

TOTEM TIMES



19 Wing CFB Comox

VOL 40 NO 3

THURSDAY 12 FEBRUARY, 1998

COST: FREE

The Comox Valley's Oldest Newspaper



CF PHOTOGRAPHIC

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Capt Rick McClure of 442 Sqn took top honours in the '97 CF Photo Contest with this photograph. He won the coveted Deputy Minister's Award as well as First Place in the Military Life/Amateur category. (More CFB Comox photo submissions from amateurs and professionals, including other winners, on pages 12 and 13.)



**No Sno
Fest '98**
see back page

**SAR School
opening**

See page 7



BORROW MONEY TO SAVE MONEY?

HERE'S HOW IT WORKS.

This is one time where borrowing really makes sense. And it's simple, and easy.

THE SCOTIA RRSP CATCH-UP LOAN

- 1.) BORROW \$15,000
(Or as much as \$50,000* at Rates as low as Prime**)
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(The example is based on all the following assumptions.)

- 1.) Investor is in 40% marginal income tax bracket and is eligible for a \$6,000 tax refund. 2.) Loan is amortized over 10 years and is subject to applicable credit criteria. Loan rate over the life of the loan is 6.0%. Rate is fixed for each term of the loan-1 to 5 year terms available. 3.) Tax refund is used to pay down principle at the fourth month-you pay back an additional \$10,491 (\$9,000 of principle \$1,491 in interest). 4.) RRSP investments earn an average annual compound return of 8.0% in a diversified portfolio.

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Trade-Marks of the Bank of Nova Scotia. **Subject to applicable credit criteria. **Scotiabank's Prime rate as of December 15, 1997 was 6.00% and is subject to change



Legion Log

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri Feb 13 (Valentines) EASTERNERS
Fri Feb 20 ... NITE LIFE
Fri Feb 27 ... NORM'S COMBO

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 & Sun 7:00 pm
MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
DANCE.....every Friday night, 8:00 pm
13 February (St. Valentine's Dance)...Vested Interest
20 February ... Country Cousins
27 February ... Easterners

SATURDAY NIGHT DANCES:

21 February ... Wayne's Music

CRIB TOURNAMENT

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

General Meeting: Tuesday, 24 February

FUN EUCHRE.....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 & Fri 11:30 am-1:30 pm
BASE PERSONNEL WELCOME AT BR. 17
Office: 334-4322, Fax 334-3613 Service Officer: 338-2153

GREENWOOD POSTING?

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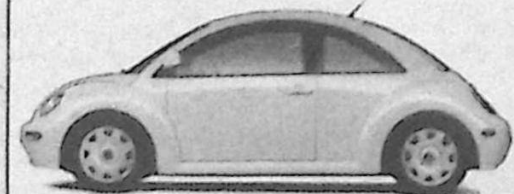
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THE NEW BEETLE



Sunwest Auto Centre

338-1221

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Know your fats facts

by Capt Caroline Chartier, Nutritionist D.P.

Fat and cholesterol awareness has grown rapidly due to the health risks associated with high blood cholesterol. There are a number of actions that we can take to lower our level of cholesterol but, as we will see, good nutrition is, unfortunately, not the only key to success. First, test your knowledge on the subject:

1. Whole-wheat muffins provide fibre without adding fat to our diet. True or False?
 2. Bread contains hardly any fat. T or F?
 3. Vegetables contain fat in the form of vegetable oil. T or F?
 4. There are numerous methods to serve vegetables without adding fat. T or F?
 5. The cholesterol contained in milk products is not a problem. T or F?
 6. Soft cheeses contain more fat than hard cheeses. T or F?
 7. Shrimps, eggs and other foods which contain cholesterol can be part of a healthy diet. T or F?
 8. It is almost impossible to limit our consumption of fat to 30% of our total calories because all food items are rich in fat. T or F?
 9. There is no room in a healthy diet for products such as sundaes, chips and chocolate bars, according to the Canadian Food Guide. T or F?
 10. Since the oils and other fats are not included in the Canadian Food Guide under "other food items," they can still be part of a healthy diet. T or F?
- (See answers at the end of this article.)

Fat, in comparison to carbohydrates (sugars) and proteins, provides more than twice the amount of calories per gram, which may predispose you to a weight problem. In addition, a diet high in fat and cholesterol will significantly increase your risk of heart disease and arteriosclerosis, caused by an accumulation of cholesterol in blood vessels. In order to better understand this process it is important to better understand the facts on cholesterol and fat.

Cholesterol is a waxy substance produced by your liver and present in all animal products. Approximately 80% of your blood cholesterol is produced by your own liver and the remaining 20% is from your diet. Our system needs cholesterol, but problems start when its level becomes too high. The following levels of cholesterol are desirable:

HDL cholesterol (high density) -> "good" cholesterol; >0.9 is desirable.

LDL cholesterol (low density) -> "bad" cholesterol; 3.4 is desirable.

Value	18-29 years old
<4.6	Ideal
4.6-5.7	Limit
>5.7	High
Value	>30 years old
<5.2	Ideal
5.2-6.2	Limit
>6.2	High

The LDL cholesterol is the one, when found in large quantities, which will accumulate on the walls of blood vessels and therefore increase risks of cardiovascular disease. In opposition, the HDL cholesterol captures the excess of cholesterol and takes it back to the liver for elimination. Some factors that help to reduce the blood cholesterol are: the reduction of dietary fat and cholesterol, increase in soluble fibre, and a healthy weight. As a preventative measure you can limit your consumption of rich cholesterol products such as: processed meat, whole milk products, egg yolk, and offal (organ meats). A high fat diet may contribute to high cholesterol. The average North American diet is composed of approximately 40% fat - this should be reduced to 30% or less. In addition, to complicate matters, it is not only the amount of fat that counts but also the type of fat that you consume.

Saturated fat

- Found in animal products such as *meat, butter, whole milk and partially skimmed milk, yogurt, cheese, shortening, palm and copra (coco) oils;
- Also found in some processed food items (check the label);
- Usually solid at room temperature;

"Trans" fatty acids

- Are found in numerous processed food products which contain fat products, partly hydrogenated, such as: some *margarines, cookies, crackers, fries and chips;
 - Also found in a natural state, in small amounts, in some products such as milk and butter;
 - It has been demonstrated that their effects are similar to saturated fat in terms of increasing the blood cholesterol.
 - *Total of saturated fat plus fatty acid "trans" (in per centage of total fat - (average figures))
- Soft margarine, non-hydrogenated.....20%
Soft marg. hydrogenated.....38%
Hard marg. hydrogenated.....56%
Butter.....70%

• Has a strong tendency to increase blood cholesterol.

• Poultry without skin and fish are recommended in a low cholesterol diet because they are generally lower in cholesterol than red meats.

Polyunsaturated fatty acids

- Are essentially found in vegetable oils such as: sunflower, corn and soy;
- They generally reduce blood cholesterol;
- Contain one type of essential fatty acid that cannot be produced by our own body;
- The "Omega 3" type is primarily found in fish and is associated with the reduction of heart disease.

Monounsaturated fatty acids

- Primarily found in canola and olive oil;
- Have a tendency to reduce blood cholesterol.

Answers:

1. False: The vast majority of commercial products are high in fat (2 teaspoons or more per portion). Try your own recipes.
2. True: Bread itself is low in fat. Just watch what you put on it.
3. False: Vegetable oils are extracted primarily from seeds (sunflower, nuts or cereals (corn). Fruits and vegetables contain almost no fat, except for avocados and olives.
4. True, of course: Just add a touch of herbs, fruit juice, maple syrup, soya sauce or yogurt.
5. True: Dietary cholesterol is not a problem for about half of the population. The total amount of fat, especially saturated fat, has a bigger impact on your level of cholesterol.
6. False: Cheddar contains 33% fat, while Brie contains 28%. Read the label and do not get confused with the moisture in the product.
7. True: Even if these products contain more cholesterol than other meats, they also contain a number of vitamins and minerals and they are not necessarily rich in fat.
8. Do not panic - yes, it's possible: With a liberal dose of fruits, vegetables, bread/cereals and leaner meat choices, fatty food items may be consumed occasionally and you can still reach a balance.
9. False: There are no "good" or "bad" food items. Once in a while you can give yourself a treat - moderation is the key.
10. True: Not only can they be part of our diet but they must be. Fats are a source of energy, they give your body the essential fatty acids, vitamins A, D, E and K, and they add a touch of taste. It is just a matter of balance.

NEXT DEADLINES

Advertising - 18 Feb.

Articles - 20 Feb, NOON



A new DND/CF publication hopes to reach the rank and file with news and information that affects them, no matter where they're stationed. *The Maple Leaf* plans to do it with style, too.

The CF news magazine hit delivery boxes in the nation's capital recently, following an inaugural press run in Toronto where its global distribution originates.

Features of the 32 page publication include sections on the army, navy, air force, ADM(Per), along with items on health and

lifestyles - like weight training, pet tips, book reviews and a whole lot more. The monthly publication hopes to go twice-monthly in April. It is fully bilingual, all colour and currently contains no advertising.

The news magazine is just one element of the newly formed D-News/D-Nouvelles, the National Defence News Network. A joint, crack civilian/military team works to provide daily news and information to the cooperative and integrated network that services all CF information outlets.

Frequently asked questions about college

by Pat Allan,
CFCCN Co-ordinator

Pursuing an education requires a large commitment, and I often get asked similar questions by people considering applying for a college program.

Q: Do employers recognize this program?

A: There are so many education programs available that it is almost impossible for employers to keep track of what programs colleges offer. In fact, they are very focused on making their business successful and they often do not invest their time investigating educational programs. In short, often employers don't have a specific opinion about one program over another. It's your job as an applicant to let them know what you have learned and how that can benefit their business.

Q: Will this diploma guarantee me a job?

A: There are no guarantees, but you can do some research which will be very helpful. If you would like to work for an auto body shop, go ask an employer if he or she would be impressed by the program you are considering. If you want to be a travel agent, talk to someone who hires staff regularly and ask if the programs you have been considering are relevant and useful. If you make it clear that you are not asking for a job now, but asking for their perspective to help you make plans, you will get some of the most useful, honest information available.

Q: What if I get started in this program and find out I don't like it?

A: Many people begin by taking non-credit or general interest courses to test the waters, before deciding to invest heavily in a program. The Management Development Program offered on base is a good example. While the course itself is interesting and useful, it does not demand a large commitment because there are no assignments or exams and each course is completed in a weekend.

Where's the beef?

Where's the beef?

If you have a concern, complaint or suggestion about quality of life (QOL) issues within the Canadian Forces, there are several ways to make yourself heard. You can speak to your immediate supervisor, speak to your command chief warrant (or petty) officers when they visit your unit, or speak before the Standing Committee on National Defence and Veterans Affairs (SCNDVA) while it tours bases as part of its examination of QOL issues.

However, if you want to voice a concern or dissatisfier anonymously, you can fill out the DND 1740 Conditions of Service and Quality of Life Information Form. You can get one of these forms from your unit orderly room, fill it out and send it to National Defence HQ where your views will be read by the QOL CWO. One of the main responsibilities of this position, currently held by CWO Yvon Lafleche, is to enter all the information received into a data bank where it will provide the basis for change.

These forms, introduced in 1996, are aimed at those people who want to voice their concerns

but feel they can't do so through the chain of command for one reason or another.

"Sometimes people are afraid to go through their chain of command because they fear repercussions," says CWO Lafleche. "I act as an outsider who can collect feedback from the troops. If anyone feels they are not being heard they can use the DND 1740 and I will take their problems into consideration."

However, CWO Lafleche cautions that he does not provide a personal response to the forms that come in. "What I do is send the information to the people in charge of areas such as family support, compensation and benefits, training and so on," he explains. "They judge the trends which show up in these forms and decide whether to create a new initiative as a result."

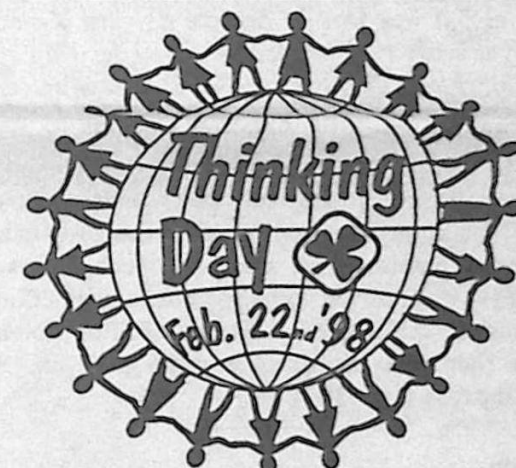
As part of his job, CWO Lafleche tracks all the WOL issues by gathering information from the DND 1740, his own visits to the field, redresses of grievance, letters to the Canadian Forces Personnel Newsletter and others.

"I analyze all the data and try

to predict trends," CWO Lafleche says. He issues a summary report to various interest groups every three months, and now he will report every six months to the new QOL Senior Review Board which was recently set up.

By using all the methods of gathering information about QOL issues, it is hoped that significant progress can be made in the areas which CF members and their families are most concerned about. However, it must be noted that in several areas, such as pay or compensations, initiatives aimed at easing the burden must receive approval from Treasury Board. This means that even though senior leadership may root out a problem, based on trends, and create an initiative to remove it, the final authority might rest with another government department.

CWO Lafleche says that no progress would be made at all if people didn't make their thoughts and concerns about QOL issues known. So, whether you send in a DND 1740, talk to your supervisor, or attend the current SCNDVA hearings at various bases, make yourself heard!



Feb 22 is the day all Girl Guides and Girl Scouts worldwide celebrate the joint birthdays of Lord and Lady Baden Powell. Happy Thinking Day to all Girl Guides in the Comox Valley.

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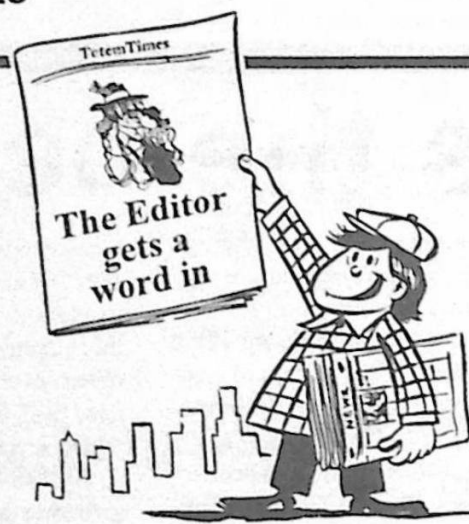
Forest Renewal-BC will honour individuals and groups from around the province who have made valuable contributions to forestry in British Columbia, with the third annual Forests Excellence Awards to be announced in June of 1998.

Awards will be given in each of the following categories:
• Forest Management • Environment • Value Added • Labour
• Community • Education • Communications/Media • Forest Service • Youth.

Entry deadline is March 23, 1998.

Call 1-888-432-4442
for information and
nominations forms.





Say it ain't so

I realize this is old news by now but I just can't get over it. As one grows up there are certain persons and places that one uses as a yardstick to measure life's success against. Hockey and hockey players has always been one for me. Even though I don't like to watch the game, I used to play...a lot. Growing up in a small northern B.C. community, one of the first with an artificial ice plant (some said it wasn't needed) we were considered very progressive for the time. Two of the locals even made it into the NHL when there were only six teams. And all of us played hockey every day of the week, and went to Hockey School in the summer.

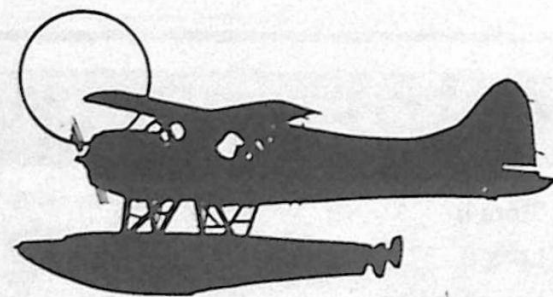
Bobby Orr came to visit one summer, to attend the wedding of one of his friends in town. And Brad Park showed up to teach Hockey School when he was just a rookie trying to make a name for himself. He drove a Corvette, one of the first with a fibreglass body, and it left us all speechless to say the least. John Ferguson and Pete Mahovolich played in the game at the end of Hockey School. Now these guys were all stars, rich beyond our dreams, our heroes.

Then along came Alan Eagleson. The first of the lawyer player representatives who set out to organize these players into an "association." He brought us the Canada-Russia series that we came so close to losing. It was kind of like the day that Kennedy died. Where were you when Paul Henderson scored the winning goal? I can still remember it vividly. Nobody was in class at university that day. It was a national day of unity.

Now we have to endure the message that the guy who organized the players, who got the professionals into the Olympics, who received the Order of Canada, has been convicted of misappropriating funds from the players' pension fund. Guys like Bobby Orr, who were supposed to have it all, are left with very little for their efforts except enduring injuries. All that effort and sacrifice for nothing. The parents were right. Get an education and a good job. Slow and steady wins the race.

Say it ain't so.

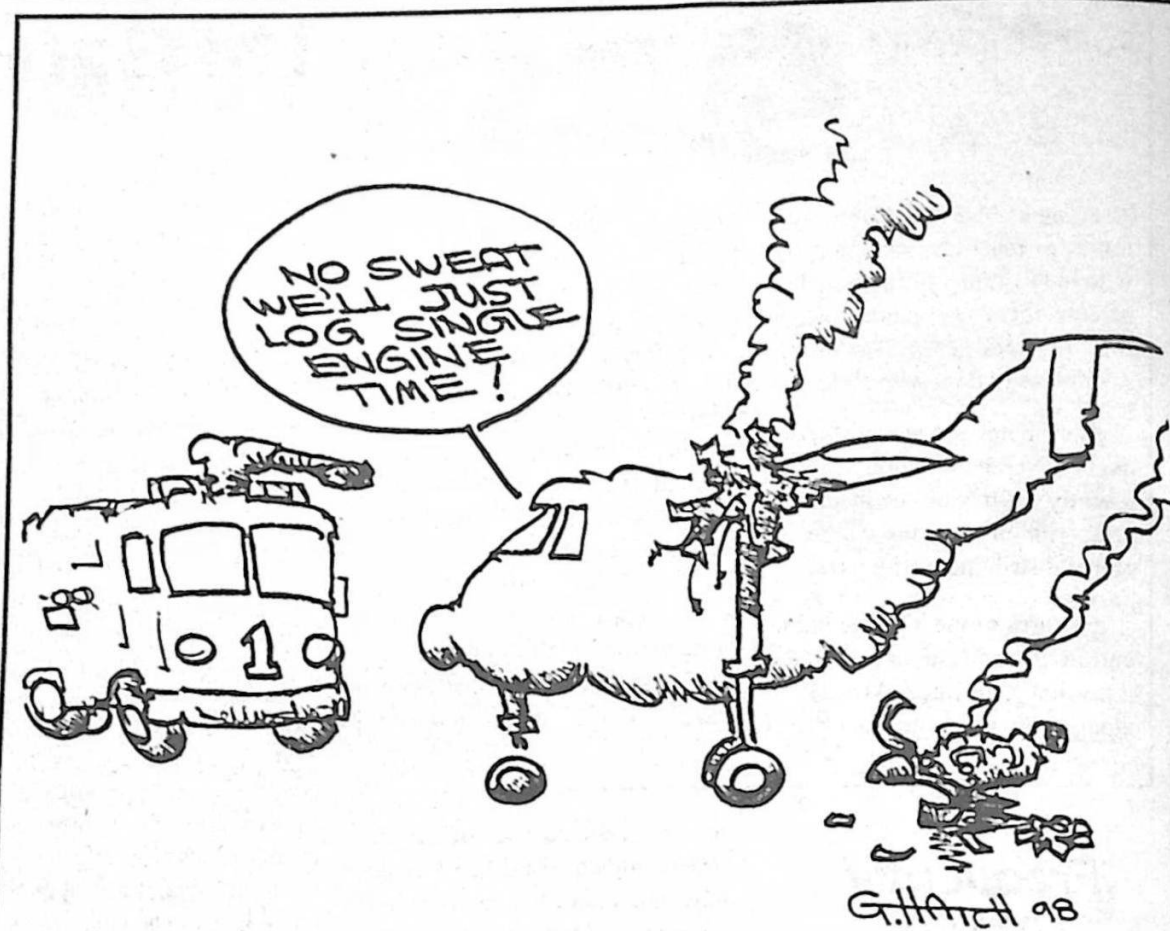
by Joel Clarkston



Help!

Totem Times could use some more help in the production of the newspaper. If you can volunteer some time in putting the paper together, or just researching an article, we sure could use your help. It's a great learning experience and sometimes it's fun too.

Contact: Major Clarkston lcl 8145/8162 or phone the Totem Times office at 339-2541.



A recent little local mod for the Buff

Dear Sir:

Once again I would very much like to be able to thank each and every one of you individually for your continued support in collecting and sending in your used stamps. Not possible - there are now some 260 of you mailing in quantities of used stamps of all denominations from all countries.

You might have read last September's article in the Vancouver Sun, outlining how a group of senior volunteers meet each month to trim, sort, count, bag and box donated stamps. Your stamps are first collected here in Bowser - trimmed and separated so that any that are torn or spoiled are put aside for use by school children. None are wasted. Once we have a sufficient number (about 30 lbs. or so) we box them and turn them over to the Arbutus Chapter of the Eastern Star in Parksville. The ladies mentioned in the newspaper article are members of the same organization.

My contact is Mrs. Peggy Klassen, the convener of the Arbutus Chapter. At the moment we are nearly ready with another 30 lb. box to go.

This might be a good time to point out that E-mail, faxes and metered mail have been cutting into the number of stamps that are getting recycled in this manner. Three years ago the money raised was some \$17,000. In 1997 the income was down to \$14,000. About 50% of the money collected is donated to cancer research.

A hint to improve the condition of stamps for collection: when mailing a letter, be sure to place your stamp at least a half inch clear both ways from the corner of the envelope. A surprising number of people place the stamp tight into the corner where it becomes damaged in transit. Please pass this hint on to all your friends.

If you do trim your collected stamps, please leave a half inch surrounding to protect them. The ideal contributions are stamps with the whole corner torn off the envelope. We have lots of volunteers just waiting to trim them further as required. This suggestion does not apply to those of you who are sending in hundreds of stamps at a time after collecting from your friends and businesses. It would add too much to your mailing costs to leave so much envelope remaining with the stamps.

Once more, I would like to thank you all for your used stamps. Remember, it is like the river that starts as a trickle in the mountains and builds up as the creeks flow in to make it the mighty torrent at the mouth. The few stamps sent in by people who don't receive much mails are just as welcome as the bundles and boxes from the dedicated collectors. Contact your friends and relatives to increase the numbers.

Keep up the good work - it does make a difference!

Yours truly,
A.J. (John) Mallandaine
RR#1, Site 138, C-37
Bowser, B.C., V0R 1G0

Save Those Stamps

Please clip and save any used stamps you receive in the mail. They are needed to raise funds to assist cancer victims. This insert is designed to appeal to all of you to put aside as many as you can, to support us in this project. Ask your friends to save as well. Every stamp is important. Please clip the stamps with a minimum of a quarter inch of paper surrounding - do not peel the stamps from the envelope or parcel. Send the stamps to the address below. Please include your name and address. Thank you.

A.J. Mallandaine
4785 - Ocean Trail
RR#1 Site 138 C-37
Bowser, B.C.
V0R 1G0

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

Breaking news from 414 Sqn

by Lt "Squish" Umrysh

Hello, and welcome to my little column. This issue I will pontificate on the many new and truly amazing things that we have been up to over here at the Fighting 414th. But, before I delve into my not-so-philosophical blathering, I would like to take a moment to make a bit of an announcement.



All of us here at 414 Sqn pass

on our congratulations to Capt Chris "Spock" Hamilton and his wife Cindy, for the birth of their new daughter. That's right! Chris and Cindy are the proud new parents of a beautiful bouncing baby girl. Ashleigh Jean Hamilton was born at 5:29 a.m. on 30 January at St. Joseph's Hospital.

Around the squadron this past while not a whole lot has been happening, apart from the usual flurry of paperwork/repairs/coffee drinking/exercise planning, aside from a lot of us standing about watching the rain fall. Crisco and MCpl Wayne Wyatt have blasted off to Tyndall AFB in Florida to exchange some of the squadron's jamming pods and should be back later on this week...that is if they don't decide that they prefer the beaches down south. Speaking of down south, the Fighting 414th is still well upon the way to conquering the galaxy and is heading back down south at the end of the month to

ensure our continued domination of the California coastline. Most of the Fighting 414th will be deploying for some of the final two weeks of February, when we will be working off the coast of California with both the Canadian and American navies. I already know, from reliable sources, that both navies are shuddering at the thought of having to face the finely honed fighting blade that the 414th wields while on deployment.

Again, my faithful audience, I must leave you. Of course, I will not let you go without passing some philosophy along your way:

"But the bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding go out to meet it." - *Thucydides, 431 B.C.*

"Me want cookie!" - *Cookie Monster, 1971.*

Totis Viribus - With All Our Might.

GOOD HEALTH. GOOD FOR YOU. GOOD FOR THE CF.



If you're in good health, you'll accomplish your daily tasks with ease, and be less tired at the end of the day. You'll have more energy to enjoy your family, your friends, and your leisure time activities. You'll also be better able to deal with emergencies when they arise.

But good health doesn't come by chance. It results from many individual, positive choices that you make. Choices about active living and physical fitness, for example. Choices about healthy eating and coping effectively with stress. The choice to drink alcohol responsibly. And the choice to abstain from smoking and the use of other drugs.

The good health of individual members provides a strong foundation for other values held in high esteem by the CF. Teamwork is one of these values, as are adherence to the chain of command and a sense of mission. The CF also takes pride in its commitment to discipline, duty, honour, and loyalty. All of these values are essential to the operational readiness of the CF and crucial to the success of any initiative.

In short, good health is absolutely fundamental to being an accomplished CF member. But achieving it is sometimes easier said than done. Take quitting smoking, for example. Many people try several times before they quit for good. Losing weight can have its ups and downs too.

To improve your health, you often have to give up something. Physical activity, however, is a little different.

Here you take up something. By adding the right activities to your daily routine, it can be positive and pleasurable right from the start.

If you have health habits you want to improve, it will help if you have a plan. Get a piece of paper and a pen, and take a few minutes to respond to the following statements:

- I would like to make changes in the following areas (e.g., stress management, diet and nutrition, body weight, physical activity, smoking, alcohol) ...
- These are the changes I would like to make ...
- Here are some things that will help me to succeed ...
- This is what I will do to get started ...

Keep this sheet and review it from time to time. It will remind you of your thoughts and desires, and let you check and see how you're doing.

As you pursue your goals, be patient! Keep Mark Twain's wise advice in mind. "Habit is habit," he said, "not to be flung out the window by anyone, but coaxed downstairs a step at a time."

Finally, if you have several areas where you would like to improve, don't tackle everything all at once. Make progress in one area, then move on to the next. A series of small successes will add up to one large victory.

STRENGTHENING THE FORCES

"Strengthening the Forces" is a campaign to promote health as a fundamental value in the CF and to ensure that the workplace supports healthy lifestyle choices. The campaign doesn't require members to take on extra tasks. Instead, it suggests some simple tips which can easily be done during your normal routine.

For more info on the "Strengthening the Forces" campaign, or to have someone come and speak in your unit, call Lt(N) Shelley Combs at local 8647, E-mail, or drop by for a chat at the Wing Hospital. Health is a leadership issue.

Happy Valentines Day from the Totem Times staff



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Contact/Communiquez avec Mick Phillips
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or/ou

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Personnel Support Agency

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personnel des Forces canadiennes



COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

Up Coming Events at the CMFRC

Financial Workshop Hosted by the Royal Bank of Canada

Topics to be covered include investing and saving.
Dates: Feb. 19th
Time: 7:00 - 9:00pm
Cost: Free
Location: Protestant Chapel Annex
Registration: Call 339-8290

Life Skills Workshop

The Life Skills Course is a unique opportunity for people who want to examine or explore their lives. It provides a forum in which individuals can explore how they perceive the world, and assists them with decisions that affect individual lifestyles.

Dates: February 24th, 25th, 26th & 27th

Location: Protestant Chapel Annex
Time: 8:00am - 3:30pm (last day 8:00am - 12:00pm)
Registration: Call 339-8290

Volunteer Training Session

Are you looking for an opportunity to develop your skills and share your talents with others? Volunteering can provide you with:

- Valuable experience when career planning
 - A letter of reference
 - Networking opportunities
- You will be provided with a general volunteer training session. The next training session will take place on **February 24th & 26th**.
Time: 7:00 - 9:30pm
Location: CMFRC, 120 Kinnikinnik

3 on 3 Basketball Tournament

The CMFRC military teens and their friends are planning a three on three basketball tournament. If you are interested in helping out or playing in the tournament phone Jill at 339-8290.

Date: Saturday February 21st
Time: 9:00 - 12:00pm
Cost: \$10.00 per team
Location: Base Gym

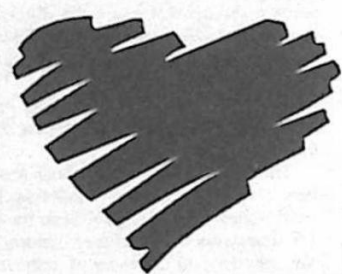
Winning at Parenting - Video and Discussion

This video covers topics such as how to teach children responsibility, self-discipline and problem solving skills, and will be followed by a discussion led by parent educator Wendy Case.

Date: Saturday Feb. 21st
Time: 1:00 - 4:00pm

Cost: \$10.00
Location: CMFRC
Registration: 339-8290

Marriage and Recreation



Over the course of a marriage, too many couples stop having fun together. We get caught up in the demands of everyday life: work, kids, chores, meals, yard, extended family, community groups, chores and responsibilities. The list goes on and on. The tyranny of the urgent rules. Whatever makes the most noise gets our attention.

The need for fun together seldom cries out as loud as these other demands - or perhaps we just don't hear it above the din. As a result, many marriages suffer from a fun deficit. No wonder so many marriages get into trouble! When we're dating, we plan lots of time to have

fun together and get to know each other better. Why should this stop just because we get married, or have children?

To build a strong marriage relationship, we need to give a high priority to time together as a couple. We need to keep courting our spouse. Spending time together helps ensure that we grow in the same direction, means that we have positive memories to draw from during hard times, and helps ensure that we maintain our relationship with one another. For many couples, particularly those of the dual-work-with-kids variety, spouses get each other's left-over time and energy. When you're both tired, or distracted by something else, this time is hardly going to be enjoyable.

Many of us hold the illusion that adult play should always

be spontaneous - or that good times just happen. Unfortunately, this just isn't true. If it were, we'd experience fun overload. The reality is that most couples need to plan their recreation together. If we don't plan for it, or book it into our schedules, fun times aren't likely to happen.

If you're ruled by your daytimer, take a look. When was the last time you booked time with your spouse? Seem calculating or cold? Where's the romance in it? Everywhere, I think. By setting aside time with our spouse, we're saying that they're important to us, we want to be with them and we value time with them. Those are very romantic messages.

Okay, so you've scheduled Thursday evening for you and your partner. After leaving the kids with the neighbour, you're going to

go for a walk, followed by coffee and dessert, alone together. Tuesday night, the phone rings - you're needed for a meeting Thursday night on the new bicycle path project. Sorry. You're both busy with a previous commitment.

It's true. If you'd previously committed to a meeting or event elsewhere you'd have no problem offering regrets to the bicycle path committee. Why is it so hard to give our spouse even that much importance in our schedule?

Commit to spending time together. Value it, give it priority and guard it. Your marriage is worth it.

Rosanne Farnden Lyster, M.A., C.C.F.E., is a program director for the B.C. Council for Families. Quoted from *Family Connections*, Volume 1, Number Three.

Comedy Sports at Women's Day Conference



The Comox Military Family Resource Centre is excited to have TheatreWorks - Comedy Sports as the entertainment for the 5th Annual International Women's Day Conference. Theatre Works is a team of improvisational performers guaranteed to make you laugh. The actors take their cues from the audience and weave names, dates, and topics to create a customized performance. No Scripts! If you've never seen improvisational comedy, you've never really had a good laugh. The TheatreWorks team has won competitions in Victoria and Vancouver in Comedy Sports Tournaments. Appearing at the International Women's Day Conference will be Robert Conway and Kymme Patrick. Kymme is the founder of TheatreWorks and suffers from an all too common disease, "wearer of too many hats." After living in Toronto working in commercials, T.V., film and as a casting director Kymme was confused by the titles instructor, director, and actress so she decided to "Wear too many hats" and move to the Comox Valley. Organizing and performing in comedy sports is her umbilical cord to reality. Robert is TheatreWorks most clever improviser. Robert has been acting up since birth and improvising for 8 years. In the early days with the "impromaniacs" and "Vancouver Theatre Sports League" Robert was praised for his accents and quick wit. Having played with TheatreWorks team "Caught in The Headlights" for five years, he has attracted dozens of laughter junkies who follow him to all his performances. The 5th Annual International Day Conference will be held at the Coast Westerly on Saturday March 7th. For the low cost of \$25.00 you will enjoy your choice of 3 fun experiential workshops, lunch, 2 coffee breaks, a book and craft fair, a silent auction and of course the hilarious TheatreWorks!

Parent and Tot Drop-In



Join our families in a funfilled morning. Meet new friends and get involved in our many creative projects. Learn new songs and stories that will remain in your child's heart forever.

For: Parents, tots and older siblings

When: Thursdays 9:00 - 11:00am

Where: The Kinnikinnik Child Care Centre

Cost: \$2.00 drop in



What's your fire safety IQ?

by Smokey

Fires kill more than 5,000 people in the United States each year, most of them in their own homes. Sadly, the vast majority of those fire deaths were preventable. There is a great deal of confusion

about what causes fires and what prevents a burn or fire hazard. As part of our continuing efforts to educate the public about fire safety, we suggest you fill out the following quiz to dispel some common myths about fire.

1. What is the leading cause of home fires?

- ☐ A. smoking materials ☐ B. arson
☐ C. heating equipment ☐ D. electrical equipment

2. What is the number one cause of home fire fatalities?

- ☐ A. lightning ☐ B. smoking materials
☐ C. cooking equipment ☐ D. electrical equipment

3. Where do the majority of fire deaths occur?

- ☐ A. school ☐ B. home
☐ C. work ☐ D. vehicles

4. The least firesafe roofing material is...

- ☐ A. untreated wood shakes ☐ B. asphalt
☐ C. slate ☐ D. tile
☐ E. treated wood shakes

5. When do the largest number of home fires and associated fatalities occur?

- ☐ A. spring ☐ B. summer
☐ C. fall ☐ D. winter

6. Which of the following time segments accounts for the largest number of home fire deaths?

- ☐ A. midnight to 4 AM ☐ B. 4 AM to 10 AM
☐ C. 10 AM to 6 PM ☐ D. 6 PM to midnight

7. In what room do the largest number of home fires start?

- ☐ A. closet ☐ B. utility room
☐ C. kitchen ☐ D. attic

8. Most fire deaths result from burns.

- ☐ A. true ☐ B. false

9. If a fire occurred while you were sleeping, the smoke would awaken you.

- ☐ A. true ☐ B. false

10. If your clothing catches on fire, you should:

- ☐ A. run to the bathtub or shower ☐ B. sit still, yell for help
☐ C. stop, drop and roll ☐ D. put baking soda on it

11. If a small grease fire starts when you're cooking, you should NOT:

- ☐ A. escape and then call the fire department
☐ B. pour water on it ☐ C. slide a lid over the pan
☐ D. turn off the heat

12. If you receive a mild burn while cooking, you should:

- ☐ A. pack it with ice ☐ B. smear butter on it
☐ C. run cool water over it ☐ D. apply ointment

(Answers on Page 15)



Way to go CE staff!



MWO Zella Baran.

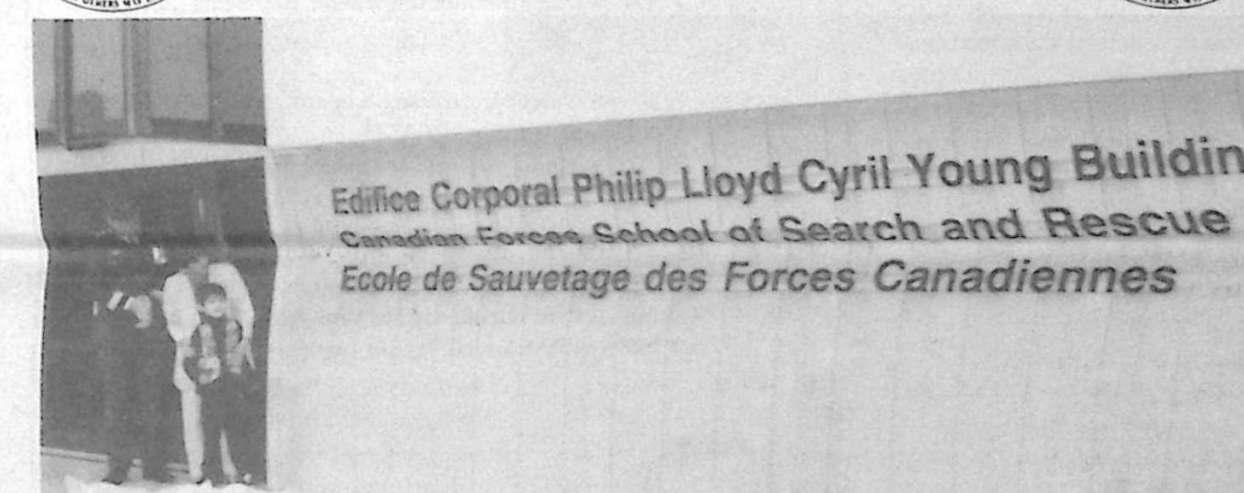


Sgt Dale Nielson.

Once CEP Techs, now Resource Management Support Clerks (RMS Clk), three CE staffers became the recipients of an Engineering "thank you" for efforts under the old banner. WCEO Maj Wayne Gauthier accompanied his thanks with certificates for MCpl Dave Johnson, AEF, Sgt Dale Nielson, CE Ops Trg and MWO Zella Baran, FAO CE Ops.



Forever Young



On Feb 3, the widow and son of the late Cpl Young unveiled the sign on the SAR School building named in his honour.



Zack Young, age 7, read a poem and thanked everyone for naming the school after his dad.

WComd, Col McLean, and Gen Lucas look on as Kari Lind-Young and her son Zack sign the official guest book.

by Capt David Krayden, WPAFFO

The military - Canadian or otherwise - doesn't usually name its buildings after corporals. That's a distinction usually reserved for retired generals. Well this February, the Air Force did name a building after a corporal - and a hero - who also happened to be a SAR Tech. The Cpl Philip Lloyd Cyril Young Building officially

opened on 3 February and it will house the Canadian Forces School of Search and Rescue (CFSSAR): the House that Young built.

It is the first time that Canada's SAR Techs have had a dedicated training facility all their own. It will exist to train more SAR Techs, who will save more lives every year and remind people why we are all proud to wear an

Air Force uniform and why only the best candidates will ever even be accepted to compete for the privilege of being a SAR Tech.

Cpl Young was one of the best. He was top candidate of his course in 1990 after a sterling career as a soldier/sapper. He was a top soldier of the year and earned the Special Service Forces Soldier of the Year Award. Then he discovered the Air Force and

Continued on page 8...

CFSSAR opening

reached even higher as a SAR Tech. His untimely death on 30 April, 1992 during SAR Kovacs was both sad and tragic - for the family, squadron and community that loved him. People have long forgotten what Cpl Young and the rest of the crew were searching for that day - but they will always remember the accident. He was being hoisted from the mountainous search area near Bella Coola, B.C. into a Labrador helicopter when its engines just died and the Lab fell about 100 feet to the ground. It fell right on top of Cpl Young, killing him instantly.

Cpl Young's son, Zack, was only 18 months old on that fateful day. He is seven today and was one of the guests of honour at the ceremonies to mark the opening of the building. He read a poem that expressed all the pride and loss that the young boy felt for his dad. There was barely a dry eye in the house when he was finished. His mother, Kari Lind-Young, showed the same sort of courage a few moments later when she read the SAR Tech poem, Red Beret. Kari later said that it was a difficult moment for her but it had been even more difficult watching Zack read first.

At a news conference after the official unveiling of the new CFSSAR crest and the new school name, Kari reminisced about her husband Phil's career.

"He always gave 110 per cent. No matter what he did. Being a SAR Tech was just one way where he could give all that he had."

How did it feel to have a building named after her husband? "It's great to see that his name will live on."

The new facility will train one course of new SAR Techs a year. Each course usually only has about one dozen candidates participating - hardly a big crew. But after all - it's quality, not quantity, when you're talking about the SAR world. These are people who have to rappel, parachute, dive, and administer first aid and trauma support while working in some of the worst imaginable climatic conditions. You need a few good men - and women - for a job like this; people like Cpl Phillip Young.



Maj Bourget presenting Russ Parker from Workshops with a certificate, signed by the Prime Minister, for 45 years with the Public Service. Good Luck on your retirement, Russ.

(Photo by Cpl C. Kelley, WIS)

Poetry at 19 AMS

Two weeks have passed on our journey,
Life carried on, no need to worry.
All the staff has been so busy,
Makes you wonder why no one's dizzy.

MWO Donovan went on a week vacation,
To the land of fun and sun and lotion.
Retiring from Workshops is Mr. Parker,
45 years in the Public Service, what a great worker!

Cpl Guimont received his Canadian Decoration,
Source of pride and inspiration.
Full of dreams we met our Career Managers
Well.....er.

With many people growing a beard,
At the final judging, 19 AMS sure to be feared
The CO's Challenge is fast approaching,
Fun and Action that will leave you laughing.

PERs that all must write,
We won't be getting any sleep tonight.
Taking a break during the No Sno Fest
19 AMS will show all, its very best.



Congratulations to Cpl Guimont, who received his CD from CO 19 AMS, Maj Bourget. (Photo by Cpl C. Kelley, WIS)

407 Sqn



Demon Doin's

Welcome once again to the 407 Sqn Maintenance Flight. Hope you all had a good Christmas holiday because it's back to the grindstone now. The new year has brought many challenges. Ops has not been too happy lately because we have lost one aircraft almost constantly to the latest mod line in Greenwood. Maybe Greenwood should send us out a couple more aircraft. We do a better job keeping them serviceable anyway!

Many of you may have noticed a bunch of contractors running around the hangar lately. They are busy shooting laser beams at the aircraft, getting accurate dimensions of our warped Aurora. It is part of a study to determine if the aircraft will still be safe to fly until the year 2015 (and maybe as long as 2025), or if we have to start replacing major components (like the wings). We should do like the Americans. Instead of spending thousands trying to figure out if they can squeeze a few more years out of their ageing fleet, they just sell the parts (and sometimes the entire aircraft) to us and buy new aircraft. It would be interesting to see who spends more money.

The Wash Hangar is going up fast. The basic structure is up as well as the support members for the doors. It looks like it will be a beautiful building. Too bad the Buffalo won't fit.

Preparations for the No Sno Fest are well under way. The turnout for the Beard Growing Contest has been excellent. All you see in the 407 Sqn hallways are scruffy looking guys scratching their itchy chins. Many a girlfriend/wife (or both) is hating this contest for turning their clean shaven men into hoboes, not to mention the rug burn they get when they have to kiss them. The prize for the scruffiest looking goes to Stu Anderson. Nice rug, Stu. The prize for the least colourful goes to Tom Nurse. I don't think I have ever seen hair that white. Good luck to all of you at the No Sno Fest.

Rumours are running rampant with the fast approaching MOC 500 career manager's visit. With less than 50 moves (unconfirmed) for AVS technicians next year, postings are almost out of the question. About the only way to get posted is to get promoted (as if that is very likely either). One of the most asked questions is concerning CE offers for those approaching the end of their IE.

One tech no longer has to worry. Pete Legault was one of the few Cpls to be offered an IPS. Congratulations Pete. I'm sure that the career manager's visit will clarify a lot of topics, if not put minds at ease.

On a final note, MRP to Barbers. Race you to the aircraft to hope it stays broke for a week.

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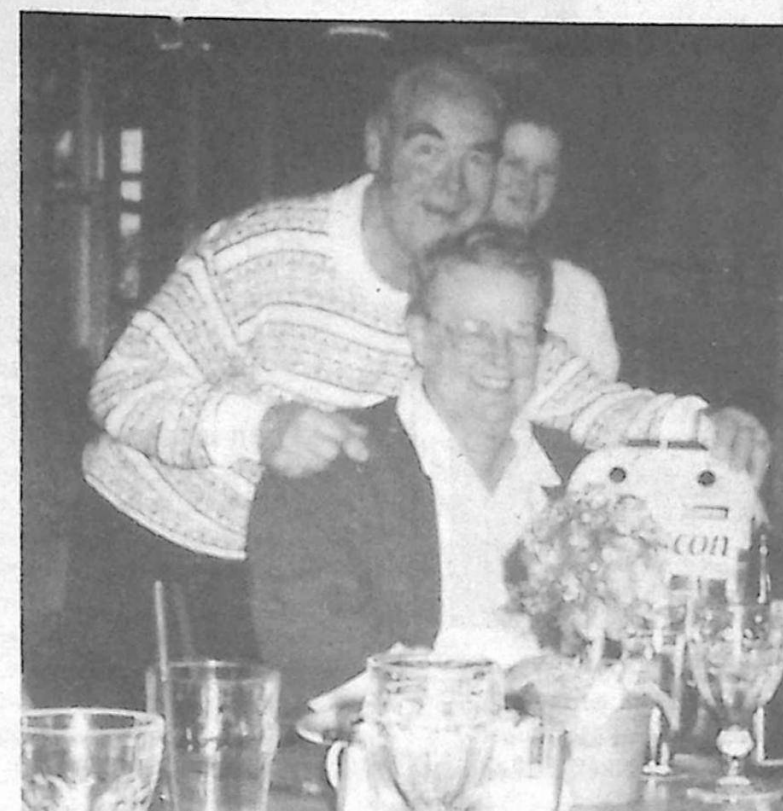
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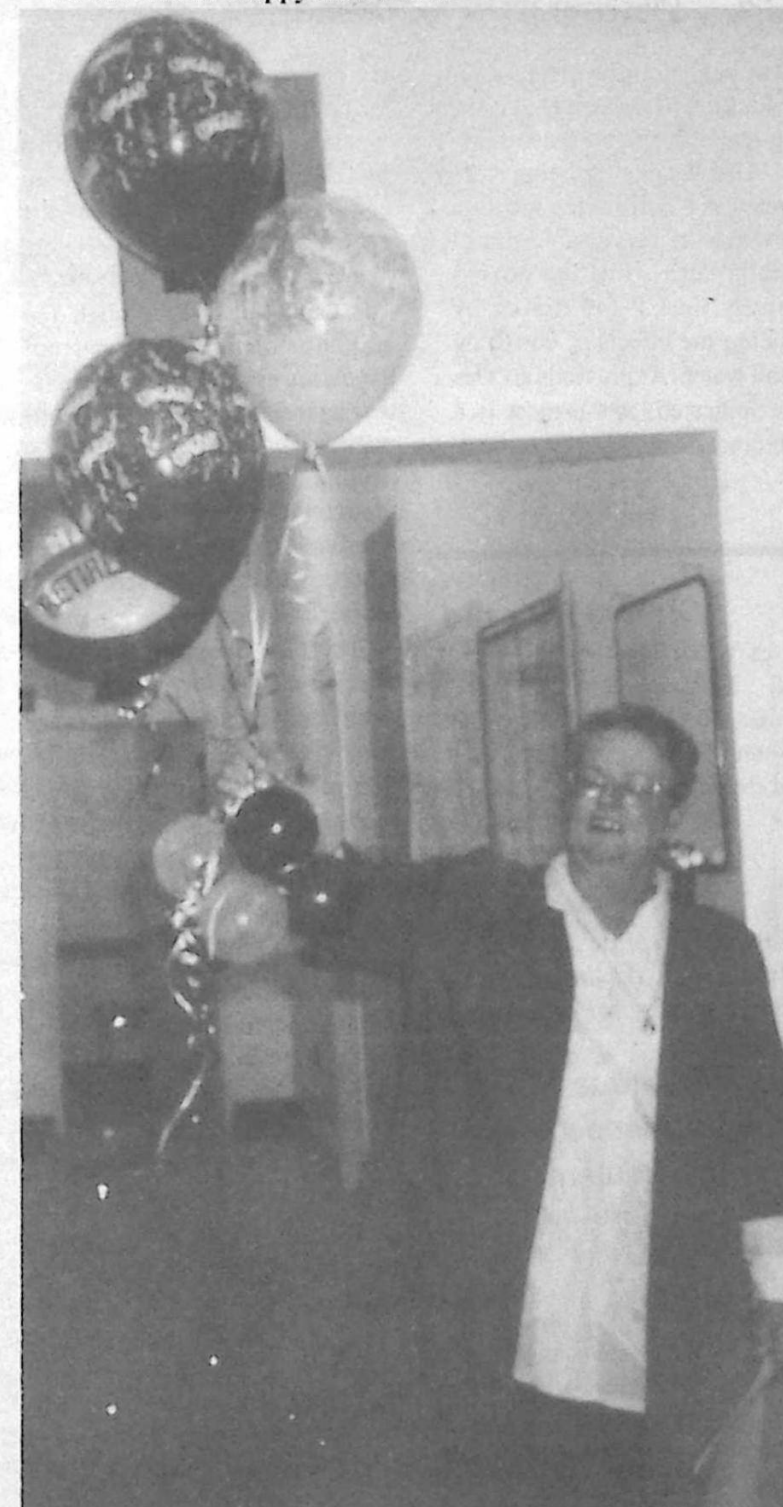
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Allison tries to retire



Allison Hetman has finally retired. January 23, 1998 was indeed a sad day for the Base and, in particular, the Base Hospital. Allison was the secretary to the Base Surgeon and carried out a multitude of tasks associated with the administration. She went to that position after the closure of the Air Force Indoctrination School (AFIS) where she was the secretary to the Commandant. Now since AFIS was so much fun, and Allison was such an important part of the programme there, she will always be considered to be from AFIS in our books. Although stolen away by the Wing Surgeon and held hostage for two and one half years, she has seen fit to fly the coop so to speak and return to the fun filled gang at the Museum. She has agreed in her retirement to drop in on Friday mornings and clear up any of the paperwork that the Museum and administration cannot handle (which is a lot). Thank you Allison for your years of support to AFIS, the Wing Hospital and the Base. Good to see you back as a volunteer. You'll be as crazy as the rest of us in no time at all. Happy retirement.



"When things got really hectic at the hospital, I used to close my eyes, grab these balloons, click my heels together and say, I wish I was back at AFIS, I wish I was back at AFIS."

Heritage Happenings

by Maj Joel Clarkston

Heritage Week

The last week of February is going to be Heritage Week and the Museum is participating with a display in the Comox Mall. The Heritage Committee had planned to put the ambulance that they have recently restored into the mall but it wouldn't fit. So a less grandiose display is planned with input from all aspects of the Museum. The Heritage Committee has decided to put the much smaller Jeep restoration project in the display as a work-in-progress. The Curator, Corky Hansen, has assembled two display cases full of artifacts covering the last 50 years of aviation, and there will also be three large flying models of aircraft on display to advertise this summer's model flying event. Look for the display in the Comox Mall beginning Saturday, 21 February.

Lancaster arrives

Plans for the large, scale model of the Lancaster bomber have arrived from England and were being scrutinized last week. Mrs. Kerry Kueber had made a substantial donation to the Museum on the understanding that a large scale Lancaster would be built and flown in the 407 Sqn markings of an aircraft flown by her late husband, Arnold. Well, the plans and pieces are here and the Curator and myself stood around for a good long while trying to figure out how we're going to do this one. It's not as easy as we had hoped and the plans call for a number of construction techniques of which we have no idea. It's a good thing that the project doesn't have to be completed till 1 April 99 for the 75th Anniversary of the Air Force. Half that time will be taken up consulting with local experts on just how to pull this one off. It will be done.

Airport display to open

Who says that there's no competition between museums in the Comox Valley? The Comox Air Force Museum had been given some wall space in the civilian terminal of the airport on which to advertise their wares. The Courtenay Museum was given space on the wall opposite. Corky Hansen then set about creating a nice little display of artifacts and pictures using some of the material readily available in the workshop. Upon completion, Capt Richter and Corky headed off to the terminal building to set up the display on the given wall. The only trouble was that when they got there the Courtenay Museum had set up a deluxe new oak cabinet in their space that was custom built for the job. Corky and Capt Richter hastily returned to the museum with an explanation as to why the display could not be set out; it was too "inadequate" when stacked up against the Courtenay Museum. Bring on the carpenters, and watch out Courtenay.

Mig 21 update



Maj Ed Wendlandt (centre) is presented with a "Ghosts" calendar in appreciation of his squadron's efforts in the assembly of the Mig 21. Maj Wendlandt is the Air Maintenance and Engineering Officer on 414 Sqn. Making the presentation are two members of the Heritage Aircraft Committee: Murray Smith, Chairman (R), and Ted Dennis (L). Members of 414 Sqn have been very active in piecing together the main components of the aircraft. They have worked along with many members of the Heritage Committee and the Mig is now awaiting the arrival of the tail assembly for completion.



Mr. Frank Petruzella, formerly a citizen of Czechoslovakia and now a Canadian resident at Merville, recently visited the base to look at the Mig 21. Mr. Petruzella used to work on various Mig aircraft as a technician and defected from Czechoslovakia when it was still under Communist rule. His brother-in-law also served in the Czechoslovakian Air Force and flew Mig 21s. When Mr. Petruzella defected, the brother-in-law was immediately taken off flight duties and was not allowed to fly for 20 years. Things are a little different now and, with the border open with the Czech and Slovak Republics, there is less need for such drastic measures. Mr. Petruzella was still able to remember some Russian and could interpret some of the markings on the Mig 21. An interesting visit for both parties.

COMOX AIR FORCE MUSEUM

Promoting West Coast Aviation History & Heritage



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- * Heritage Air Park
- * Reference Library
- * Gift Shop

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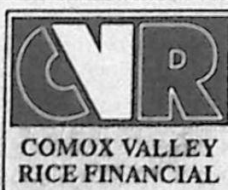
I've heard about the Working Opportunity Fund. How does this investment work and what are the advantages?

ANSWER:

The Working Opportunity Fund invests in small and medium sized B.C. businesses. The managers are looking at companies which have a good opportunity for future growth potential. Because the fund invests in companies and therefore assists in job creation, the provincial and federal government each give 15% tax credit for investing in the fund; this means that for every \$1,000 invested, you will receive a 30% tax credit. In addition, you can also purchase this fund in your RRSP for additional tax savings. Ask for a prospectus and read it carefully before investing.



Kim Vogel
Financial Advisor



Comox Valley Rice Financial

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

338-8713



Cops Corner

by Cpl K.E. LeBlanc

On 11 January, 10 members of the 19 Wing SAMP Flt were deployed to the province of Quebec in support of Operation Recupération, as the result of the damage inflicted to the province by an earlier ice storm.

At 2000 hrs on 11 Jan, MWO M. Baye, MCpls G. Grenier and K. Piercey, Cpls D. Abgrall, T. MacDonald, D. McGougan, F. Perry and E. Nicolaes, LS R. Tucker and myself boarded an Aurora aircraft bound for 4 Wing Cold Lake for the first leg of what would prove to be a very interesting trip.

After a number of en route difficulties, our little contingent finally arrived at Mirabel Airport, Montreal, Quebec on the evening of 12 Jan and all I can say is that it truly amazing how your body becomes accustomed to the climate. If there is one word to describe Montreal in January, that word would have to be **COLD!** Following a heated discussion amongst the members from sunny and warm Comox, we decided that the extremely large piles of white fluffy substance was indeed a phenomenon of the weather called "snow." Some of us could vaguely remember this strange substance from previous postings to the East Coast, but had apparently managed to block it out of our collective memory.

Having gathered our luggage, we boarded a bus for our final destination, and home away from home for the next two and a half weeks, St. Hubert. Following the ceremonial dumping of kit and the set-up of our cots (did I really willingly leave a brand new bed for this??), we gathered with the rest of the MP contingent at 1 Canadian Division HQ for our initial briefing.

During this briefing we learned that all the MP would be divided into three groups: North Sector (working out of Long Point, Montreal); South Sector (working out of St. Jean); and a reserve force making up a Joint Force Military Police Platoon (to which 19 Wing was assigned), which would remain in, and be dispatched from, St. Hubert.

Over the next two and a half weeks, along with MP from Moose Jaw, North Bay and Borden, we became a group of moles who would no longer see the light of day until 27 Jan. This resulted from the fact that we made up the night shift and worked from 1900 hrs until 0700 hrs from the time we arrived until the time we departed. A lucky few managed to receive two nights off during the deployment but the majority received only one, and this time was spent in the barracks on stand-by.

During our 12 hour night shifts, we provided a uniformed police presence to the civilian communities and we patrolled areas such as Montreal Island, west to the Ontario border, south to the Vermont, USA border, and towns such as Rougemont, Drummondville, St. Césaire, Acton Vale and St. Hyacinthe, to name but a few.

As mentioned, our primary function was to provide a presence to reassure the civilian population, but this was by no means the limit of our duties. We provided a two man escort detail for the Prime Minister's visit, personnel to go on patrols with the Griffin helicopters, security for events held at local shelters, we were the liaison with the civilian police, we conducted troop movements, attended traffic accidents, visited shelters, pushed vehicles out of snow banks, provided transportation, gave directions, and attempted to answer an extremely broad range of questions from the general public. All in all, I must admit that the operation did go fairly smoothly, from our perspective, especially considering the language barrier. Most of the towns in our area of responsibility were French speaking and, of the original 17 members of our night shift, only three spoke the language.

Throughout my time in Quebec, any doubts I ever may have had as to whether we were actually required or appreciated were put to rest the day we left to return home. Prior to our departure, myself and three other MPOs took the opportunity to visit the Galerie D'Anjou Mall in Montreal. While we walked around the mall in our uniforms, we were approached by a very impressive number of people who wished to thank us for our help, and the good job done by the CF as a whole to help them in their time of need. We also received several offers to return to the area "under happier circumstances."

Overall, looking back on the deployment, I believe that it was a very worthwhile endeavour and is a time that will give all those who went some happy memories indeed. With that said, however, I must also admit that it's always nice to be back home!

NEXT DEADLINES

Advertising - 18 February. Articles - 20 February



Happy to be home

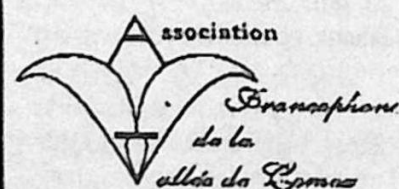
Standing (L-R): MWO Baye, MCpl Piercey, Cpl Nicolaes, Cpl MacDonald, Cpl LeBlanc, MCpl Grenier and Cpl McGougan. Kneeling (L-R): Cpl Perry, Cpl Abgrall & LS Tucker.



(NC) - When you think of Canada, what symbol comes to mind first? If you think of the flag, you are not alone. The national flag of Canada with its central maple leaf is known and respected around the world - a tribute to Canada's international reputation.

National Flag of Canada Day is celebrated on February 15. On that day in 1965, Canada's national flag was first raised on Parliament Hill. "The flag stands for the unity of the nation," said Maurice Bourget, Speaker of the Senate at the time. "It speaks for all the citizens of Canada, regardless of their race, language, creed, or opinion."

The search for a new and distinctive Canadian flag began decades earlier. As far back as 1925, a committee started to look for a new design. In 1946, more than 2,000 people responded to a request to submit designs for a new Canadian flag, although none was selected.



L'Association Francophone de la Vallée de Comox vous présente "Angèle Arsenault" le vendredi 13 mars à 20:00 hr. au Old Church Theatre à Courtenay.

Les billets seront en vente à partir du 11 février au local de l'association et auprès des membres du conseil d'administration. \$10 pour les membres, \$12.50 pour les non-membres.

*A noter que c'est un spectacle pour adulte seulement.

Mini Franco Fun

Le mercredi 18 février de 15:00 à 16:30 hrs. Thème: Instruments de musique. \$1.00 enfant membre, \$1.25 enfant non-membre.

Cabane à Sucre

Samedi le 21 mars. Billet en vente à partir du 16 février. Pour renseignements 334-8884.

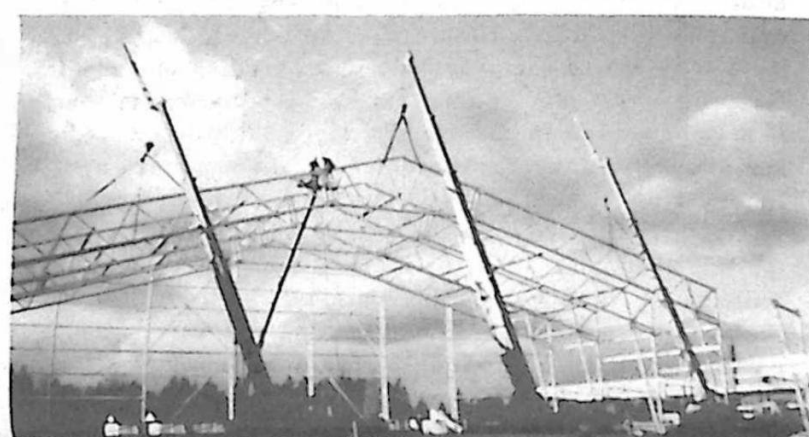
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Rinse cycle included



Thus began the laying of Wash Facility roof.

The behemoth structure looming adjacent to the Fire Hall is the long-awaited aircraft wash facility. This facility is being constructed as a cost saving measure to extend the serviceable life of aircraft, particularly, but not exclusively, the CP-140 Aurora, by reducing the effects of corrosion by salt water. As previous articles have indicated, this project is a partnered design build project.

By having the contractor design the construction details according to general requirements provided by DND, the design time prior to construction is shortened and the contractor can suggest cost saving measures common to industry. For example, even though the building structure, siding and roof panels are up, the actual wash system layout is still under development. This process allows the project to be fast tracked, although there are associated risks involved. CE Design Support remains actively involved in the project.

Thus far, the project has progressed reasonably well, aside from some relatively small problems typical with any construction project. One not so small hiccup is the fact that the "T-tail" of the Buffalo aircraft is too wide for the top tail section of the hangar door. This significant oversight is being rectified currently with options including: widening the top section of the doors, obtaining a piece of AMSE that actually tilts the aircraft nose wheel up to lower the tail section, or finding an alternate means of washing the aircraft based on the infrequent requirement (once a year vice once a month for the CP-140).

At any rate, the wash hangar will be an important addition to the life cycle management of the local aircraft and will alleviate damage to the interior of H7 due to high humidity levels. Although the structural components of the hangar will soon appear complete, the project is planned for a late May completion.

Chorale

Les pratiques tout les mercredis. Enfants - 6 à 7 hr p.m. Adultes - 7 à 9 hr p.m. \$2.00 par personne. Les membres bénéficient de 20% de rabais.

Conversation française

Chaque mardi de 10:00 hr à midi, au local de l'association. \$3.00 par classes, par personne.

Clinique d'autodéfense pour femme seulement

Offerte par: Sensei Bob Martel 2ième degré ceinture noire.

Quand: Samedi 14 et Dimanche 15 mars de 13:00 à 16:00 hrs. au local de l'association.

Prix: \$40.00 pour 2 jours. \$25 pour une journée.

Place limitées à 30 personnes. Inscrivez-vous dès maintenant auprès de Danielle 334-8884, Bob 703-0440. A noter: Les membres de l'association bénéficient de 20% de rabais.

Safety Officers graduate



Instructors and graduates of the recent General Safety Officers' Training Course.

by Mr. Ken Ilnitski, WGSO

Once again, 19 Wing hosed a 5-day General Safety Officers' Course (GSOTC) from 12-16 January. Newly appointed Unit General Safety Officers (UGSOs) and members of Joint Occupational Safety and Health Committees (JOSH) from 14 Wing Greenwood, CFB Borden, CFB Esquimalt, HMCS Quadra and 19 Wing Comox attended.

The GSOTC is designed to familiarize personnel involved with the overall safety process in which a Safety Officer must conduct day to day business. During the course, students were taught how to perform the core duties of a secondary duty General Safety Officer. Students were also exposed to Occupational Safety and Health Legislation which has an important impact on DND's activities. Other topics covered were: General Safety Policy and

Program, Promotion and Motivation, Safety Precautions, Hazardous Identification, General Safety Investigations, DND annual accident losses, accident reports and General Safety Program Development and Evaluation.

In summary, this training provides the UGSOs with the tools and ability to provide assistance and technical advice to commanders and managers for the formation and implementation of their safety programs.

Mr. Norm Baum, president of Norose Safety Education Services, a safety consultant organization which has been providing safety instructional services to DND since 1984, conducted this course.

WComd Col B.B. MacLean concluded the course with the presentation of Certificates of Achievement and some closing remarks.

Safety Management Course



Instructors and happy graduates of the well attended Safety Management course. (Photo by Cpl D. Desrochers, WIS)

by Mr. Ken Ilnitski, WGSO

19 Wing Comox hosted a 3-day Safety Management Course (SMC) from 26-28 January. This course was designed to familiarize civilian and military personnel with their various safety responsibilities and functions in support of our Wing General Safety Program.

The course covered the main elements of the DND/CF General Safety Program, which are: Safety Policy and Program Management, Safety Councils, Committees, Sub-Committees, Joint Occupational Safety and Health Committees, Safety Standards, Safety Training, Inspections, Accident Investigation, Personal Protective Equipment, Hazardous Materials, Safety Motivation and Promotion and the Canada Labour Code.

Considerable time was spent on recognizing hazards and how to take appropriate action. Class exercises, case studies and syndicate work were conducted with several discussion periods. Mr. Jamie Miller, a freelance Safety Instructor for Stemp Associations, and president of Seawall Safety Consulting of Moncton, New Brunswick, conducted this course.

The WComd, Col B.B. MacLean, gave the opening address. The WGSO, Mr. Ilnitski, also addressed the candidates and co-ordinated SMC Training. Lt Brenda Gauthier, assistant WGSO, also participated in Safety Management Training. The course finished with the presentation of Certificates of Achievement by W Admin O, LCol M.R. Spooner.

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All pipes, no drums

by Finn

"We know we have done our job when no one remembers we are around."

Steve Eggiman's credo echoes that of his current 12-man crew. Not in the commission, but in the omission are they noted. As when on frosty days there is no heat. Or a sink, a toilet, a drain remains unplugged.

If mourning became Electra, shunning of personal publicity becomes Steve Eggiman. Born in Warton, located between Ontario's Georgian Bay and Lake Huron, he is much like Warton Willie, the locally renowned groundhog - a gregarious, yet private creature.

"The fewer who know I exist, the better," he says. "But that, too, is the trade I'm in, and all the seven trades represented by my shop. The stuff we do is all behind walls, or hidden in the ground. Others get credit for the finished structure. We take satisfaction in knowing we have done our job professionally and competently."

And there is much to be done these days: year-end projects. Completing metering of all the PMQs. Helping raise the roof of

B100 - the RT garage. Everyone in the shop is busy.

"That's where Socio Tech has changed things so much for the better. My guys need no one looking over their shoulder. I tell them what needs to be done, then leave it up to them. They'll do it the best way possible. They even price the job on their own."

"Cross-training, too, will make us more efficient. The more we know, the better. Thus Jack Bath is teaching plumbers Russ Burns and Bob Spencer something about the Oil/Gas trade. Can never hurt."

A former member of the CF, Steve Eggiman, whose wife, Gail, has worked in Wing Admin for 26

years, first came to CFB Comox in 1968/69, then after 1975 plied his trade - plumber/steamfitter - as a civilian, for many of those years as a team leader.

"Communication," he says, "that's any team leader's most important tool. Communication. Let your people know what's going on! On a team like this, with so many different trades, you have almost as many different personalities. The trick lies in getting the team to mesh. So, pass on all information. Talk things

out." He smiles. "Know what makes my guys the happiest? When someone says, 'Can't be done.' That's a challenge. And they just love to prove the doubters wrong."

But not only the staff evince pride. Theirs may rest primarily in their skills level - Steve Eggiman takes that same pride in all of CE.

"Nothing annoys me more than when someone, perhaps a contractor, leaves a mess behind and CE gets the blame. As a service, we may try to clean up some of the worst. Now people - who, by and large, are our customers throughout the year - think the mess was ours in the first place. It's a bum rap, and it upsets me when CE is thus unfairly damned."

Which unwillingness to be taken "prisoner" does little to explain why the Plumbing & Heating compound has a sign reading STALAG.

"Why? Because we are all prisoners of the Government system." He laughs hugely. "Let Capt Chris (CE Ops O, Capt Chris McCarthy) censure that one! Actually, we are almost completely fenced in. That's why."



With steam fitter Dave Souter busy back at the Plumbing & Heating Shop, Team Leader Steve Eggiman hustles back from the CE main building with more work orders.

CE PLUMBING & HEATING TEAM			
Team Leader Steve Eggiman			
Steam Fitter Dave Souter	Steam Fitter / Welder Bill Truefit	Water / Sewage & POL "Blue" Cameron	Filters / Safety Equipment Rick Gillis
Plumbers Russ Burns Bob Spencer			
Oil/Gas Mechanic Jack Bath			
TERMS			
Don Dupuis	Plumb/Steam Fitter		
Bob Hanson	Plumb/Steam Fitter		
Derek Craig	Lagger (Pipe Insulator)		



A small list of the systems the Plumbing & Heating Team operates and maintains for you...

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- Fire Systems (Sprinklers)
- Holberg Det Water & Septic
- Base Building Heating
- Filter Maintenance
- Grease Traps & Drains
- Aurora Rinse Facility
- Maintain Steam Pits
- Welding & Fabricating
- Water Plant Systems*
- Base Plumbing
- Asbestos, Insulation & Lagging
- Swimming Pool
- Eye-wash Safety Stations
- Effluent Monitoring Program*

*Assistance received from fellow WCE folks in 191 AEF.

Notable photographic entries



"The Hoist" by Cpl Josée Menard (Wing Imaging), Military Life/Professional/Colour Print category entry.



"The Long and Winding River" by MCpl Edith Cuerrier (Wing Imaging), Open/Professional/Colour Print category entry.

Light up her eyes on Valentines Day



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Congratulations to all photo con-
test winners and participants.



"Untitled" by Cpl Boyd Williamson (442 Sqn), Military Life/Amateur Colour Print category entry.

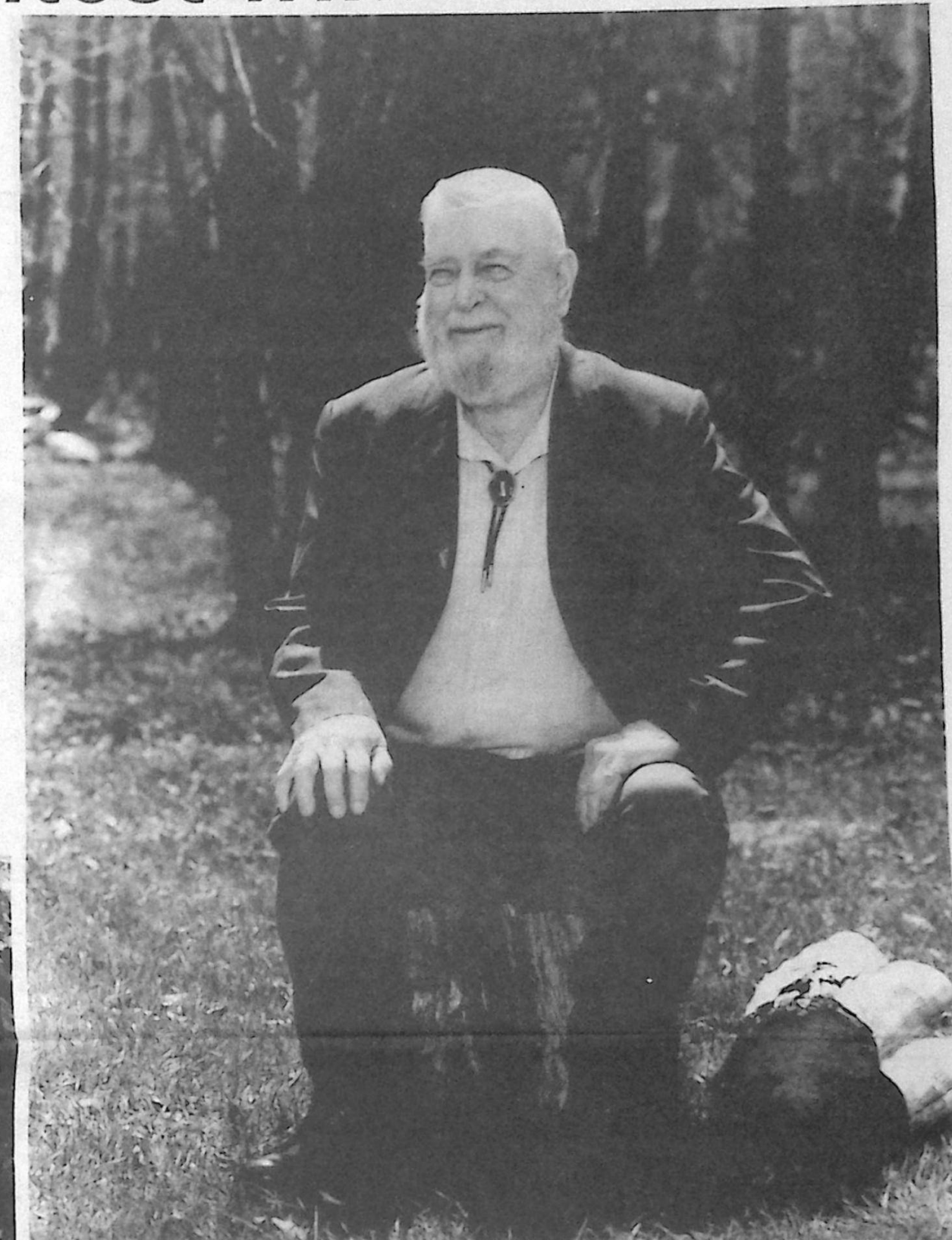
CF Photo Contest winners' circle



"The Mighty Hunter" by Cpl Richard Mailhoit (414 Sqn), Honary Mention in the Military Life/Amateur/Colour Print category.



"Reflections, Calaghan Lake, B.C." by MCpl Edith Cuerrier (Wing Imaging), Honorary Mention in the Open/Professional/Colour Print category.



"Prime at 89" by Sgt Eileen Redding (Wing Imaging), 3rd Place in the Portrait/Professional Black and White Print category.



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"Up and Over" by Cpl Richard Mailhoit (414 Sqn), Honorary Mention in the Military Life/Amateur/Colour Print category.

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Clean sweep for both Esquimalt teams

CFB Esquimalt Oldtimers and the Pacific Fleet Men's Hockey Teams won their respective division in the Pacific Region Hockey Championship held in Comox 25-29 January.

The Pacific Fleet and the 19 Wing Comox Flyers were the only teams in their division so a Best Two of Three format was used, with the Fleet coming out on top 2 games to 0.

The Oldtimers Division saw four teams: Colorado Springs, Elmendorf Alaska, Esquimalt and 19 Wing Comox. A single Round Robin format was used with Esquimalt finishing first, Comox second, Colorado third and Elmendorf fourth. In the semi-finals, Esquimalt defeated Elmendorf 12-0 and Colorado defeated Comox 5-4. In the finals, Esquimalt easily handled Colorado 6-1 to capture the Pacific Region Pennant.



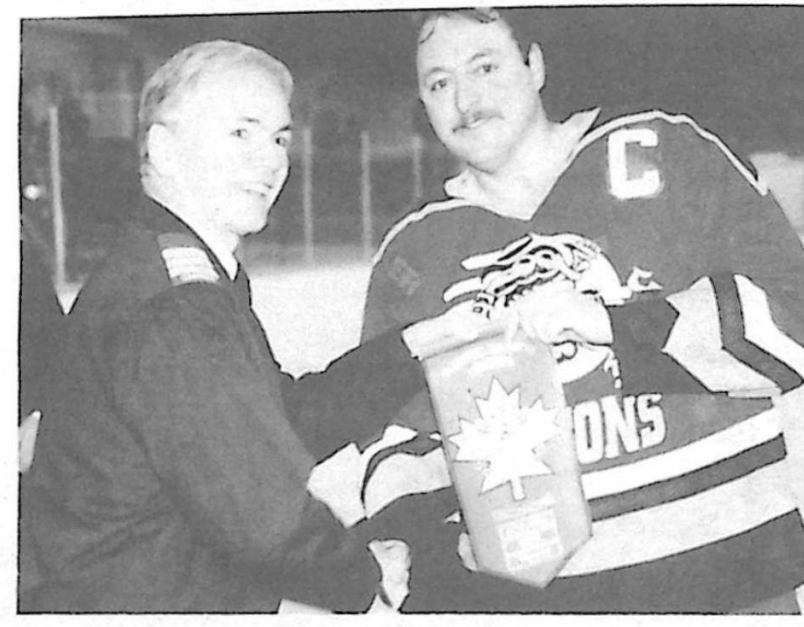
Tom Baker receives the Men's Pennant from Col B.B. MacLean, WComd 19 Wing Comox.



The Fleet Team.



The Esquimalt Oldtimers.



LCol Spooner, W Admin O, presents the Oldtimers' Pennant to Reg Rogers.

(Photos by Cpl C. Kelley, WIS)

Jake's Trivia Corner

1. Who was the first goaltender to win the Bill Masterton Memorial Trophy in 81/82?
2. What community do the New Jersey Devils play their home games in?
3. Who did Bernie Geoffrion call "The greatest angle goalie I ever saw?"

See answers on page 14.

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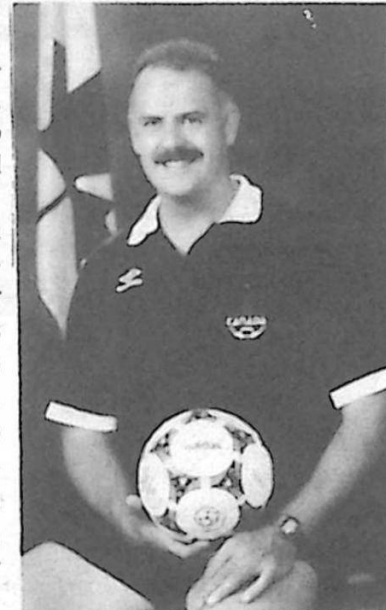
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He's back

Announcement

19 Wing and the community welcome Cpl Glen Silas back to B.C. From his recent remuster, Peri to ACS, Glenn is now employed with 19 AMS Workshops. Glenn is presently the Canadian Armed Forces Chief Official/Technical Advisor for soccer and is one of 35 National Referees in Canada - the only one to achieve this level in the military. Glenn brings much experience to the valley as he has refereed internationally and in the American Professional Soccer League, with the Toronto Lynx and Vancouver 86ers.



"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.

Aerobic Classes

The Base Rec Centre is now offering evening aerobic classes. Classes will be held at 1700 hrs. on Monday, Wednesday and Friday. Cost is \$2.00 for drop-ins or \$20.00 for four weeks. Classes started 19 January. Join any time. See you at the gym!

A fond farewell

We at Glacier Greens would like to wish former Assistant Pro, Todd Deters, a sad but understandable "goodbye." Todd has taken the position of Head Professional at Eaglecrest Golf Club in Parksville. Todd will be missed at GG and we all wish him the best of luck in the future.

MIXED WINTER GOLF

by Barb Carter

Thirty people showed up on February 8 and, for a pleasant change, they lucked in, with only a few sprinkles to contend with. Hopefully, on February 15 some others will show up for a fun time.

1st LG went to Burt Meek's team of Wayne Ogilvie, Jack Hawkins, Jim Hume and Ken Doll.

1st LN it was the team of Mike Staunwhite - Steve Shaw, Bill Krier and Gord Pritchard.

2nd LN went to the team of Dick Nex, Jim Trask, Greg Young, Larry Sawyer and Joyce Merrill.

Dick's team were the big winners with Dick making the shot on #12 for the KP. On #15 is was

Joyce Merrill doing the honours. What happened to you Floyd?

I spent three enjoyable days with the Sunnydale Ladies learning how to play Mexican Train. It's a real fun game and I'm hoping the Glacier Ladies will think about it for next winter. The Sunnydale gals were very gracious for the first two times but then said "Hey, you're on your own now - this is your third time here." It was a great time and got rid of the winter blaahs. Think I'll go bug them next week.

We at GG wish a speedy recovery to Wee Bobbie and Muriel. We want you back with us asap. See you all on February 15, the good Lord willing.

Juniors' Tour update

by Scott Fraser

The question that is continually asked of today's Club Professionals is: *What are we doing to promote junior golf?*

In 1998, a new era in junior golf will start in Comox. The official name for the new program is the Comox Builders' Junior Tour. This is much more than a tour: it is an education program, a full-fledged junior tour and a chance for the juniors to get scholarships towards school.

Probably the largest area of innovation revolves around the education program. The focus revolves around non-conventional instruction. Everything revolves around non swing-related instruction. Educational areas will include: sports psychology, course management, tournament planning, public relations, practice methods and pre-tournament course planning. We hope that this can complement an area that Canadian golf has always been strong in - and that's swing instruction. We want to be able to take the kids past hitting the ball

and teach them how to play and prepare for the game at a highly competitive level. We feel that this is where the Canadian junior golf program needs the biggest boost.

As far as the tournament area goes, the new tour will, hopefully, help the kids by making them more aware of their own games. When you ask a junior specific questions about his or her game they usually don't exactly know where their strokes are allocated. By making the kids keep statistics, such as putts per round, fairways hit, greens hit and scoring average, not just handicaps, we can help them analyse their own game.

Other education areas will include holding a qualifying tournament with an etiquette clinic. This will help the kids to know how to conduct themselves on the golf course. The qualifying tournament will not be used to limit the number of kids on tour but, instead, will help seed the kids for fighting on the tour. There will

be a code of conduct expected from the tour players and this will be an important part of their education. It's as important to have top junior players be pleasant and well mannered as it is to have them be great players. We feel that the total package approach is the best method and to have a program that gives them education on all areas of golf is important to success. The scholarships are there to reward the players who have excelled at the game and given back to the game. It's a two-way street.

All those involved are very excited - from the Junior Organizers

at the various clubs to the Zone and Provincial officials, everyone is quickly starting to take this under their wing. One thing that is the backbone of the tour is, of course, money. There will be approximately \$10,000 put into the Tour in 1998 and, hopefully, more in future. The monies will be raised through a Charity Pro-Am at Glacier Greens Golf Club.

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News from the Gym

- Wing Badminton playdowns 2-6 March, 0800-1130 hrs. Register at the gym or E-mail Jake Plante. Register by 19 February.

- Commander's Cup meeting March 4. Team composition is: (1) 407 Sqn, (2) 442 Sqn, (3) 414 Sqn, (4) 19 AMS, (5) Admin Sqn, (6) LOG. E-mail Jake for detailed breakdown.

- Noon Hour Drop-in Basketball has been changed to Thursday 1145-1245 hrs. Bring your shoes.

- 98 Spring/Summer facility allocation meeting will be held Sunday 1 March at 1900 hrs at the Rec Centre Gym Conf. Room. This meeting is for scheduling of the Aerobics Room, Ball Fields, Soccer Pitch, Swimming Pool, Gym and Arena.

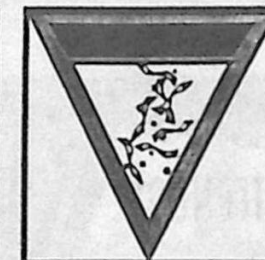
- Wing Squash playdowns 2-6 March, 0800-1130 hrs. Register at the Gym or E-mail Jake. Register by 19 February.

FINANCIAL WORKSHOP SERIES

Financial Planning, Savings, and Investments

Financial Consultants from:

The Royal Bank of Canada (Feb. 19)
The Credit Union (March 12)



Workshop Facilitator:

JOHN LALONDE

at

The Protestant Chapel Annex

7:00 pm - 9:00 pm

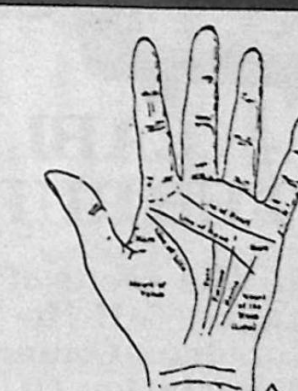
A series of workshops will be offered to cover topics such as financial planning, savings, and investments. Consultants from different financial institutions will highlight each evening with presentations and a question and answer period. This is free to all military members and spouses.

TO REGISTER CALL 339-8290

Bring this ad & receive \$1 OFF admission

PSYCHIC FAIR

Know you're Fate in '98



ACCURATE, ACCREDITED & HONEST

February 13-15
Coast Westerly Hotel
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READINGS INDIVIDUALLY PRICED

Admission \$3

Includes: Prizes & Draws

ESP Tests & Demonstrations

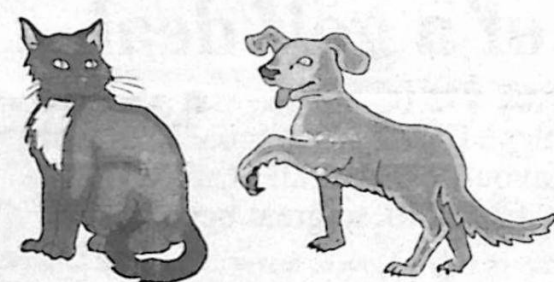
Fri. Noon - 11pm & Sat. 11am - 11pm

Win a Crystal Ball

Wallace Gardens Community Association February Newsletter

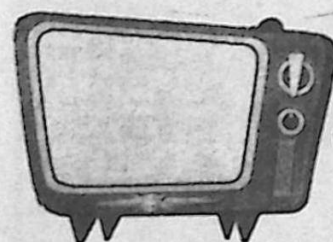
WARD REPS

Your Ward Reps are there to help you. If you have any problems or concerns in your housing area, you should contact your Ward Rep. If you are not sure what Ward you live in or who your Rep is, call Janina Nicholls at 339-8211 ext 8571.



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

CABLE INTERRUPTIONS

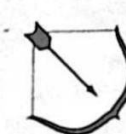
In the event of cable outages, call the Wallace Gardens Community Association Office at 339-8211, ext 8571, between the hours of 0730-1200. If the office is closed, you are to call Wing Ops at 339-8211, ext 8231 to register your complaint. The problems will be dealt with as soon as possible.

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



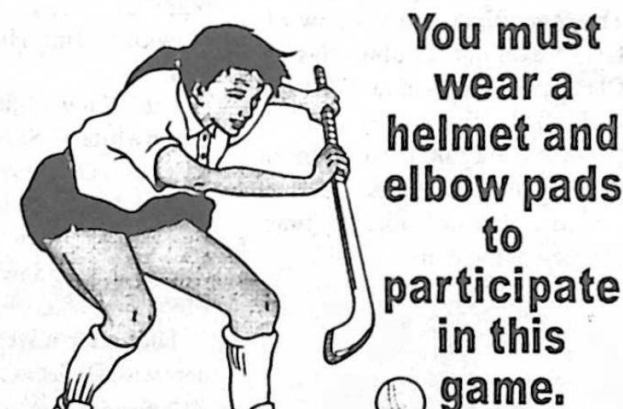
VALENTINE'S DAY SOCK-HOP

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

ADULT CRAFT CLUB

When: 15 February 98 from 7-9 pm
Where: Community Centre
Project: Terra-Cotta Birdbath

For this craft you will need 2 small terra-cotta pots (painted white), one saucer (painted white), one container of acrylic paint (any colour), dried flowers (optional), for 2 small birds (in proportion to the pots), glue gun, sticks, and a sponge.

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.

CHILDREN'S VIDEO AFTERNOON

When: Sunday 22 February, 98 from 1-3 pm

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

For more information, call von Berlin at 339-7522

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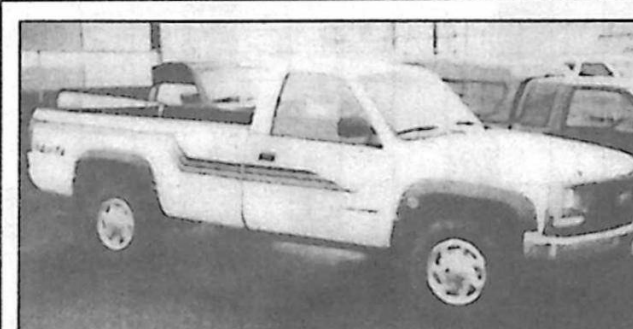
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4 Door, 4X4, Loaded, Leather, ONE OWNER, ALL RECORDS

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Pkg-Loaded, 1 OWNER, Well maintained, Good condition

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Heart and Stroke Foundation

February 13 is Dress Red Day

Throughout B.C. and the Yukon people will be purchasing Dress Red buttons and putting on their favourite red outfits and/or accessories to have some fun and raise money for the heart and stroke foundation. In B.C., heart disease and stroke claim the lives of approximately 9,000 people each year. Your purchase of a \$5.00 Dress Red button will go towards heart disease and stroke research and health promotion programs - all taking place right here in B.C. Buttons can be purchased at all Pharmasave stores in B.C.

WANTED!

Ladies fastball pitcher for ladies ball team registered in CV Beer League. Call Brenda 338-1956.

Canadian Cancer Society Comox Valley Unit

18 Feb, 2:00 pm: Monthly meeting of cancer society at Courtenay United Church.
25 Feb, 1:30 pm: Cancer support group - living with cancer, leukemia and lymphoma, at Courtenay cancer office.
For more info: Gay Davies or Jeanie Harder 338-5454.

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All training on C-172 aircraft.

CFB Moose Jaw Reunion 99

From 8-11 July there will be a reunion in Moose Jaw, Saskatchewan for all former military and civilian workers of RCAF/CAF/CFB and, more recently, 15 Wing Moose Jaw. For more info: #164 - 325 - 4th Avenue, S.W. Moose Jaw, SK, S6H 5V2. Phone: 1-888-551-5531.

Free Classified Advertising for members of 19 Wing and their families. Ads must be 25 words or less, legible and either hand delivered or dropped in the base mail. No phone ins please.

For Sale

Brother sewing machine \$75.00. Doris 339-9831. <1/2>

486/25sx computer, 210 MB HD, 5-1/4, 3-1/2 FD, CD, 14.4 fax/modem, 14" SVGA monitor, printer (Star 1020 colour dot matrix). \$500.00 firm. Mike 339-9831. <1/2>

Are you looking for personalized head covers for your golf clubs? For more info call Doris at 339-9831. <1/2>

Solid oak quilting frame \$285.00. 339-3486. <1/2>

Running boards for Chev pick-up \$60.00. 339-3486. <1/2>

1991 Chev Blazer S10 Tahoe, 4-dr. automatic, power windows, power locks, cruise, tilt, one owner, \$13,500 o.b.o. Phone 339-6413. <1/2>

Trivia Corner answers

1. Chico Resch.
2. East Rutherford, New Jersey.
3. Terry Sawchuk.

Downhomers' Club

Come out and enjoy an evening of "downhome" music and traditions with people who hail mainly from the East Coast. There are no strangers there, only friends you haven't met.

Where: Korean Veterans Assoc. (Marsland House), 2390 Back Road, Courtenay
When: 28 February
Time: 7:00 p.m.

Food: Potluck - bring food of your choice.
Music: The Easterners
Cost: No cover charge.

Everyone welcome!
For more info phone Ed Linthorne 338-8447

DID YOU KNOW...?
Our national anthem is the result of a team effort. Three Canadians were involved: the melody was composed in 1880 by Calixa Lavallée, with French lyrics written by Sir Adolphe-Basile Routhier. In 1908, the Honourable Robert Stanley Weir created the lyrics to which the current English version of the anthem is based. NC

Learn how to make money by placing small ads in newspapers and magazines. Send \$4.00 and S.A.S.E. to:
VMD, 428 - 46126 Yale Road, Chilliwack, B.C., V2P 2P1

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.



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 Broden (613)392-1905.

Short Story Contest

The Towne Clarion, a literary newsletter, wishes to announce its 6th annual short story contest for the Anton Cherkov Award and prizes of \$150, \$100 and \$50. The contest is open to all high school students in B.C. For further details, please send a stamped, self-addressed envelope to: Amadeus Publishers, P.O. Box 3383, Mission, B.C. V2V 4J5. Correspondence can be in English, French, German, Russian or Spanish.

Officers' Mess Ladies Club An Evening at the Spa

Mark Wednesday, 18 February, on your calendar as a night to learn about all the personal services and indulgences the incredible Comox Valley has to offer. The Officers' Mess Ladies Club is serving up An Evening at the Spa for members (\$2), non-members and guests (\$5) on Feb. 18 at 7:00 p.m. for 7:30 p.m. at the Officers' Mess. Along with displays from local area clubs, businesses and associations offering everything from aromatherapy to fitness, there will be prizes, low fat refreshments and great socializing with kindred spirits. Be there! Or spend all of 1998 wondering where to go to pamper yourself!

TODAY'S CROSSWORD PUZZLE

ACROSS

- 1 Trudge
- 5 Identical ones
- 10 Legal document
- 14 Arizona Indian
- 15 Across Hunt
- 16 Sharpen
- 17 Baker's need
- 20 Uplight
- 22 Recipe base
- 23 Uplight
- 24 Bother
- 25 Entreaties
- 26 Adore
- 27 Inaugurate
- 28 View
- 29 Lively person
- 30 Water-skier's gear
- 34 Goal
- 35 Barnyard sound
- 36 Grand - bridge term
- 37 Colorado Indian
- 38 Eating alcove
- 41 Brief swim
- 42 Heal
- 44 Decay
- 45 Stevie Wonder's "You - Done Nothin"
- 47 Primped
- 48 Four score minus ten
- 50 Craze
- 51 Dynamite parts
- 52 Car user
- 55 Weight unit
- 56 Piggins

DOWN

- 1 Photo
- 2 Adore
- 3 Inaugurate
- 4 Medicinal root
- 5 RN's specialty
- 6 More sinewy
- 7 Like some gases
- 8 Sask.'s neighbor
- 9 Detective
- 10 Ambergis hunters
- 11 Dissipated one
- 12 Andes native
- 13 Some pullovers
- 19 Erupt
- 21 - on, incited
- 25 Hit the hay
- 26 Calms
- 27 Mystify
- 28 Ocean's contents
- 29 "Goodnight" girl
- 30 Small child

PREVIOUS PUZZLE SOLVED

WIT LEGS OGRE
PITH ORO NAIVE
OLEO BAMBOOZLED
OEMURS SEA PENS
GATS RHEA
FISHNETS URCHIN
LOU DRAWL SHAVE
OWED SMEAR ODIE
MADES PATES TED
SNEAKY RHAPSODY
DIAN EDAM
EDGE MOP INUITS
RHINESTONE DROP
ROBES ERIS GAMY
WEDS DEBT ENS



TIME FOR A LIFESKILLS COURSE?

WHEN:
24 - 27 Feb 98; and
24 - 27 Mar 98

The course runs 3 1/2 days, and covers a wide range of topics using presentation, discussions and interactive exercises. Topics include: boundaries, risk-taking, values, stress, goals, anger, communications, self-esteem. A main component of this Lifeskills Program is that it is solution focussed.

WHERE: Protestant Chapel Annex (next to Arena)

WHO MAY ATTEND: Military personnel and spouses, and DND Employees and their Spouses.

FOR MORE INFORMATION CALL:
Sgt Brian Buttner at 339-8211 ext 8789
Mara Pungente at 339-8290

DID YOU KNOW...?
Members of Canada's First Nations represent one quarter of the population of the Yukon. NC

DID YOU KNOW...?
Our first stamp was named the Three-Pence Beaver, and it was issued in 1851. NC

Fire Safety answers (con't from page 7)

1. **C.** Heating equipment accounts for nearly one-fourth of all home fires in the U.S., with most of these fires caused by portable heaters, other space heaters, and related equipment (such as chimneys). Avoid a fire by properly using and maintaining heating equipment: never leave the equipment unattended, and keep anything that can burn at least three feet away.
2. **B.** Smoking material fires cause more than 200,000 fires and 1,200 deaths each year in the U.S. More than 90 percent of these deaths involve careless use or disposal of smoking materials. Use deep ashtrays and smother butts with water before discarding. Check under cushions for double butts. Never smoke when drowsy. Keep matches and lighters out of the reach of young children.
3. **B.** About 80 percent of all U.S. fire deaths occur in the home. Install smoke detectors on every level of your home (particularly outside of the sleeping areas), test them monthly, and change batteries at least once a year. Consider installing an automatic sprinkler system for more protection. You may also want to purchase fire extinguishers and learn how to use them safely and effectively.
4. **A.** Untreated wood shake roofs are a major cause of fire spread, especially in woodland areas. Use a noncombustible or fire-resistant roofing material such as asphalt, slate, tile, or treated wood shakes. If you live in a wooded area, remove debris from gutters, eaves and roof. Store firewood away from structures. Make sure your home's address is clearly visible for responding fire fighters.
5. **D.** The months of December, January, and February are dangerous because of the increased use of heating equipment. Holiday firesafety is also an issue during this time. Choose a fresh tree and keep it watered, and don't place it near heat sources or exits. Use only tested and approved electric lights and don't overload outlets. Never leave candles or lighted trees unattended.
6. **A.** Nearly one-third of all home fire deaths occur between midnight and 4 A.M. This underscores the importance of smoke detectors which can give you advance warning of a fire and provide extra time to escape. Develop and practice a home fire escape plan that includes two ways out of every room and an outside meeting place.
7. **C.** The kitchen is the leading room of fire origin, but many fires also start in bedrooms and living rooms. In the kitchen, never leave cooking unattended. Don't store combustible items on or over the stove top, turn pot handles toward the back of the stove, and keep sleeves rolled up to avoid dragging them over the heat.
8. **B.** False. Smoke inhalation accounts for most fire deaths. If you encounter smoke when exiting a fire, use an alternate exit. If you must escape through smoke, crawl low under it - the air will be cooler and cleaner at floor level. Practice your home escape plan at least twice a year. Smoke can disorient you, so the more you practice your escape, the less likely that you will be confused in an actual fire.
9. **B.** False. Smoke probably will not awaken you and may very likely put you into a deeper sleep. Therefore, it is vital to have working smoke detectors in your home. Make sure your family knows the sound of the smoke detector and the correct way to respond.
10. **C.** "Stop, drop and roll" is the phrase to remember. Stop where you are, drop to the ground and cover your face with your hands, and roll over and over to extinguish the flames. If someone else's clothing catches on fire and you can't convince them to stop, drop, and roll, knock them to the ground and smother the flames with a rug or heavy coat. Remember: running will only fan the flames.
11. **B.** Never pour water on a grease fire. Your only safe option may be to escape and call the fire department from a neighbor's home. If you have a small pan fire, you can try to extinguish it by sliding a lid over the pan and turning off the heat. You may also want to learn how to use a fire extinguisher and keep one in your kitchen.
12. **C.** Cool a burn under cool water for at least 10 minutes. A burn that is red, blistered, white, or charred should be cooled with water and emergency medical treatment should be sought immediately.

The Dog House

by Glenn and Mona Baird,
Animal Control Officers,
pager 703-9009

Hello again from the world of pets. Did you know the rules and regulations regarding pets are posted in Wing Standing Orders (Sec. 2-07)? Starting this month, we will be looking at the orders.

In this article we would like to look at pet registration and licensing (Sub-Section 27.02). This section states that all pets must be registered within 30 days of moving in, or if the pet is new to the family, and they must be registered every year. This cost of registration is as follows:

- a. Each male or female dog or cat - \$20.
- b. Each neutered male or spayed female dog or cat - \$10.
- c. All other pets - \$5.

Pet registration is to be done in the month of August for the current year and will begin in September. Any pet that is not registered by 15 September will be subject to an additional \$25 administration fee. If you wish further info, we will be happy to answer your questions.

It has come to our attention that many households have unregistered pets. It is important that all pets, even those that stay indoors, be registered as they can escape and become lost. If a pet is registered we can return it to the owner safely. If the lost pet does not have a tag but is registered, we can locate the owners through the description that was given when the pet was registered. If you are one of the households who have never registered your pet, please do so now as it may mean the safe return of your pet instead of the fate of a cat that we picked up on Christmas Eve. After six days of trying to locate the owners of the unregistered pet we had to turn the cat over to the SPCA for adoption.

Pets can be registered at the Wallace Gardens Community Office in the Canex building. The office is open Monday through Friday, from 7:30 to 12:00.



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Beard Growing Contest

As you read this article, the contestants who registered for the Beard Growing Contest are working hard to be ready for the preliminary judging. I have heard that some of the contestants are following a strict diet to ensure maximum growth of their beards. Be sure to witness this titanic fight to the finish. Unit winners of the four categories will be forwarded to the contest OPI, Capt Travis, by noon 18 Feb. Final judging on 20 Feb, during the opening ceremonies of the No Sno Fest, will be done by the wives of the WComd, CO 414 Sqn, CO 407 Sqn and the W Log O.

Beard Shaving

The Canex Barber Shop has volunteered to set up a booth to shave all our hairy participants. For a minimal fee, the barber will take care of all the unsightly hair after the beard judging is completed. All the proceeds will be donated to the Blind Children Fund. All personnel will have to come to work clean shaven starting 21 Feb, with the exception of the winner of the Best Beard award who will be authorized to keep it until 20 March (provided member does not go on TD).

An afternoon on ice

Starting Thursday, 19 Feb, at 1400 hrs is an afternoon on ice at the Base Arena organized by the Wallace Gardens Community Association. The afternoon will be filled with two events: the Family Skate and the Teen Ice "Field" Hockey. During the Family Skate, families will be able to slowly glide across the ice and enjoy two hours of skating. At 1600 hrs, teens will be allowed to invade the ice for exciting games of "Field" Hockey. For more information on these two events, call Janina Nicholls at 339-8211, ext 8571.



No-Sno-Festival 98



Gym Sports Tabloid

- Bird in a bucket
- Pins down
- Paper airplane throw
- Slippery penny
- Wheel barrow race
- Football stick handling
- Golf putting
- Football toss
- Floor hockey target shoot
- Frisbee throw
- Ping-pong blow
- Blind bowling
- Drop in the bucket
- Pictionary
- Key and lock game
- Memory game

Pool Sports Tabloid

- Dinghy drill
- On/Off coverall
- Inner tube race
- Basketball throw

Arena Events

- Smoosch race
- Honeymoon race
- Shooting accuracy
- Wheelchair race
- Human curling
- Fork hockey
- Name that tune
- Blind pickle ball toss

Outdoor Activities

- Parka wrestling
- The cutting edge
- 50m dash
- Obstacle course
- Nail driving
- White water rafting
- Ox pull
- Sharp trg II
- Snowball fight
- Team carry



Got your button yet?

Buy your Button!

The No Sno Fest buttons are now on sale for \$5 through your unit rep. The buttons are required for the pancake breakfast, the dance/casino night and for a chance to win prizes.

Spousal Participation

Spouses of 19 Wing members are encouraged to participate in the 1998 No Sno Fest and may submit a team of their own or join their spouse's team.



Meet the
No Sno Fest Mascot
"Frosty"



Free Child Minding

Free child minding service throughout the day (0900-1630hrs) 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 Feb, to reserve a place for their child. Please identify any special needs your child might have when calling.

Team Registration

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 no later than 16 Feb. Each team must have a Team Captain and a 2 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.

•During the No Sno Fest parking will be limited at the arena. Please park your car on base and use the PMQ gate to access the arena.

•The three messes will be open to all ranks for lunch on 20 February.

•Military personnel will be allowed to wear their No Sno Fest button on their uniform 16-20 Feb. Details are available on the BBS.

•If you want to bring your friends to the No Sno Fest dance, simply buy them a button.

•Prizes will be drawn every work day, starting 12 Feb, until the day of the No Sno Fest.

•Kids will be allowed during the pancake breakfast. You will be able to purchase a special "Kid Button" for \$2 at the door.

The No Sno Fest promises much fun and excitement. Participants will compete in numerous fun events that will be enjoyed by all. The following is a list of proposed activities that will make everyone sweat and laugh. If you are interested in the description of the events, simply consult the 19 Wing BBS.

Courtesy Bus

There will be a courtesy bus laid on for after the dance. The bus will depart the Junior Ranks' Mess every hour from 2130 to 0230 hours.

No Sno Fest - Schedule of Events

***Indicates new items and/or times
BR = Button required

19 February:	
Family Skate (Arena)	1400-1600
Teen Ice "Field" Hockey (Arena)	1600-1700***
20 February:	
Pancake Breakfast (Jr Ranks' Mess)	0630-0815BR
Opening Ceremonies (Gym)	0830-0840
Beard Growing Contest (Gym)	0840-0910
Sports Tabloid and Pool Events	0915-1130
Lunch	
Arena Events, Snow Sculpting and Outdoor Events (Arena)	1300-1530
Snow Sculpting judging	1530-1600
Mess Activities and Dance (JRC/WO & Sgts' Mess)	1930-0200BR***
-Awards presentation (JRC)	2000-2020
-Dance (JRC)	2030-0200***
-Casino (WO & Sgts' Mess)	2030-2300
-Casino Auction (WO & Sgts')	2330-2400

Pizza will be served throughout the evening

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	MCpl	ARAF	8357
Carey Wortman	Capt	414 Sqn	8220
Jeff Andrews	Lt	442 Sqn	8650
Duffy Donovan	MWO	19 AMS	8597
Don Albert	Cpl	CFSSAR	3517
Warren Beatty	Maj	W Admin	8833
M. Harvey	WO	ANATS	8761

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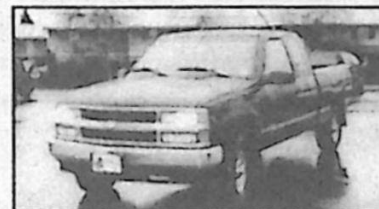
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