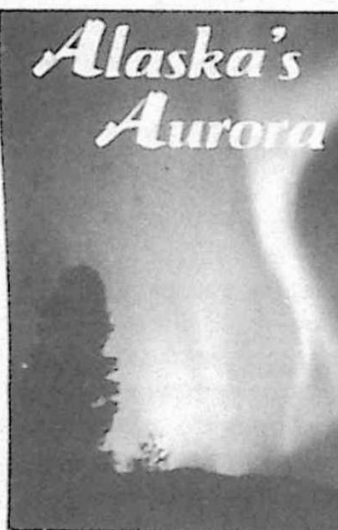
The Labrador helicopter is not the only one however that is ageing and used in very dangerous circumstances. I have only flown in a Sea King helicopter as a passenger and never actually flown one as aircrew. It was there, right alongside me, in many a search however, and being used in those very same hazardous missions. It is just as ageing, and every bit in need of replacement. As a matter of fact, if I had the choice, I'd rather fly the Labrador.

I cannot believe that only one of the ageing, servicing manhour intensive helicopters is about to be replaced. Hopefully there will be an announcement soon on the replacement of the Sea King. That too will be welcome news.

Joel Clarkston



## Postcard from the north



Dear Sir:  
Thank you for returning my hat. The people at CFB Comox are very nice.  
The above note was written on a postcard sent by Colin Long (12 years) of Anchorage, Alaska, who was playing hockey here at the base recently and had left his hat in the arena. When it was returned, Colin asked if he could do anything for getting it back. We think the reply was "Just send a can of salmon!"  
Who says Rink Rats aren't nice guys! (Brothers Bob & Barry)

## Community appeal



Dear Sir:  
I am writing to appeal to the community on behalf of the Comox Valley Girl Guides. In Guiding, we find that the most valuable resource we have is not money but our volunteers. Volunteering with Girl Guides of Canada can be a very rewarding experience and a great opportunity to meet people and learn new skills.

We are presently looking for women to fill some positions in our Division Council: Secretary, Deputy Camp Advisor, Ranger and Senior Branches Advisor, Music Advisor and Training Representative.

There are no prerequisites other than an interest in Guiding and in learning, and willingness to help out. If you have an interest in any of these openings, please contact our Division Com-

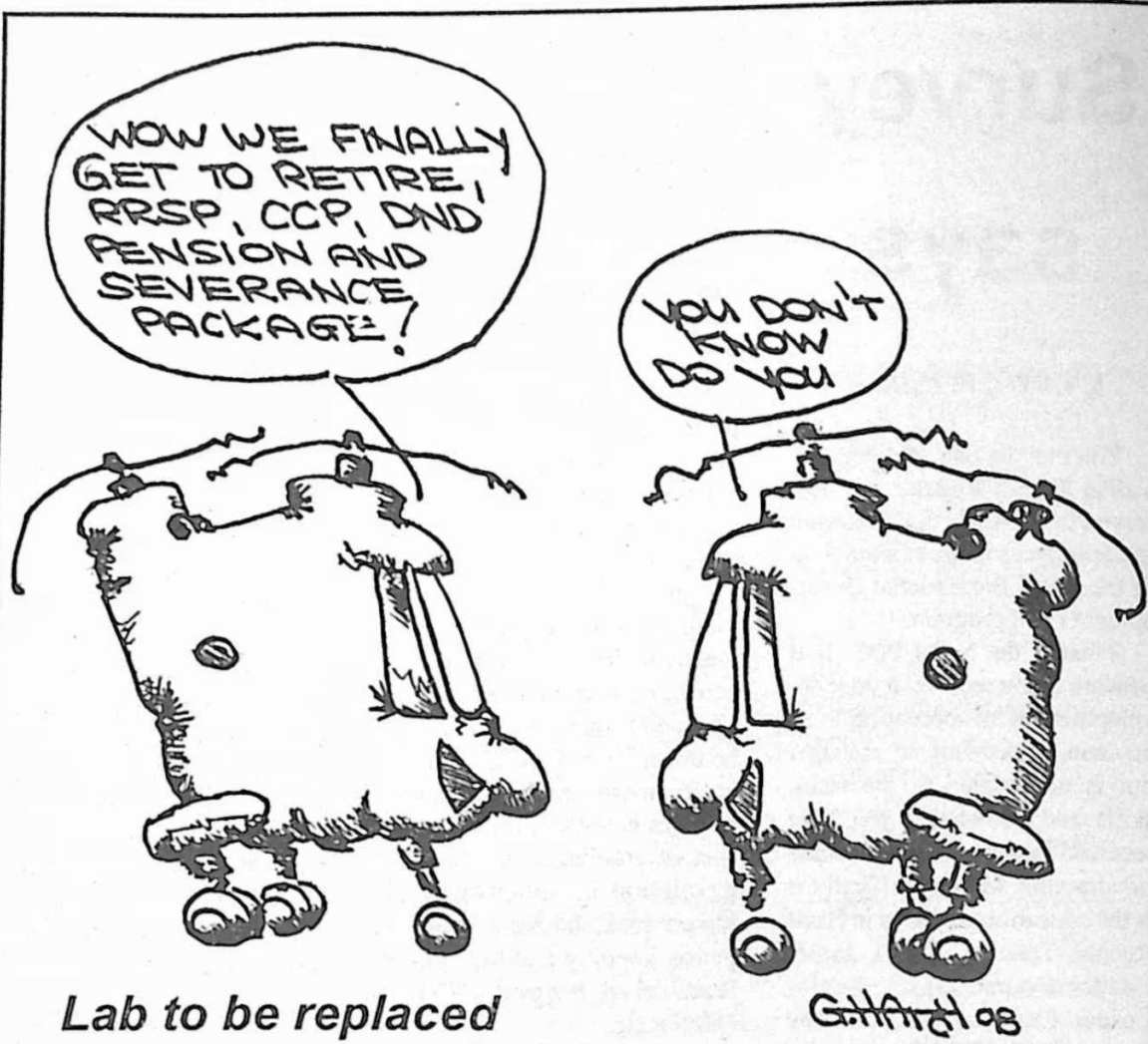
missioner, Janyce Thompson at 339-9262.

In addition, we also have a small but active Trefoil Guild within the Division for past and present members of Guiding who wish to keep up their ties with the organization and through monthly meetings and selective work, support local Guiding. The Guild is expanding and welcomes new members (age 30 and up). Please contact their president, Bonnie Harbridge at 339-4021 for more info.

We wish to thank the community, especially the members of Wallace Gardens for their continued support.

Yours in Guiding,

Edith Cuerrier, PR Advisor  
Comox Valley Division  
Girl Guides of Canada



Lab to be replaced

G.H. Hatch '08

## Service Person of the Quarter



The Wing Commander and the Wing Chief Warrant Officer are pleased to announce that MCpl Ted Konrath has been chosen as the current 19 Wing Service Person of the Quarter. The 407 Sqn maintainer, who has consistently demonstrated his ability to tackle almost any job, was presented with the honour on 18 December.

MCpl Konrath was employed as a maintenance host for Team New Zealand during Fincastle '97. Prior to the competition, he arranged for furniture, set up the team's spaces and contributed to the maintenance information handout. During the competition MCpl Konrath spent, on average, 16 hours a day working with his team.

When the RNZAF P3 went unserviceable for a prop snag, he was instrumental in ensuring that the aircraft was returned to service in time for their next competition launch, even though the snag was one that neither he nor the RNZAF had ever seen before. MCpl Konrath arranged for hangar space, tools and parts, as well as working alongside the RNZAF technicians through the night.

Squadron Leader Isherwood, the RNZAF Maintenance Flight Commander, singled MCpl Konrath out for praise during the Fincastle awards ceremony, stating categorically that the RNZAF would have been unable to win Fincastle without the professionalism and dedication shown by MCpl Konrath throughout the competition.

MCpl Konrath's outstanding efforts during this period epitomized 19 Wing's Vision of "One team focused on effectively and efficiently completing the mission and committed to serving our nation with pride."

Congratulations for winning Service Person of the Quarter Ted, and thank you for representing 19 Wing in such an outstanding manner.

Congratulations are also extended to those others who are deserving of recognition for their efforts and were also nominated for Service Person of the Quarter: Cpl J.S.H.D. Forget, 19 AMS; MCpl K.J. Gullage, 442 Sqn; MS J.L. Neville, WComp Sqn; Sgt J.R.C. Potvin, ABATS; MCpl M.M.C. Seguin, W Admin O Sqn.

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

Yipe!!  
My smoke alarm's screeching!

It makes you jump! It wakes you up! And lets you know there's smoke and probably fire around. Take a tip from the Old Lady. While smoke alarms can't prevent or extinguish fires, they can save your life and prevent injuries - yours and your family's. A reliable, well-installed and maintained smoke detector is a life-saver!

The Old Lady and your Fire Department have lots of other hints on how to prevent fires, how to make your home fire-safe and how to deal with arson, burns and getting out of a fire safely. For these hints, simply contact your fire department.



© Firecan, Fire Prevention Canada and your Fire Department.

## Plan to get out, alive

Heat and deadly gases are the main killers in a fire. Even a small outbreak may be deadly. The only wise course for the occupants of any building is to get out quickly. When you detect smoke or flame, shout to warn others. Remember that small children and older people will need help.

A hot door is a deadly warning. Never open a door without first checking it for heat. If it is hot, leave it closed and go out by the window. If this is impossible, wait by the open window or on a balcony for rescue. Place clothing or bedding at the bottom of the door to keep out smoke.

Beware of stairs. In time of fire the stairs may be the most dangerous part of a home. They can become a chimney of scorching poisonous gases. If you cannot leave an upper room through the window, close doors behind you and open or break the window. Shout for help and wait for rescue. At night, show a light to mark your position. Second storey windows may need a rope or chain ladder to enable occupants to escape safely.

Raise the alarm. No time should be wasted in calling the Fire Department. If the phone cannot be reached before leaving, shout to neighbours or use any public alarm system. Never waste vital time trying to fight anything more than a very small fire. The most important thing is

to get out.

Tell the fire fighters if anyone remains in the building. Leave rescue operations to them, unless you can safely raise a ladder or help anyone down from a window or roof before help arrives.

Never go back into a burning building for any reason whatsoever. Many lives are lost through the deadly effects of fumes, even from small fires. Never risk a life in an attempt to save personal possessions.

## Remember

- An hour of pre-planning may save years of life. Make regular fire drills a family affair.

- Hot gases rise. The cleanest, coolest air is near the floor.

- A closed door provides some protection against fire or fumes. Keep basement or utility room doors closed at all times, and close all doors at bedtime.

- Check your home for fire hazards and eliminate them as you find them.

- In MQs, call 911 and specify that you are calling from 19 Wing Comox.

- Your Fire Department inspection and prevention cell will be glad to advise you on any questions of fire safety for your home. Just call 339-8211 local 8271.

## Hot Flash!

Congratulations to Wing Fire Chief Captain Asmis whose wife Carol presented him with a baby boy late on Thursday, 8 January.

## Congratulations!



LCol Spooner, WAdminO, presents MCpl Seguin with her CD.

## Community Education opportunities

by Pat Allan,  
CFCCN Co-ordinator

North Island College's Community Education calendar has just been issued, offering a number of vocational career training opportunities in the evening. If you are working a full-time job or have day time responsibilities that prevent you from getting the courses you want, these may be what you need.

Offerings include first aid, hospitality and tourism, and professional driver training. In first aid, people who are interested in skills to use in a family or urban environment should investigate the Red Cross courses. These include Heartsaver, Rescuer, Babysaver and First Aid courses. If you ever find yourself beside a child who stops breathing because of choking or illness, you will be glad you took the time to learn how to help. For those interested in WCB course, you can take a WHMIS General course, Occupational First Aid Level 1, and the Transportation Endorsement can all be taken in the evening. The college reminds those with industrial training that you too need to learn how to help a baby in respiratory distress - it's not the same as helping a truck driver!

For the hospitality and tourism industry in B.C., the Customer Service Excellence Program is well-recognized by employers. It is now being offered in its entirety in the part-time vocational program. The program consists of 12 modules, covering communication, Foodsafe, serving customers with disabilities, sales techniques and upselling, cash handling, conflict resolution and others. This program provides participants all the fundamentals employers in

the industry need, and more. Feedback from participants has been very positive.

The professional driver training includes an Air Brakes course and a Transportation of Dangerous Goods course. The Air Brakes course is a 20-hour Motor Vehicle Branch certification course required to obtain an endorsement on a driver's license for the operation of air brake-equipped vehicles. It includes both theory and a four-hour practical session. The Transportation of Dangerous Goods course is required under the Transportation of Dangerous Goods Act for any driver who handles and transports items covered under the Act. A certificate of training is issued when you successfully complete the course.

Registration deadline for these courses is one week prior to the course. However, they do fill up, so if you're interested, don't delay! Remember to identify yourself as a CFCCN member when you register. The Community Education calendar was delivered to most households through a local newspaper. If you don't have one, they are available at the college and at a variety of places around town.

Management Development Program (MDP) courses are under way. If you are interested in this 6-subject certificate program, call for more information. The next course will be People Management: Tools and Techniques, offered Friday, 23 January, 6-10 p.m. and Saturday and Sunday, 24-25 January, 9 a.m. to 5 p.m. We welcome new students any time.

Call me at local 8889 for information about the MDP, or your other educational plans.

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(NC) - Have you ever petted an iguana? Have you ever held a moon rock in your hands? Or have you ever felt the weight of an Olympic Gold medal hanging around your neck?

If you are one of the lucky young Canadians that have been to Encounters with Canada, you might have said yes to some of the above questions. Encounters with Canada is a national, non-profit, youth program that brings to Ottawa over 3,000 teenagers each year. Sponsored in part by the Royal Canadian Legion, the program includes dynamic behind the scenes opportunities and visits to Parliament Hill.

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## International Women's Day

March 8 is International Women's Day and this year's celebrations will be hosted in co-operation by the Military Family Resource Centre, the Comox Valley Women's Resource Centre and the Association Francophone de la Vallée de Comox.

During the day, the MFRC will be holding their fifth annual International Women's Day conference on Saturday, 7 March, at the Coast Westerly Hotel. This year's theme will be "Spirit of Women" and various workshops will revolve around and incorporate this theme. Proceeds raised will be put towards the MFRC's "Deployment Support Respite Child Care" program.

There is definitely something for everyone at this conference! Our keynote speaker will open the conference at 8:30 a.m. As per last year's format, twelve to fifteen 1-2 hour workshops will be offered throughout the day. Conference participants select the three workshops they wish to attend upon registration. A craft and book fair, silent auction and raffles will be held during the day and at lunch and coffee breaks. Lunch, coffee and breaks are included in the registration fee. The day will wrap up at approximately 4:30 p.m. Registration for the conference is \$25.00 and begins in January. Registration and selection of workshops will be based on a first come, first served basis. In February, remaining vacancies will be opened up to the Comox Valley community.

Evening events, also held at the Coast Westerly will include a pot luck and entertainment. This is a relaxed evening of live entertainment and a celebration of the Spirit of Women. As per last year's event, admission to the evening celebrations will be based on a sliding scale and everyone is welcome.

Mark these events on your calendars, as you don't want to miss them! For more information, please contact the MFRC staff at local 8290.

## CDS (a.k.a. Santa) presents medals and awards



Col B.B. MacLean (WComd), CD2.



Sgt T.W. Robichaud, CD1.



Cpl C.A. Trescher, Somalia Medal.



MWO R.J. Gaudet, CD2.



Mrs. A. Spurrel, Civilian Long Service Award, 25 years.



Mr. P. Landroche, Civilian Long Service Award, 25 years.



Cpl R.H. Kuhn, SAR Techs Wings.



CWO J.M.M.H. Coté, Chief's Scroll.

(Photos by Wing Imaging)



MWO T.N. Nurse, CD2.

## C.E. says "goodbye"



CE Ops held a farewell luncheon for its resident computer whiz, Scott McKee, wooed away by a 442 Sqn contract with prospects. Thanking Scott and wishing him good luck is CE FAO, MWO Yves Carrier, who himself has received a posting to Bagotville in the New Year.

## 407 Sqn



## Demon Doin's

The holidays seem to have come to an abrupt halt and back to the regular routine seems to come about quickly. It appears that everyone had a good holiday except Capt Wenzel who had a few doors closed on her. But its back to the MPATs and COREXs and keeping an eye on that beautiful B.C. coastline.

I have talked to servicing and they are keeping busy keeping our fleet alive and working. As for the crews, they are busy adding up their yearly flying hours, looking for that Squadron TURTLE-NECK, and putting in for that mandatory leave we have to burn up.

Crew 2 announced that all their flying is local and have no away trips planned. Capt Martin received a new putter from MCpl

Andy "Sniper" Blair for Christmas. Apparently Andy missed the crew commander and hit the putter in the bag and broke it in half. I would like to have seen this. That is Andy's story and I really don't think he meant to take him out.

Crew 3 is scheduled to follow Crew 7's footsteps down to Hawaii on exercise with the Americans. Pretty tough to take right after Christmas, guys.

Congratulations are in order to newly promoted MWO Mick "Kramer" Hatch. His wetdown is at the VPI and I am sure I speak for him and say that he would like to see the whole squadron show up. Crew 4 is also sticking around to pick up any slack. Crew 5 is holding up that fine Fincastle showing by being the first crew to head for some box time in ZX. Crew 6 is preparing to leave on joint operation in Scotland early in February. This exercise is some of the best flying we get and it is a busy three weeks. Good luck guys.

The pilots and navs started out the new year with a visit from their career managers. I guess a little too late as we bid farewell to Capt Cummings who is going to the greener grass working for Bombardier. Good luck. In any case, I hope the career managers all had good info and people heard what they wanted to hear. The AESOP's and FE's receive

their manager visits some time in February.

There is not much coming out of the FE pool these days but there are still a few FE's running around with crew patches that need to be removed. A "well done" is in order to Crew 7 who took time out of their busy holiday schedule to fly down to Edmonton in their pilot trainer to accommodate one of the local air cadet squadrons for a tour of the aircraft. Their professionalism and eagerness was appreciated by their squadron CO and a big thank you to the squadron for their efforts.

There are a few late arrivals at the squadron and I would like to take this opportunity to welcome them to God's country. There were even a few without rank on their shoulders which was worthy of a second look.

This looks like another busy and productive year ahead for the Demons. There were a lot of accomplishments during 97 to be proud of. For example, the drift-netter caught by those Crew 2 Cowboys; the missing canoeists found on a NORPAT; all the numerous ELT searches; and Capt Kimmins started shaving. There is no doubt that the Demons will approach 98 in the same professional manner and meet with the same success.

Happy New Year to all Demons and safe flying for 1998.

## The shortest career in NHL history

Which player had the shortest career in NHL history?

Answer:

The Toronto Maple Leafs' Shrimp McPherson.

(NC)—In the Thirties the Toronto Maple Leafs, with several players sidelined with injuries, were desperate for help heading into the playoffs. The team called on Shrimp McPherson, a local player, to come off the bench in the event of another injury.

Midway through the game Shrimp's big moment had arrived. He was told to replace an injured Leaf who was slowly heading to the bench. In his eagerness to play, Shrimp jumped onto the ice too soon. As soon as he hit the ice surface the referee signalled a too many men on the ice penalty. Shrimp McPherson headed back to the bench while one of his other teammates was sent to the penalty box.

Jumping over the boards was the extent of Shrimp's NHL career. He also has the dubious distinction of being the only player in NHL history to be the cause of a penalty, even though he failed to play a single second in the league.

If you want to see more NHL Hockey Trivia you can visit Seagram's Five Star Hockey Trivia webpage at [www.newscanada.com](http://www.newscanada.com)

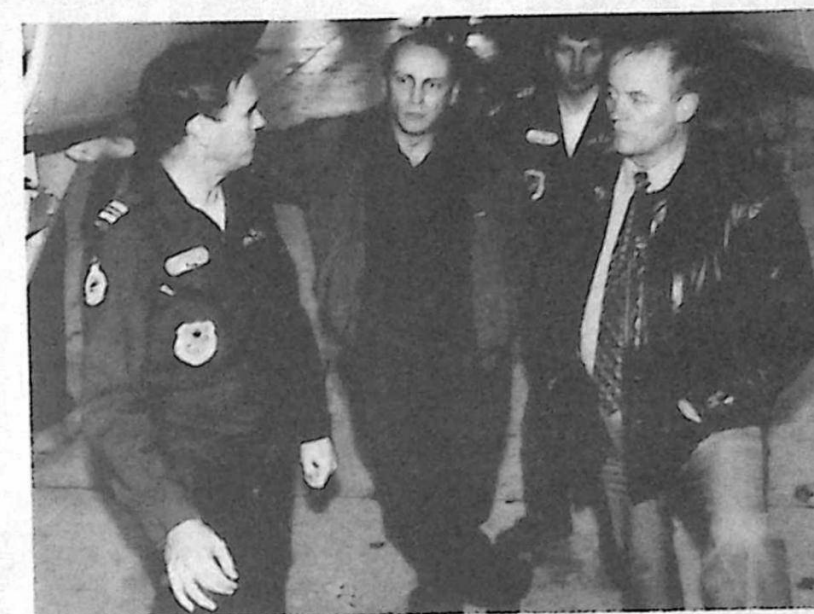
Source: It Happened in Hockey, Brian McFarlane

## Congratulations!



442 Sqn congratulates Lab Flight Engineer Lowell O'Keefe on his promotion to Sgt.

## Labrador blues



As part of his cross-country tour of Canadian Forces bases, Official Opposition Defence Critic Art Hanger was at 19 Wing on 5 January to learn more about the operational roles and requirements of the Air Force. Here, Maj Grant Smith, 442 Squadron's new helicopter (Cormorant) specialist, talks about the old helicopter (Labrador) to Comox-North Island Member of Parliament John Duncan (centre) and Mr. Hanger while CO 442, LCol Allan Paul, listens. (Photos by Wing Imaging)



MCpl Lance Teichrib, a SAR Tech with 442 Sqn, explains the workings of the SAR Tech world to local Member of Parliament John Duncan (Comox-North Island) and Official Opposition Defence Critic, Art Hanger, at a special tour on 5 January.

## Active living: A little bit goes a long way.



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# No-Sno-Festival 98

Back by popular demand at 19 Wing is the No Sno Festival. Once again, the festival promises much excitement and friendly competition between teams representing 19 Wing squadrons. Both spectators and participants from last year will remember how enjoyable the festival was. This year, the organizing committee is planning to test to the fullest the mental/physical skills of all the participants for the enjoyment of all (as long as you have a sense of humour).

The No Sno Festival will be held on Friday, 20 February. As per last year, the festival will be comprised of many events that should spark the interest of everyone. Once again, No Sno Festival Buttons will be for sale and will give you the chance to win numerous prizes. Also, child-minding services will be available during the festival to encourage spousal participation.

More information will soon follow about the events, the No Sno Festival Buttons and the prizes. Simply keep an eye on the Totem Times, your E-mail, and the 19 Wing BBS (P:\BBS\main.html) to get all the information you will need.

If you are interested in helping with the organization of the festival, please contact your No Sno Fest Sqn rep.

## Beard Growing Contest

The No Sno Fest Beard Growing Contest started 12 Jan 98 when participants could first register. However, people interested in participating (spouses included) can register at any time by signing up at WCWO's office. When signing up, participants must be clean shaven and pay a \$3.00 enlistment fee. An extra \$2.00 will be charged for participants wishing to keep their moustache.

The four categories judged will be:

- Most colourful beard
- Fullest/Best beard
- Worst/Mangiest beard
- Longest beard

Once again, the colour of the beards must be all natural (no dye jobs). Judging will be completed in two stages. First, each 19 Wing unit will complete a preliminary judging (including any spouses from the unit) to select one entry for each of the four categories. Then, the final judging will take place the morning of 20 February, during the opening ceremonies of the No Sno Fest, by an overqualified group of judges.

Personnel going to TD, or those required for official function will not be eligible to compete (sorry folks, but duty calls).



(Photos by MCpl Edith Cuerrier.)

## Navy wins! Navy wins!

CFB Esquimalt won the 1998 Pacific Region Basketball Championship here last weekend, defeating 19 Wing Comox 95 to 56. The game was fairly close at half time with Esquimalt leading 45 to 34, but the second half was all Esquimalt - outscoring Comox by 28 points.

Awalt and Smith were the big guns for the winners with 25 and 21 points respectively. While Comox was held to a whisper, their two big guns were Smith and Patterson with 16 and 14 points respectively. Morrissey and Burbee never got on their game with a combined total of 13 points.

The Pacific Fleet was in the tournament this year. They had a rough go of it with injuries but played a good tournament nonetheless. Jason Clance of the Fleet team had a 3-game total of 72 points, for an average of 24 points a game.

The Nationals will be held in Borden 1-6 Feb. Good luck to CFB Esquimalt.

## MIXED WINTER GOLF

by Barb Carter

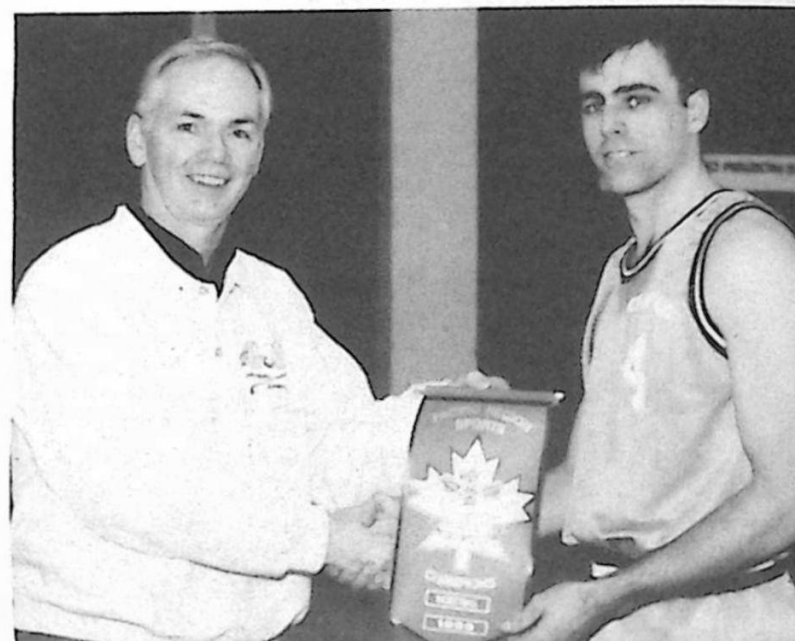
December winter golf was pretty much a bust with only December 7 being a go. However, the weather and other acts were partly to blame.

WE HAVE A TIME CHANGE FOR SUNDAY MIXED WINTER GOLF. For the month of January the time will be 8:30 sign up for a 9:00 a.m. tee off. However, from February 1 until winter golf is finished, the time will revert back to 8:00 sign up for an 8:30 a.m. tee off. This should make a lot of members a happier bunch of people.

Ron and Dave would like to thank the committee for reconsidering their decision.



CFB Esquimalt team, Regional Champions.



LCol Spooner, WAdmInO, presenting the championship pennant to the CFB Esquimalt team captain.

## Upcoming 1998 Sports Events

Sport	Date	Time
• Flyers 5th Annual Hockey Tournament	16-18 Jan	
• Ladies Invitational Volleyball Tournament	17 Jan	0900-1800
• PAC Region Men's/Old Timers Hockey Championships	25-29 Jan	
• Silver Totems Invitational Old Timers Hockey Tournament	5-8 Feb	
• Voodoo Volley 98 Invitational Mixed Volleyball Tournament	7 Feb	0900-1800
• No Sno Fest	20 Feb	0730-1600
• CMFRC "3 on 3" Basketball Tournament	21 Feb	0800-1300
• PAC Region Badminton/Squash Championships	27-29 Mar	
• Thunderbird Badminton Tour.	3-5 Apr	

## OFFICERS WIN BOXING DAY CLASSIC

Rain, wind and a few Christmas hangovers failed to prevent 54 members, friends and families from participating in the 19 Wing Messes annual Boxing Day competition at Glacier Greens Golf Club.

The officers had six players representing their mess, nine players were on the Junior Ranks' team and 39 were out for the WO's and Sgts' Mess.

The format was a nine hole team scramble with KPs on all the par threes. The formula used to determine a winning mess was to divide the teams' total score by the total number of mess participants.

When the final putt had dropped and most players were in the clubhouse enjoying a warm toddy it was the Officers' Mess winning with a minus 1.5. Jr.

Ranks second with minus .5 and the WO's and Sgts last at minus 4. The coveted Boxing Day Trophy will remain with the Officers' Mess for the next year.

Individual winning teams  
1st (Jr Ranks' team) Wally Berger, Mike Berger, Kent Turfitt and Glen Caslake.

2nd (Officers' team) Wayne Mabee, Nick Mykiutiuk and Rudge Wilson.

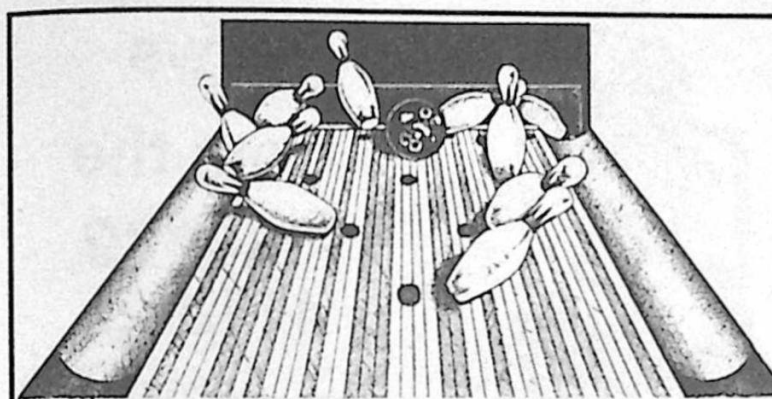
3rd (Officers' team) Ted Gibson, Al Walsh and Al Pasanen.

4th (WO's & Sgts' team) Floyd Merrill, Joyce Merrill, Richard Martin, Ed Carefoot and Claude DuFault.

KP winners went to:  
Hole #12 Floyd Merrill, Joyce Merrill, Richard Martin, Ed Carefoot and Claude DuFault.

Hole #15 Bernie Golding, Bill Pompino, Nick Whyte, Hawk and Fuzz.

Hole #17 Wayne Mabee, Nick Mykiutiuk and Rudge Wilson.



## 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!!!**



## Sport & Recreation Flash Back

Remember when your section would challenge other sections during the Annual Terry Fox Run? Pictured is the Dental Unit and EME, I believe '91 or '92. I think, also, the Dental Unit is trying to gain an advantage - look how many bikes they have. We can also see they had a great day for the run.

If you have any Sport and Recreation flashbacks you would like submitted to the Totem Times, send them to Jake Plante at the Rec Centre and we'll try and get them in. Indicate year, who, where, what, and whether or not your require the picture returned.

**PLEASE STOP SPEEDING BEFORE SPEEDING STOPS YOU.**



Everything for the Builder since 1924

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

# Nutrition and labels

by Capt Caroline Churtier,  
Nutritionist DLP.

Before you buy a product you should read the label and its nutritional information. Not only will this help you to know the amount of fibre or fat in the product, but it will also help you to make choices in accordance with the needs of your family. There are also a number of laws on the subject that have to be respected by the food industry. Food labels must indicate the following:

**The name of the product:** the usual name is printed in bold letters.

**Net amount:** for pre-wrapped products, with some exceptions, the net amount has to be indicated in volume if the product is liquid or thick, and in weight if the product is solid.

**Name and address of the manufacturer:** identity of the individual or company for whom the product is prepared and the address.

**Ingredients list:** the ingredients are always listed in a decreasing order - the first ingredient is the one found in the largest amount in the product, while the last one is that found in the smallest amount. Compare food items amongst themselves. The following ingredients can be listed in any order after all the other ingredients:  
-spices and herbs, except for salt;  
-natural or artificial flavours;  
-preparations meant to enhance the flavour;  
-additives;  
-vitamins and minerals.

**Length of conservation:** food items that can't be preserved for more than 90 days should have a "best before" date. This date is defined as the time that a product, kept in the appropriate conditions, will not have a significant deterioration of its taste, freshness and nutritional value. The product can be consumed after this "best before" date, but the consumer has to be aware that the product might be affected by some deterioration. The exception to this rule is for baby food. It is illegal to sell baby food after the "best before" date.

In addition to the above mandatory information that has to appear on a label, the manufacturer might wish to add additional information. Directives on the subject exist, and the following is a quick overview:

**Fibre:** Very high source of fibre (7.0g or more per portion);  
High source of fibre (4.5-6.9g per portion);  
Source of fibre (2.0-4.4g per portion);  
Low in fibre (less than 2.0g per portion).  
**Calories:** Calorie-reduced (contains 50% less calories compared to the original product);  
Hypocaloric (doesn't contain any more than 15 Cal per portion);  
Calorie free (no more than 1 Cal per 100g);  
**Source of energy (contains at least 100 Cal per portion).**

Note: To find the exact amount of calories in the product just refer to the nutritional label.

**Salt (Salt or Sodium):** Low in salt, salt or sodium reduced (50% less than original product and no more than 40 mg sodium per 100g of product);  
No salt added (no salt has been added and none of its ingredients contain a large quantity of salt);  
Sodium free (product doesn't contain more than 5 mg sodium per 100 g).

**Vitamins and minerals:** on the label we can read the percentage of vitamins and minerals in comparison to the daily nutritional recommendations. Note that often the recommendations for men and women are different. Those percentages are based on the highest quantity.

-Source of, contains... at least 5% of the daily recommendations;  
-Good source, high source... at least 15% (30% for Vitamin C; Excellent or very high source, or rich in... at least 25% (50% for Vitamin C).

**"Light" or "Lite":** Be very careful and read the nutritional information to compare:  
-the component which has been lightened (sugar, salt, fat...);  
-has to be at least 25% reduced, but can be more;  
-Compare with the original product;  
-Compare nutritional value per portion.

Note: The texture or the taste can be light, but this has no effect on the nutritional value of the product!

Finally, allegations can also be made regarding the amount of fat, cholesterol, sugar and protein. Be aware and read the label.

## "New" Rec Centre Casual Use Hours

Effective

8 Jan - 30 Mar 98

Monday to Friday:  
1600 - 2100 hrs.

Saturday:  
0800 - 1700 hrs.

Sunday:  
1000 - 2100 hrs.

## Over 35 Basketball League begins play

The Comox Valley Men Over 35 (Masters) Basketball League begins its inaugural season 18 January at the 19 Wing Rec Centre. The league has four teams to start this season off, but there is still room for players. Come on out - it is only \$36 per player. We'll put you on a team and let you have some fun. Call Mike or Jake at 339-8211, loc 8690 or 8783 or you can contact them at home: Mike 339-7897, Jake 339-5783.

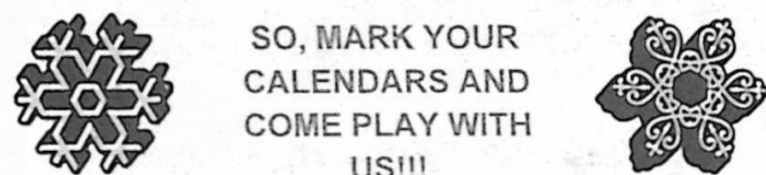
## Jake's Trivia Corner

1. What New York Yankee reliever served up a three-run homer to George Brett in the final game of the 1980 American League playoff?
2. What figure skater dazzled Canada with an individual Olympic gold medal in 1948?
3. What was the last NHL team that goaltender Cesare Maniago stopped pucks for?

See answers on page 14.

## "NEW" SPORTS STORE HOURS

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



## No-Sno-Festival Reps

Name	Rank	Unit	Local
Drew Foulds	Maj	W Ops	8210
Doug Jose	Capt	W Log	8550
Mitch Ogilvie	MCpl	W Compt	8837
Kathie Cutland	Capt	WHQ	8111
Chris Parks	Cpl	407 Sqn	8417
J.J. Martin	Capt	407 Sqn	8573
JoAnne Conway	Cpl	ARAF	8357
Carey Wortman	Capt	414Sqn	8220
Jeff Andrews	Lt	442 Sqn	8650
Duffy Donovan	MWO	19 AMS	8597
Don Albert	Cpl	CFSSAR	3517
Warren Beatty	Maj	W Admin	8833

## Noon

### Drop-in Sports

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

Tuesdays - basketball  
Thursdays - volleyball  
See you there!

## Pacific Region

### Men's and Oldtimers' Hockey Championships

The above will be hosted by 19 Wing: 25-30 January  
First game: 1700 hrs, 25 Jan.

## NEXT DEADLINES

Advertising - 21 Jan.

Articles - 23 Jan, NOON

CONNIE'S  
JANUARY  
CLEARANCE  
SALE

SAVE  
UP TO 50% OFF

30% OFF  
ALL OUTERWEAR

including Microfibre Jackets, Cashmere and Wool Coats, Fleece and more  
SELECTED SWEATERS 40% OFF  
WOOL PANTS 30% OFF

CONNIE'S  
PETITES

Petite  
sizes  
2 - 16

CONNIE'S  
CLASSICS

Regular  
sizes  
6 - 18

292 5th Street  
Downtown Courtenay  
334-1671





19 AMS

Given that 19 AMS has been dominant in the spirit contest in years past, having won first place two years ago and second place last year, we are confident in stating our plans to be victorious this year as well. Our beard growers also cleaned up last year with the best and worst beards both coming from our triumphant halls. If I recall correctly, the sports tabloid fell into our mighty grasp as well.

Given all the data from years past and the feeling of pride I feel as a member of 19 AMS, I am confident in challenging all other sections of 19 Wing. I want all other sections to try their best to defeat the inevitable victors (19 AMS) in either the overall competition, the spirit competition, or the beard growing competition of this year's No Sno Festival. I wish you all the best of luck, and may the best squadron win.

A note to the pool event organizer - I plan on taking part in every event possible so I will require certain special equipment:

- A 12-foot snorkel for any pool event requiring holding of breath;

- Floaties for all activities taking place on the surface;

- Sgt Coates has requested that lifeguards are sufficient in number. (That's OK, I didn't want him to give me A.R. anymore anyway.)

- Please ensure that any highly energetic events take place after the pool events.

Your 19 AMS unnecessarily verbose individual, Eric Travis.

## Medical breakthrough!



Maj Conway and MCpl Trevor Harris.

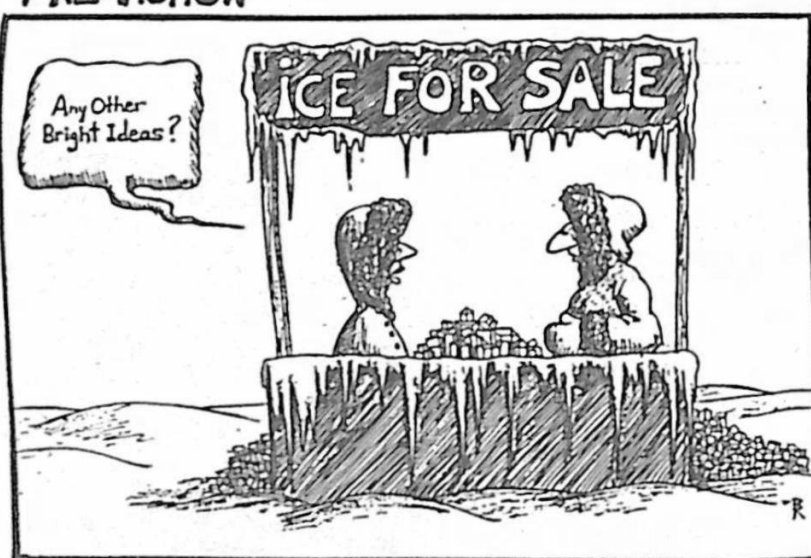
The Wing Surgeon, Maj Des Donway, was able to play an early Santa to two members of the 19 Wing Hospital staff. With 12 years of undetected crimes under their belts, MCpl Trevor Harris and LS Eddie Ellsworth were each presented with their CD. Congratulations to both of you.

(Photos by Wing Imaging)



Maj Conway and LS Edward Ellsworth

## FREAKSHOW



Say "yes" to responsible drinking

Olympic hockey rules



(NC)—In celebration of the 1998 Winter Olympic Games in Nagano, Japan, Seagram Canada has put together a Five Star selection of rules, information and history on the world's ultimate sporting competition. Here's an explanation of the key competition rules.

### Competition Rules

Olympic hockey competition features 12 teams. They include the host country, the defending Olympic champion and teams picked from last year's World Championships. These teams are divided into six pools of six teams each which play a round robin tournament. The best four from each pool advance to an elimination round to determine the final standings. Matches are divided into three 20-minute periods. In pool play, ties are allowed to stand. But in the playoff rounds, regulation play is followed by a 10-minute sudden-death overtime and then if necessary, by a shootout.

If you want to see more facts and information on the Winter Olympics you can visit Seagram's Five Star Winter Olympic webpage at [www.newscanada.com](http://www.newscanada.com)

## News from the Fighting 414th...

by Lt "Squish" Umrysh

The Fighting 414th is back, well rested and a few pounds heavier after our Christmas leave. Not a whole heck of a lot happened around the squadron halls these past few weeks since the last time we talked. The holidays can pretty much be summed up by the whole of 414 eating lots, sitting much, and skiing on occasion - extremely therapeutic if you ask me.

In the headlines from the Fighting 414th this issue - the head honcho, the big cheese, the man, le garçon, l'homme himself flew his 5000th hour. Yes, that's right. LCol Bosse struck the 5000th hour in his flying career. A big "congratulations" goes out from the whole squadron on his accomplishment.

In other news - Buca has been promoted to Captain, the T33s are still flying and the 414s plan to conquer the world. We will be heading back down to California at the end of this month to continue with our goal to take over south-western USA (stay tuned for all the details next issue).

Alas, I must sum up this brief welcome back from all of us here at the Fighting 414th. I am off to figure out why my dryer only seems to shrink all my flight suits at Christmas time. I leave you, as always, with a few words of wisdom: It is not the size of the dog in the fight that matters, but rather the size of the fight in the dog.

Stay tuned for the next issue when I will blather about how great California was and how much hurt the Fighting 414th dished out while we were there.

Totis Viribus - With All Our Might.

## MIG story

...continued from front page  
an aircraft commander upgrade/crew trainer and had a partial load to drop off in the States prior to arriving here. The tail section of the Mig 21 still resides in Trenton and will arrive at a later date. The current weather conditions in the Ontario region are placing a very heavy demand on transport aircraft and it may be a few weeks before the rest of the Mig arrives. Since the ground in the air park is very swampy during the winter months, the Mig will not likely be on display till the Spring anyway.

The actual Mig aircraft is in excellent, if not flying condition. A cursory look at the aircraft reveals a frame that has very few, if any, deficiencies. The cockpit instrumentation is complete and all component parts, including auxiliary fuel tanks, pilot's flying suit and helmet arrived in pristine condition. The Mig 21, along

with a larger and more complex Mig 23, were sold at a nominal cost to the Air Force by the Czech Republic. The deal resulted from discussions between the Canadian Mission in Prague and the Czech government. Queries were then made by the Air Force Museums Association and the Organization of Military Museums of Canada. With the support of the Commander of the Air Force, a deal was struck and Hercules aircraft on training missions were used to transport the aircraft back to Canada. The Mig 23 was given to BFC Bagotville and the Mig 21 to CFB Comox. Both bases were formally dedicated to the air defence role and thus have some historical connection to the Mig aircraft as former adversaries. The Mig 21 will be put on display at the Heritage Air Park alongside the CF 101 Voodoo, CF 100 Canuck and CF 104 Starfighter.

Grin and bear it!

CANEX



The winner of the Canex in-store Coca-Cola 19" plush bear contest is Lisa Lytle. Canex manager, Terry Zerr, is shown presenting Lisa with her prize. Congratulations. Thanks to all our customers for their support.

## Magnificent Seven clean out Holberg

by Finn

They rode there in six hours, bringing heavy gear, then spent the next three days relentlessly attending to the demands of their mission. And gutter-business it was. Requiring cool heads, diligence, determination, and no flinching. Job accomplished, the seven returned to base: the Holberg trash they had come to clear away, was no more.

The seven, five from CE Roads and Grounds - Pat Burch, Carrie Nagel, Alastair McCrindle, Doug Gray and Robyn Boguski - and two from W Tn O, Heavy Equipment - Jeff Tizzard and Cpl Dan Lawless - lived, ate and slept (in individual cubicles) together within the confines of the Holberg tower. But mainly they worked. Worked on cleaning out culverts in consonance with road-grading by a contractor.

"Quote me," insists R&G team leader Brian deVries, who stayed at base with the rest of his people, I have nothing but praise for the crew. It was a dirty, tedious, terrible job, but they got the job done. And a fine job, too!"

Dirty the job was, and cramped - the culverts were but three feet high and up to 50 feet long. Not the place for folks suffering claustrophobia.

"One was plugged absolutely solid due to a previous slide," remembers Pat Burch. Pickaxes were used to loosen the gunk so it could be flushed out.



Clockwise: (a) Not much room in the culverts...though a camera (b) may make it appear otherwise. Just don't ask a crouching Alastair McCrindle; (c) the size of some of the logs that blocked entrance to the culverts and had first to be removed; (d) Holberg in the morning.

"On the bigger pieces, though, we had to work like a chain gang," Carrie Nagel adds. "That meant several of us crouching in the same culvert, passing back the roots, limbs and that sort - not a pleasant task."

"Besides, so many in one culvert could be dicey," says Alastair McCrindle. "Once, a big pool of water had gathered outside the end of one culvert and, as I cleared away the last debris, it

burst down the culvert. Which, not unreasonably, made me move suddenly and very fast. Fortunately, those behind me realized what was about to happen and had quickly made room."

Lucky with the weather - only one rainy day - the crew worked without coffee breaks and spent 11 hours carrying on with the cleaning of the worst culvert. Then they had some bad luck - but managed to improvise.

"The 8-inch rubber hose on the vacuum sweeper truck split," Robyn Boguski recalls. "Its suction was vital to the operation, and if we couldn't improvise, well...! We did manage, Carrie's idea, by

using a metal sleeve and clamping it inside. It worked, which was lucky."

Bunking in the tower worked reasonably well but then, Doug Gray reminds, the days were long and everyone was tired. "We usually hit our bunks no later than 2100 hours. And anyway, the pool table was crappy." An opinion not his alone.

The nature of the work made hot showers essential. To meet the need, Pat Burch and crew made seven trips to Holberg logging camp, a 28-km round-trip, each time filling a 200-gallon tank on the back of his truck.

"I told you," Brian deVries says, "no one could have asked more of that crew."

CE Ops O, Capt Chris McCarthy, agrees: "The awesome effort displayed, once again, by the R&G team and SPV in less than desirable conditions is a true indicator of the dedication and teamwork that supports 19 Wing. The cooperation and contribution from W Tn was greatly appreciated - working together, these 'magnificent' seven individuals saved valuable maintenance dollars and ensured safe access to the Holberg Tower site. Well done!"

## The house that built Jack (and Jackie)



MCpl Glenn Mendonca gets set to work on the sagging beam while CE carpenter Tom Revie takes measure of reinforcing supports.

by Finn

Jack built the gym house. The weight room builds Jack. Below the weight room lie lockers and washrooms. And showers. For when Jack has built up strength, he likes to come clean.

Showers, however, make steam. And steam rots wood.

One day a large horizontal beam was noticed sagging. First were found two slowly rotting upright support posts. CE looked some more. Something about that beam...? In came the engineers, out came the slide rules. Yes, Sir, insufficient strength to safely carry the weight of all that

upstairs strength-building equipment.

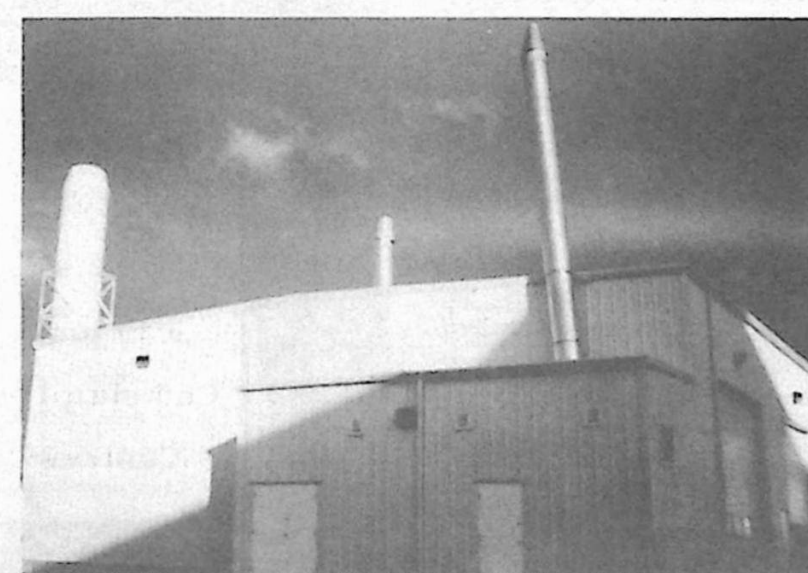
Out went the E-mail: Change Rooms Closed till further Notice.

In came the tradesfolk from AEF and CE Ops teams. Up went the ladders. Down came the walls.

Out came the tools, up went double-glued laminated reinforcing beams, down stretched new post supports, back up went the walls, down came the "Closed" notices, in sprinted Jack.

See Jack sweat. See Jackie perspire. See CE. Any time....

## Leaning Tower of Comox



Strong gale force winds gave "Season's Greetings" a different meaning for this exhaust stack atop the new paint spray facility by 7 Hangar. It took a crane and contractor manpower to set matters straight.

## Are you mocking me?



Shirley Evans of CE's Procurement Team is dwarfed by the mock-up of an F18, assembled by the Airfield Engineering Flight in less than 1 1/2 hours and left next to the AEF building (B82).

## Changes at Wing Tn.

by Cpl Catling

There have been some changes at Wing Transportation, Building 101. Modifications to the building have facilitated moving the Dispatch Office to the most southern area. These modifications have made dispatch user friendly for access to POL, pick up and drop off of vehicle keys, and work tickets. For the added convenience of our clientele, we have added a silent hour drop-off box which has been incorporated into the dispatcher's door. Access to the dispatcher can be made through the small door, just to the right of the wash bay.

If you have any questions contact Sgt Fortin (Chief Dispatcher) and he will gladly assist you. Sgt Fortin can be reached at local 8098. The dispatcher's (MCpl Dubois) number remains the same, local 8850. The fax number is 8191.

Keep on trucking!

## Roads & Grounds - or Roofs & Gutters?



Seemingly living life dangerously are CE's Norm Maximick and, holding the rope attached to him, Carrie Nagel and Robyn Boguski, all of Roads & Grounds. The gutters of the barrack block had become choked with gunk, so Team Leader Brian deVries sent a crew to deal with the problem.



## Dream teams in Olympic hockey?

(NC)—It appears the NHL will take an active role in the Olympic movement to help stockpile "Dream Teams" of professional hockey talent to represent Canada at the Games. All-Star players from the NHL ranks will be assembled to take on the rest of the world's best. The 1998 Olympics will be the first time Canada will feature player All-Stars such as Wayne Gretzky, Eric Lindros, Paul Kariya, Joe Sakic and Patrick Roy on the same team in Olympic competition.

To commemorate the upcoming 1998 Winter Olympic Games in Nagano, Japan, Seagram's Five Star has put together a selection of rules, information and historical notes on the world's ultimate sporting competition.

If you want to see more facts and information on the Winter Olympics you can visit Seagram's Five Star Winter Olympic webpage at [www.newscanada.com](http://www.newscanada.com)

## ASK THE PROFESSIONAL

### QUESTION:

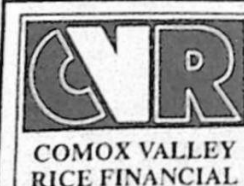
Can I transfer my maturing RRSP to another financial institution?

### ANSWER:

Yes, you can. Revenue Canada allows a tax-free transfer between financial institutions with no tax consequences to the individual. A special government transfer form (T2033) is required to make this change. Don't feel that you are ever "stuck" with one financial institution and its products. We recommend that individuals shop around to find the best RRSP investment products.



Kim Vogel  
Financial Advisor



Comox Valley Rice Financial

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

338-8713



## Wallace

## Gardens

Well the Holiday Season activities kept all of our volunteers busy and, from the feedback, it seems as if a good time was had by all who attended and participated. The Christmas events included Door-to-Door visits from Santa, a skating afternoon with Santa, a Colouring Contest, an MQ Christmas Lighting Contest, Teen Ornament Contest and Teen New Year's Dance.

The winners of the MQ Christmas Lighting Contest were:

Best Overall: 73 - WO & Mrs. R. Schauer.

Best Traditions: 32A - Sgt & Mrs. E. Trenholm.

Best Creative: 109A - MCpl & Mrs. J. Hunter.

Ward 1: 10 - Cpl & Mrs. K. Robarts.

Ward 2: E7 - Cpl & Mrs. K. Kilmury.

Ward 3: 42A - LS & Mrs. P. Legroulx.

Ward 4: 33 - WO & Mrs. P. Doucet.

Ward 5: 73A - Sgt & Mrs. B. Helpard.

Ward 6: 88A - MCpl & Mrs. P. Taylor.

Ward 7: 103E - Cpl & Mrs. P. Norwood.

Ward 8: 118B - Cpl & Mrs. K. Leblanc.

Ward 9: 116B - MS & Mrs. R. Dozois.

Christmas Colouring Contest winners were:

Ages 0-3: Brena Dea, Megan Dumont, Nicholas Brake.

Ages 4-6: Sean Joudry, Katie Woznow, Madison Olmstead.

Ages 7-9: Natasha Lane, Buffy Tibbo, Stephanie Ochej.

Ages 10-12: Michelle Bekus, Melanie Cayouette, Chelsea Payton-Steward.

Honourable mention: Erin Ripley.

Thanks to the Colouring Contest judges: Larry Cooper, Heather Oliver, Mary Lou Mamye and Tom Walton, who really had a tough time picking out the winners. A special thank you to Mona Baird for picking out the prizes for this event.

Santa couldn't have made his rounds of the MQs without the help of the Wing Fire Hall and especially Cpl Snow and Cpl Weatherhead. A special thanks also go to Santa's personal secretary, Jane Bekus, who typed up all of Santa's dictations in answer to the great letters from the MQ kids. Thanks also to Santa's assistants, Yvon Bertin and Dean Trenholm, as well as Santa's elves, Michelle Bekus and Allison Nicholls.

The Teens Ornament Contest had a smaller turnout than anticipated but those who did come had a great time. Thanks go to Carmie Dixon for keeping our teens involved.

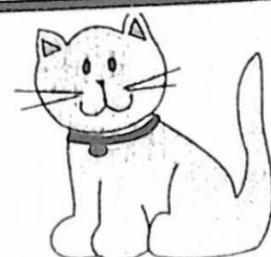
The following people and organizations made this past Christmas a success. Our heartfelt thanks and best wishes for the New Year to all: Matt Wappler, Leo Phillips, Sheila Trenholm, Jane Bekus, Yvon Bertin, Dean Trenholm, Steve Nicholls, Mona Baird, Carmie Dixon, Janina Nicholls, Wing Fire Hall, Combined Mess Staff, Glacier Gardens Arena, A Buck or Two (Courtenay). None of these activities could have taken place without the hard work and dedication of our volunteers, organizing and running the events. So, again, to all of you who helped with the events and activities over the holidays - THANKS!

## NEXT DEADLINES

Advertising - 21 January.

Articles - 23 January, noon.

## ANIMAL CONTROL OFFICERS

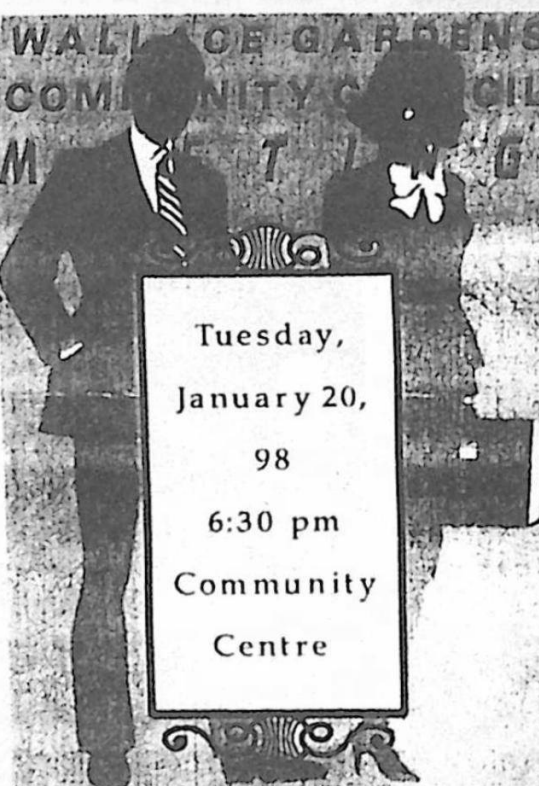


Our new Animal Control Officers are MCpl and Mrs Baird. They can be reached on their pager number at 703-9009. Please leave your phone number or voice mail on the pager and they will get back to you as soon as possible.



## Wallace Gardens MQ Christmas Lights contest -

Best Overall winners: WO & Mrs. Schauer's home.



## Adult Craft Club

The next meeting of the Craft Club will be on Sunday, 18 January, from 7-9 p.m. This month's project is a Twig Swag. The following items are required: assembled twig base (contact Jane Bekus to obtain twigs), filler flowers (i.e. German statice), main flower (roses, etc), two metres paper twist (your choice of colour), scissors, glue gun and sticks, tape measure/ruler. For more info call Jane Bekus at 339-2354.



(Photo by WIS)

## WALLACE GARDENS CABLE INTERRUPTIONS

In the event of cable outages, call the Wallace Gardens Community Association Office at 339-8211, ext 8571, between the hours of 0730-1200. If the office is closed, you are to call Wing Ops at 339-8211, ext 8231 to register your complaint. The problems will be dealt with as soon as possible.

Tuesday,  
January 20,  
98  
6:30 pm  
Community  
Centre

## TEEN VIDEO NIGHT

When: Saturday,  
January 17, 98 from  
7-11 pm.  
Where: In the  
Community Centre  
Cost: FREE



## COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

"Who's Driving Your Bus?"  
A Community Orientation and Job Search Workshop

Are you new to the area? Are you unemployed? Do you need to revamp your resume? Do you want to make community connections and network? Then - "Who's Driving Your Bus?" - A Community Orientation and Job Search Workshop is for you!! This program is designed to provide new comers and job

seekers with an opportunity to discover the many resources the Comox Valley has to offer. The program will focus on skills assessment, goal setting, resume writing, networking and interview skills. There will be a variety of guest speakers from the Military Community and the Comox Valley at large.

For more information please call Mara at 339-8290.

Dates: Feb. 3rd, 5th, 6th, 10th, 11th, 12th, 17th, 19th & 20th

Times: 9:00am - 12:30pm

Location: Protestant Chapel Annex

Cost: Free to Military Community Members

## Workshops to Improve the Quality of Your Life!

## The Best Options for Your RRSP - A Financial Workshop

This workshop will be hosted by Dan Lindsay, B.A., CFP. Dan is a Certified Financial Planner with over 10 years of experience helping people plan their financial goals. He can show you what you need to do in order to achieve financial independence and retire comfortably. He takes the mystery out of complex tax and investment matters and makes them easy to understand. Dan is an independent financial advisor with C.M. Oliver & Co. Ltd.

Date: Jan. 22nd  
Time: Free to all military members and spouses  
Location: Protestant Chapel Annex  
Registration: Call 339-8290

## Valentine's Chocolate Making

You will learn to make molded chocolates and hand-made Bailey's truffles just in time for Valentines Day.

Dates: Feb. 3rd & 4th

Time: 6:00 - 9:00pm

Cost: \$10:00

Location: 120 Kinnikinnik

## Cross-Stitching for Beginners

Enjoy this relaxing craft and create some nice decorator items for your family and friends.

Dates: Feb. 10th & 17th

Time: 7 - 9pm

Cost: \$10:00 (includes instruction and needles)

Students purchase the

material and thread. The instructor will leave a list of supplies at the FRC.

Location: 120 Kinnikinnik

## Introduction to Computers

This workshop will help you gain basic computer skills in a hands-on orientation with Dos Operating System, Windows '95, and word processing.

Dates: Feb. 9th, 16th & 23rd

Time: 6:30 - 9:00pm

Cost: \$10:00

Location: Computer Lab. at the Headquarters Building (22) on the base.

## Butt Out a Smoking Cessation Program

Do you smoke? Have you been thinking about quitting? The Butt Out smoking cessation program was designed to provide an opportunity to quit smoking and stay off once you have made the decision to try. It is open to military members, spouses and DND employees. This program is based on a self management model of behavior (with the option of the nicotine patch) and has a proven success rate.

If you are interested call Mara at 339-8655 and attend the Information session.

Dates: Jan 19th. (information session), 26th, Feb. 2nd, 6th, 9th, 16th 23rd - March 9th, April 6th and May 4th

Time: 6:30 - 9:30pm

Cost: Free for Military Community

Members

## Tips for Toilet Training Toddlers

Join us for an afternoon discussion with Wendy Case who will provide ideas on what signs indicate your child's readiness to start potty learning; how to introduce the wonders of potty training, and what to do when those inevitable accidents happen.

Date: Jan. 31st

Time: 1:00pm - 4:00 pm

Location: Kinnikinnik Child Care Centre

Cost: \$10:00 per family

## Life Skills

The CMFRC is working in partnership with 19 Wing Comox to create opportunities for spouses, as well as military members to participate in the popular Life Skills Program. Life Skills refers to those every day skills which benefit all aspects of life. Things like communications, decision-making, recognizing the values which motivate us, and problem solving skills. Included in the Life Skills program will be practical information on nutrition and financial management.

Dates: Feb. 24th, 25th, 26th & 27th

Time: 8:00am - 3:30pm (last day 8:00am - 12:00pm)

Location: Protestant Chapel Annex

Registration: Call 339-8290

## International Women's Day Conference



The CMFRC will be hosting the 5th Annual International Women's Day Conference on Saturday 7th of March 1998, at the Coast Westerly Hotel, Courtenay. Proceeds raised will be put towards the CMFRC Respite Child Care program. The theme of this years conference will be "The Spirit of Women". Mark this event on your calendar and watch this space for more information on this exciting conference.

## Teen Activities

## Teen Singing Workshop

Are you interested in learning how to sing better and have fun with your voice? Sherry Dittick is a qualified voice teacher who is experienced in working with youth.

Dates: Sat. 24th, 31st

Time: 2:45 - 4:00pm

Ages: 13 - 18 years

Location: TBA

Registration: Phone 339-8290

## Preteen Activities

## Preteen Singing Workshop

Are you interested in learning how to sing better and have fun with your voice? Sherry Dittick is a qualified voice teacher who is experienced in working with youth.

Dates: Sat. Jan. 24th & 31st

Time: 1:00 - 2:15pm

Ages: 8 - 12 years

Location: TBA

Registration: Phone 339-8290

Cost: \$20:00 for two sessions

## Kinnikinnik Child Care Centre

## Toddler Spaces Available

The Kinnikinnik Child Care Center has full and part-time spaces available for Toddlers (ages 15 - 36 months) in the Toddler Day Care (open 7:00am - 5:30pm) and the Toddler Playgroup (Tuesdays 8:30 - 11:00am). For more information please call 339 - 5051 or 339-5074.

## Welcoming Committee

If you are interested in extending a welcoming hello to all new 19 Wing Community members please come and join the CMFRC Welcoming Committee. The first meeting of 1998 will be Thursday January 15th at 7:00 pm in the CMFRC program building, 120 Kinnikinnik.

## Financial Counselling

Financial Counselling Services are offered by an experienced counsellor at the Family Resource Centre. This service is completely confidential and free of charge. To set up an evening appointment call the CMFRC at 339-8290

## Counselling Services

Short term and crisis counselling is offered by an experienced counsellor. Completely confidential and free of charge. Call counsellor, Mary Ann Rolfe, at 339-8286 or phone the CMFRC at 339-8290 for more information.

**WGCA VIDEO AFTERNOON**

At the Wallace Gardens Community Centre

January 18, 98 from 1-3 pm

For children 12 and under

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

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





## 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.

## Child Care

Mother of two willing to care for your children (days/weekends, full/part time) in our fun, responsible and loving home. Whole-some snack foods provided. Park nearby. Nancy 339-3710.

## Duplex

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

## For Rent

1200 sq.ft. rancher, 2-3 bdrm. On secluded 1/2 acre lot, workshop & carport, walking distance to Base. \$750/mo. 338-0563 <1/2>

## Easy Work

Excellent pay! Assemble our products at home. Send S.A.S.E. to VMD, 428-46126 Yale Road, Chilliwack, B.C. V2P 2P1.

## Reunion

Canadian Military Flight Engineers Reunion to be held at Trenton, Ontario, 2-5 July 98. For further info contact Dick Clark (613)4475-3215 or Geoff Brogren (613)392-1905.

## Jake's Trivia answers

1. Goose Gossage.
2. Barbara Ann Scott.
3. Vancouver Canucks.

## NEXT DEADLINES

Advertising - 21 Jan.

Articles - 23 Jan, NOON

## For Sale

Washer/dryer set \$200. 339-0831. <1/2>

79 Subaru Brat 4x4, good body, no rust, runs great. \$600. Dave or Eran 286-1013. <2/2>

Weights and weight bench. Good condition. 338-5630. <2/2>

Running boards for Chev pickup. 339-3486 <2/2>

Mynarski Lancaster bomber commemorative flyer jacket with lambskin wool inside. Size 54. Never worn. \$1,000 firm. 335-0054. <1/2>

1986 Ford 1/2 ton truck, automatic, power brakes, PS dual fuel tanks, TX cooler, F/E canopy, new tape deck & speakers. \$5,700 o.b.o. 339-6497 <1/2>

Two large reflector telescopes: 10in. F8.2 \$1,400 12.5in. F6 \$1,800 Red cedar burl coffee table \$300 339-3090 <1/2>

Interior 30" colonial style white door \$30. Kid's bike with radio \$40. 339-1609 <1/2>

1989 Dodge Omni 4-dr. hatchback, automatic, 95000 Km, one owner, new front tires. \$3,195 o.b.o. 339-6966 <1/2>

## IT'S CUT AND DRIED. Tobacco Kills.

BRITISH COLUMBIA LUNG ASSOCIATION Box 34009, Station D Vancouver, B.C. V6J 4M2 Phone: 1-800-665-LUNG

## 407 History - books now on sale

407 (MP) Sqn history books are now available for sale. If you live in the local area and are interested, contact the squadron PAdminO at (250)339-8211, local 8204 and make arrangements to get one. If you live out of the area, you can mail in your order. Make your cheque payable to "407 Sqn Demon Association" and send to: 407(MP) Squadron Attn: PAdminO 19 Wing Comox, Lazo, B.C. V0R 2K0 Book price if going to Western Canada is \$27.50, for Eastern Canada it is \$28.50.

## 1st Lazo Scouting Bottle Drive Sat 17 Jan

Scouts, Cubs & Beavers will be canvassing door to door in the Lazo area from 9:00 a.m. to 2:00 p.m. on Saturday. Funds raised will be used to enhance scouting activities.

Call Bill Tracey at 339-6225 for info or to arrange early or bulk pickups.

THANK YOU FOR YOUR SUPPORT

## TODAY'S CROSSWORD PUZZLE

ACROSS  
1 Final  
5 Fake  
10 Unemployed  
14 Tennis player

15 Eagle's nest  
16 Music for two  
17 Western st.  
18 Tropical vine  
19 Nursemaid  
20 Male swine  
21 Toiletory item  
23 Soon-to-be bride  
25 Tough question  
26 Above post  
27 Animal park  
29 Shoe part  
33 Used an office machine  
38 China  
39 Not appropriate  
41 Singer Guthrie  
42 Dashed  
44 Poet's concern  
45 NY time  
46 Beverage  
48 San Antonio landmark  
52 Word on some cartons  
56 Bike feature  
59 Greases  
61 Similar  
62 Reprimand  
63 — it like it is  
64 Actor Parker  
65 Ore taker

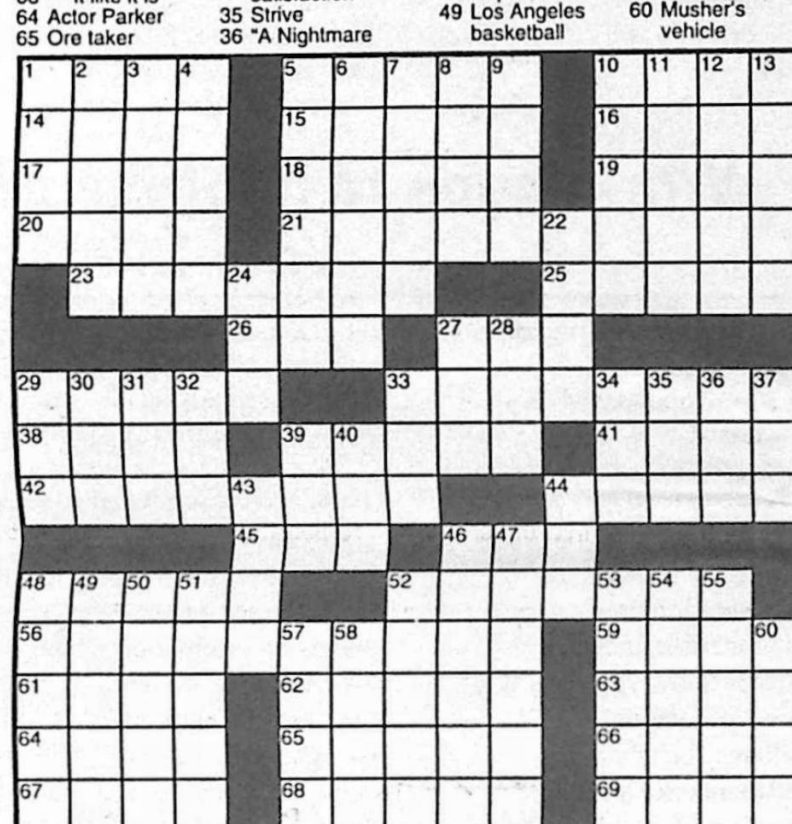
1 Arm or branch  
2 Standoffish  
3 Red Sea peninsula  
4 Aquarium fish  
5 King's house  
6 Young cow  
7 Climb a soapbox  
8 Softball team  
9 Measure of time  
10 Spud state  
11 "The Three Musketeers" author  
12 Go away  
13 An anesthetic  
14 Neither here — there  
15 Run fast  
16 Autumn mo.  
17 — and downs  
18 Get-up-and-go  
19 Golf score  
20 Actor Wallace  
23 Mom's mate  
24 Sign of satisfaction  
25 Strive  
26 "A Nightmare

on — Street"  
37 Bambi's mother  
39 "— a boy!"  
40 New Jersey basketball player  
43 Electric sign  
44 Scrap of cloth  
46 Marchant  
47 Greasy spoon, e.g.  
48 Behind, on a ship  
49 Los Angeles basketball

Novelist James  
Oak or maple  
Vestibule  
Dispatch

ARMY  
NEMO  
IOTA  
ORATE  
DRUM  
GRAM  
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RHEA  
BUNDLE  
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GAME

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## PREVIOUS PUZZLE SOLVED

ARGO LIVES SHIN  
WALTZ NEMO IOTA  
ORATE DRUM GRAM  
LED RHEA BUNDLE  
LOIN JERSEY  
COZIEST ERG  
HAULS PALETTES  
ETNA EBONY WARE  
THICKSET BASIC  
ASA BLANKET  
JESTED RANG  
BATTEN WOOD LAY  
ACHY CAAN IDAHO  
JOEL EPIC TIMER  
ABLE SOLO GAME

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## Increasing pedestrian, bicycle and vehicle safety awareness

Morning traffic rush onto the base, especially in the dark, is an accident waiting to happen. The main entrance has experienced a number of close calls recently. Sometimes it is what we are thinking that affects what we do and gets us into trouble. Some of our driving habits and our not so bright ideas can lead directly to accidents and injuries. The need for a wide awake approach is obvious. To avoid becoming a statistic, follow these safety tips for driving:

- Before you decide to drive or cycle; check your attitude - calm your anger or frustrations, clear your mind of worries, be alert and prepared for the unexpected;
- You are responsible for the condition of your vehicle - whether bike or car, make sure it is in safe working condition;

- In your motor vehicle continuously watch for pedestrian and cyclists;
- It is law, and in your best interest, that you make use of your seat belt;

- Adjust your speed according to road and weather conditions, black ice develops quickly here, as do potholes;
- Windows and windshields cleaned inside and out give maximum visibility and minimum glare. Headlights and tail lights should also be free of dirt and working properly;

- When using a bicycle or motorcycle know and obey all rules of the road. Wear and approved helmet. Surviving an accident and being able to talk about it depends on it. 75% of deaths and permanent disabilities in bike accidents are the result of head injuries preventable by wearing a helmet;

- It is unlawful and not too smart to ride a bike before or after daylight hours without a headlight and tail light or fender reflector. Bike riders and pedestrians - remember you are

harder to see in the dark. Wear light coloured or reflective clothing. The Motor Vehicle Act states that a person operating a bicycle or motorcycle on a highway has the same rights and responsibilities as the driver of an automobile. Having all the safety bells and whistles on your bike will not protect you if you don't obey the rules of the road. Bicycles are classified as vehicles, and cyclists are expected to obey the same traffic rules and regulations as do vehicle operators, such as keeping to the right, signalling turns and obeying all traffic signs and signals. Cyclists have the same right on the roads as anyone in motor vehicles, but they are hard to see, and unprotected. In an accident the cyclist is almost always injured or killed. It is everyone's responsibility to be alert. • Motorcycles need a complete traffic

lane - do not try to share a lane with one. Don't follow too closely in case they swerve or upset on a track or a bump;

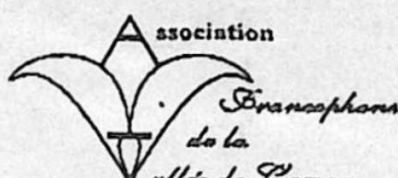
- Motor vehicles must continually be alert for pedestrians and cyclists. Be ready at all times to make sudden stops or defensive moves to avoid a pedestrian or side-swiping a cyclist;
- Watch cyclists slipping between the car and the curb when making a right or left turn, and unpredictable pedestrians, and be especially watchful for cyclists at night since many will have inefficient lights and reflectors, or none at all.

As a motor vehicle operator it is your responsibility to know and obey the traffic laws concerning pedestrians and bikers. You must drive defensively and be courteous, using good road sense at all times.

At the Main Gate of the Base, traffic is moving in a variety of directions. Remember to be courteous, taking turns and allow traffic to flow smoothly and always be 100% prepared to yield. Remember the Eye Lead Time technique when entering or leaving the Main Gate: look left, then right, then scan front and left. Danger from the left is closest to you. Remember to slow down - you could miss the first five minutes OR the rest of your life.

Leave room for error - only computers do what they are told to do.

479 4th Street  
Courtenay, B.C.  
V9N 1G9  
Tel: (604) 334-8884  
Fax: (604) 334-3797



## Conversation Francaise

Vous voulez perfectionner votre français parlé et avoir du plaisir! Les conversations françaises sont pour vous! Chaque mardi matin de 10h à midi débutant le 27 janvier au coût de \$3.00 par classe par personne.

**French Conversation**  
Want to improve your French speaking skills and have fun? This course is for you! Every Tuesday morning from 10 a.m. to noon, starting 27 January. Cost \$3.00 per class, per person.

**Chorale Adulte**  
La chorale débute le mercredi 21 janvier de 19h à 21h jusqu'au 29 avril au coût de \$30.00 par personne. Vous pourrez chanter en français, rencontrer des gens et avoir du plaisir.

**French Choir**  
The choir begins Wednesday, 21 January, 7-9 p.m. until 29 April. Cost \$30.00 per person. Come and join us, sing in French and have fun.

**Mini-Franco-Fun**  
Mercredi le 21 janvier de 15h à 16h30. Thème "Hiver." Jeux, bricolages, chansons pour les parents avec enfants d'âge présco-

laire et scolaire (18 mois à la 2e année). \$1.25 par enfant.

Notes que les membres de l'Association bénéficient de 20% de rabais pour chaque activités et que les activités se déroulent au local de l'Association. Pour de plus amples renseignements et inscription contactez Danielle au 334-8884.

**Mini-Franco Fun**  
Wednesday, 21 January, from 3-4:30 p.m. Theme "Winter." Stories, handicrafts and games for parents and their children (18 months to Grade 2). \$1.25 per child.

Please note that members of the Association will receive 20% off on each activity held at our location on McPhee. For registration and more information, please contact Danielle at 334-8884.

**Apprenez le français, l'anglais ou l'espagnol**  
Encore cette année, l'Association francophone vous offrira la possibilité d'apprendre ou de perfectionner une deuxième ou même une troisième langue. Débutant durant la semaine du 26 janvier les inscriptions se feront par téléphone ou en se présentant au local du McPhee du 12 au 23 janvier de midi à 16:30. Prenez

note qu'il y aura un test de sélection pour déterminer votre niveau, la semaine avant le début des cours. Prix de \$90.00 pour 30 heures de cours, à 3 heures par semaine pour une durée de 10 semaines. Vous aurez l'opportunité de vous procurer du matériel supplémentaire, si désirez. Pour offrir les différents niveaux nous avons besoins de 7 étudiants dans chaque cours.

**Horaires**  
Français:  
Débutant 1...Lundi 18:30 à 21:30  
Débutant 2...Mardi 18:30 à 21:30  
Intermédiaire 3-4...Jeudi 18:30 à 21:30  
Espagnol:  
Débutant...Mardi 18:30 à 21:30  
Débutant/Intermédiaire...Jeudi 9:00 à 12:00  
Intermédiaire/Avancé...Jeudi 18:30 à 21:30  
Anglais:  
Débutant/Intermédiaire...Lundi 18:30 à 21:30  
Intermédiaire/Avancé...Mardi 9:00 à 12:00  
Avancé...Vendredi 9:00 à 12:00  
Pour plus d'information contactez Danielle au 334-8884.

**Language Classes**  
Again, in January, the Francophone Association will offer classes in French, English and Spanish as a second language. Registration will be from 12 - 23 January between 12 noon and 4:30 p.m. by phone (334-8884) or

by stopping in at our office. All classes will begin during the week of 26 January. Please note that your language level will be assessed one week prior to commencing your classes. Cost is \$90.00 for a 30-hour course (3 hours per week for 10 weeks). You will have the opportunity to buy books during the course, if needed. Minimum of seven students required for each class.

**Schedule**  
French Course:  
Beginner 1...Mon 6:30-9:30 pm  
Beginner 2...Tues 6:30-9:30 pm  
Intermediate 3-4...Thurs 6:30-9:30 pm  
Spanish Course:  
Beginner...Tues 6:30-9:30 pm  
Beg/Intermed...Thurs 9-12 am  
Intermed/Advanced...Thurs 6:30-9:30 pm  
English Course:  
Beg/Intermed Mon 6:30-9:30 pm  
Intermed/Adv...Wed 9-12 am  
Advanced...Fri 9-12 am  
For more information, contact Danielle at 334-8884.

**PELLET STOVES**  
Save Time and \$  
Install a pellet stove in your home for as little as \$39.30/month. We carry Envirofire and Whitfield products. Offer ends January 31, 1998.  
Discover why heating with wood pellets is BETTER.

**DALRON HOME LEISURE**  
Your Home Turf Advantage  
2720 Cliffe Ave. Courtenay across from the Driftwood Mall  
338-1330  
We Offer Extraordinary SERVICE

## Book reviews

## Second Start

by Jacqueline O'Neil  
(Howell Book House, New York. Hardcover US\$23.95.)

Sub-titled "Creative Rehoming for Dogs," this is a book detailing the important things to do and look for when getting a used dog. This is the type of book which should be read by anyone who is considering heading to the animal shelter to find themselves a pet.

As well as information on how to avoid the pitfalls connected with a secondhand dog, there is full information on how to look after and bond with your new-found friend.

This is an attractively bound 280-page edition, well illustrated with a large number of black and white photographs. It is well indexed and will be a great addition to your doggy library. It should be in the book or pet store, but if you can't find it you can order it.

**Practising unsafe sex demonstrates lack of respect for your partner.**



**STRENGTHENING THE FORCES**

## Dog Doctor

by Mark Evans  
(Howell Book House, New York. Hardcover US\$24.95.)

Mark Evans is an experienced veterinary surgeon who has written this book for the lay man.

This is part of a number of books he is writing on the care of different animals. It covers all the common diseases and conditions. It is designed to give you the knowledge you require to see that your dog gets the care he or she deserves, and needs.

The book is beautifully indexed and illustrated in full colour. There are well over a hundred photographs and other illustrations to help you understand the text. It is an attractively bound 128 pages of easy to understand information about the care of your pet. It will make a great gift for the new dog owner, or the experienced person. It's all here.

## Canadian Olympic Hockey Moments

## Canadian hockey heartbreak

(NC)—In the 1994 Olympic Games in Lillehammer, Norway, Canada was one goal short of winning the gold medal in a gut-wrenching shootout against Sweden. The gold was finally presented to Sweden after its 3-2 victory over Canada. Although it was a heartbreaking defeat for Canada the silver medal win was its best showing in Olympic competition since it dominated play from 1920-1956.

This is just one of a Five Star, selection rules, information and historical notes of the Winter Olympics assembled by Seagram Canada to honour the upcoming 1998 Games in Nagano, Japan.

If you want to see more facts and information on the Winter Olympics you can visit Seagram's Five Star Winter Olympic webpage at [www.newscanada.com](http://www.newscanada.com)

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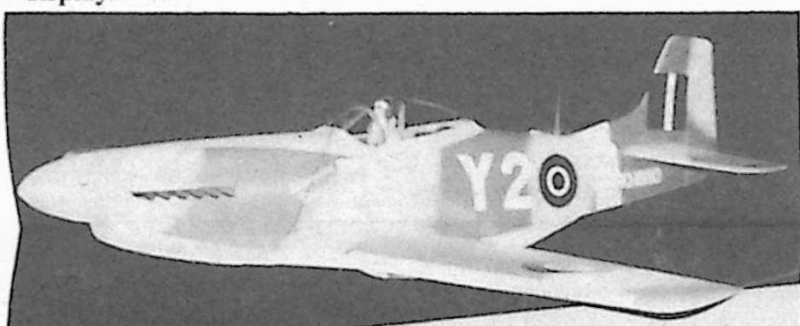
## "Edmonton Special"

Mr. John Mallandaine, a former World War II fighter pilot, and currently a resident of Bowser B.C., approached the museum staff last year with a proposal to donate a 1/7 scale P-51 Mustang kit if it could be built in the colours of his wartime aircraft, "Edmonton Special." The staff agreed and the curator, Corky Hansen spent the better part of the winter months literally whittling away at the parts to create a truly special display aircraft. The scale aircraft was officially put on display at the museum on Friday, 9 January, by Mr. Mallandaine and a companion, Mr. Harry Furniss, also a wartime fighter pilot.

The P-51 is significant to the base because it is a model of an aircraft that flew with 442 Sqn during the war, and participated in one of the last operational missions of the European Theatre. The mission flown was over the Channel Islands and took place on 7 May 1945, one day after V-E Day. The model now forms part of the 442 Sqn display and can be seen at the Comox Air Force Museum, open during the winter months on weekends and holidays from 10 a.m. till 4 p.m.



Harry Furniss (L) and John Mallandaine front the model of "Edmonton Special" as it hangs above the 442 display at the Air Force Museum. Mr. Mallandaine is a frequent visitor to the museum and a strong supporter. His donation of a P-51 kit allowed the construction of this significant addition to the 442 display.



The P-51D "Edmonton Special" as it looked on 9 May, 1945 participating in one of the last operational missions of the European Theatre.



## COMOX AIR FORCE MUSEUM

A registered charity of the Organization of Military Museums. Save on your 1997 taxes by making a charitable donation before February 1st

Donations\* to registered charities made during January 1998 can be claimed on your 1997 tax return. This special one-month extension will help many charities whose year-end donations fell sharply because of the recent mail strike.

Also, you can significantly reduce your income taxes by donating to charity. The tax credit for charitable donations is one of the best tax breaks available to Canadian taxpayers - it's a real saving, not just a tax deferral.

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Federal basic tax credit:	\$150	\$324	\$646
Provincial & surtax savings**	77	196	660
<b>Total tax savings:</b>	<b>\$227</b>	<b>\$520</b>	<b>\$1,506</b>
- as % of total donations:	38%	43%	50%
<b>Actual donation cost:</b>	<b>\$373</b>	<b>\$680</b>	<b>\$1,494</b>

Investing in charities helps to build strong communities and reduces your taxes. Do it this month.

\*excludes gifts of securities or real estate \*\*varies slightly by province

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## Happenings

by Maj Joel Clarkston

Projects are popping up like Spring daffodils around the museum these days and the staff is beginning to explore ways and means of celebrating the 75th anniversary of the RCAF in 1999. One project is the construction of a flying model of the Lancaster aircraft for inclusion in the 407 Sqn display, as well as exhibition during the Comox Airshow. Mrs. Kerry Kueber kindly donated \$1,500 towards the project on the condition that the aircraft be painted in the colours of her late husband Arnold, who served as a navigator in the European Theatre during World War II and here at 407 Sqn during the post war years. Mr. Keuber was also the postmaster at the Lazo Post Office for many years and was well known to the personnel of CFB Comox. Visitors to the museum are showing an increasing interest in donating towards projects that are tailored to the memory of a loved one and projects of this type are certainly welcomed by the museum.

Preliminary meetings are now taking place on the enhancement of the Heritage Air Park. As part of the 75th anniversary celebrations, the air park is slated for some sort of makeover to enhance its appeal to the public and make it easier to access. Walkways, display areas and aircraft cordons are all being contemplated in a joint effort by the Air Force Association, the Museum and 19 Wing. No commitment has been made, however, on the extent of the renovations and the exact role each of the parties is to play in the project.

A new gallery is now open in the museum featuring former Commanding Officers of CFB Comox. The area is to be used for viewing video tapes of historical events and the walls surrounding the viewing screen are adorned with pictures of former Base Commanders. Suffice to say that no seats in the area are safe from the watching eyes of a Commanding Officer. This is a design feature to ensure that visitors do not linger too long in front of the display television.



New "Rogues Gallery" of former Base Commanders now open at the Air Force Museum.

## Kittyhawk nosedive



by Chris Charland, Associate Air Force Historian

You could call this scene "stopping on a dime and getting a nickel's change back." A pair of RCAF Curtiss Kittyhawk Mk.IV's of Western Air Command's No.135 Bulldog (F) Sqn, are shown in a rather unflattering pose after their pilots went a bit too heavy on the brakes. Astonishingly, just out of view is a third aircraft which also ended up in the same predicament.

With the Japanese still posing an element of threat during the latter stages of the war, the Bulldogs continued to fly west coast air defence missions from their home at Patricia Bay (Victoria) B.C. until their last mission on 11 August 1945.

Kittyhawk 864 "F" (c/n 29606) was formerly a USAAF P-40N and serialised 42-105844. It was taken on strength with the RCAF 17 Sep 1943 and struck off strength 23 Aug 1946.

Kittyhawk 858 "J" (c/n 28954) was also a former USAAF P-40N and serialised 42-10592. It was taken on strength with the RCAF 22 Jun 1943 and subsequently taken off strength 23 Sep 1946.

A total of 35 Kittyhawk Mk.IV's served with the RCAF, almost all of them with No.135 (F) Sqn, from 6 May 1943 until the end of the war, the last being taken off strength on 16 Dec 1946.