

# TOTEM TIMES

19 Wing CFB Comox

VOL 40 NO 2

THURSDAY 29 JANUARY, 1998

COST: FREE

The Comox Valley's Oldest Newspaper



## No Sno Fest '98

...page 10

What's  
new  
in your  
area?  
See  
pages  
12-13  
Get  
involved!

## 19 Wing eagerly awaits CORMORANT

On 5 January, it was announced that 15 AW520 Cormorant search and rescue helicopters will be supplied to the Canadian Forces at a maximum project cost of \$790 million. This cost includes the aircraft as well as training, spare parts, integrated logistics, project management, etc. Delivery of the new helicopters to the Canadian Forces will commence during Summer 2000 and conclude by Spring 2002.

According to government press releases, the Cormorant meets or surpasses SAR operational requirements and has the power, speed and endurance to cope with extreme weather conditions and distances that characterize the SAR environment.

The Editor in Chief has obtained some interesting facts and figures comparing the performance characteristics of the Labrador to the Cormorant. Take a look on page 6.



Figures on page 6 seem to indicate that the Cormorant helicopter has several advantages over the ageing Labrador. These include longer range, higher cruising speed, safe recovery from any phase of flight if one engine fails, and more. 442 Sqn is expected to receive their five Cormorants in Spring of the year 2000.



## Got your button yet?



The WComd dutifully purchasing the first No Sno Fest button from the (yet to be named) official mascot. (Photo by Cpl Kelley)



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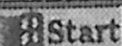
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## Legion Log

BRANCH 160 COMOX 339-2022

## ENTERTAINMENT:

Fri Jan 30 ... VENTURA  
Fri Feb 6 ... NEW MUSIC MAN  
Fri Feb 13 (Valentines) EASTERNERS  
Fri Feb 20 ... NITE LIFE  
Fri Feb 27 ... NORM'S COMBO

## SPECIAL EVENT:

Feb 7 - Joint Installation of Officers

No host bar 6-7 pm. Dinner 7 pm. Ceremonies 8 pm.  
Music by Toe Tappers. Tickets \$10.00 per person.

## REGULAR EVENTS:

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 pm  
MONDAYS.....LA Drop-In Bingo, Upper Hall, 7:00 pm  
Monday night Men's Dart League - reg. 8 Sep, start 15 Sep  
TUESDAYS.....Mixed Dart League - reg. 9 Sep, start 16 Sep  
Ladies Crib League 7:30 pm in Lounge  
WEDNESDAYS.....Navy League Drop-In Bingo, 7:00 pm

THURSDAYS.....\*1st Br.160 Exec. Mtg. Upper Hall, 7:30 pm

1st L.A. Executive Meeting (as required) 7:30 pm

\*2nd L.A. General Meeting, Upper Hall, 8:00 pm

\*3rd Branch 160 General Meeting, Upper Hall, 8:00 pm

FRIDAYS.....TGIF, Meat Draws in Lounge, 3:00 - 6:00 pm

Dance, Lounge (unless advised)

SATURDAYS.....Meat Draws in Lounge, 3:00 - 6:00 pm

Hall Rentals or requests for Special Functions: Please contact

Ken Seymour in office, Mon - Fri, at 339-2022.

BRANCH 17 COURTENAY 334-4322

## REGULAR EVENTS:

BINGO.....every Thur, Fri &amp; Sun 7:00 pm

MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm

DANCE.....every Friday night, 8:00 pm

30 January ... Tony Pollon

6 February ... 50th Parallel

13 February (St. Valentine's Dance) ... Vested Interest

20 February ... Country Cousins

27 February ... Easterners

## SATURDAY NIGHT DANCES:

31 January, 7 &amp; 21 February ... Wayne's Music

## CRIB TOURNAMENT

22 February: Registration 12:00-12:30, 1:00 pm start.

General Meeting: Tuesday, 24 February

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

BARGAIN DAY.....every Tuesday, all day

BBQ LUNCH SPECIALS.....every Weds &amp; Fri 11:30 am - 1:30pm

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## Building your ideal investment portfolio

by Kim Vogel,  
Comox Valley Rice Financial  
Your investment goals

If you're saving for a major goal in your life, such as retirement, consider including a large percentage of equities in your portfolio. Although past performance is no guarantee of what will happen in the future, equities as a group have outperformed other types of investments over the long term. On the other hand, if your goal is to have a fairly safe and steady stream of income from your investments, a fixed-income fund may do the job.

### How long you want to hold your investments

As a general rule, the longer you plan to keep your money invested, the more risk you can afford to take. For example, if you're saving for a retirement that's still 25 years away, you can afford to consider some more volatile equity funds, because you have enough time to ride out the ups and downs. On the other hand, if you've only got a few



## Book reviews

by Gerry Gerow

### Dog Training in 10 Minutes

by Carol Lea Benjamin

Howell Book House, New York. US\$20.95.

Gimme a break Carol, who wouldn't want to train their dog in 10 minutes? Of course, what she really means is with 10 minutes of your time a day you can train your dog to do almost anything you want.

Benjamin has written a number of books on dog training over the years - this is the third to join my library - and while not her greatest work ("Mother Knows Best" gets that award from me) it is certainly excellent.

Benjamin, whose autograph in one of my books says "have a nice dog day," has been professionally training and writing for 20 years. She is good at what she does - training dogs and writing.

This is a 160 page paperback edition, well illustrated with many colour photos and a large number of Carol's personal cartoons, also in colour.

What can I say? I like it a lot. If you have a youngster with their first dog, it should be the first choice for them. But novice adults will gain a lot too and even long in the tooth obedience instructors like myself will find something worthwhile in these pages.

### Canine Orthopedics

by Dr. Robert L. Rooks, DVM  
and Connie Jankowski

Howell Book House, New York. US\$25.95.

Whether your dog is the family pet, a canine athlete or a working dog, orthopedics affects every aspect of their daily life, such as the ability to stand, lie down, sit and move comfortably and efficiently.

The authors of this book clearly explain how owners can learn to evaluate problems, take preventative measures, such as proper nutrition and selective breeding, exercise treatment options and identify causes of lameness.

An excellent book for all dog owners to have in their library, this book will be especially valuable to those whose pets are getting along in years and showing all the normal signs of old age. In these pages you will learn if it something normal or something you can and should take further action on.

I got my copy last May so it should still be readily available. This is a 256 page hard cover book with around 100 black and white illustrations and pictures. It is very attractively priced. I am very impressed with it.

## Grand opening



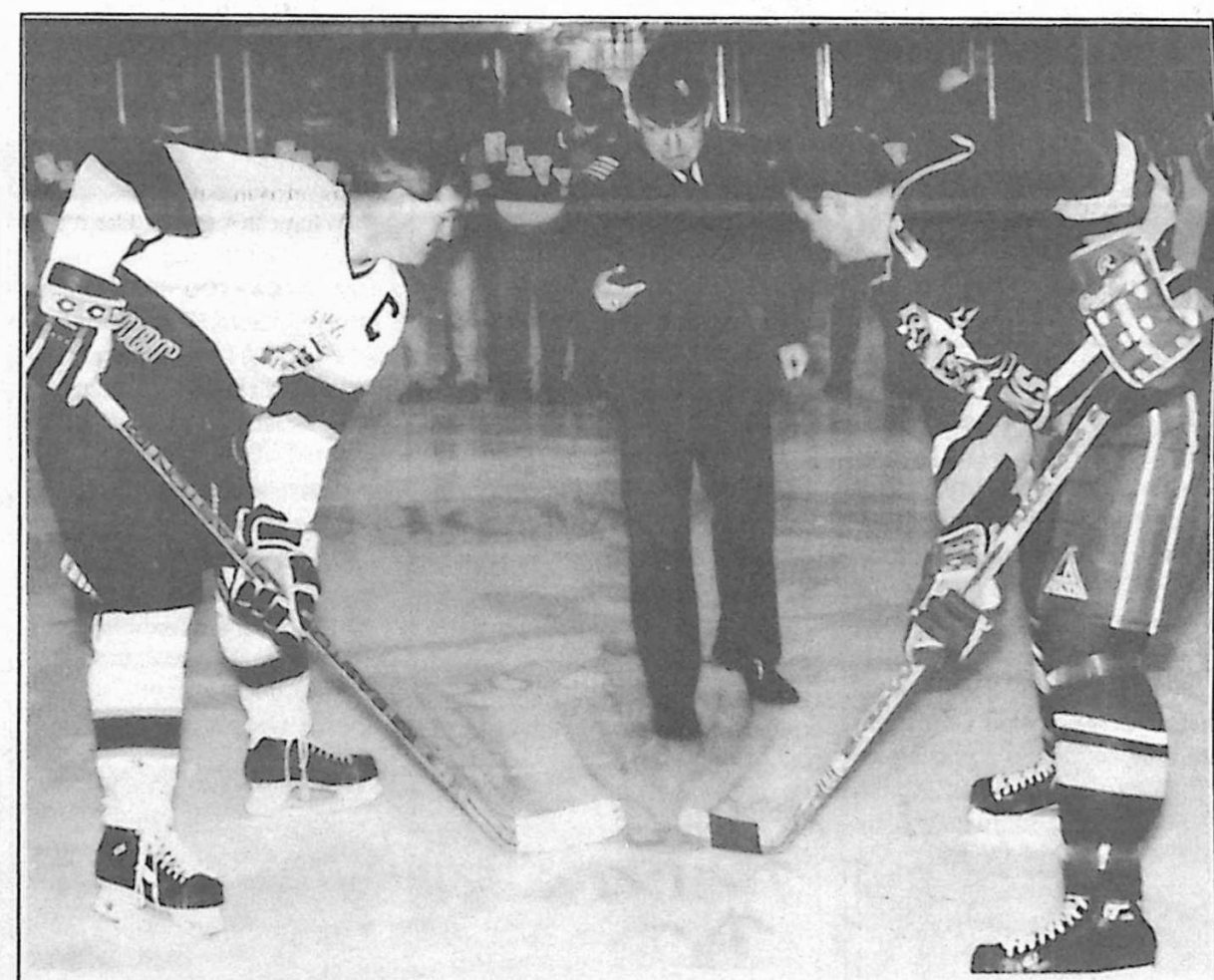
The Canadian Forces School of Search and Rescue (CFSSAR) will officially open the doors of its new training complex on 3 February at 10:30 a.m. The Cpl Philip Lloyd Cyril Young Building - named in honour of a Search and Rescue Technician (SAR Tech) killed in a Labrador helicopter crash on 30 April, 1992 - will serve as the primary facility for training all SAR Techs in the Canadian Forces. In attendance on this historic morning will be the widow and family of the late Cpl Young.

SAR Techs, the Air Force para-rescue specialists who wear their distinctive orange flight suits with pride, are responsible for saving the lives of hundreds of Canadians every year. The SAR school moved to 19 Wing Comox in 1996 and, until now, has carried on its work from facilities at HMCS Quadra, about 10 km from the base. The Governor General of Canada, Romeo LeBlanc, presided over the school's first graduation parade from the Comox location last August. Construction of the new building began last October.

Cpl Philip Young enlisted in the Canadian Forces on 26 September 1984 at CF Recruiting Centre Sudbury, ON. He was then sent to CFB Cornwallis, N.S. where he completed his basic military training. It was during this initial phase of his career that he was selected for Combat Field Engineer Training, conducted at CF School of Military Engineering, CFB Chilliwack, B.C. After completing field engineer training he was transferred to CFB Petawawa, ON, and served with 2 Combat Engineer Regiment. Cpl Young was awarded the Sapper of the Year Trophy and the Special Service Forces Soldier of the Year award.

In January of 1990, Cpl Young was accepted for an occupational transfer to the SAR Tech occupation. Cpl Young completed the seven month course as the number one candidate. He was then transferred to 442 Transport and Rescue Sqn at 19 Wing Comox, B.C.

Cpl Young was killed while deployed on a search and rescue mission (SAR Kovacs) in the Bella Coola, B.C. area. He was a member of a team of SAR Techs being hoisted to a Labrador search and rescue helicopter after completing a ground search for the Kovacs in mountain terrain. As he was being hoisted, the helicopter encountered an engine failure and crashed. Cpl Young was the only fatality.



On Monday morning the WComd, Col B.B. MacLean, officially opened the Pacific Region Hockey Championships. Base and Old Timers teams will battle it out for their respective honours throughout the week. Watch for tournament results in our next edition.

(Photo by Cpl Kelley)

## SPCA thanks

Last December the Community Council sponsored a pre-teen dance at the Community Centre. Organizer Pat Taylor requested that all participants bring a food donation, in lieu of an entrance fee, for our furry friends in need at the Comox Valley SPCA.

Through generous donations from all, a substantial amount of dog and cat food was provided which helped the shelter over the holiday season.

The Comox Valley SPCA offers warm thanks to you all.



Receiving the donation on behalf of the SPCA (L-R): Paul Rioux, President Comox Valley SPCA; Christine MacDonald, ACO; Santa Claus; Pat Taylor; Marianne Mitton, Senior ACO.

(Photo by WIS)

## RAT PAX is back

Rat Pax is the name of the exciting lounge music duo of David Krayden and Jim Neal - both proponents and creators of the jazz ballad tradition, creating an easy, swinging, infectious style that is reminiscent of the cool elegance of Las Vegas in the '50s and '60s, when the Rat Pack defined hip.

With his relaxed baritone, Krayden sings cocktail jazz or Broadway standards with playful punch and crisp phrasing that acknowledges the singer's debt to Frank Sinatra and Dean Martin. Krayden has sung the music of Gershwin and Porter since high school and has performed at jazz spots like the legendary Penguin Club in Ottawa. He has been the male vocalist for the CAMPA Swing Band, based in Comox, B.C., for four years now.

(Continued on page 15)

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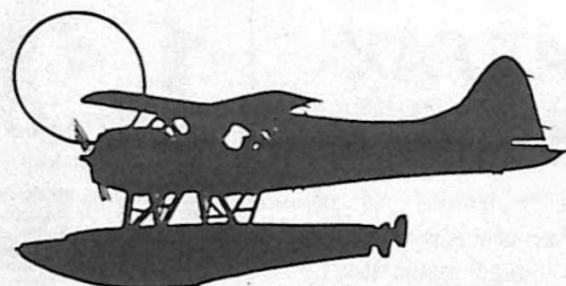




The personal stories of those who experienced the ice storm back East are now coming in and a few interesting things are coming to light (ahem...). Natural disasters occur more frequently than we would like and there is always something to learn from them. Of course it is difficult to plan for these events when most of us are too busy just trying to make ends meet on a daily basis. Generators, wood stoves and good friends seem to be the things to acquire to survive a natural disaster. And a recreational vehicle in the back yard comes in really handy when the house doesn't work any more. Oh, and one other thing that I mentioned a few years ago, one of the single biggest complaints coming out of the area is the lack of financial services. All of those nice debit and credit cards don't work if the electrons cease to flow. That's something to keep in mind for all those gurus of a cashless society. Keep some cash on hand, if you can afford it.

British Columbia is due for a natural disaster one of these days, an earthquake seems to be the disaster of choice, and even the new SAR Tech School won't be enough to handle the crisis. The Base and the municipalities have some very good disaster response plans in place, maybe the rest of us should keep a plan in the back of our minds as well.

by Joel Clarkston



## New board to act on Quality of Life initiatives

A new senior review board has been formed to provide strategic direction on quality of life issues affecting Canadian Forces members and their families.

The new Quality of Life Senior Review Board (QOL SRB) follows in the footsteps of a group formed two years ago to identify the causes of real or perceived neglect in the care of our people, including conditions of service. However, the new board will go beyond simply examining the issues; it will develop and implement an action plan for the improvement of QOL concerns. It will also provide advice to Armed Forces Council and make recommendations to environmental commands and NDHQ group principles.

"While continuing to monitor QOL issues carefully, the new board will proactively address those issues which negatively impact on members and over which CF leaders have control," says MGen Roméo Dallaire, chairman of the QOL SRB and Chief of Staff for the Assistant Deputy Minister (Personnel). "In addition, we will clearly articulate a position on those issues over which we have no control."

MGen Dallaire adds the new board will further the significant progress made with regard to quality of life issues over the past year.

"We haven't been idle where

these critical issues are concerned," says MGen Dallaire. "We have achieved many things over 1997 in areas such as pay, allowances, spousal employment and others. With the formation of the QOL SRB, we hope to address even more of the unique concerns facing CF members and their families."

Board members will include representatives from NDHA, the Canadian Forces Recruiting, Education and Training Systems in all three environmental commands. The new board is following the progress of the Standing Committee on National Defence and Veterans Affairs (SCNDVA). This independent parliamentary committee is currently examining the social and economic challenges facing members of the Canadian Forces and their families.

Your views on QOL issues are critical. Whether you have a chance to speak with SCNDVA during its upcoming tour of bases, or whether you make your opinions known through the chain of command, the important thing is to be heard!

### Progress made in 1997

In 1997, significant progress was made by DND and the CF in the area of quality of life. Some of these accomplishments included:

Pay, Pensions and Allowances:

- Pay comparability - first three installments of pay adjustments. Environmental Allowances - an increase of 17 allowances.

- Posting Allowance - personnel who were trade-qualified less than three years after enrollment are now entitled to a posting allowance.

- CFSA (Pension) - immediate indexation of annuity paid to CF personnel released on medical grounds under Release Item 3(b).
- Paydays in December - there will now be two paydays in December, instead of one.

- Family:
  - Home Leave Travel Assistance - correct inequities of Leave Travel Assistance for CF personnel attached posted outside of Canada.

- Spousal Resume - up to \$350 will be provided for the preparation of a spousal resume, providing spouse was working prior to the posting.

- Spousal Employment - Military Resource Centres offer workshops on job search techniques, on-the-job training opportunities on base and a spouses/dependants first policy by local Non-Public Funds personnel officer through the MFR.

- Disability Compensation/Advisory Cell - implemented to inform CF personnel, dependants, commanding officers and assisting officers of the various

death and disability programs and benefits available.

### Employment and Development:

- Personnel Evaluation Reports - New CF Personnel Appraisal System to take effect April 1.

- Junior Leadership Course - courses are loaded to a maximum of 10 per cent over the baseline of those anticipated to be promoted to master seaman.

- Employment Insurance (EI) - members of the Reserve Force serving less than 30 continuous days can now count such service for EI purposes.

- Priority under the Public Service Employment Regulations for CF members injured in a special duty area - members injured are now eligible for priority listing for Public Service positions.

- LWOP for maternity purposes - now counts as qualifying time towards the award of a CD (as well as parental leave).

- Terms of Service - those found suitable by the fall of 1997 Terms of Service (TOS) Merit Board but are not offered an Indefinite Period of Service (IPS) in 1998 due to their TOS merit listing and military occupant/rank quota, and are in their last year of eligibility for further TOS as a general rule will receive a CE conversion offer for a period of up to five years service.



Beard contest in full swing



The Salvation Army would like to thank all Wing personnel who donated food, toys and cash to their Christmas Cheer appeal.



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

## Confined space training at 19 Wing Comox

by Mr. Ken Ilnitski, WGSO

During the week of 25-28 Nov 97, the Wing General Safety Office and the Wing Fire Department conducted a General Confined Space Entry Course for the WCE/AEF section. There were a total of 11 students in the class. The first two and a half days consisted of theory covering Regulations, Duties and Responsibilities, the use of Hot Work Permits, Entry Permits, Hazard Assessments, Knots and Hitches, Ventilation, Personal Protective Equipment, and Classification of Confined Spaces. As part of this training the students were given a one-day course on the TMX Multi Gas Detector which was given by Acklands-Grainger of Vancouver.

Next, it was out to the T2 training tower for Self Contained Breathing Apparatus (SCBA) and Airline System training where the students are trained on the use of these in confined space entry and rescue procedures.

During the rescue phase the students go through the confined space trainer first of all with no equipment, starting at the largest opening and proceeding through a maze to the smallest opening.

This is to help the student build up confidence for going into a confined space. The student then proceeds to the next level where he/she dons the SCBA and goes through once again, and the same with the Airline System. To complete the practical phase the students must go into the trainer and perform a rescue on a live casualty. The students are marked on Communication, Use of Rescue Equipment, and Casualty Handling.



Sgt Powers looks on as students check airline system equipment prior to entering confined space trainer.



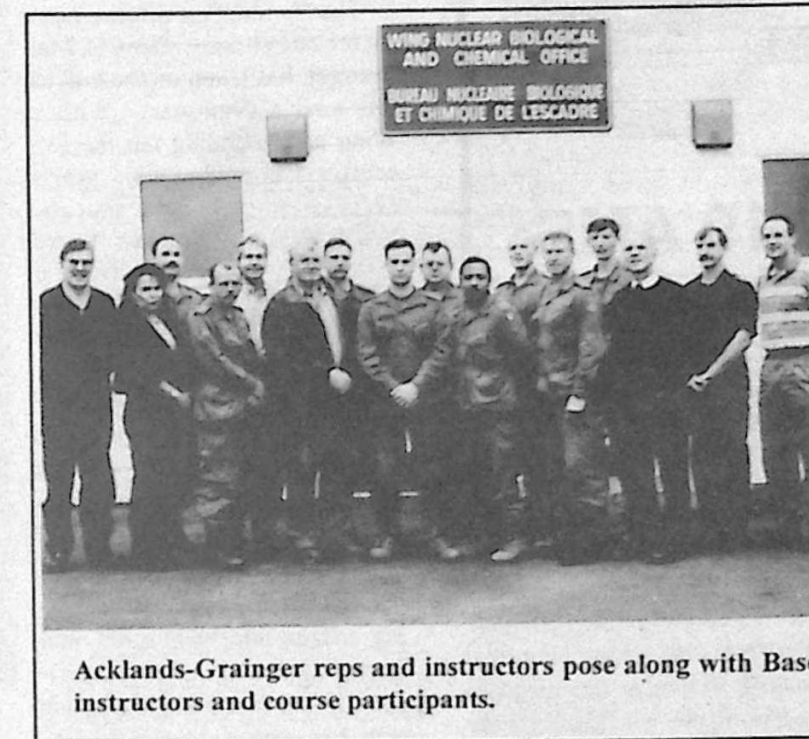
(L-R): MCpl Newell and Cpl Parker during Confined Space TMX 412 Multi Gas Monitor Calibration and Maintenance Training. (Photos by Wing Imaging)

Entry into confined spaces can be fatal if you do not have the proper training, most of the fatalities in confined space work are caused by improper procedures and workers entering the space with no protective equipment or training.

Course instructors were the Wing General Safety Officer, K.J. Ilnitski; Wing Pre Med Tech, PO2

Woodrow; Sgt Powers and MCpl McMahon.

WCE/AEF personnel who successfully completed the course were: Cpl R.D. Lamothe, P. Cartwright, Cpl M.E. Parker, Cpl P.W. Norwood, MCpl M.E. Newell, MCpl G.W. Baird, Pte A.D. Dixon, MCpl D. Carlson, MCpl T. Wilkinson and Cpl W.D. Saigeon.



Acklands-Grainger reps and instructors pose along with Base instructors and course participants.

## Do colleges recognize each other's courses?

by Pat Allan,  
CFCCN Co-ordinator

For people in the military community, it's often difficult to finish a college program before you get posted to a new base. Will the new college at the new base recognize the credits you've already earned? The general answer is "yes," but you have to look at the specifics of each case. Let's look at a fictitious example.

When Susan was serving in Comox, she completed two courses with North Island College: Introductory Financial Accounting I and Effective Organizational Writing. Now Susan is posted to Toronto and wants to complete the six-subject Business Studies certificate with Seneca College.

Susan will be able to use the Introductory Financial Accounting I, but not the Effective Organizational Writing. That is because the Seneca Business Studies Certificate requires a credit in accounting, but it does not require a credit in writing. There may be other certificates where a credit in effective writing would be useful, but the Business Studies Certificate isn't one of them.

To have her accounting credit accepted, Susan has to apply to Seneca for a "transfer credit." Essentially, she asks to be exempted

from having to take Seneca's course on the basis of her credit from North Island College. Susan will have to supply a transcript from North Island College, as well as a course outline describing what the accounting course was about. Many colleges require sealed transcripts, which are sent directly from your previous college to your new one. Course outlines are sometimes available from former instructors, but it is much better to keep your copies of course outlines in a place where you can get at them when you want to.

Seneca College will use the course outline to make sure that North Island College's accounting course is essentially the same as their own. If the two courses are very different, Seneca may not be willing to recognize the credit.

Normally there is an administrative charge for this service, although some colleges include it in their application fee. The details are available in the college calendar or through the Registrar's office. Military members should check with the Personnel Selection Office for reimbursement procedures.

If you need help planning your college education, the Canadian Forces Community College Network Co-ordinator is available. Call Pat Allan at local 8889.

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### Mini Franco Fun

Le mercredi 4 février de 15:00 à 16:30 au local de l'Association. Thème: St. Valentin. \$1.25 par enfant, 20% de rabais pour les membres. Wednesday, 4 February, from 3 - 4:30 p.m. at the association office. Theme: Valentine's Day. Cost \$1.25 per child, 20% off for members.

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## NEXT DEADLINES

Advertising - 4 Feb.

Articles - 6 Feb, NOON





## 19 AMS

by WO B. McKee, AVS

Greetings from the Maintenance Squadron. Now that everyone has recovered from the holiday season it is time to turn our thoughts to those activities associated with Spring. First, would be everyone's favourite - PERs. You know it is PER time when you start seeing abnormal amounts of paper being stockpiled, more that the usual number of supervisor meetings behind closed doors and folks just shak-

ing their heads more than normal. Oh well, like that old saying, there are two things certain in life - death and taxes. I guess that should be re-engineered to reflect three things.

The No Sno Fest date has been set for 20 February. Our CO, Maj Bourget, has taken on the task as this year's Chairman. With a Wing cast rounding out the Executive Committee, this year's event is sure to be a success. You'll recall in the last Totem Times article that an individual from our squadron threw down the gauntlet - challenging that 19 AMS is going all the way this year. I have to admit though, Capt Travis did carry the squadron last year. This year, however, we will have to carry him. You see, he went and broke his ankle in three places. He insists that he became disoriented in the air while teaching trampoline techniques and landed incorrectly. Being disoriented is nothing new to him as this was his rationale for nearly drowning earlier this year. *You're running out of lives lad.*

The Avionics Lab welcomes Cpl Derrick Kaye, in from Shearwater. One of his first duties was helping out with the annual pancake breakfast. This noteworthy event, attended by the WComd and WCWO, raised \$340 for the Salvation Army Christmas Cheer program. Kudos to Cpl Gagnon and MCpl Rioux of the RTT lab for organizing the affair. Later this month the Avionics Lab will be expecting an AVS Private. OOOOOHHHH. Gawking will be allowed, but only for short periods of time. Speaking of gawking, that must have been what Sgt Cole and Cpl Legault (407 Sqn) were doing when responding to an EOD call to Tahsis. Seems the trip to the other side of the island got boring. So much so that they missed the turn for the road. I don't think the CO is going to approve the funding for a portable CPS, Jim. Once back on track, the remainder of the trip was OK. OK, that is, if driving a 4x4 on a single lane potholed road while logging trucks are coming at you and 2 ft. of snow to compound the

adventure are considered cool.

Our resident thrill seeking holiday traveller, Sgt Moe Foley, enjoyed a 7-day bus trip to sunny California for the New Year. Joined by her mom, they took in tours of Universal Studio, Disneyland and then had front row seats for the Rose Bowl parade. The least she could have done was bring back an autographed picture of Mickey for the SWO. What's next on your travel schedule, Moe?

Not to be outdone with the Asian market and the island lumber mills shutting down, the ADAM computer decided to follow suit. This created havoc for the AMCRO section and all of the flying units. Several phone calls to Ottawa, re-installing software and a rebuilding of the hard drive got everything back on line. Your overtime cheque is in the mail Norm!

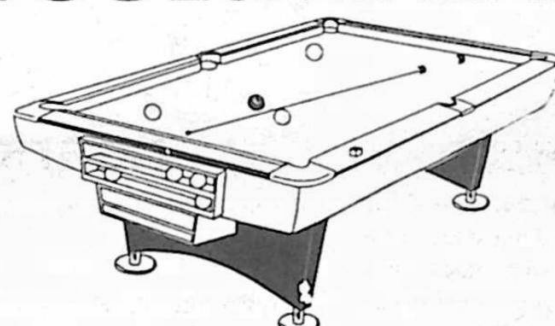
A squadron sports afternoon of volleyball and floor hockey provided an advance screening of capable athletes for the upcoming No Sno Fest competitions. We're

lookin' pretty good. Not all of the folks from downstairs in the AVN shop could be there as they were getting the shop organized for the painters to come in. The end results sure brightened up the place. Cpls Healey and Lefebvre have now been given the important job of putting up the stereo speakers so everyone can listen to all the country music. Is it true that now the gals would like to see the floor painted in a colour that will complement the walls? I hear Doc Savage has the answer to this.

As this goes to print Capt Travis is recovering at home from surgery. In the meantime, we've put out an ad for an intern ARMPAVO. The successful applicant will have:

1. Several spare sets of arms and legs;
2. Gills;
3. A full-time chaperone;
4. Knowledge of the local Emergency Medical Services;
5. Nine lives; and
6. Three or four Guardian Angels riding shotgun.

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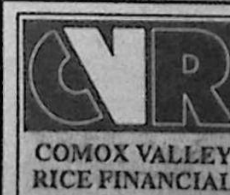
### ASK THE PROFESSIONAL

#### QUESTION:

Should I buy an RRSP or a mutual fund?

#### ANSWER:

One thing to remember is that an RRSP is a plan, not an investment. RRSP stands for Registered Retirement Savings Plan. You can determine which types of investments you wish to put in your RRSP plan. These can include GICs, stocks, bonds, mutual funds, etc. So a mutual fund can be inside of an RRSP where it grows tax sheltered, or outside of an RRSP and therefore just a regular investment. The individual must decide first if they are eligible to make an RRSP contribution by having "earned income". The next decision will be which type of investment is right for them inside of their RRSP plan. Talk to a qualified financial advisor!



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## Ring in the New Year

by MCpl Carlson

The holidays are over and it's back to the grind for most of us. The CE Christmas party was enjoyed by many members of the AEF. However, there was some discussion regarding who hired the band? Maj Gauthier did a superb job, artistically composing a Christmas message which brought tears of laughter to all. I especially enjoyed the personal touches carried out by Capt McCarthy, acting as the maitre de and valet parking attendant for the evening (just kidding, sir).

During the first two weeks of January, about a half dozen AEF members ventured out to Chilliwack to dismantle two sprung shelters. The shelters will be distributed: one going to Quadra and the other to 407 Sqn. Due to the base closure, I am told the school is going through a major transformation i.e. many of the buildings being either demolished, closed up, or gutted for further renovations. Boy, I'm going to miss Annie's, the Miller... oh and, of course, the school (NOT!).

Well, it's been a couple of weeks now since the members of the AEF were called upon to assist in the largest domestic relief effort in Canada's military history. The AEF sent three EGS techs - Sgt May, MCpl Mendonca and Cpl Norwood. Accompanying them were two of our electricians - MCpl Grimstad and Cpl Lamothe. While keeping in contact with the spouses of those gone away, they report back saying that their husbands are working long days and hope to be home soon. It will be interesting to hear the stories about how everyone endured this treacherous ice storm of '98.

Until next time, CHIMO!



## Comox Snowscape



Snow fell but the CFB world did not stand still. For the Base kiddies, snow meant a walk through truly a winter wonderland. Carrie Nagel, Road & Grounds, spent the day manning a snow plow so sidewalks could be kept clear. Norma Hanson, CE Works Control, patted down a snowman publicising "Sappers' Rest," the canteen within. Within a day the snow - and the beauty it brought - was gone.

## Big job nears completion



After the east side of the WEME/W Tn O building (B101) was refitted with new metal siding last fall, there still remained the west side. After asbestos stripping by contractor, a CE combined AEF/Ops team consisting of Tom Revie, Louis Smith, MCpl Murray Newell and Cpl

Mark Parker has now been busy putting up an interliner, affixing insulation, closing with an outerliner, and finishing with the installation of windows and pedestrian doors.

The crew enjoyed the same excellent co-operation from the WEME/W Tn O personnel as when the 134-foot wall of the east side received its facial, making their work a lot easier. Retrofitting is expected to continue a while longer.

Taking a ride in the cherry picker.

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## Kennelly of Comox CFB to the core



by finn

His father was in the CF, then became one of the first commissionaires at CFB Comox. Bred, born, reared, educated and employed in Comox and environs, Dennis Kennelly, CE electrician, Union Local President, Socio-Tech adherent, member of sundry base committees and a conciliator whenever possible, is as familiar with the base as any, and more than most.

"There weren't as many facilities but otherwise CFB Comox hasn't really changed that much," he says, then amends. "Well, I used to herd deer off the runways, and there would be the odd black bear. Pheasants, too, though one or two may still land."

He ascribes the decrease in wildlife partly to the increase in human population. "When I grew up there were no Ryan or Pritchard Roads as we know them today, no Robb Road, and mostly you knew the people around you. But times change, we all know that."

Many a Base Commander and a few Wing Commanders have come and gone over the years, seasons have changed, new planes been flown, but recent events may have had the biggest impact on the life of Mr. Kennelly and his co-workers.

"The new helicopters will certainly become of major significance. ASD, or Alternative Service Delivery, will impact on a number of bases but perhaps not as much here. We may not be big enough to attract major contractors, but we should be prepared to compete. We feel confident anyway that we, CE, can do the best job. Most significant in some ways may be Socio Tech. Its introduction here kept those who wanted to stay, staying. It gave guys some say. And if you buy into something, you try a little harder. And when the budget cuts came in, the socio tech project, by and large, stayed protected, keeping the evolution on track.

"That it works today is partly due to LCol Abbott, the previous W Log O, and Keith MacKenzie, the former union president. But mainly it has succeeded thanks to the efforts of Capt Chris McCarthy, the CE Ops O. He did most of the work, all the nuts and bolts, a hands-on job from the beginning."



Dennis Kennelly, CE Electrician and Local 1007 President, Union of National Defence Employees - CFB Comox heart and soul.

Mr. Kennelly's interest in union management stems from the civil service strike of '91. "That triggered something in me, and I've been involved ever since." He believes the employment situation will stabilize, that there may be even a small increase in hired help as the next few years go by. "I'm always optimistic about the shaping of things."

Memories going back so many years are, of course, legion. Two stand out.

"Must be - oh, 25 years or so now, but two corporals - no names! - left valves open at the tank farm and 25,000 gallons of gas gushed out. One still made sergeant and the other, captain. So, no particular moral to the story, I suppose.

"Then there was a building next to the arena. It was called the Scout Hall or the Gillwell Hall. Some several years ago it was burned down for fire practice. It actually used to be my childhood home, the house to which I was taken straight from hospital after my birth. Watching it in flames was a kind of - well, a memorable experience. Sticks with me, somehow. Strange, don't you think? But then maybe not."

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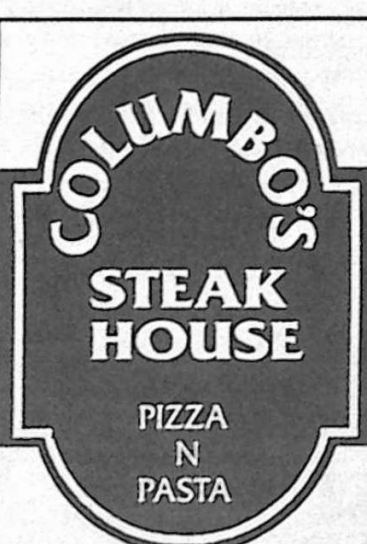
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## I'm shocked!

The Old Lady knows that children grow and learn by exploring their environment. That environment can be dangerous to the young child who is not old enough to understand the risks of 'live' electrical current. Misuse of electricity and electrical appliances can cause shocks, bodily injuries and even death. Warn children not to stick fingers or play things into wall outlets and be sure to install plastic safety plugs in all unused wall sockets. Little ones are apt to put electrical cords into their mouths causing severe burns and facial deformities. Extension cords should be used as temporary measures and all cords must be kept in good repair. Never leave irons, toasters and small appliances within the reach of youngsters who are unattended and roll up electrical cords which are not in use. Don't overload circuits and keep appliances away from the sink and bathtub and out of the reach of children who are in the bathroom. While all these measures will make your home a safer environment for your growing children the Old Lady reminds you that there is no substitute for parental supervision!



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## BURN SMART

TO MINIMIZE AIR POLLUTION FROM YOUR WOODSTOVE:

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

A message from the BRITISH COLUMBIA LUNG ASSOCIATION

PLEASE STOP SPEEDING BEFORE SPEEDING STOPS YOU.



## Electrical hazards

by Smokey

Electrical fuses and circuit breakers are important warning devices against the tragedy of electrical fires. When excessive current flows through an electric wire it becomes over-heated. Without the use of a suitable over-current device, such as a fuse or circuit breaker, to open the circuit under such a condition it is possible for a wire to become hot enough to cause a fire. If a circuit breaker blows, it means your electrical system has been overloaded. Before resetting the circuit breaker, unplug the appliance on the overloaded circuit. Re-plug it and if the circuit breaker blows again it could mean that there is an electrical problem and you must contact CFHA as soon as possible.

Heavy appliances i.e. ranges, dryers, air conditioners, etc are fused according to their ratings. If a fuse blows, and continues to blow after replacement, call a qualified electrician.

All members living in MQs are required to check their panel boxes, located in the basement, to identify if there are any BLUE HANDLED circuit breakers installed with the brand names of Federal Pioneer, Stab-Loc,

## Nutrition to go for families on the go

by Anne Kennedy

Families are constantly on the go, juggling different interests and racing through meal times in order to get to the next activity. Parents worry that fast-paced meals may compromise good nutrition. They don't have to, according to members of the Canadian Dietetic Association.

These experts on food and nutrition are promoting "Nutrition to Go," this year's theme for National Nutrition Month. Here are some of their mealtime tips.

- Don't leave meal planning to the last minute. Some advanced planning can save you time and money plus result in tastier and more nutritious meals. Collect quick and easy recipes. Commodity groups, like the Canadian Egg Marketing Agency, offer free recipe books.
- Be efficient. When you have time to cook, make a double or triple batch. Freeze the extra food in meal size portions. Remember to date and label these meals. Defrost them overnight in the refrigerator so they will be ready to prepare when you arrive home.
- Don't be afraid to use frozen entrées. However, read the label and select the lower fat version of these dinners. Frozen entrées



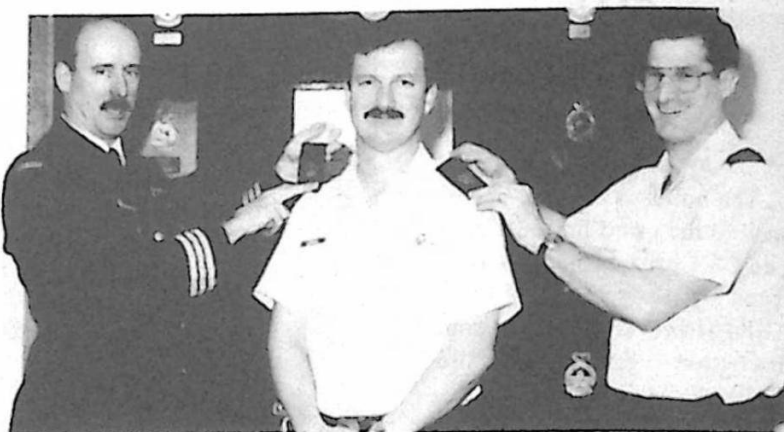
FPL Federal Pioneer, FPE Federal Pioneer or FPE Federal Pacific. If a member identifies one of these products in his/her unit, you are directed to contact the CFHA in order that the manufacturers can be notified.

## Refrigerator warning

It has been found that one of the models of refrigerators previously issued as a stock item in MQs, and later sold to tenants when CFB Comox divested itself of appliances, has a serious defect which was responsible for a recent fire at CFB Halifax. Consequently, any tenant who purchased a refrigerator from CE when they were sold to occupants is required to determine if the model is a Westinghouse Frost Free, model 3RT130MKLW, and is hereby advised of the danger.

Questions concerning these issues may be directed to your Fire Dept Inspection Cell, loc 8271 or to CFHA at 339-1947.

## Congratulations



WO Walt Carroll (ABATS STDS WO) receiving his new rank from LCol Hache (WOPsO), and MWO Phelps (WO i/c ABATS). (Photo by WIS)



## LIFESTYLE TIPS

Did you know?

CFLRI: The Researchers in Active Living

Did you know that...

- Inactive people are twice at risk as active people of developing coronary heart disease? The risk starts decreasing when physical activity of even a low to moderate level is performed regularly.
- The risk of cardiovascular disease is up to three times greater for people with diabetes? Physical activity helps to reduce this risk.
- Physical activity reduces the risk of colon cancer and possibly the risk of breast cancer and lung cancer?
- Physical activity reduces the risk of back problems? The risk is higher among those performing heavy physical work and those in sedentary jobs. Trunk flexion and pelvic tilt exercises reduce the recurrence of acute lower back problems.
- Physical activity reduces the risk of osteoporosis? Active people have greater bone mass than inactive people. Regular weight-bearing exercise—where the weight is shifted from one leg to the other, as in walking—is essential for bone health.
- Physical activity is accompanied by a reduced risk of obesity? Physical activity needs to be a lifelong habit—one of regular, low-to-moderate-intensity activity, with prolonged duration and continued over a period of years.
- Inactive people report more reductions in daily activities as a result of acute health problems?
- Those who are inactive during their leisure time are more likely to report days lost from work?
- People with low fitness levels may take up twice as many days off work as their very fit counterparts?
- Physical activity is accompanied by reduced anxiety and stress?
- Physical activity helps to reduce mild-to-moderate depression?
- Active people enjoy increased psychological well-being?
- Active people tend to be more satisfied with their physical shape, appearance and weight?
- For older adults, regular physical activity that includes interaction with others is more likely to increase life satisfaction?
- All it takes to achieve most of these health benefits is an accumulation of 30 minutes of moderate activity every day?

This article is provided by the Canadian Fitness and Lifestyle Research Institute in collaboration with ParticipACTION.



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## 407 Sqn



## Demon Doin's

This week's zesty article comes from the ever-fragrant spaces of the moose. We, of course, welcome ourselves back from a recent workout off the Hawaiian shores where we set a new standard in degraded ops ASW, thanks to a faulty cooling system. Some minion must have warned the tanned Maj Brabant that the lads were arriving with a cooler full of snowballs as he conspicuously avoided our arrival, forcing the VP servicing vehicles to suffer the barrage instead. Coward!

This six day excursion began with a combo MPat/transit (tricky, eh?) followed by three trips hunting one of the stealthy US submarines prowling the shoals. A modest task normally, by each flight progressed under that hot tropical sun, turning

15 foot monster, then hurled into the froth. A minute of silence was initiated, cut short as his giddy smile and swagger emerged on the tac-tube into an oven, the aircraft computer into a griddle and the fellas into strippers, the challenge grew and brave new means required invention - Jezebel from the NC station and playing TN with no MPD/INCOS. No kidding! Paupst and the CO gave each other the nod and Mike called short the last two trips, incited by discussion aft of stop watches and grease pencils and the ponies on Graham's boxer shorts. Thankfully, the sudsy poolside debriefs soothed those rattled nerves and primed the team for each new day.

The Body-bag Award for the Crew 7 deployment definitely goes to surf monster Cook. Neither rain, tsunamis, peer pressure from the buds, or a megaphone warning from the lifeguard tower could dissuade this boogie board porting light bulb from challenging the seething surf of Oahu's north shore. Eyeing the locals carve the pipeline, and with that Crazy Canuck spirit, Brendan left the buds happily paddling at the water's edge and set out for the land of Jonah. Holy Cow! chomped the crowd, jaws hanging before the sight of Brendan flailing inverted beneath the crest of one

the shore, with the immortal words... "Wow, ever cool!" New MP Qual sheets in hand, the crew then headed home and exchanged sandals for galoshes. With the Crew 3 Dawgs now poised for their CAST deployment, Hawaii may never be the same.

Capt Bard broke with tradition and had his pre-marital stag over a month early down in Victoria. Is it that he wouldn't trust the guys with his skin just prior to his nuptials, or perhaps he's wishing for a second party in his honour. Word is that the guys did a bang-up job giving Bardo a memorable send-off. An unexpected and suspicious bonding was suspected between Chris and "Heidi" the escort lady he was shackled to for the evening. In the end he claimed that she was really just a lot of hot air, so all remain confident of his fidelity. Lt Shipton has taken the FASM baton from Capt Dea, now learning the ropes of Admin over at Wing HQ. Good Luck in your new MOC, Dave - Paul has some big shoes to fill.

So, the new year begins - crew checks, exams, MPSET audit, restructuring, YFR and budget cuts are but a few of the challenges facing the squadron this grey time of year. Thank goodness we have the top notch bunch we do to face 1998.

## Safety in numbers



WHMIS/HAZMAT training Graduating Class.

by Mr. Ken Ilitski, WGSO

Last December, 19 Wing General Safety and Wing Supply Hazmat office provided two days of Workplace Hazardous Materials Information Systems/Hazardous Materials Safety Training (WHMIS/HAZMAT). This course enabled newly trained trainers to advise on and monitor WHMIS standards and hazard controls as well as conduct WHMIS training, in compliance with the WHMIS standards and regulations contained in the Hazardous Products Act, the Canada Labour Code Part II, the Canada Occupational Safety and Health Regulations, the Treasury Board OSH Directives, D.N.D. General

Safety Standards Publications and Hazardous Materials Safety Publications.

Course graduates were: MCpl D. Vinette, Cpl P.A. MacNeil, MCpl J.R.J. Plante, Cpl S.C. Longland, Sgt S.P. Alexander (407 Sqn); Cpl J.B. Gagnon, MCpl P.J. Savage, MCpl J.M. Christensen (19 AMS); MCpl K. O'Hara, MCpl J. Viel (414 Sqn); Sgt P.D. Isberg (WDent); Cpl R.C. Neveaux (WEME); Sgt J.A. Bain (WOPs); PO2 T.R. Adams (WFoods); Cpl C.J. Mercer (WTIS); M.E. Konschak (WCE); and Sgt J.P.G. Desruisseaux (WFH).

Instructors for the course were WGSO Mr. K.J. Ilitski and HAZMAT/WHMIS Ms T. Hyde.

## TOTEM TIMES

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## 1998 PRINTING SCHEDULE VOLUME 40

Copy Deadline (NOON - Friday)	Publication Date (Thursday)
# 1 January 09	# 1 January 15
2 January 23	2 January 29
3 February 06	3 February 12
4 February 20	4 February 26
5 March 06	5 March 12
6 March 27	6 April 02
7 April 17	7 April 23
8 May 08	8 May 14
9 May 22	9 May 28
10 June 05	10 June 11
11 June 19	11 June 25
12 July 10	12 July 16
13 July 24	13 July 30
14 August 14	14 August 20
15 September 11	15 September 17
16 September 25	16 October 01
17 October 16	17 October 22
18 November 06	18 November 12
19 November 20	19 November 26
20 December 04	20 December 10

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# An incomplete No Sno Fest tale

0530 hrs: MCpl Anyone looked at his alarm clock. He had been awake for almost an hour but now was time to get up. Today was the day. Almost a full week of hard training had been a difficult challenge for him (actually, he went to the gym once and thought about running twice) but he knew that it was nothing compared to what lay ahead of him... the NO SNO FEST.

0645 hrs: The Junior Ranks' cafeteria was crowded with pancake eaters but MCpl Anyone had no difficulty finding his team with their pink T-shirts and green hats. At first, Anyone was not too keen about wearing this costume but now he liked the way the pink highlighted the colour of his eyes (oh well). Everyone was there eating pancakes with Somebody. Nobody, as their team captain, was giving them her last recommendations. Anyone sat down and ate.

0820 hrs: The teams were gathering in the gymnasium parking lot. MCpl Anyone could feel the excitement. Nobody, waving the flag representing their team, was singing their battle song...

Nananana Nananana... Hey... Hey... Good... The teams were bragging and challenging each other. Inside the gym, MCpl Anyone could see the crowd ready to cheer for their favourite team. More noise, more cheers... 0830 hrs: The crowd fell silent. After the exciting and noisy marching in of the teams, MCpl Anyone welcomed this peaceful time. The WComd started his speech to officially open the No Sno Fest... blah, blah, blah...

0835 hrs: After what seemed an eternity, the No Sno Fest was opened and the crowd came alive with cheers and applause. 0910 hrs: The MC was announcing the winners of the Beard Growing Contest. MCpl Anyone had wanted to grow a beard but his loved one had used her veto to stop him.

0911 hrs: MCpl Anyone was nervous, the sports tabloid was about to commence. He had learned by heart the rules of all the events but now all he could remember was some general information about the No Sno Fest. His head was spinning... "Beard Growing Contest"... "But-

ton"... "Schedule of Events"... more and more info spinning in his head...

## Beard Growing Contest

229 contestants have registered for this event! The four categories judged will be: Most colourful, Fullest/Best beard, Worst/Mangiest beard, and 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 to select one entry for each of the four categories. 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.

## Register Your Team Now!

People interested in forming a team of at least 11 people may register to enter the No Sno Fest competition by contacting their Unit Rep who will pass the information to the FS&R Director by 16 Feb. Each team must have a

team captain and a second i/c. A maximum of 20 teams will be allowed to participate, so register now! Both participants and spectators are encouraged to come up with a unique name and costumes in support of their team.

Spouses of 19 Wing members are encouraged to participate and may submit a team of their own or join their spouse's team.

## Free Child Minding

Free child minding services throughout the day (0900 - 1630 hrs) will be available through the MFRC for children 15 months to 12 years. Personnel are requested to contact Claudia Naaykens at local 8847 or 339-5051, prior to 13 February, to reserve a place for their child. Please identify any special needs of your child when calling.

## No Sno Fest Button

No Sno Fest buttons will soon be on sale for \$5.00 each. Your Unit Rep will coordinate the sale of the buttons in your unit. Your No Sno Fest button gives you access to the Pancake Breakfast, the dance/casino night and gives you

the chance to win wonderful prizes. Throughout the day of the Fest, as well as the weeks leading up to it, various prizes will be awarded to participants who have purchased a No Sno Fest button. Serial numbers on the buttons will be used to draw for prizes. The earlier you purchase your button, the more chances you have to win.

## No Sno Fest Awards

Teams competing have the chance to win two No Sno Fest awards. The Spirit Award will be presented to the team that best represents sportsmanship, team morale and, in the spirit of the 19 Wing No Sno Fest, has a good time. Teams will be observed throughout the day by the No Sno Fest Mascot who will determine which team should be given the Spirit Award. The winning team will also receive extra points to go towards the overall award. This No Sno Fest Award will be given to the team that has accumulated the most points at the end of the Fest. The points will be given according to the standing of each team in each of the events (Gym, Pool, Arena, Outdoor, and Snow Sculpting).

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## 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



## BLUELINE HEROES

(NC)—In celebration of the 1997-98 hockey season, Seagram Canada has put together a Five Star selection of facts and trivia questions on Canada's most popular sport. Here's a tough question on some of hockey's top-scoring defencemen.

With which team did Paul Coffey score his 300th NHL goal?  
A. The Detroit Red Wings  
B. The Philadelphia Flyers  
C. The Los Angeles Kings  
D. The Pittsburgh Penguins

Answer:  
D. The Pittsburgh Penguins (NC)—As one of the NHL's most gifted skaters and playmakers, Coffey amassed career points faster than many talented forwards, scoring his 300th goal while playing for Pittsburgh on January 5, 1991. It was the 777th game in his 11th NHL season.

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

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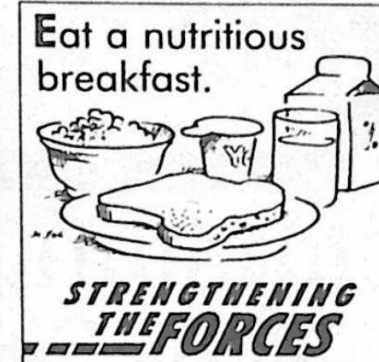
Your Home Turf Advantage

2720 Cliffe Ave. Courtenay

across from the Driftwood Mall

338-1330

We Offer Extraordinary SERVICE



## Upcoming Sports Events

Sport	Date	Time
• Silver Totems Invitational		
• Old Timers Hockey Tournament	5-8 Feb	
• Vodoo 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 Tourn.	3-5 Apr	

FACILITY	Swimming Pool				MONTH	SEP 1997 - MAY 1998	
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
0700							
0730							
0800	MILITARY CLASSES			POOL MAINT. 0700-0900	MILITARY CLASSES		
0830							
0900							
0930		CAFPRC OPEN SWIM 0900-1030		CAFPRC LESSONS 0930-1030	CAFPRC LESSONS 0930-1030		
1000							SWIM
1030							
1100						LESSONS 0945-1100	
1130							
1200	MILITARY SWIM 1130-1245						
1230							
1300							
1330							
1400						OPEN SWIM 1300-1500	
1430	WEKIE 1430-1530 APR-JUL	CV HURONG 1430-1530		CV HURONG 1430-1530			
1500					CAFPRC OPEN SWIM 1500-1600	LAKE SWIMMING 1500-1600	
1530					SWIM		
1600					LESSONS		
1630	ORCA SYNCRLO SWIM CLUB 1600-1700	C.V. AQUATIC CLUB 1600-1700	ORCA SYNCRLO SWIM CLUB 1600-1700	C.V. AQUATIC CLUB 1600-1700	1600-1700		
1700							
1730							
1800							
1830							
1900							OPEN SWIM 1830-1930
1930							L
2000							C
2030							O
2100	SCUBA CLUB 2000-2100			SCUBA CLUB 2000-2100			S
							D
							E

## A Sweetheart of a golf deal

For only \$32.10 including GST, the Golf Privilege Club® saves money for your favourite golfer all year 'round. Check these great benefits.

- Free or reduced greens fees at 160 great B.C. golf courses -- 25 in the lower mainland -- another 151 in Alberta and over 600 in twelve states from here to the Mexican border
- Exclusive rates on first-class golf travel packages

Tee up this great golf deal today

Call Ticketmaster at 280-4444 or 1-800-863-3611 (No Service Charge)

A fundraising project of the

## Attention Auto Club card holders

The 1997 Comox Auto Hobby Club membership cards are now expired. To renew for 1998 membership, or to become a new member, simply go to the Auto Club during open hours:

Mon - Wed ... 18:00-22:00 hrs.  
Sat & Sun ... 11:00-16:00 hrs.  
Membership costs \$20.00 and is good from 01 Jan to 31 Dec 98. We offer bay rental at \$2.00 per hour or \$25.00 per week for short term projects. We also have a project bay for those long term

projects at \$100.00 a month. The club is equipped with a wide variety of hand tools and also air tools which are made available at no extra charge when you rent a bay. The club is ready to handle any work - from a simple oil change to an engine removal and repair. We also have a tire machine and a high speed balancing machine available to members. To help out with brake jobs we have a rotor and drum lathe.

Temporary storage of vehicles that are in need of repairs is available at \$10.00 per month to club members only.

Come and see us at the Auto Club the next time your vehicle needs a car wash and a vacuum. These are other services that we also offer to all. Whatever requirement you have for your vehicle, we can help in in more ways than you thought possible.

Thank you for your patronage.

## Glacier Greens Mens' Club Match Play 98 coming soon!!

## JUNIOR RANKS SKI FUN DAY

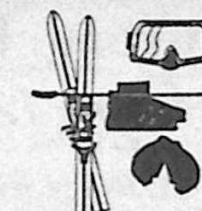


MONDAY FEBRUARY 9, 1998  
0830 HRS

SEASON LIFT PASS  
HOLDERS: FREE  
REGULAR MESS  
MEMBERS: \$15.00  
ASSOCIATE AND  
HONORARY MEMBERS  
OR GUESTS: \$30.00

LIMITED TRANSPORTATION  
AVAILABLE (FIRST COME  
FIRST SERVED)  
\$10.00 PER PERSON ROUND  
TRIP  
ONE GUEST PER MEMBER ON  
BUS  
BUS DEPARTS MESS AT 0730

QUESTIONS TO CPL JAMES  
RAY, 8848 OR 8430



RENTALS:  
FREE  
LESSON:  
FREE

PAY AT MESS BY  
FRIDAY FEB 6  
CASH AT OFFICE  
OR AQUITANCE  
ROLL AT BAR

## Century 21 TOWN & COUNTRY REALTY INC.

Posted to Kingston in 1998?



Don Wyld, CDI  
Military Authorized Realtor

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call on the "TOLL FREE" number below and I will send you a "Worry-Enders Kit of Kingston" (with video) containing maps, home prices, school information, shopping facilities, transportation and much more.

Please call or write:  
Don Wyld, CDI, Sales Rep.

#1 Barrieffield Centre, Kingston, Ontario, Canada K7L 5H6  
Fax 1-613-545-1101 or Toll-Free 1-800-438-9953  
Visit the Canadian Military Relocation Network Website at [www.cmre.com](http://www.cmre.com)  
Email - [donwyld@limestone.kosone.com](mailto:donwyld@limestone.kosone.com)



## Wallace Gardens Community Association February Newsletter

### FAMILY BINGO

WHEN: 8 FEBRUARY 98, FROM 1-3 PM  
WHERE: COMMUNITY CENTRE  
COST: 25¢ MEMBERS  
50¢ NON-MEMBERS

COME ON OUT AND SEE IF YOU CAN BE A LUCKY WINNER!!  
FOR MORE INFORMATION, CALL PAT NICHOLSON AT 339-1966.

### TEEN VIDEO NIGHT

When: Saturday, February 21, 98 from 7-11 pm.  
Where: In the Community Centre  
Cost: FREE

For information, call Carmie Dixon at 339-7696

### TEEN VALENTINE'S DANCE AND KARAOKE NIGHT

Saturday, February 7, 1998 from 7:30 - 11:00 pm

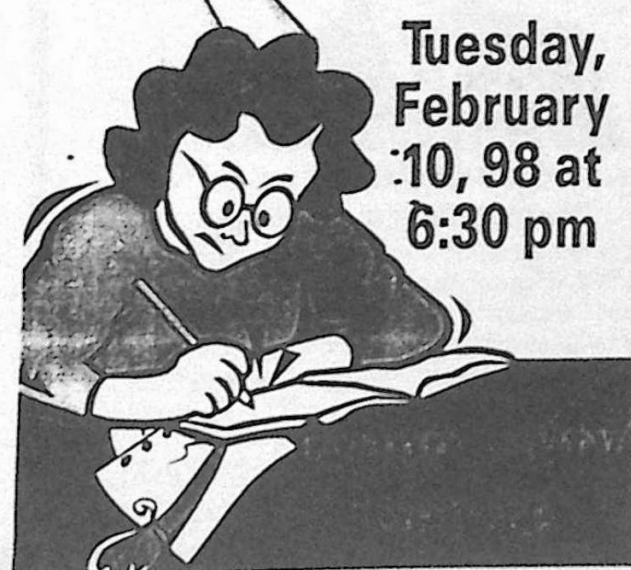
Cost: \$2.00 for members  
\$3.00 for non-members  
OR wear something red and get \$1.00 off (ribbons, bows and socks don't count!!)

Call Carmie Dixon at 339-7696 for more info.



### Wallace Gardens Community Council Meeting

Tuesday, February 10, 98 at 6:30 pm



### CHILDREN'S VIDEO AFTERNOON

When: Sunday 22 February, 98 from 1-3 pm  
Cost for popcorn and drink: 50¢ for members  
75¢ for non-members

For more information, call Von Bertin at 339-7522.

### VALENTINE'S DAY SOCK-HOP

When: 14 February 98 from 6-8 pm  
Where: Community Centre  
Theme: Dance Your Heart Away!!  
Cost: 50¢ for members  
75¢ for non-members

For information call Pat Taylor at 339-4400.

### NO-SNO FEST TEEN ICE "FIELD" HOCKEY

When: Thursday February 19, 98 from 4-5 pm  
Where: Base Arena

You must wear a helmet and elbow pads to participate in this game.



For information, call Janina Nicholls at the Wallace Gardens Office, 339-8211, ext 8571.

### NO-SNO FEST FAMILY SKATE

When: Thursday, 19 February 98  
Time: 2-4 pm  
Where: Base Arena  
Cost: Free



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



## COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

### Up Coming Events at the CMFRC

#### Valentine's Chocolate Making Workshop

Learn how to make molded chocolates and hand-made Bailey's truffles just in time for Valentine's Day  
Dates: Feb. 3rd & 4th  
Time: 6:00 - 9:00pm  
Cost: \$10.00  
Location: 120 Kinnikinnik

#### Computer Familiarization Workshop

This workshop is designed to give you a basic introduction to computers  
Dates: Feb. 9th, 16th & 23rd  
Time: 6:30 - 9:00pm  
Cost: \$10.00  
Location: Computer lab in the Headquarters building  
Registration: 339-8290

#### Creative Writing Workshop - Life Stories

Join published poet and author, Carol Neufeld to explore the principles of short fiction.  
Dates: Feb. 11th, 18th & 25th  
Time: 7:00 - 9:00pm  
Cost: \$20.00  
Location: 120 Kinnikinnik

#### Cross-stitching for Beginners

Come out and learn all about this relaxing and beautiful craft.  
Dates: Feb. 10th & 17th  
Time: 7:00 - 9:00pm  
Cost: \$10.00  
Registration: For more information and a list of supplies please phone 339-8290.

#### Financial Workshop Hosted by the Royal Bank of Canada

Dates: Feb. 19th  
Time: 7:00 - 9:00pm  
Cost: Free  
Location: Protestant Chapel Annex  
Registration: Call 339-8290

#### St John Ambulance Baby-Sitters Course

Date: Feb. 19th  
Time: 9:00am - 4:00pm  
Location: Wallace Gardens  
Registration: 339-8290

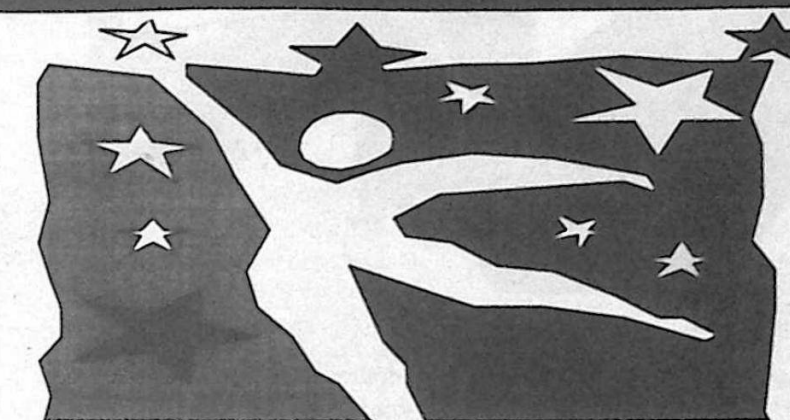
## Catch the "Spirit of Women" International Women's Day - A Call for Celebration

March 8th is International Women's Day (IWD), the highlight of International Women's Week (IWW). IWD is a global celebration of women's accomplishments. It is also a time to honour the women who touch us in our everyday lives - our mothers, our sisters, our daughters, our colleagues, our friends.

IWD grew out of women's heroic battle for better working conditions in the mid-nineteenth century when industrialization drew large numbers of women into the paid labour force. Of significance are two strikes, March 8th, 1857 and March 8th, 1908, organized by women workers employed in garment and textile factories in New York City. They were protesting low wages, 12-hour working days, lack of equal pay, and inhumane working conditions. In commemoration of these strikes, the first IWD was celebrated in many countries on March 8th, 1911. The United Nations Officially called for countries to mark a day for women's equality in 1977.

Canadian women too have organized for economic equality over the last century. In 1880, weavers in Hochelaga, Quebec, initiated a strike to protest an increase in the work week. In 1907, a strike by 400 telephone operators in Toronto brought attention to the fact that white collar work could be just as fatiguing, stressful and dangerous as factory work. In 1912, a strike by almost 1,000 factory workers in Toronto spread to Montreal and Kingston. Domestic workers in British Columbia organized the Home and Domestic Employees Union in 1913.

Along with protest came progress. In the 1850's, Mary Ann Shadd became one of the first Black newspaper women in North America when she edited the Toronto-based Provincial Freeman, a newspaper dedicated to publicizing the plight of Black people in Canada. Born in 1887 in Quebec City, Irma Le Vasseur was to become a famous pioneering pediatrician, and the first French-Canadian Woman



The Comox Military Family Resource Centre will be hosting the 5th Annual International Women's Day Conference on Saturday 7th of March 1998, at the Coast Westerly Hotel, Courtenay. The theme of this year's conference will be "Spirit of Women." Mark this event on your calendar!

doctor to practice in Quebec. In 1921, the first federal election in which women has the vote, Agnes MacPhail from Grey County, Ontario, became the first woman elected to the House of Commons. In 1952, Elsie Knott, a member of the Ojibwa band, was the first Aboriginal woman elected chief. In December, 1996, Lise Thibault, a prominent activist for the disabled and former television journalist, was appointed as Quebec's new Lieutenant-Governor. This is only a small sampling of the milestones carved out by women in Canadian history.

STATUS OF WOMEN CANADA

IWD commemorates and

## The CMFRC 5th Annual International Women's Day Conference - "Spirit of Women"

### Schedule of Events

The Comox Military Family Resource Centre, in cooperation with L'Association Francophone de la Vallée de Comox, are proud to host the 5th Annual International Women's Day Conference.

Date: Saturday 7th March

Location: The Coast Westerly Hotel, 1590 Cliffe Ave. At the corner of 17th St. & Cliffe Ave. in Courtenay.

Cost: \$25 - Includes 3 Workshops, Coffee Breaks, Lunch, Entertainment, Keynote Speaker, Book and Craft Fair, Silent Auction, Raffles and Fabulous Door Prizes.

Information: Call the Comox Military Family Resource Centre at 339-8290.

8:00am  
8:15am  
8:30-10:00am  
10:00am

Registration  
Opening Remarks  
Workshop Session 1  
Coffee Break & Keynote Speaker  
Workshop Session 2  
Lunch  
Workshop Session 3  
Entertainment, Raffles & Closing  
Book & Craft Fair

11:00am-12:00pm  
12:30pm  
2:00-3:30pm  
3:30pm

All Day

### Workshops

#### Workshop Session 1 8:00am - 10:00am

- ♦ Self Defense & Personal Safety
- ♦ True Colours
- ♦ Body Image
- ♦ Mosaic Creations
- ♦ Atelier sur les Couleurs

#### Workshop Session 2 11:00am - 12:30pm

- ♦ Designing the Life You've Always Wanted to Live
- ♦ Taking Care of Your Money & Your Life
- ♦ Raising Your Spirited Child

- ♦ Discover Your Spirit Through Yoga
- ♦ Estime et amour de soi

#### Workshop Session 3 2:00pm - 3:30pm

- ♦ Beeswax Candle Making
- ♦ Reflexology for Stress Relief & Relaxation
- ♦ Letting Your Spirit Play
- ♦ Woman & Spirituality with an African Flavour
- ♦ Pour les Femmes: Seulement: Nutrition et Santé





## For Sale

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

Mynarski Lancaster bomber commemorative flyer jacket with lambskin wool inside. Size 54. Never worn. \$1,000 firm. 335-0054 <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 obo. 339-6497 <2>

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

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

## For Rent

1,200 sq. ft. rancher, 2-3 bdrm. On secluded 1/2 acre lot, workshop & carport, walking distance to Base. \$750/mo. 338-0563. <2>

## TRUMPETER SWAN FESTIVAL EVENTS

Courtenay Recreation Dept. is sponsoring "All About Swans" for 5-7 year olds on Saturday 31 January, at the Lewis Centre from 12:30 - 3:30 p.m. The children will learn about Trumpeter Swans through crafts, games and stories. Cost is \$6.00 per child.

On Saturday, 7 February, from 1-4 p.m. Courtenay Recreation, in conjunction with Comox Valley Kayaks, extends an invitation to "Paddle with the Swans." There is room for only 12 people on this excursion so pre-registration is a must. Kayakers will meet at Comox Valley Kayaks (beside the Chamber of Commerce) to paddle from the marina out to the estuary. Cost is \$28.89 per person which includes rental of the kayak and all necessary gear.

For registration and information on these two events, please phone 338-5371.

For more information about the Trumpeter Swan Festival visit our web site at: <http://www.vquest.com/swan/>

## Wanted

Roommate for 1 February: 1/2 rent, 1/2 utilities, near college, shopping & bus route. Please leave detailed message Natasha 897-3622 <2>

## Wanted

## Chess Players

The Comox Valley Chess Club is seeking new members. We meet at the CRA Lewis Centre every Wednesday at 7:30 p.m. Come out for a few friendly games of chess.

## 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.

## Urgently needed

## Ward 2 rep for WGC Council

If you live in MQs 12 through 17A or row houses C, D, E or F, we need you! Your Ward Rep has moved leaving a vacant position on the council. If you would like to participate call Janina Nicholls at local 8571.

## Free puppy

Free to good home 5 month old puppy Malamute, Husky, Shepherd, X Labrador. Very good disposition. First shots, house trained, good with kids. 339-6716 <2>

## Duplex

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

## 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 Brogden (613)392-1905.

## Notice to Veterans with Pension Problems

We represent a veteran who was injured and disabled while in the service. When he was discharged he was NOT TOLD about his right to a pension! Many years later, he learned of his rights but has now been told that he's TOO LATE - NO PENSION. We are contemplating legal action. If you have a similar problem and wish to make a claim, write to:

Poyner Baxter Blaxland, Trial lawyers  
Lonsdale Quay Plaza,  
#408 - 145 Chadwick Court, North Vancouver, B.C., V7M 3K1  
Fax: (604)988-3632  
E-mail: poyner.baxter@bc.sympatico.ca

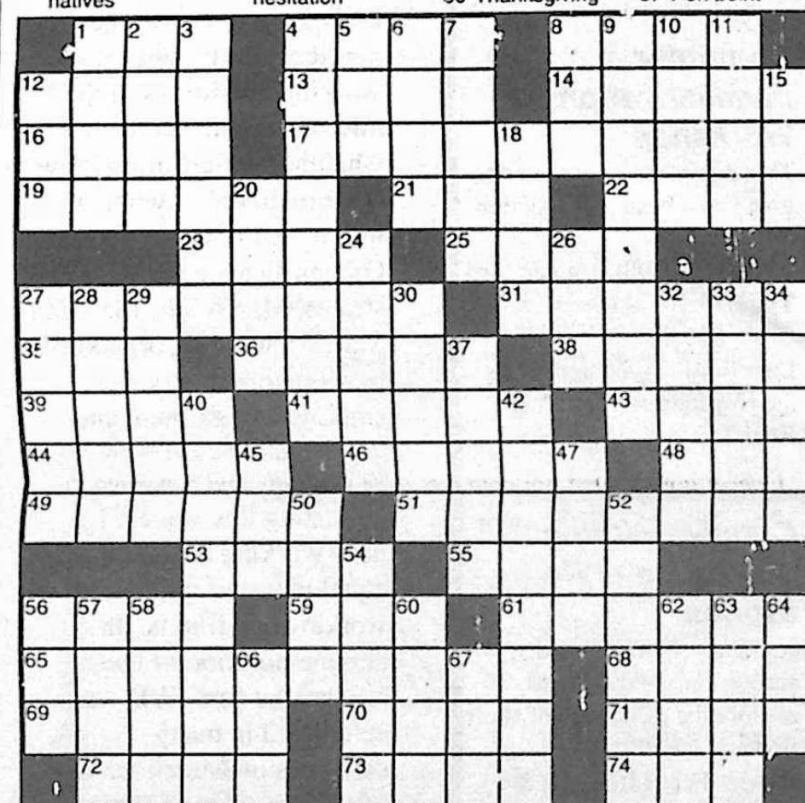
## TODAY'S CROSSWORD PUZZLE

ACROSS

1 Clever one  
4 Limbs  
8 Monster  
12 Core  
13 "Sandwich" cookie  
14 Unsophisticated  
16 Margarita  
17 Hoodwinked  
19 Objects (to)  
21 Ocean  
22 Coops  
23 Pictorial: slang  
25 Actress Perlman  
27 Mesh stockings  
31 Ragamuffin  
35 Singer Rawls  
36 Speak like Miss Scarlett  
38 Do a barber's job  
39 Was obligated to  
41 Make indistinct  
43 "Garfield" pooch  
44 Crosses a creek  
46 Meat spreads  
48 "Nightline" host  
49 Koppel  
51 Sly  
53 Ecstasy  
54 Gorilla expert  
55 Fossey  
56 Mild cheese  
58 Brink  
59 Cleaning tool  
61 Some Greenland natives

DOWN

1 Play  
2 Part of a list  
3 In spite of  
4 Expensive menu items  
5 Baseball stat  
6 Emeralds or sapphires  
7 Solemn  
8 Lennon's wife  
9 Spanish soup  
10 Irritate  
11 -stevens  
12 Pea container  
15 Sullivan and Asner  
18 Honolulu's island  
20 South African monetary unit  
24 Postage purchase  
26 Sounds of hesitation  
27 Gushes  
28 Des Moines resident  
29 Coat material  
30 Pledge  
32 "It - Be You"  
33 Like Princeton's buildings  
34 Poor  
37 Machinist's tool  
40 Soundproofed  
42 Most prepared  
45 Slide downhill  
47 Each across  
50 Thanksgiving meal items  
52 Dirty mark  
54 Observed  
56 Mis-juncture  
57 Aerial juggling vessel  
58 Taut  
60 Tiny opening  
62 Mod: m  
63 Back-fence  
64 Undercover person  
66 Type of curve  
67 Pen point



## BC SMILE

The B.C. Seniors Medication Information Line (BC SMILE) has been serving the province since 1995. It is a free telephone info line staffed by licensed pharmacists. Our goal is to assist seniors, their families and caregivers with information about medications when it is not possible for the patient to direct such questions to the family pharmacist. Our speciality is medication-related questions requiring extensive research.

You can reach us at 822-1330 in the lower mainland or toll free in BC at 1-800-668-6233 Mon - Fri 10 a.m. to 4 p.m.

## Encourage your child to read a newspaper



## TOTEM TIMES

We owe our children the greatest education we can give them. And encouraging them to read a newspaper is an important part of that education. Open a door of understanding, wonder and knowledge for your children by encouraging them to begin a practice they will enjoy for the rest of their lives.

## Warning from Shriners

The Gizeh Shriners of B.C. and Yukon are warning the public of unauthorized persons soliciting funds on their behalf. These persons are calling and alleging funds are for Shriners' Hospitals for Crippled Children. The Shriners' Hospitals are NOT currently campaigning for funds. The Shriners' Circus is currently soliciting support but not for Hospitals for Crippled Children. Any person who is solicited can have verification by calling the Shriners at 291-7707 or 1-800-332-9987.

## A bevy of books for military buffs

Flying Canucks II  
Pioneers of Canadian Aviation

by Peter Pigott

Among the many technological advances of this century that have shrunk our country, few have had as great an impact as aviation. Technologies evolve and national priorities change, but the qualities necessary to design aircraft, fly them in war and peace, and manage airlines remain constant. In this, his second book about pioneers of Canadian aviation, Peter Pigott brings a richness and understanding of the individuals themselves to the reader.

*Flying Canucks II* takes us into Air Canada's boardroom with Claude I. Taylor, to the Avro Arrow design office with Jim Floyd, inside the incredible career of Aviation Hall of Fame pilot, Herb Seagrims, on C.D. Howe's historic dawn-to-dusk flight, and with Len Birchall in a Stranraer seaplane before he became, in Churchill's phrase "The Savior of Ceylon." It includes the story of how a Scottish immigrant, J.A. Wilson, engineered a chain of airports across the country, how bush pilot, Bob Randall, explored the polar regions, and the ordeal of Erroll Boyd, the first Canadian to fly the Atlantic. The lives of "Buck" McNair and "Bus" Davey, half a century after the Second World War, are placed in the perspective of the entire national experience in those years. Finally, the amazing life of Philip Clarke Garratt of De Havilland Canada - pioneer aviator, test pilot and senior aviation executive is examined in detail. Whenever possible, Mr. Pigott has interviewed the players themselves and, drawing on his experience and contacts within the aviation community, has created a multi-faceted study of the business, politics and technology that influenced the 11 lives explored in depth in this book.

(Reader's comments: This is a very easy and interesting book to read whether you are a military buff or not. Every Canadian knows what happened to the Avro Arrow but did you know that the very same company had previously produced an aircraft named a Jetliner (also way ahead of anything else in its field) which had US airlines falling over themselves to sign purchase orders but, you guessed it, the federal government got cold feet over the costs and cancelled the program! Only in Canada, eh!)

## Props On Her Sleeve

The Wartime Letters of a Canadian Airwoman  
by Mary Hawkins Buch - RCAF, W.D. (Women's Division)  
with Carolyn Gossage

A first-hand account of the experiences of a young Canadian airwoman who served both in Canada and on overseas duty, this series of 150 letters brings home the day-to-day immediacy of life in uniform during the Second World War. Moments of hilarity interspersed with impatience and frustration are recorded verbatim, along with an underlying sense of urgency about winning a war that hung in the balance for too long.

Written to the Dean of Women at Macdonald College in Ste. Anne de Bellevue, Mary Buch's letters lay untouched for over 50 years after her return to Canada from England in 1945. Today they serve as a looking-glass into the War Years that is tinged with the freshness of youthful spontaneity and the promise of a brighter tomorrow. Carolyn Gossage has interwoven colourful contextual sidebars that provide today's reader with an overview of times and circumstances that have become increasingly elusive in the intervening years.

(Reader's comments: This will bring back many memories for anyone who was in England during the war, whether they were members of the military or not. To those too young to remember those times, this book will be a real eye opener - in fact, they will probably find some incidents hard to believe. For example, shortly before Mary was to wed her fiancé she asked a WAAF medical officer for information about a birth-control product. The WAAF MO invited her into her office, ascertained that both doors were firmly closed, then advised Mary in hushed tones that that kind of information was not being made available to WAAF personnel!!! How times have changed - nowadays you could walk into any junior school and the kids could provide you with the information!!!)

## Operation Friction (1990-1991)

## The Canadian Forces in the Persian Gulf

by Maj Jean H. Morin & Lt-Com Richard H. Gimblett

The crisis in the Persian Gulf in 1990/91 saw Canada's armed forces sent off for war for the first time since the intervention in Korea. This official account traces the growing commitment of the Canadian Forces to the Gulf region in response to Iraqi aggression, from the original dispatch of a hastily upgraded naval task group in August 1990, through the later addition of a fighter squadron, to the deployment of a field hospital as hostilities became inevitable. Also covered are the institutional re-organization for crisis management, the coordination of the effort through the first joint headquarters in Canadian history, the decision to forego despatch of an army brigade, the change of roles with the outbreak of hostilities, and postwar activities, which continue in various forms to this date. Although essentially a military account, it established the domestic political and foreign policy contexts necessary for an understanding of the post-Cold War role of the Canadian Forces. More than just a simple recounting of operations, it is a critical examination of the Canadian way of war; a timely appraisal as Canada undertakes to re-organize and re-equip its armed forces to face the challenges of a new world order.

The authors served in different capacities in the Gulf War. Maj Jean Morin, of the Royal 22nd Regiment, was the official historian attached to the Canadian theatre HQ, while Lt-Com Richard Gimblett was Combat Officer of HMCS *Protecteur*. Based upon their personal experiences, numerous interviews, and unrestricted access to official papers, they have produced a candid account of value for both the military professional and the interested civilian. (Reader's comment: This book is definitely more for those interested in names, dates, places, and the technical aspects of the Gulf War. As a layman, I'm finding it heavy slogging.)

The above three books are published by Houslow Press, a member of the Dundurn Group, Toronto, and are available for reference use at the Rowe Library in the Comox Air Force Museum.

## Home, safe home

Always read instructions. Never play handyman. Beware of electricity. Important lessons you were taught as a child. And, for good reason.

As advanced as major home appliances are, common sense is just as important in their operation, cleaning and repair. Especially when, with today's lifestyles, appliances are essential in helping families survive busy daily schedules.

"Many improvements have been made in major appliance safety, such as circuit breakers that work when a range begins to tilt," said Mike Kirk, Director of Consumer Service, Inglis Limited, Canada's largest supplier of major home appliances. "By following manufacturer instructions, consumers can learn how to use, clean and care for their appliances, while ensuring their own safety."

Kirk offers some additional tips on how to use your appliances safely:

- Always use a separate, grounded electrical circuit for each major home appliance because they require a significant voltage. If you don't, it may overload circuits and cause a fire or damage the appliance.
- Never use an extension cord to connect a major home appliance. The voltage requirements could overheat the extension cord, causing wire damage.
- Have a qualified person connect your appliances to electricity, water, gas, drainage pipes and exhaust systems. This will prevent any accidents such as water drainage, gas leakage or short circuits.

• Disconnect appliances before adjusting or cleaning them to prevent potential shocks or hazards.

• Take the time to read the manufacturer's instructions before using your appliance. This will provide you with information on how to properly care for your appliance as well as how to get the most from it.

• Teach older children safety rules and how to operate an appliance properly. Young children should be taught not to play with major appliances. Left unattended, they may sit on a dishwasher door, touch a hot oven or climb into an automatic clothes dryer. Have doors removed, blocked open or chained closed when discarding old appliances.

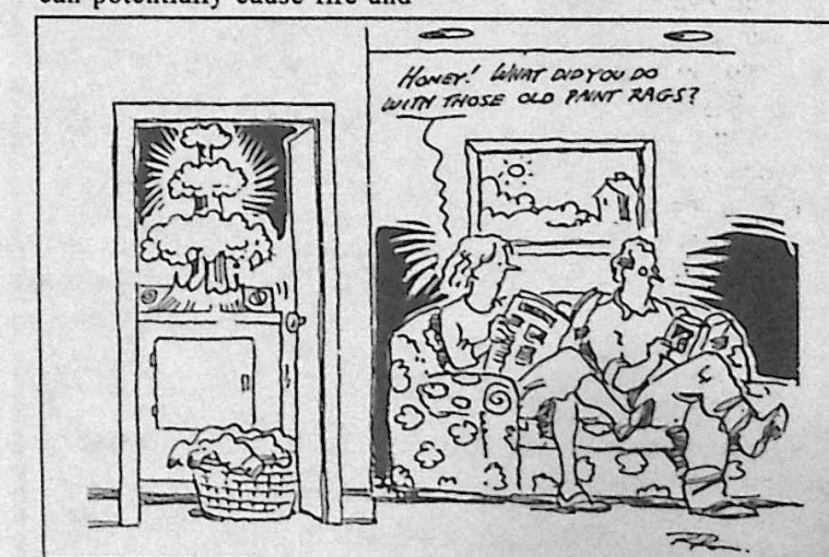
• Don't break off the third grounding prong on a three-prong plug. It's an extra safety measure. Removing it, changing the power cord or tampering with any part of an appliance can potentially cause fire and

shock hazards. Always make sure appliance wires are not worn out, improperly maintained or damaged because it can be unsafe.

• Never use an appliance that isn't working properly because you can hurt yourself or further damage the appliance. Don't take chances by trying to fix an appliance. Always have qualified service people repair them.

• Clothing or rags stained with grease, paint or wax should never be put into a washing machine or automatic dryer. Try to soak and hand wash them. Always remember to clean the lint screen before each dryer load. All are potential fire hazards.

"If in doubt, use common sense," said Kirk. "Appliance manufacturers are always available to help you with any problems or questions. Most companies have a 1-800 number or a service department to help consumers."



## RAT PAX

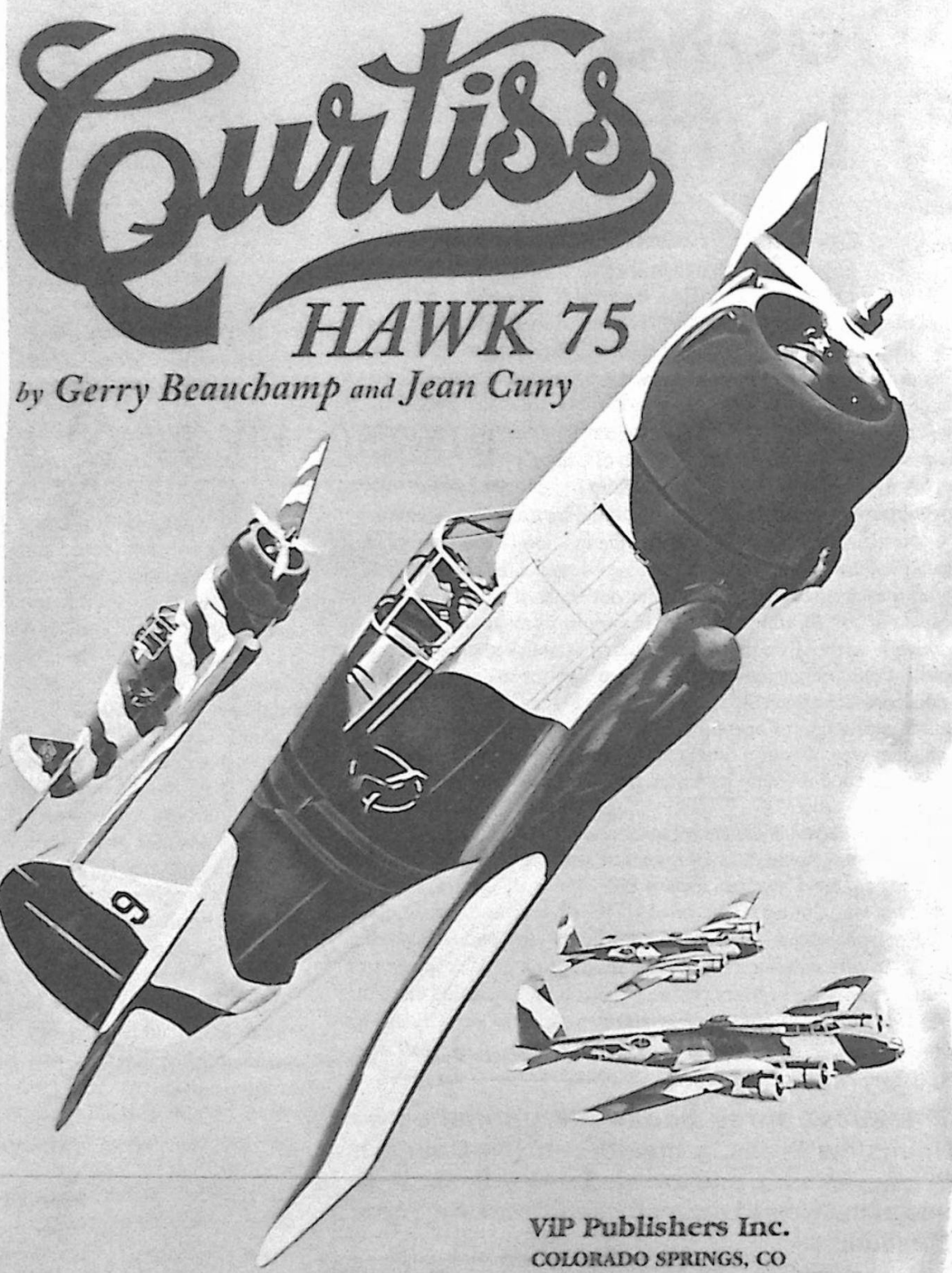
(Continued from page 3)

Jim Neal, a 30-year veteran of the Big Band swing, jazz and rock 'n' roll circuits, plays the piano with a whimsical dexterity and driving passion. A composer and arranger, the worldly-wise Neal is also a co-founder of the CAMPA band and continues to play piano with the 17-piece organization today.

Having played jazz together for a number of years, the pair instinctively sense the musical direction of one another and bring together two musical styles that truly complement - and don't compete with - each other. If it's the *Rat Pax*, you know the music is going to be as crisp, cool and intoxicating as a chilled double martini.

Rat Pax, the lounge act that's warmed up the Comox Valley winter, is back by popular demand at the Bar None Café on Friday, 30 January, for a two hour set of swinging standards and beautiful ballads. Singer David Krayden and pianist/arranger Jim "Splank" Neal return to the place where the Comox Valley lounge retro-lution all started last December when *Rat Pax* first performed. The two will perform from 7-9 p.m. and have yet more new arrangements to offer local lounge-fevered cats. Cover charge is \$5. Don't be just another Clyde! Get hip baby!





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### "Hawk 75" review

The Rowe Library, located upstairs in the Comox Air Force Museum, has just received a number of new books, the most intriguing of which is a book on the Curtiss Hawk 75. This book was suggested as a purchase by Jim Rasor, a local aviation historian/enthusiast, and he was certainly correct in his assessment of its value. "Curtiss Hawk 75" by Gerry Beauchamp and Jean Cuny is the definitive work on the Hawk 75, P-36 or Mohawk as it was known in service with the RAF. There is quite literally an exhaustive account of the design and production of the aircraft as well as detailed first person ac-

counts of its use by many different nations before, during and after World War II.

The Hawk 75 is perhaps one of the most significant yet little known fighters of World War II. It served in every major theatre of battle and was used by both the Axis and Allied air forces. Amazingly, it served the French during the Battle of France, was used against the invading Luftwaffe, yet many of the Hawks escaped to North Africa to serve with Vichy French units against the Allies during the destruction of the French Fleet and the invasion of North Africa during Operation Torch. Captured Hawk 75's were sold to the Finnish Air Force by the Germans, along with some

others purchased outright from neutral nations, to fight against invading Russian armies. The RAF also used the Mohawk 75 extensively in the battle against the Japanese in Burma, and it was present for the battle for Indonesia. It also fought against the Japanese at Pearl Harbour and there is still some debate whether it or a P-40 was used to score the first American victory during that battle.

An interesting Canadian connection, aside from those who served with distinction on the Hawk in the Burma campaign, is the fact that the Hawk was used by the Norwegian government in exile as a training aircraft in Canada. A whole chapter of this excellent book is dedicated to the Norwegian Air Force and its exploits in Canada. The Norwegian government had purchased a number of Hawk 75 fighters but the country fell to the Germans before the aircraft could be delivered. The 75s were then delivered to Canada, along with a number of Fairchild, Northrop and Boeing aircraft, after the Canadian government allowed the Norwegian government to form a training plan in Canada, as long as it didn't interfere with the Commonwealth Air Training Plan. The Norwegians flew from Toronto Island, Parry Sound and Pat Bay/Jericho Beach. The Hawk 75 was used as a direct entry fighter trainer and was a very demanding aircraft to fly at that level.

The chapters on the RAF and

## Heritage Happenings

by Maj Joel Clarkston

### New cairn for Heritage Park

The Wing Commander has allocated \$10,000 to the construction and display of a cairn dedicated to the men and women of the RCAF and Canadian Armed Forces who have given their lives in the service of their country. The cairn is currently being designed as a joint effort of the Comox Air Force Museum, the Wing Chief's Office and the 888 Wing Air Force Association of Canada. Capt Bob Richter is acting as overall OPI for the project and is working closely with Roads and Grounds to ensure that the best and most accessible location is readied for the project.

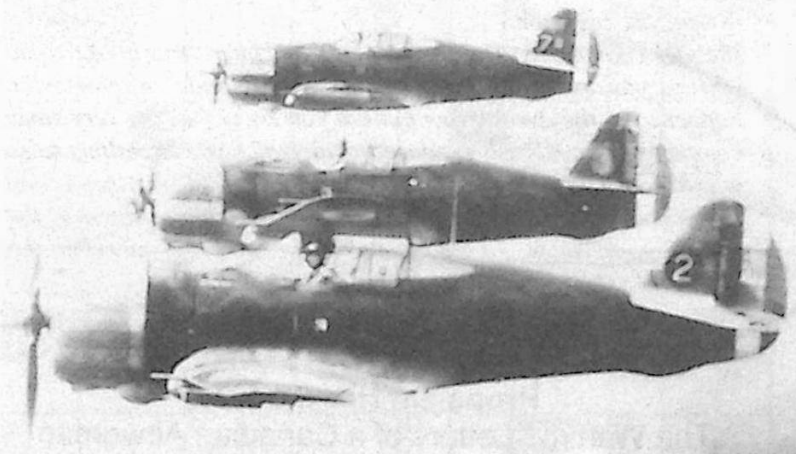
The cairn is anticipated to be constructed of mortar and rock with a bronze plaque in the centre measuring at least four feet wide by two feet high. It will be constructed on base and moved to the Heritage Air Park in the Spring as the park site is currently soaked by the Winter rains and is not

suitable for construction. The cairn must be completed by 1 April to qualify for the funding.

### Museum to join Valley Heritage Committee

The Comox Air Force Museum has been invited to sit as a member of the Comox Valley Heritage Committee. This committee has been formed by members of the general public who are dedicated to the preservation of worthy historical sites and artifacts throughout the Comox Valley. It sits once per month and the meetings are held in the Comox Town Council chambers.

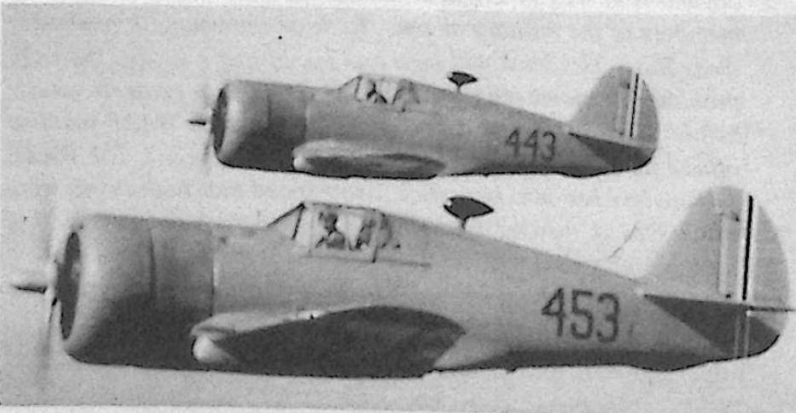
This is felt to be a significant recognition of the Comox Air Force Museum's mandate as the preserver of the aviation heritage of 19 Wing and West Coast Aviation. The museum committee has worked hard to integrate their programmes with those of the Comox Valley and will continue to provide displays that appeal to all members of the public. A museum rep will be in attendance at the next regularly scheduled meeting, to be held in March.



Vichy French Hawk 75s in North Africa. They were used by both the Vichy and Free French Air Forces and fought on both sides during the North African campaigns.



Captured French Hawk 75. These were sold to the Finns for use against invading Russian armies.



Norwegian Hawk 75s near Toronto. The type was used as a direct entry fighter trainer for Norwegian pilots.

the Burma campaign are also an excellent read. There are many anecdotal accounts from Canadians on the use of the Hawk and life in one of the lesser known but important theatres of operations.

Curtiss Hawk 75, by Gerry Beauchamp and Jean Cuny is an excellent resource book and very

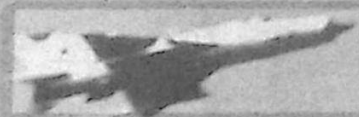
entertaining to read. I highly recommend it to anyone who wants an in-depth look at one of the more obscure yet important fighters of World War II. Available from VIP Publishers Inc., Colorado Springs, CO, U.S.A. ISBN 0-934575-13-4.

### COMOX AIR FORCE MUSEUM & Heritage Aircraft Committee

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