

# TOTEM TIMES

19 Wing CFB Comox

VOL 40 NO 4

THURSDAY 26 FEBRUARY, 1998

COST: FREE

The Comox Valley's Oldest Newspaper



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Details page 3

## High Tech - Top Tech

by LCol Paul, CO 442 Sqn.  
MCpl Gullage, an outstanding AVN Technician, presently employed as the Quality Assurance (QA) Auditor at 442 (T&R) Squadron, has recently been awarded the Service Person of the Year award. In all of his endeavours this year, MCpl Gullage has consistently exceeded the highest

expectations for his position and rank.  
Despite only minimal training in 1 Canadian Air Division's new Quality Standard for Aerospace Engineering and Maintenance - AF9000 Plus, MCpl Gullage has become a leader in 442 Squadron's Quality Program. MCpl Gullage also played an enormous

role in the development of our Manual of Aerospace Procedures; as a direct result of his efforts, 442 Squadron became one of the first units in the country to reach the AF9000 Plus milestone of submitting this document to 1 CAD.  
On his own initiative, he created thorough checklists for both

process and end-product assessments. He also established an annual audit schedule and prepared the procedure for conducting housekeeping and safety assessments. As a testament to his tremendous knowledge and experience, MCpl Gullage received a letter of appreciation from the Aerospace Quality Management office in 1 CAD for a briefing he provided at the October 1997 Quality Symposium and Professional Development Workshop.

In addition, he impressively liaised with senior maintenance management to deal with serious audit observations and he meticulously prepared detailed Air Maintenance Audit Reports and Quarterly Measurement Reports. By virtue of his diligence, countless observations affecting the safety of personnel and operational effectiveness have been raised to the attention of management and have been subsequently resolved. On a recent audit of the T64 engine canning process, MCpl Gullage worked side by side with Engine Bay personnel to identify a problem with engine inhibiting. Left unmodified, this

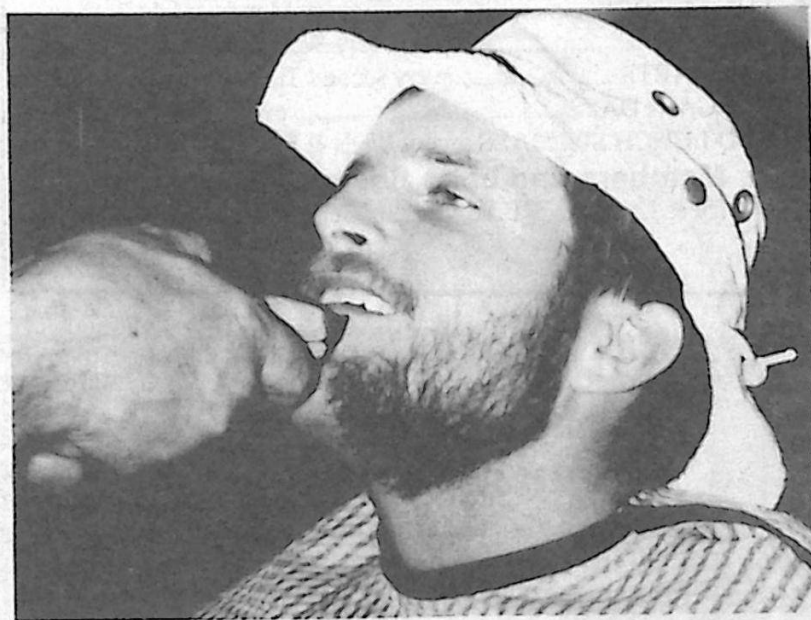
Cont'd on page 3...



MCpl Keith Gullage is presented with the Service Person of the Year plaque by 19 Wing Commander Col Brian MacLean. A multi-skilled worker and team player, MCpl Gullage was the first choice amongst many excellent candidates for the honour. (Photo by Cpl Kelly, WIS)

*Hair today  
gone tomorrow*

**Sno Fest '98**  
See pages 8, 9 & 16



Cpl Colin Kelly says goodbye to his best attempt at beard growing. (Photo by Cpl Schofield, WIS)

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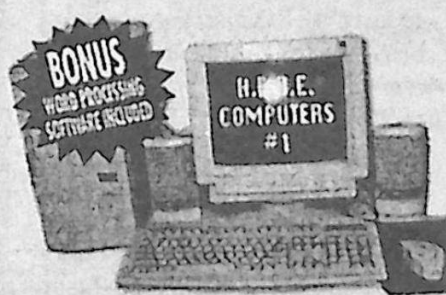
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## Legion Log

BRANCH 160 COMOX 339-2022

### ENTERTAINMENT:

Fri Feb 27 ... NORM'S COMBO  
Fri Mar 6 ... ANDREW SCHMIDT  
Fri Mar 13 ... 50TH PARALLEL  
Fri Mar 20 ... COUNTRYCOUSINS  
Fri Mar 27 ... ALLEYCATS

### 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

27 February ... Easterners  
6 March ... Venture Highway  
13 March ... Alleycats  
20 March ... Norm's Combo  
27 March ... Eldorado

### SATURDAY NIGHT DANCES:

7 March ... Wayne's Music  
21 March ... Wayne's Music

### CRIB TOURNAMENT - 22 March:

Registration 12:00-12:30 p.m., 1:00 pm start. BBQ 4:00 p.m.

### ST. PATRICK'S DAY, Sunday 15 March:

2:00-6:00 p.m. food, music - Easterners.

General Meeting: Tuesday, 24 March, 7:30 p.m.  
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

Members and bona fide guests welcome  
Office: 334-4322, Fax 334-3613 Service Officer: 338-2153

## RMC continuing education liaison visit

On 2 March, Dr. Ronald Haycock, Dean of Arts at the Royal Military College (RMC), will visit 19 Wing to provide briefings on RMC's Continuing Education programmes. He will deliver a general briefing on all continuing education programmes, plus a separate and supplementary briefing for those interested in RMC's graduate studies programme. In addition, he will be available for individual counselling on an "as required and time available" basis.

Briefings and interview sessions will be held in Building 22, Room 11, in accord with the following schedule:

1000-1045 hrs - General briefing.  
1045-1130 hrs - Interviews with undergraduate candidates.  
1230-1330 hrs - Briefing on graduate studies.  
1330-1530 hrs - Interviews as required.  
Presentations and counselling are open to CF personnel, the spouses of Regular Force members and DND civilian employees.

Those interested in attending a briefing, or desiring an interview with Dr. Haycock, are requested to contact the WPSO assistant at 339-8293. Interview times will be assigned on a first come, first served basis.

## Celebrating the Spirit of Women

Saturday, 7 March  
at the Coast Westerly Hotel

The 5th Annual International Women's Day Conference will take place from 8:00 a.m. - 5:00 p.m. This event is presented by the Comox Military Family Resource Centre, in cooperation with l'Association Francophone de la Vallée de Comox. Admission is by pre-registration and costs \$25.00. For more information call the Comox Military Family Resource Centre at 339-8290.

Choose from 15 exciting and interactive workshops - stroll through the Book and Craft Fair - participate in the Silent Auction, door prizes and raffles - listen to Keynote Speaker Gail Miller discuss Women's Rights - enjoy a delicious lunch and have fun with Theatre Works.

Workshops include:  
• True Colours with Anyta Bloomberg  
• Body Image with Shelley Combs

• Mosaic Creations with Inga Pungente  
• Atelier sur les Couleurs avec Hélène Jean  
• Designing the Life You've Always Wanted to Live with Nancy Green and Leslie Mitchell-Peake  
• Taking Care of Your Money and Your Life with Tana Krisjanson and Sharon Colling  
• Raising Your Spirited Child with Gillian Normandin

• Discover Your Spirit Through Yoga with Allison Yarwood  
• Estime et amour de soi avec Françoise Casset et Nathalie Prindle

• Beeswax Candle Making with Cherie Webber and Bea Cuckley  
• Reflexology for Stress Relief and Relaxation with Linda Baril  
• Letting Your Spirit Play with Annie Smith

• Woman and Spirituality with an African Flavour with Linda Pesklevitis

• Pour Les Femmes Seulement: Nutrition et Santé avec Lucie Desjarlais.

From 6:45 - 11:00 p.m. the Celebration of the Spirit of Women will continue with local female entertainers and artists showing work in a variety of mediums.

The dance will begin with a short fun session of Texas Line Dancing, followed by an open dance with DJ. This event is a cooperative effort between the Comox Valley Women's Resource Centre and l'Association Francophone de la Vallée de Comox. Admission is based on a sliding scale of \$5 - \$8. Tickets can be obtained at the Women's Resource Centre, Second Chance Thrift Store, as well as at the door. Light refreshments will be available (juice and a muffin are included with admission).

For more information, call the Women's Resource Centre at 338-1133.

## Computer basics just for you

by Pat Allan,  
CFCN Co-ordinator

Do you feel left behind because you don't know how to use a computer? Are you intimidated by regular computer courses? Well, have we got a deal for you!

The Canadian Forces Community College Network has made arrangements with North Island College to offer a Computer Basics course at the Courtenay campus for base personnel and their families. The course has been designed for people with very little or no computer experience. It is especially suitable for spouses who feel disadvantaged in the job market by having no computer skills, and for those base personnel who do not use computers in their job, but would like to learn.

The objective of the course is for participants to develop a beginner skill level, which they can build on through practice and experience. Participants will receive a North Island College Certificate of Completion. Topics include basic keyboarding skills, an introduction to Windows '95, Word Level 1, Internet basics and E-mail basics. This covers the range of information you need to get started, and to give you a boost up when applying for jobs where computer skills are an asset.

The course will run for nine weeks, on Sunday afternoons from 1:00 - 4:00 p.m., beginning 22 March. There will be no

classes on Easter Sunday (April 12), Mother's Day (May 10) or on the Victoria Day long weekend (May 17).

Cost for the course is \$200.00, which includes a Windows '95 text. That's a significantly lower price than courses usually offered to the general public. Class size is limited to 10 people, so register early at North Island College's Registration Office.

The Management Development Program is moving ahead, picking up new students with every class. If you're interested in getting to know more about management, these courses could be for you. The program consists of six courses, each offered on base over a weekend. We rely on lively discussion and group activities rather than assignments and exams to demonstrate your learning. If you have been considering taking a diploma or certificate program in management but aren't sure if that's really what you want, this program is a good way to test the waters and develop job-relevant skills at the same time. The next course is "Communications", to be held March 27-29. Pat Allan will be the instructor for this interesting and informative course.

For more information about the Computer Basics course, the Management Development Program, or to talk about your education goals, give the CFCN Co-ordinator a call at local 8889. We're approachable!

## CF Personnel Assistance Fund

### Education Assistance Loan Program

The Canadian Forces has offered this program to assist serving and former members and their dependants with costs of post secondary education. This program offers low interest loans of \$1,200, \$1,500, \$2,000 or \$2,500 per student.

To be eligible, the serving or former member must have served in the Canadian Army after 1 Oct 1946, or in the Canadian Forces after 31 Jan 1968, and have a minimum of FIVE years Regular Force military service. Selection may be based on family income, years of service and individual family circumstances.

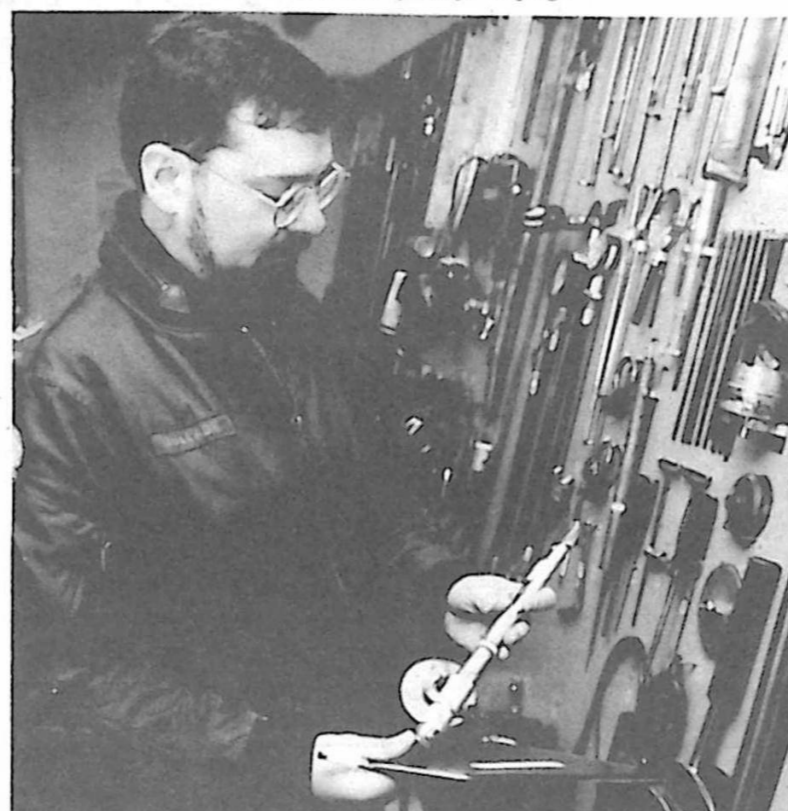
Loans are repaid by the member over a 12 month period, beginning in September of the year in which the loan is granted. The repayment schedule, including service charges, is as follows:

Loan Amount	Monthly Repayment
\$1,200	\$101.09
\$1,500	\$126.36
\$2,000	\$168.48
\$2,500	\$210.60

Application forms are available from CF Base Financial Counsellors, district offices of Veterans Affairs Canada, and the Provincial Command offices of the Royal Canadian Legion. They may also be obtained by writing to: CFPAC, 245 Cooper Street, Ottawa, Ontario, K2P 0G2.

## Auditor at work

....Can't from front page



MCpl Keith Gullage, 19 Wing Comox's Service Person of the Year award recipient, processes more aircraft maintenance information. (Photo by Cpl Kelly, WIS)

process flaw could have resulted in a serious safety hazard to personnel and material. In late November, MCpl Gullage led an assessment of our technical library functions. Once again, MCpl Gullage and his assessment team isolated several process non-conformities affecting safety; based upon their recommendations, this audit culminated in a CH113 Special Inspection and the formation of an action team to revamp our technical publications.

Throughout 1997, MCpl Gullage has performed at an exemplary level. He has demonstrated initiative, interpersonal skills and a work ethic far above his peers; moreover, I have rarely witnessed a more avid team player and skilled facilitator. MCpl Gullage is one of the most outstanding technicians at 19 Wing. On behalf of all the members at 442 Squadron, we would like to say how proud we are that our most deserving member received this prestigious award.

### Wing Financial Counselling Services

Available to all Wing personnel from the following individuals:

Position	Name	Location	Phone
W Fin Counsellor	Capt John Lalonde	WHQ/WCompt	8464
Deputy W Fin C	Lt Denise Meilleur	414 Sqn PAdmO	8215
Unit Fin Counsellor	Capt Dean King	WOPs/ATC	8421
Unit Fin Counsellor	Lt (N) Duncan Green	442 Sqn PAdmO	8742
UFC (in training)	MWO Al Houston	WOPs/7 Hgr	8527
UFC (in training)	WO Jana Bristol	19 AMS/7 Hgr	8831
UFC (in training)	Capt John Punphrey	WOPs/SAMPO	8235

Come out to the FREE Financial Workshop Series where each month we have a different Financial Planner speaking to you on financial planning, savings and investments. To register for a 2-hour evening session, call CFMRC at 339-8290.

Our next Financial Workshop Series will be 7:00-9:00 p.m. on Thursday, 12 March, at the Protestant Chapel Annex (next to the Base Arena, Glacier Gardens). The guest speaker will be Ms Ni-non St-Denis who will cover such topics as:

- Bullish and Bearish Markets
- Future Outlook of your Compounded Dollar
- Trust Funds for Children.

Ms St-Denis will have a French prospectus available. So why don't you come out and take advantage of some "free" financial advice from a qualified professional?

## Last chance for RRSP

by M.H. Parnu

Whether your retirement is decades away or just around the corner, time is ticking to ensure your golden years are financially secure. Statistics show approximately 63% of people said they were depending on income from a Registered Retirement Savings Plan (RRSP) when they retire. But how many said they actually have an RRSP? Only 43%! Come March 2, the deadline for '97 RRSP contribution, will you have cast aside a chance to save money for a retirement nest egg, or have taken advantage of a terrific tax break?

"Nearly 60% of Canadians are concerned they won't have enough money to retire, but many don't take steps to change this fact," said John Dark, an RRSP expert with The Co-operators. "Some people don't realize RRSPs are one of the best ways for a person making an average income to accumulate significant wealth."

If you're waiting for that raise, hoping to win the lottery or just plain procrastinating about contributing, stop! Time plays a great role in the growth of your money thanks to compounded interest. There are many reasons people don't contribute to an RRSP, but if you aren't chipping in because of any of the following reasons, you might wrongly be passing up a chance for financial freedom.

"I don't have to start contributing now, I'm going to wait until I'm older." Legally you're allowed to contribute to an RRSP as early as age 18. You're never too young to get into the habit of contributing to savings. If (at age 25) you put away \$100 a month until you're 65 years old, at 8% interest, you'll have \$324,180 to supplement your retirement. But, if you wait until age 35 and contribute the same amount at the same interest rate you'll end up with \$141,761. The earlier you start, the better off you'll be.

"I don't make enough money to contribute." Many financial institutions allow customers to contribute as little as \$25 per month. Why not forgo buying a coffee a day or a few non-essential items each month to give yourself peace of mind about the future? You'll thank yourself later.

"I'm letting my spouse take care of saving for retirement." Your spouse may very well be able to take care of both of you during retirement, but it's better to be safe than sorry. You never know when your spouse will experience an unexpected job loss or when you'll need to spend some of the RRSP money in an emergency situation. In fact, if you have no source of income, it may be wise for your spouse to make use of your unused RRSP room. This is referred to as a spousal RRSP and, a contribution to a spousal RRSP will qualify as a tax deduction for you!

Cont'd on page 7...

## GIVE SOMEONE LIKE MICHELLE A SECOND CHANCE.

During March, Kidney Month, when a volunteer knocks on your door, please support The Kidney Foundation.

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### ASK THE PROFESSIONAL

#### QUESTION:

Should I sell my mutual funds when the stock market crashes?

#### ANSWER:

When the stock market is up, prices are higher than they were yesterday. When it's down, it means there's a sale on. But no one can predict what the prices will be on a given day. If you sell because the stock market is down, you're actually running from the store when there's a sale on. You wouldn't do that if you were buying clothes or a car - so don't do it with your investments.



Kim Vogel  
Financial Advisor



Comox Valley Rice Financial

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## Might makes right

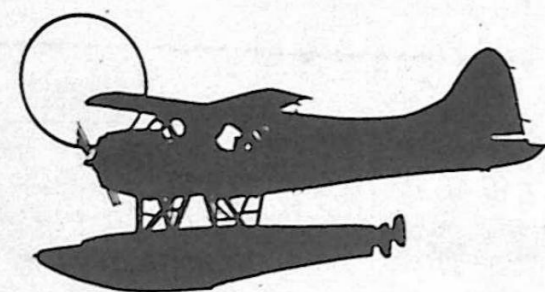
It's the military way, or at least that's the stereotypical view on the street. The military strategists have touted the doctrine of peace through strength, and those who prefer to talk rather than do have likewise stressed the art of negotiation. There's a time and place for both, as long as you have the ability to carry out both. Canada has long been recognized for its ability to negotiate. We've even been awarded the Nobel Peace Prize. Once for our Prime Minister's abilities during the Suez Crisis, and once in recognition of our participation in international peacekeeping. Now for the other side of the equation.

I am relatively certain that the latest move by the Iraqi government to prevent UN inspectors from looking at all possible sites for the manufacture and distribution of chemical and biological weapons could not have been resolved through pure negotiation. Of course, we will never really know what is going on behind the scenes but, on the surface, it would appear that the only thing that is bringing the Iraqis to the table is the threat of a military strike. And Canadians are being asked to be a part of it, if only as non-combatants. Whatever that is when one is wearing a uniform in a combat zone.

So we have demonstrated and been recognized for our ability to negotiate. Perhaps this latest development is also recognition of our willingness, (notice I avoided the word "ability") to participate in the show of strength required to get to the negotiations. It appears to be working.

Let the negotiations begin.

by Joel Clarkston



## Congratulations!



WCompt, Maj Adele Donaldson, presents Capt Carolyn Benninger with her CD medal. (Photo by Cpl Kelly, WIS)

**THE KIDS ARE THERE.  
DRIVE WITH CARE!**



## Letter to the editor

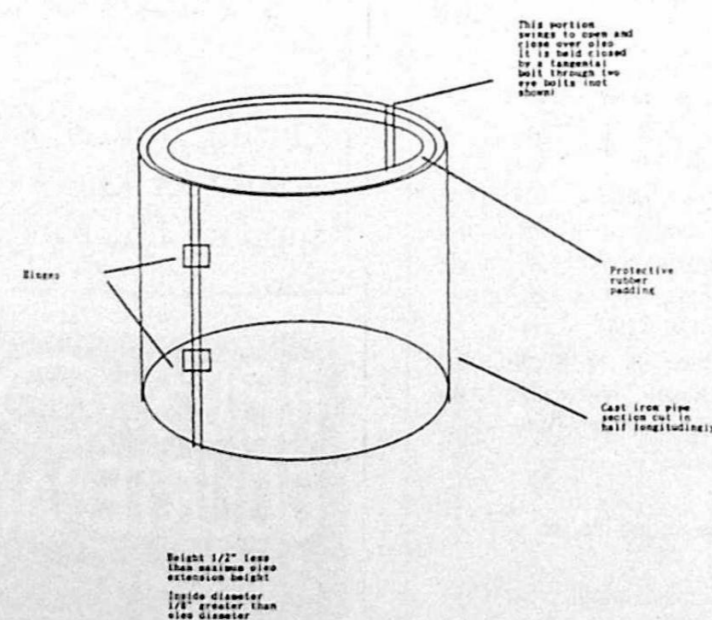
Dear Sir:  
I read in the Totem Times of the problem with the new wash facility accommodating the width of the Buffalo tail in which it was suggested that a cradle may be required to lift the nose in order for the tail to be lowered to clear the top of the facilities doorway.

A simpler way to solve the problem may be to take an air bottle and raise the nose oleo to its maximum extension. This may be enough to lower the tail to safely clear the obstruction. Also, to prevent the oleo from compressing while being towed into the facility, a two-piece hinged collar with rubber padding on the

inside would be required to protect the surface of the oleo. A tangential bolt through two eye fittings on the two-piece collar will secure it to the oleo. Base workshops would be able to fabricate this device in a day from spare material.

If the above method alone does not give sufficient clearance for the tail, then you may want to lower the main oleos to give the extra clearance that is required. The amateurish drawing attached will perhaps illustrate the collar that I have suggested.

Sincerely,  
E.H. Williams, (Ex-rigger, ex-radar Tech (Air), RCAF retired)



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Sgt Robert Trombley

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**CIRCULATION**  
Jenny Cooper (339-3486)

**OFFICE PHONE: 339-2541**  
**FAX: 339-5209**  
**Address correspondence to:**  
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**OFFICE HOURS**  
Thursday 0900 - 1600  
Deadline Friday 0830 - 1600  
Monday 0830 - 1600  
Tuesday 0830 - 1200



by finn

## CE TEAM LEADER John Stoll - Central Heating Plant

(Second feature in a series introducing all CE team leaders, their staff and services. The first dealt with Plumbing & Heating and Team Leader Steve Eggiman.)

"Said as a taxpayer, as far as heat goes we're now getting our money's worth."

John Stoll, Team Leader and Chief Engineer at CFB Comox Central Heating Plant, has even better news. "Our customers, and that means everyone on Base, appear much more aware of energy conservation. There's still a ways to go, but costs are down. And, by switching to Interrupted Service, which means using oil instead of natural gas during the coldest 20 days of the year, over the next 10 years we'll save the base one million dollars."

John Stoll, a transplant from Collingwood, Ontario, and for the past four and a half years CHP team leader, lauds his crew for delivering good service despite increased workload due to cutbacks.

"In four years we have gone from a staff of 13 down to six, and yet we're trying to do the same job. Thank God the plant is new! Otherwise, maintenance might become a big problem. But I have first-rate people, including the two deployed in from Halifax. They all know their job and require very little supervision."

"My own job has changed dramatically, with much more involvement in budgeting, time-keeping and the sort. By the same token, I've also more say in

## Keeping the heat on

the overall running of things - due, largely, to the devolution of responsibility that came with the introduction of Socio Tech. Additionally, we don't close down during the summer - which is good thing. We thereby avoid the rusting of pipes. And machines last longer when they run and are maintained."



CE Team Leader John Stoll at the Central Heating Plant.

A marine engineer by trade, Mr. Stoll has recently, and at his own expense, completed two week-long courses in Vancouver - one in fire fighting, one in sea survival. "Worth every penny!" he says with emphasis. And also an investment in the future.

For John Stoll knows how quickly disaster can hit. He was in Collingwood in 1972 when the new 28,000 ton ship launched itself prematurely, killing two and injuring 35 or more. "It happened just like that - one moment a celebration, the next a calamity. I jumped into one of the ambulances, knowing even my limited skills could be of some assistance."

A collector of motorcycles, John Stoll now is the happy pos-

essor of six. "But BMWs only," he avers, "I don't want good stock contaminated." He drives one to work. "Just when the weather is good," he admits.

His sunny disposition makes the weather seem so most of the time.

"I'm an incorrigible optimist," says the team leader, whose daughter's philosophy was, 'If you can't be good, be funny.' "But not so funny that it gets you kicked out of school. Which is what happened." He shrugs, then smiles. "Work is important, but this is not NAPS. And life should be lived, not suffered. I tell my people to relax. Stress and tension only lead to trouble."

He remembers something. "CE used to be the butt of all kinds of jokes. What sleeps six and is yellow? - and so on. No longer. We now provide excellent service, and that despite sundry cutbacks. There is, on the whole, a growing respect for what we try to do. And that's something to be proud of."

**CE Central Heating Plant Team**  
**Team Leader**  
John Stoll  
(Chief Engineer)  
**Maintenance**  
Rick Valentine  
(Shift Engineer)  
**Heating, Power and Stationary Plant Operators**  
Jim Walker  
Manuel Furtado  
Kevin Revege  
Rocky Rigby  
(All HP3 or A/HP3)

## CE climbing the walls

by finn

Obviously, those ancient walls had never been power-washed when "Joshua fit de battle ob Jericho," or they might not have come down. Steve Gosling and Alec Muir, of CE's Roads & Grounds Team, during all of February have been power-washing Base structures from the biggest to the smallest. So CFB Comox should stand a while longer.

"Some days have proven just too stormy to risk working off ladders, but otherwise the work has gone ahead with few or no problems," says Steve Gosling. He did discover, though, just how leaky some roofs are - particularly the one on the Museum, by Totem Times. "The water came in almost as if there were no roof at all. At the Times, they appeared to also have trouble with the phone and fax machine afterwards. We even tried to be extra careful. The installations could not have been too good."



Steve Gosling and Alec Muir at full spray.

The work likely will go on till the end of March.

Charlie Schellinek, ending up in the tender grip of much-pleased R&G Team Leader Brian DeVries.

## Hands across the street

The sheet was four by six feet or so, festooned with pictures created, drawn and coloured by many hands, all of them belonging to Grade 1 students at Airport School.

The theme? A great "Thank You" to CE Roads & Grounds: "All the kids at Airport School want to thank you..." then listing several reasons why. No doubt the making of a new teeter-totter loomed large in the gift of gratitude.

Conceived by Grade 1 teacher Mrs. Ann McIndoe, and completed under her approving gaze, the masterpiece went from the hands of her appreciative students to hers, whence it was brought across Military Row and to the Base proper by school principal

If a picture is worth a thousand words, as has been said, the children's 53 words of thanks surely must be worth a thousand pictures. So, at least, the Roads & Grounds crew think.



## Cops Corner

by Cpl K.E. LeBlanc

This week I was fortunate enough to have been invited to Airport Elementary School to speak with their primary classes in regards to Traffic Safety. To say we were well received by the students and the staff would be putting it lightly. I would like to take this opportunity to thank all the primary students and staff of Airport Elementary for the invitation, and their time.

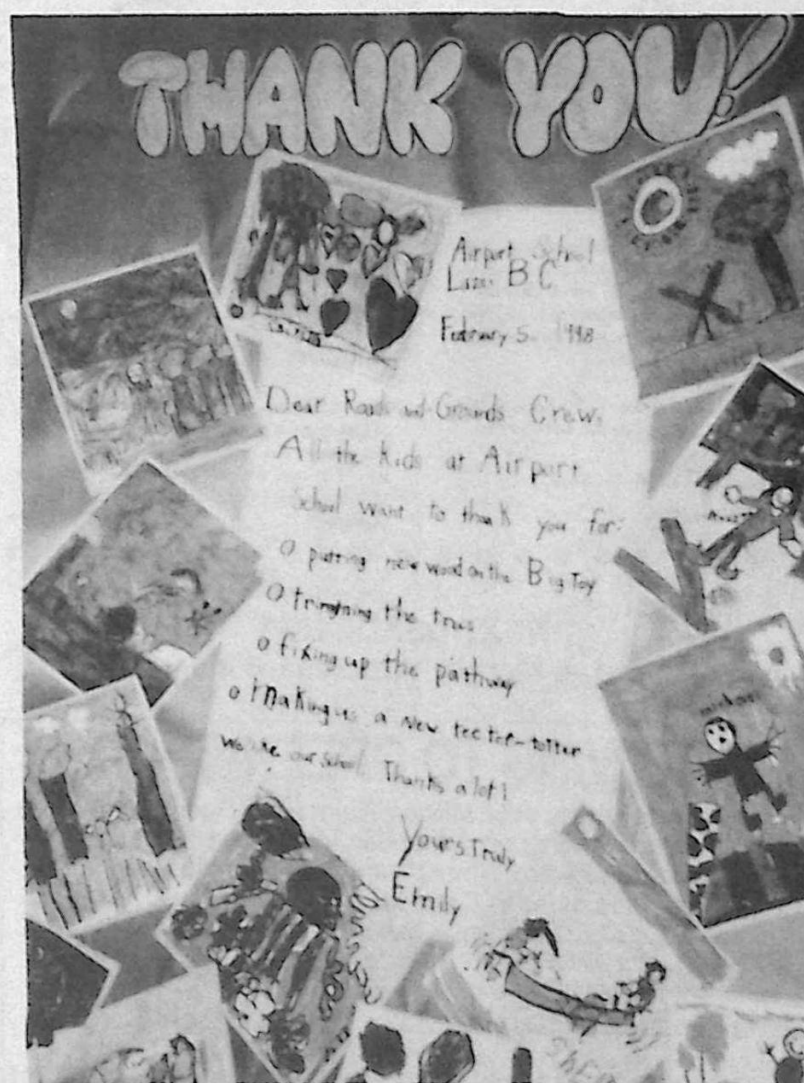
During the five classes I was allotted, I was reminded of how advanced children seem to be from when I was their age. The interaction of the classes was remarkable, and I was asked questions about topics ranging from airbags in new vehicles, to daytime running lights, to impaired driving.

At the conclusion of each class, the teachers assigned their students a colouring contest. We asked the students to complete the project with their parents so that, as a family, they could talk about traffic safety. We were only allotted 30 minutes with each class and there was always more we could have talked about if there had been more time. I would ask that all parents carry on this worthwhile education at home.

If you have a child in these primary classes and you have already seen the colouring contest, you have probably noticed that it makes reference to "No Parking" areas, as well as one way traffic flow at the beginning and the end of each school day. If this is all new to you, feel free to contact the guardhouse at 339-8218 if you have any questions or concerns.

I couldn't finish this article without thanking LS Rick Tucker and Cpl Steve Card, both of the 19 Wing SAMP Flt Patrol Section, for helping with these lectures. Both Rick and Steve gave freely of their time, allowed the children the opportunity to interact with uniformed police officers, and quite happily answered questions about their uniforms, weapons and other "tools of the trade."

They were indeed a big hit with the kids. Once again, thanks for the help. As always, this article is produced for the 19 Wing family. If there is a topic that you feel should be dealt with, or if you have any questions that you think we could help you with, I look forward to your calls. I can be reached at 339-8236, or you can call the Patrol Section at 339-8218. We're always open.



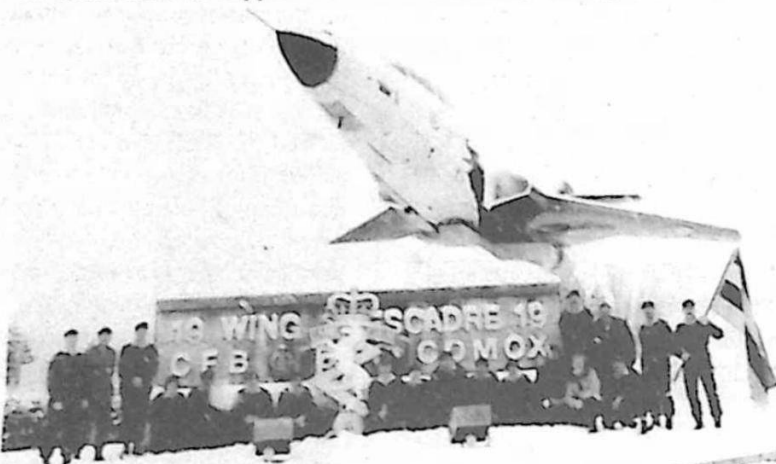


## Life in the EME world

ben stands by as a secondary for Alert. MCpl Jean received his promotion to Sgt as well as a posting this summer. Mr. Noble has moved to Marine Section at Quadra, looking after the rescue boats.

The EME workshop continues to work hard in support of the

Trucks which required repairs. The EME workshop took on the challenge. Organized by Cpl Lindsay, the bikes were sanded, repaired and painted. The Tonka Trucks required rust removal, sanding, painting and repairs. A lot of hours were put in by the workshop during weekends and



Anyone walking by the EME Workshop in the last eight months has most likely wondered what is going on. The workshop has been under extensive renovations. The dividing wall between EME and Transport was moved to give us more work space. The lighting has been upgraded, as well as the ventilation system. Once the interior was completed it was time to remove the asbestos from the exterior walls. Part two of the removal is now completed and CE is installing the new insulation and siding. Once the construction is completed we should have a much improved workshop.

For those of you refuelling your vehicles, you may have noticed the EME flag. After installing a new flagpole, the EME flag now flies proudly over the workshop. Refuelling maintenance, where maintenance of firetrucks and refuelling of tenders is carried out, is next for renovations. The pit is to be filled in and a new hoist installed as well as updated lighting and ventilation system. The roof is to be raised 10 feet to allow lifting of vehicles on the new hoist.

People on tasking continue to come and go. Cpl Johnston should be returning from the Golan Heights and Cpl Lippert is getting ready to go. Cpl Sanfile-

community. EME/TN 19 Wing Nuts won the Base Commander's baton in the 24-Hour Relay in support of YANA. The United Way campaign, organized by Sgt Bangay, was a tremendous success raising a total of \$1,265.55. EME raised \$1,074.00 in personal donations, \$136.55 from the headlight clinic run by Cpl Carriere and Cpl Bellerose, \$15.00 from civvie Fridays and \$40.00 in ticket sales for the Torino trip.

EME personnel worked hard this past Christmas to help those less fortunate. Santa's Workshop had numerous bikes and Tonka

after hours to complete the project before Christmas.

The workshop also sponsored a needy family, raising \$290.00 for food and gifts. Organized by Sgt Forest with help from Cpl Hemon, the family did not have to go without at Christmas. Sgt Forest also helped deliver food baskets just before Christmas. Cpl Hogan organized a food drive, managing to collect four bags of non-perishable food for the Food Bank.

The EME workshop looks forward to the new year and the new challenges that it may bring. Arte et Marte



by Smokey

Burn Awareness Week, which took place February 1-7, was proclaimed by Order in Council in the province of British Columbia. This proclamation coincided with "National Burn Awareness Week" in the United States.

Burns are a leading cause of death in our province and each year hundreds of victims suffer from these terrible injuries. Combined burn prevention efforts of the fire service and medical profession can increase public awareness and work toward reducing burn injuries and deaths.

### B.C. burn facts

Did you know that:

- Every hour a fire causing damage occurs in B.C.
- Every day someone is injured by fire in B.C.
- Fire causes approximately \$450,000 damage each day in B.C.
- Fire kills in B.C. every eight days.
- 45% of burn injuries in B.C. are caused by hot liquids or vapours.
- 40% of burn injuries in B.C. are caused by fires.
- 43% of persons burned in fires are between 20 and 44 years of age.
- Persons aged 1 to 14 years have the second highest incidence of burn injuries from fire.
- The majority of fire injuries occur in private dwellings.
- The ignition of flammable liquids and substances such as cooking fats and gasoline are major causes of burn injuries from fire.
- Having a working smoke alarm in your home cuts your risk of dying in a fire by half.

### Hot liquids burn too!

Burns from spilled tea, coffee or any other hot liquid or food can be as serious as any burn caused by flame. In fact, the majority of burn victims are injured by hot liquids and grease; most of these victims are young children.

The Old Lady warns parents to keep their eyes on inquisitive youngsters and toddlers who may grasp for anything which catches their attention. Children may be tempted to pull the corner of a table cloth, grab for a cup of coffee or for a dangling cord or a pot handle. The Old Lady says keep tea or coffee pots away from the table edge, turn all pot handles toward the inside of the stove or counter, never hold a child while you are drinking hot liquids, don't leave children alone in the kitchen while food is cooking, and take time to fix meals without rushing. If a burn occurs put cold water on it immediately!



## Prevent Burn Injuries!

### In the Kitchen

Never leave cooking foods unattended - oil or fat can ignite. If you are faced with a grease fire, carefully slide a lid over the pan and turn off the heat source.

Always turn pot handles to the back of the stove when cooking to avoid pots being pulled or knocked off. Never leave hot liquids or food unattended or at the edge of a table or counter where they may be pulled down by a child.

Avoid wearing loose fitting sleeves when cooking that may contact stove burners and ignite.

### Water Temperature

When running a bath, always test the water temperature first. Add hot water to the desired temperature. Before placing a child in the bath tub, test the temperature of the water by moving your hand through the water for several seconds. If the water feels hot, add cold water until the temperature feels comfortable.

### Matches and Lighters

Many fatal burns to children are the result of their playing with fire. Teach children that matches and lighters are tools not toys. Use child-resistant lighters and store all matches and lighters out of the reach of children.

### Stop Drop and Roll

If your clothes catch on fire, Stop immediately. Drop to the floor, cover your face with your hands and Roll over and over to extinguish the flames.

### Cool a Burn

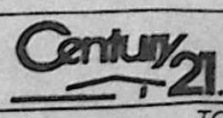
If someone is burned, cool the burned area immediately with cool water for 10-15 minutes. Do not put ice, very cold water, butter or ointment on burns. If the burn is on the face, do not use water. Call 911 immediately.

Purchase and install working smoke alarms and practice home escape plans.

**NEXT DEADLINES**  
Advertising - 4 March. Articles - 6 March, noon.

### MOVING TO GREENWOOD?

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### Jake's Trivia Corner

1. Which Montreal Canadiens winger jumped to the World Hockey Association's Quebec Nordiques in 1973, then hopped back in 1976?
  2. Which school's football team is nicknamed "The Sooners?"
  3. Which renowned racing oval features a nine-hole golf course in the infield?
- Answers on page 14.



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Mt. Washington Ski Resort  
Kal Tire Ltd.  
Riverside Wines  
Coast Westerly Hotel  
SEECO Automotive  
Canadian Regional Airlines



### RRSP

...Cont'd from page 3

"I haven't had time to arrange a contribution." There are many ways to pay for an RRSP, but automatic withdrawal is becoming a very popular method because of the convenience it provides. With one phone call, E-mail or visit to your RRSP provider, you can take care of paying for your RRSPs for the entire year. And the money automatically comes out of your bank account at a certain time of the month, which is a lot easier on a budget than saving to pay a large lump sum.

"The deadline is too close and I don't have any money." In some cases, it makes sense to borrow money for your RRSP. Although interest on money borrowed to contribute to an RRSP is not tax deductible, a contribution to an RRSP may result in a tax refund, depending on the size of your contribution. Many people automatically put the tax refund towards paying off the borrowed money. For example, if you want to make a \$10,000 RRSP contribution in '97, and you borrow the money to make the contribution, you will be able to pay a significant amount of the loan back as soon as you get your refund.

Still not convinced you should contribute? In addition to helping you provide for a retirement income, there are two very important benefits to contributing; it reduces your income tax at the time you make a contribution and the money earned by an investment held in an RRSP is not taxed until you withdraw it.

"Unfortunately, statistics show one quarter of Canadians will not have saved even \$100,000 in savings by the time they retire," said Dark from The Co-operators. "One of the main reasons is because people didn't take advantage of RRSPs when they had the opportunity."



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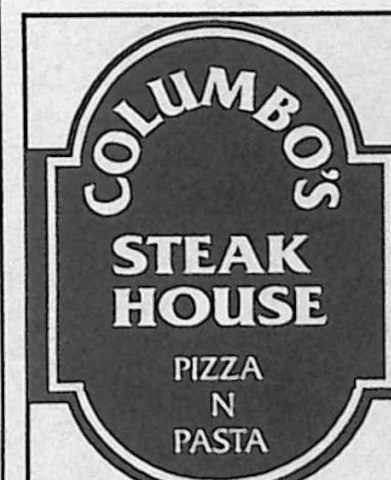


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## The results are in



PATRIE



## Frosty has melted



The WComd presents the Overall No Sno Fest Award to the AEF team. (Photo by Cpl Kelly, WIS)



The No Sno Fest has done it again! Hundreds of people came out to enjoy a day of fun activities and friendly competition.

The Family Skate and the Teen Ice Field Hockey held Thursday afternoon and organized by the Wallace Gardens Community Association were well attended. Numerous families took this opportunity to have a good time together on the ice.

Friday started with the always popular Pancake Breakfast which was prepared by Wing Foods staff and a number of volunteers from the Wing. The delicious pancakes proved to be a great way to start the day and ensured that the No Sno Fest participants had the energy required to complete the gruelling events that followed.

The 18 teams participating in the No Sno Fest were competing for two highly coveted awards:

- the Spirit Award for the team

with the most spirit (what did you think it was for?), and

- the Overall Winning Team.

For the Spirit Award, competition was tough. Banners, mascots, costumes, chants and songs could be seen and heard by all. Several teams were neck and neck throughout the day but there could only be one winner. Our Head Judge Frosty, the No Sno Fest mascot, awarded the Spirit Award to the Bin Rats from Wing Supply.

To win the Overall Award, teams had to display outstanding talents (or at least slightly above average) in a variety of events. Agility, speed, grace, poise, strength, enthusiasm and endurance were required of each of the participants (well, almost all). But, no kidding, the competition was tough and tight. Teams could accumulate points in all the No Sno Fest events, which included

the gymnasium and pool activities, the arena events, the outdoor activities and the Sand Sculpting competition (it seemed more appropriate than snow sculpting for a No Sno Fest). There was a whole lot of talent to be seen in the sand sculpting competition - creations ranged from the Titanic (iceberg included), to a dead body (it seems that Wing Hospital buries its mistakes!). After hours of complicated mathematical problems solving (well, we did not have a calculator), the AEF Team came out as the Overall Winning team.

(Editor's note: 19 AMS did not finish first as predicted in our last edition. This may be due, in part, to the fact that Capt Travis could not take part in the aquatic competition.)

There were over 220 participants in the Beard Growing Contest. During the final judging,

unit winners were assessed by the wives of the WComd, CO 414 Sqn, CO 407 Sqn and the WLogO. After days of intense deliberations (well, it was more like minutes), the winners were announced:

Best Beard - Cpl Davidson, 19 AMS.

Most Colourful Beard - MCpl Malloy, 442 Sqn.

Longest Beard - Cpl Cameron, WLogO.

Worst Beard - Capt King, WLogO.

Each of the four gentlemen won \$50.00 - congrats guys! Many participants took advantage of the opportunity offered by the Canex Barber Shop to have their beards shaved for a small donation.

The No Sno Fest ended with a hugely successful dance/casino night. All came to relax and enjoy a night of gambling (with

funny money), dance and pizza with friends. At the end of the evening, gamblers tallied their winnings (or losses) to bet on fabulous prizes during the auction. The dance continued until early morning when hard core No Sno Fest participants finally went home exhausted but happy.

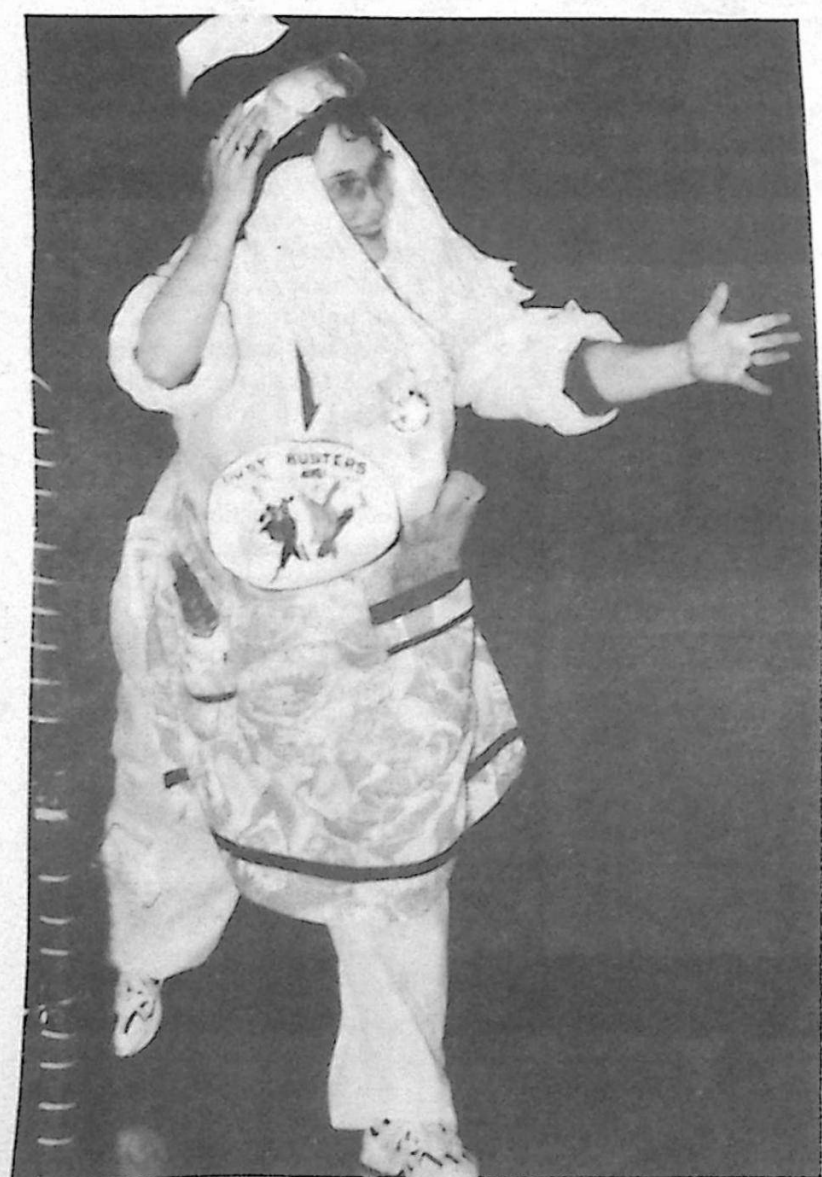
Winners can pick their prizes by contacting Maj Foulds, D/W Ops O at local 8210.

A big thanks to everyone who participated - you are the ones who made the No Sno Fest a day full of fun, good times and laughs. Thanks and kudos go out to all the committee members and everyone who supported their efforts. You are the people who made it happen. And, of course, THANK YOU to the local merchants for their generosity in supporting 19 Wing by furnishing us with the fabulous and numerous prizes for No Sno Fest 98.

(Photos by Cpl Schofield, WIS)



Maj Bourget presenting the Spirit Award to the Bin Rats from Wing Supply. (Photo by Cpl Kelly, WIS)



PINEAPPLE EXPRESS



**NEXT DEADLINES**  
Advertising - 4 Mar.  
Articles - 6 Mar, NOON

GG MEN READY FOR  
98 SEASON

by Len Doyle

The GG Men's Club has received clearance from the tower to take off on another year of golf activities.

Saturday Morning Men's will continue year round. Call for tee time after Pro Shop opening. Tuesday Night Men's starts 7 April with sign-up by 5:00 p.m. for a 5:30 p.m. shotgun. Most Tuesdays will be 9-hole team events.

Home and away interclubs are scheduled with Comox, Sunnydale, Storey Creek, Eaglecrest and possibly CFB Esquimalt at either Olympic View or The Gorge.

Back by popular demand will be the third annual shoot-out. This is a 3-week, 2-man team event open of Men's Club members. The competition will start with the Scramble format on Saturday, 4 April (tee times), followed by the Team Best Ball on Saturday 18 April (tee times) and on Saturday 25 April we will conclude with the dreaded Alternate Shot (shotgun start).

First prize this year will be colour TVs for each team member. Lots of other prizes including weekly team KPs on all the par threes.

As we are limited to 50 teams, it is suggested teams sign up in the Pro Shop as soon as possible. Cost is \$50.00 per team and must accompany registration. Remember "You snooze, you lose."

The 1998 season is fast approaching and the GG Golf Course would like to extend an invitation to all the future Tiger Woods, Hale Irwins or Dawn Coe Jones' to join the club. Our membership year runs from 1 March to 28 February. The Pro Shop will be glad to handle your membership application. The club offers three membership categories:

- **Regular** (currently serving full time military members and their dependants);
- **Ordinary** (all CANEX patrons listed in Chap 6 of A-PS-110-001/AG-001 and their dependants, i.e. retired military, RCMP, DND civilian employees, etc.);
- **Associate** (subject to WComd approval, any person not included in the above two groups, to a maximum of 150 members).

## 1998/99 Fee Schedule (all fees include GST)

Category	Male	Female
Regular	\$561.75	\$571.75
Ordinary	\$636.65	\$646.65
Associate	\$786.45	\$796.45
Junior - Reg/Ord.	\$120.91	\$120.91
Junior - Associate	\$147.66	\$147.66
8 month range pass member	\$139.10	
8 month range pass non-member	\$240.75	
(8 month range passes are valid from 1 Mar - 31 Oct 98.)		
Per Month golf privileges for regular force military only \$125.00		
Locker	\$ 37.45	
Cart use	\$117.70	
Inside storage	\$117.70	
Outside storage	\$ 58.85	
Electricity	\$ 58.85	

For further info call Pro Shop at 339-6515.

MIXED  
WINTER GOLF

by Barb Carter

February 22 and a much better turnout as 33 people showed up to play. March 15 is the last day of Winter Golf play, so come on out and have some fun - even if you have never played you still have three Sundays to get in the action.

1st LG went to Floyd Merrill's team of Steve Shaw, Bill Pomponio and Gussy Pritchard.

1st LN to Ed Carefoot, Hank Fortin, Russ Englemeyer, Lorraine Courtemanche and Ken Doll.

2nd LG to Duke Dutrisac, Norm Fellbaum, Dave Kelly and Bob Lamb.

2nd LN to Mike Slaunwhite, the lovely Len Doyle, Bill Krier and Gord Pritchard.

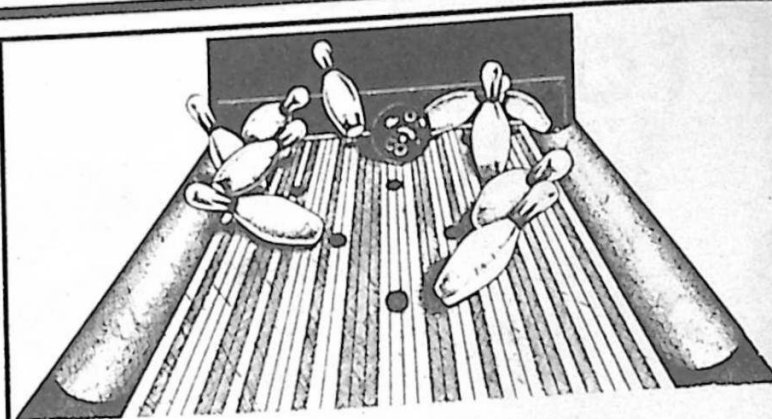
KP on #12 went to Duke Dutrisac's team with Duke making the shot. On #15 it was Ed Carefoot's team with Ken Doll doing the honors.

We hope to see even more of you showing up for the last three weeks. Come out and have some fun.

We wish to offer congratulations to Todd Deters for capturing the position of Head Pro at Eaglecrest. Good Luck, but we will miss you.

## WANTED!

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



## Bowling Centre

Casual bowling hours:

Friday 1800-2100 hrs  
Sunday 1300-1600 hrs

Very reasonable rates!  
Smoke free atmosphere!

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

COME ON OUT AND  
BOWL UP A STORM!!!

"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.

Commander's Cup  
Meeting

4 March, 10:30 hours

Points to be discussed:

- a) Hockey 30 Mar-3 Apr 98
- b) Volleyball 6-7 Apr
- c) Basketball 20-21 Apr
- d) Bowling 23-24 Apr

Stand up luncheon 30 Apr.

Date Change -  
facility allocation  
meeting

Please note that the 98 Spring/Summer facility allocation meeting will now be held on Tuesday, 3 March at 1900 hrs in the Rec Centre Gym conference room. This meeting is for scheduling of the Aerobics Room, Ball Fields, Soccer Pitch, Swimming Pool, Gym and Arena.

## NEXT DEADLINES

Advertising - 4 March. Articles - 6 March, noon.



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## 407 Sqn



## Demon Doin's

The squadron has been a beehive of activity in the past few weeks, preparing for upcoming TD trips and the scrutiny of a year end audit by MPSET (Maritime Patrol Standards Evaluation Team).

During the early weeks of February the mere mention of MPSET in the vicinity of squadron Standards Personnel would send them into a tailspin. Unbeknownst to the Standards Personnel, the real aim of MPSET's visit to Comox was to spy on the "West Coast Flying Club" and not to dissect the work of Standards. MPSET is trying to find a way to ensure an East Coast victory in the upcoming O'Brien competition. As in previous years, we, the mighty Demons, will try to deny the MPSET members access to our secret training methods and our well-stocked supply of horse-shoes. The O'Brien competition is the forerunner to the famous Finestest Competition that will be held in the Fall at Royal Australian Air Force Base Edinburgh.

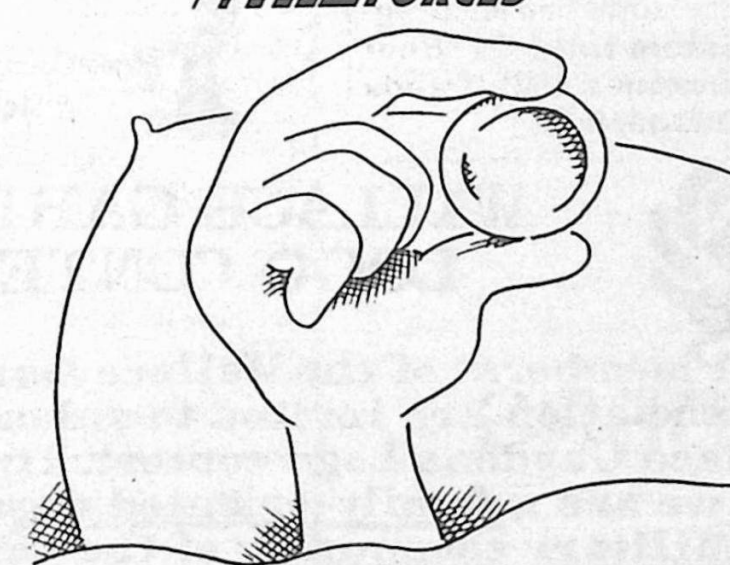
ensure victory for either of the squadron teams. During the last squadron Ground Training day, Capt J.J. "Kaboom" Martin gave the squadron teams a few bits of

information to aid in their training and strategy for the outdoor events. The new FASM, Paul Shipton, who is living proof that jocks do know how to operate computers, and Cpl Sletanbik lead the two squadron teams who are medal favourites in this year's No Sno Fest.

Once the No Sno Fest competition has been completed and we have made a one, two sweep, the squadron members will begin training in earnest for the 19 April Realty World Snow to Surf Challenge. LCol Reaume and the rest of the Half-Dead Head Shed have challenged any and all 407 Sqn teams to beat their time. The teams which has already been formed, using the strictest fitness minimum to cut any of the possible weak links, consists of: LCol "Pass me and you're posted" Reaume, Maj "Uphill specialist" Laplante, Maj "Ringer" Roberts, Maj "What the Boss said" Cutland, SCWO "Radical" Paulekat, Maj "Road rash" Schalm, Maj "Bligh" Low and CWO "Billy" Perry. In addition to a dozen laurels, the team(s) who beat the Half Dead Head Shed also claim bragging rights for their athletic prowess.

The Half Dead Head-Shed have already begun training for this upcoming arduous event with a training session in Whitehorse. This session will include both mental and physical training. We wish them all the best at their training camp.

Any 407 Sqn members who are interested in accepting the challenge of the Half Dead Head Shed please contact Capt Anne-Renee Bouchard, Nav trg, 8626.

Practising unsafe sex  
demonstrates lack of respect  
for your partner.STRENGTHENING  
THE FORCESLes relations sexuelles non protégées  
démontrent un manque de respect  
pour votre partenaire.

"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.

The Cowboys and Cowgirl of Crew 2 are currently conducting a Task Group exercise off the coast of California. Generally, the crew would be delighted with a tasking in California. However, this trip they have left miserable Comox weather only to encounter even more miserable weather in San Diego. The crew, having previewed the weather channel, will be prepared for the wet weather as they have taken with them the Crew 2 Rain Sombra.

The Crew 3 Dawgs recently returned home from a very successful Cast trip to NAS Barber's Point. Capt "I love to track down Doppler" Krak became familiar with a few functions available to him and began to track a target using UP Doppler techniques. After returning home, Mike was overheard saying that although the UP Doppler tracking methods were successful, they didn't provide much of a challenge for him. Even though the Dawgs returned home on Pro Bowl Sunday, the crew was able to participate in some Pre Pro Bowl festivities and offer some advice to the AFC and NFC head coaches.

The Icemen of Crew 4 are eagerly awaiting the Juno Awards which will be held in Vancouver on March 22 and will feature the unofficial Crew 4 idol, Shania Twain. The crew is taking any and all donations to help pay for their voyage on B.C. Ferries to the BIG CITY.

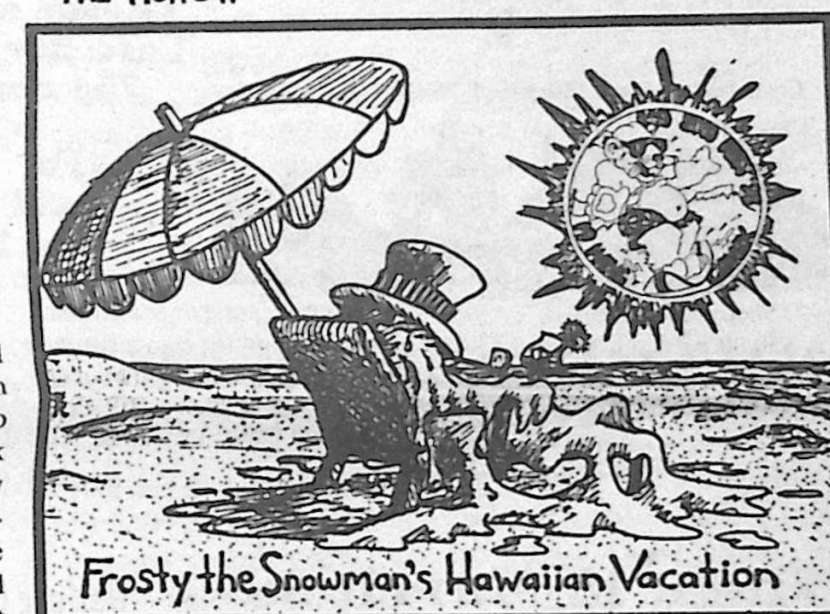
The Crew 5 Vikings would like to welcome Capt Graham Denniston to the crew. In order to celebrate his recent posting back to Comox from the PIT, the crew will be going on TD. Unfortunately, the Vikings are not in line for actual sub time, or combined operation time, so Graham's first TD trip will be an exciting and challenging OMS/FDS session in Greenwood.

Capt Rick "Smokey" Smith and the rest of the Sharks from Crew 6 have taken the Home Fire Safety Show on the road. The Sharks heard that the Scots use candles for everything, including reading lights: so, in order to prevent serious damage to the houses of Kinloss, the crew, in addition to the participation in the JMC exercise, have commenced briefings on the hazards of unattended candles.

The Moosemen of Crew 7 would like to congratulate MWO Hatch on his recent promotion and upgrade and hope that the recovery of Capt Gary "I'll block the shot" Sereida will be soon.

All squadron members would like to take this opportunity to congratulate and offer best wishes to Bardo and his fiancée, Rebecca, on their upcoming wedding day - 28 February.

## FREAKSHOW



Frosty the Snowman's Hawaiian Vacation

## SAFER SEX



If something were free, readily available, easy to use, and the smartest move you could make, would you use it every time? With all of these advantages, it's hard to believe anyone would say "No."

Yet condoms - which fit the bill on every account - are too often left on the shelf... especially by those who need them most.

Younger, unmarried CF members who have more than one sex partner are at increased risk of contracting sexually transmitted diseases (STDs). In spite of this, CF health surveys show that more than 20 percent of members in this group never use a condom during sexual intercourse, and nearly sixty percent use a condom only sometimes.

In the age of AIDS, this is hard to believe. HIV is an STD, and HIV leads to AIDS. And, as we all know, there is no cure for AIDS. It's fatal. But preventing problems is an easy matter. Proper use of a latex rubber condom during sex is 98 percent effective in protecting you and your partner against STDs.

The safest way to go is to avoid or postpone sexual intercourse or to have sex with only one partner, when both partners know that they are not carrying STDs. Beyond this, there are other steps you can take for safer sex. Here are some valuable tips from the Canadian Public Health Association (CPHA), an organization committed to protecting the health of all Canadians.

• **Consider outercourse.** "Outercourse," says the CPHA, is anything other than intercourse. This includes activities as varied as your imagination and personal limitations will take you. Outercourse can be hugging, kissing, massaging, or any activity where there is no exchange

of semen, vaginal fluids, or blood. • **Include in safer sex talk.** Talk about safer sex before you have sex. If you're uncomfortable doing this, you could start a discussion by showing a pamphlet or newspaper article to your partner. Humour can make talking about sex a little easier. Emphasize the positive: talk about your concerns for your partner's health as well as your own.

• **Use a condom every time.** Any latex condoms which have passed Canadian standards are good. Check the expiry date and make sure the wrapped condom hasn't been opened or damaged. Condoms are readily available through your local medical facility.

• **Plan ahead.** Using a condom doesn't have to break the mood. Make putting it on part of "foreplay." Condoms sometimes allow men to last longer during sex so put it on as soon as there is an erection. • **Respect your partner.** Talking about - and practicing - safer sex shows a respect for the health and happiness of your partner. Good sex is like a feast. Wearing a condom is like getting dressed up for dinner!

Those who take risks by not protecting themselves may believe the it-can't-happen-to-me philosophy. While the risk may be low, it can happen. Globally, the majority of people who are now infected with HIV caught the virus by having sex with someone of the opposite sex. Since 1983, 38 CF members have been diagnosed with HIV. To date, eleven of them have died while still in the service.

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THE FORCES  
ÉNERGISER LES FORCES

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Mens  
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ORDINARY	\$64.00	\$90.00
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ORD	\$3.75 (15 & under)	ORD	\$2.65
ASSOC	\$5.30	ASSOC	\$3.75

NEW RATES ARE EFFECTIVE  
1 MARCH 1998

## Wallace Gardens Community Association February Newsletter

### WARD REPS

Ward 1: Cheryl Morrow MQ A2 339-1960  
 Ward 2: Shaunine Muir MQ F1 339-0340  
 Ward 3: Regent Laplante MQ 44 339-2554  
 Ward 4: Garry Dixon MQ 49 339-7696  
 John Dubois MQ 64A 339-3725  
 Ward 5: Kathy Fancy-Bertin MQ 78 339-7522  
 Jane Bekus MQ 79 339-2354  
 Ward 6: Pearl Smith MQ 87A 890-0680  
 Ward 7: Paul Gillmore MQ 107C 339-1158  
 Ward 8: Pat Nicholson MQ 113D 339-1966  
 Ward 9: Mona Baird MQ 117A 339-4627

Courtenay Rep: Stephen Nicholls 334-1680



### WALLACE GARDENS COMMUNITY COUNCIL MEETING

When: 18 March 98  
 Time: 6:30 pm  
 Where: NBC, Building 22



### Adult Craft Club

#### Podged Straw Hat

When: 15 March 98, 7-9 pm

Where: Community Centre

For more information and a list of supplies needed, call Jane Bekus at 339-2354.

### SOCK-HOP



When: 14 March 98  
 Time: 6-8 pm  
 Where: Community Centre  
 Theme: March On!  
 Cost: 50c members  
 75c non-members

For information, call Pat Taylor at 339-4400.

Anyone interested in starting a Wallace Gardens Youth Soccer League is asked to call Janina Nicholls at 338-8211, ext 8571.

Wallace Gardens Community Association Baseball/T-Ball

We are actively looking for Baseball/T-Ball coaches and organizers for our 1998 Ball Season. If you are interested in helping out, please contact Janina Nicholls at 339-8211 ext 8571.

T-Ball: girls and boys, ages 4-6  
 Baseball: girls and boys, ages 7-12  
 Teens: girls and boys, ages 13-17



### WALLACE GARDENS LOGO CONTEST

All members\* of the Wallace Gardens Community Association are invited to submit entries for our Wallace Gardens Logo contest. The logo must reflect that we are a family-oriented organization servicing the Military community of the Comox Valley. Entries must be submitted on 8 1/2" X 11" paper. There are no restrictions as to shape, size or colour of the logo. Entries must be received at the Wallace Gardens Community Association Office no later than 1200, noon, on 13 March 98. Judging will be completed on 18 March 98. The designer of the winning logo will be notified and will receive a \$25.00 cash prize. If you have any question, call Janina Nicholls at 339-8211 ext 8571.

\* Only those paying \$3.21/month in membership fees are eligible.

### TEEN VIDEO NIGHT



Call Carmie Dixon for more information - 339-7696

### Family Bingo

When: 8 March 98, from 1-3 pm  
 Where: Community Centre  
 Cost: 25c members  
 50c non-members  
 Can you be a lucky winner?

For information, call Pat Nicholson at 339-1966



#### CHILDREN'S VIDEO AFTERNOON

When: Sunday 22 March 98 from 1-3 pm

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

For more information, call Yvon Berlin at 339-7522



## COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

### Families are Worth it!

The difference between families in pain and turmoil and those where everyone is thriving, is not the presence or absence of problems, but how those problems are handled.

As families grow up and children become teenagers, the way the family functions comes under extra strain. Each member pushes and pulls for their own agenda and this is normal. Normal but stressful. It's as if everyone sees Paradise Island up ahead, but they each have a different route for getting there. Since family members all share the same boat, this is a problem.

The family council is one way to get everyone's oar pulling in the same direction. It offers all members a voice in the family business, and teaches them how to pull together as a team towards goals the family sets for itself. It's a democratic process, each person's view must be

equally respected, so read no further if you still think that YOU know best and everything will be fine once everyone starts doing what they're told! However, if you've already tried that and the family boat is still doing donuts in the marina, you may be ready for the family council.

#### How to Get Started

1. Set a day and time for the first meeting.
2. Invite everyone who lives in your household to attend. If everyone won't come, fine. Start with those who will.
3. Make the first meeting short and pleasant - use it to plan an enjoyable activity, explain how a family council works and set the agenda for the next meeting.

#### Ground Rules

1. Every person has an equal voice - even a very young child will have good ideas and must be able to speak with confidence.
2. Everyone should share what they think or feel

about each issue.

3. Decisions are made by consensus.
4. All decisions will be in effect until the next family council.
5. Some decisions are reserved for parents to make, but discussion must always be encouraged.

*Example: If a parent's job has been transferred and the family has to move, this will not usually be a decision the family as a whole can make. However, the whole family should express their feelings about it and be actively involved in planning the move.*

6. There are two "positions" and these should revolve among all the family members capable of carrying them out. The chairperson keeps the discussion on track and makes sure that each person's opinion is heard and considered. The secretary keeps notes about the decisions made, writes them up as minutes and

reads them at the next meeting. Write "Agenda" on a piece of paper, tape it to the fridge each week and invite everyone to contribute. This is a good way to temporarily shelve frustrating "problems" until they can be dealt with calmly by all members at the family council.

#### Agenda

1. Compliments - an opportunity to show appreciation for special efforts
2. Minutes - read last week's
3. Old Business - unfinished topics from last meeting
4. Finances - a good time to hand out allowances or discuss purchases
5. New Business - plan for the future (holidays are always a good topic) and deal with complaints and problems.

#### Problems and Complaints

1. Ask the person with the complaint to explain the problem. After they've

explained it, ask them, "Is this still a problem?"

2. If it is, ask anyone else involved to explain their point of view. Everyone should ask clarifying questions.
3. Brainstorm solutions, with the secretary writing down all ideas. No one should say whether the ideas are good or bad.
4. Through discussion, arrive at a decision that everyone can live with.
5. Put the decision into action - it will stay in effect until at least the next family council.

Will a family council turn your home into a serene nest of proverbial goodwill and supportiveness overnight? No, but it's a start.

*Taken from the B.C. Council for Families "Parenting Teens - The Homefront" brochure. This and many more informative brochures on parenting are available free of charge at the CMFRC.*

### Up Coming Events

#### Stencilling and Stamp Art for Home Decorating

Learn how to create and make your own stencils.

Dates: March 4th

Time: 7:00 pm - 9:30 pm

Cost: \$10.00 (materials are supplied by the instructor)

#### Faux Fini Finishing for Home Decorating

Learn techniques to transform your home into a work of art.

Date: March 11th

Time: 7:00 pm - 9:30 pm

Cost: \$12.00 (materials supplied)

#### International Women's Day Conference

Workshops/Entertainment/Keynote Speaker/Catered Lunch/Book and Craft Fair/Door Prizes/Silent Auction and lots of Fun!

Date: March 7th

Time: 8:00am - 4:00pm

Cost: \$25.00

Location: The Coast Westerly Hotel, Courtenay

#### Setting Limits and Consequences for Teens

Dates: March 3rd & 10th

Time: 6:30 pm - 9:00 pm

Cost: \$20.00 for both evenings

#### Setting Limits and Consequences (For Ages 4 - 10)

Dates: March 24th & 31st

Time: 6:30 pm - 9:00 pm

Cost: \$20.00 for both evenings

### A Personal Expression

"Where should I start?"

That question is perhaps the one uppermost in most people's minds when looking at decorating their homes. It can be baffling to know where to begin to pull together a decor which is functional, aesthetically pleasing and has personal meaning.

Before you get to the design concept stage, you have to analyse your needs. What kind of lifestyle do you have? Casual? Children? What ages? Pets? What kind of use (or abuse) will the furniture be subjected to? There is no point in covering a sofa in a pale floral print in a kid or pet friendly environment.

Then you need to analyse the space you have. Is it modern with little or no features, such as mouldings, or an older home with architectural details?

Structural shapes and built-in ornament can be played upon in decorating to create nice unity. If it is a basic box-like layout, the decoration has to be applied over the blank canvas.

Once the space's needs and your needs have been examined, then design choices can be researched. One of the best ways to get a sense of direction is to go through as many home decor magazines as you can. Without analysing your choices, simply rip out or mark whatever appeals to you. After going through upwards of 20 - 30 magazines, look at what you've selected as a whole; you will see repeated preferences such as liking open spaces, a particular colour or a style of furniture. These are important clues in determining your own style.

One method is to key the

interior off a particular piece of furniture or a valued memento. Collections from family or travels can be the centre of attraction in a room. The dominant colour in an old set of china prominently displayed can be repeated and complemented in fabrics or rugs in the room; the shape of the tribal mask collection could suggest a clean line, modern shape for the sofa and love seat or an Asian style pattern for the upholstery fabric.

Whatever the inspiration, the most important aspect of any home interior is that it is your home, and should reflect your personality - that is the mark of a successful project.

deNeen Baldwin

For information on home decorating workshops check out the "Up Coming Events" section of this page.



Stuff envelopes at home. Earn big dollars. Free supplies available. For info rush self addressed envelope plus three loose stamps to: H. Enterprises, Box 964, Peterboro, Ontario, K9J 7A5

### Garage & Bake Sale

The Valleyview Community Park Association is having a Garage and Bake Sale on 7 March, 10:00 a.m. - 2:00 p.m., at the Hawk Storm Park on Hawk Drive in Valleyview Estates. The proceeds from this event will be used to help purchase and install a play structure and benches, as well as pay for some basic landscaping.

Donations of items for the garage sale are urgently needed and all items that are unsold at the end of the day will be donated to a local charity. If you have items that you would like to donate, please contact Diana Dewitt at 334-4819, Kathleen Kuhnert at 338-0089, or Jane Hallier at 338-8301.

If you would like to donate baked items, please contact Margaret Lagan at 334-9884. This project has been accepted into the Partners In Parks program run by the City of Courtenay. For more info on our park, please call Haidee Govier at 897-1587 or Susan Camilleri at 338-2467.

### Short Story Contest

The Towne Clarion, a literary newsletter, wishes to announce its 6th annual short story contest for the Anton Chekhov 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.

### Kidney Month in Canada

In March volunteers will be canvassing door to door on behalf of the Kidney Foundation of Canada, B.C. Branch, to raise badly needed funds for medical research, patient services and organ donation awareness. When a volunteer knocks on your door, please give generously. For more information, call 1-800-567-8112 toll free.

### GIVE SOMEONE A SECOND CHANCE.

Please give generously.



### 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.

### Jake's Trivia answers

1. Rejean Houle.
2. Oklahoma's.
3. The Indianapolis Motor Speedway.

### Reunion

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

### BOOKKEEPING ACCOUNTING INCOME TAX

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### 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!

### 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 RAF/RCAF/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.

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### TODAY'S CROSSWORD PUZZLE

ACROSS

1 Smidgens  
5 Change  
9 Pit  
13 Border on  
14 Sea eagle  
15 Boxer Griffith  
17 Site of the Colosseum  
18 Orderly  
19 Pass along  
20 Gist of the matter  
21 "— of a gun!"  
22 Cut off  
24 South American animal  
26 — together (made whole)  
27 Spikes  
29 Law  
31 Stamp collecting, e.g.  
32 With, in Quebec  
33 Lq. meas.  
36 Before  
37 Gorges  
40 Fish eggs  
41 Retainer  
42 Sword handle  
43 Sacred images  
45 Consecrate  
47 Storage place  
48 Flowering shrub  
51 Time  
52 Returns (money)  
54 Goddess of

DOWN

1 Mend (socks)  
2 — Ben Adhem  
3 Noisy insect  
4 Sault — Marie  
5 Snake toxins  
6 Sports complex  
7 Genetic material  
8 Abominable Snowman  
9 Brave  
10 Egg dish  
11 Fragrant bloomer  
12 Tickle pink  
16 Stared at  
21 Mythical creature  
23 Ginger or nutmeg  
25 Hunting dog, for short  
27 Gourmet cook

PREVIOUS PUZZLE SOLVED

1-30-97 © 1997, United Feature Syndicate

28 Traditional knowledge  
29 Vices  
30 Fender-bender result  
32 Rival of Hertz  
33 Heavy ribbon  
34 Tiptop  
35 For fear that  
38 In the lead  
39 Farm buildings  
44 Swindle  
45 Most melancholy  
46 Camera parts  
47 Thieves  
48 Curved doorway  
49 Goose eggs  
50 In flames  
51 Conductor  
53 Dr. Jonas —  
56 Capital of Norway  
57 Ancient Brit  
60 Rival  
61 NWT native

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### Réseau-Femmes Francophones

"Femmes militaires / Conjointes de militaires"

Session d'Information et d'Echange  
"Il y a-t-il un besoin de créer un réseau?"  
Out de la Solitude

La Raison d'Être d'un Réseau-femmes francophones-Communauté Militaire

Objectif visé  
Mobiliser et Regrouper les femmes francophones de la Communauté militaire désireuses de devenir membres. Les femmes-membres désirent s'impliquer, selon leur disponibilité et leurs intérêts, pour recevoir et s'acquiescer des services et/ou pour participer à leurs activités définies selon leurs Besoins et Intérêts Spécifiques

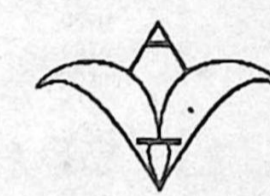
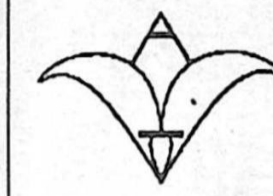
QUI Femmes militaires / conjointes de militaires

DATE Le jeudi 12 mars 1998

HEURE 07:00 pm - 09:00 pm

LIEU 120 Kinnikinnik (C.R.F.M.C.)

ANIMATEUR Nathalie Chevette - 339-7369



## Valley Francophones Mark your March calendar

### Angèle Arseneault

L'Association Francophone de la Vallée de Comox, en collaboration avec l'Association francophone de Campbell River, la Société Radio-Canada, et l'appui du conseil culturel et artistique francophone de la Colombie-Britannique vous présentent: "Angèle Arseneault" le vendredi 13 mars à 20:00 hr. au Old Church Theatre, 755 ave. Harmston, Courtenay. Prix: \$10 membre, \$12.50 non-membre.

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

Angèle Arseneault: Friday, 13 March at 8:00 p.m. at the Old Church Theatre, Courtenay.

Chorale: Tous les mercredis  
Enfants: 6 à 7 heures  
Adultes: 7 à 9 heures  
\$2 par personne - membres 20% de rabais.

Chorus: Every Wednesday  
Children: 6-7 p.m.  
Adults 7-9 p.m.  
\$2 per person, members 20% off.

Conversation française: Chaque mardi de 10:00 à midi. \$3 par classe. Tuesdays 10-12 noon.

Tickets: at the Francophone Association. Cost: \$10 member, \$12.50 non-member.  
\*Note: for adults only.

### Clinique d'autodéfense pour femme seulement

Instructeur: 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 pour 2 jours ou \$25 pour une journée.

Certificat remis à la fin du cours.

Place limitées à 30 personnes. Pour inscription et renseignements, contactez Danielle 334-8884, Bob 703-0440. A noter: les membres de l'association bénéficient de 20% de rabais.

### Self Defense Workshop for women only

When: Saturday, 14 March & Sunday, 15 March  
Time: 1:00 - 4:00 p.m.  
Where: Francophone Association offices.  
Cost: \$40 for two days or \$25 March.

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### The Complete Dachshund

by Dee & Bruce Hutchinson  
(Howell Book House, New York. US\$38.95)

Breed books tend to be monotonously similar in content, but this one is a little different. It covers the three common varieties of the little "hotdog," smooth hair, wire hair, and long hair. Dee Hutchinson is a second generation Dachshund fancier and Bruce is an award winning magazine writer. Together, they have produced what I feel is one of the best breed books I have read, and I've read a few of them. My library contains around 70 different breed books and this one is right up there.

The section on history is particularly interesting. "Dachs" is the German word for Badger, so the name is literally "Badger Dog." In olden days they were used to go to ground and hunt badgers in their dens.

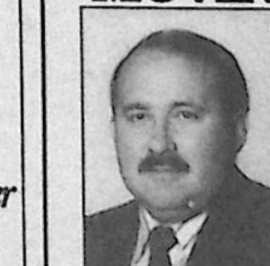
Everything one would expect to find in a good breed book is here and a lot more: care training, medical information, showing, breeding and obedience. Nothing I can think of has been left out. The American Kennel Club standard is also included.

This is an attractively bound 224 page hard cover edition with over 100 black and white photographs and line drawings. It's pretty hot off the press, but you can ask your bookstore to order it for you from the publishers.

If you have ever wondered about how guide dogs for the blind, or other assistance dogs, such as hearing aid dogs, are trained it is all here in this book. How the disabled interact with their dogs and the things they do together is also a large part of this book.

Do you know someone who is disabled and could benefit by owning an assistance dog? This book would make an ideal gift for them. It is clearly written and a joy to read. An attractively bound hard cover edition, it consists of 227 pages with about 75 interesting black and white photos, many showing assistance dogs doing their thing. It should be in the book stores, or you can have them order it for you.

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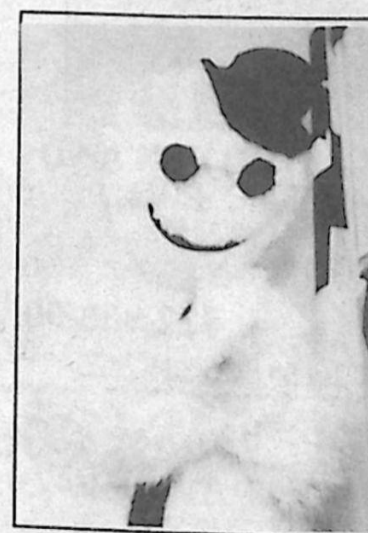
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2	Bicycle rear safety light	Black's Cycle	\$ 10.00	Todd Charbonneau
3	Gift Certificate (2 videos)	Select Video (Comox)	\$ 9.00	"Molloy"
4	Gift Certificate	PJ's Ceramics	\$ 25.00	Frank Dasilva (8925)
5	Gift Certificate	Dream Weavers	\$ 50.00	Mary McArany (8319)
6	3x Gift Certificates	Burger King	\$ 40.00	Col McLean (8200)
7	Toro Weed Eater	C & N Rentals	\$ 75.00	Heather Cormack (8452)
8	Gift Certificate	Panagopoulos Pizza	\$ 10.00	Corrivau (8515)
9	Halogen Vehicle Lights	Hartman Auto Supply Ltd	\$ 25.00	Mccorriston (8399)
10	Gift Certificate	Peter's Sports	\$ 5.00	Samm Bodkin (8757)
11	Golf Umbrella	Westburne Electrical	\$ 15.00	MCpl Seguin (8732)
12	Gift Certificates	Subway Restaurant	\$ 10.00	Gary Kirkland (8558)
13	1 Free Haircut	BX Barber shop	\$ 5.00	Karen Cowels (8950)
14	T-Shirt	Westburne Electrical	\$ 5.00	Bob Aitchison (8311)
15	Gift Certificates	Subway Restaurant	\$ 10.00	James Allan Knight (8388)
16	Gift Certificate	Kirk Auto Parts	\$ 10.00	Cpl Picard (8868)
17	1/18th scale Dodge Ram 2500 Model	Simpson & Dohm Chrysler Plymouth	\$ 15.00	MWO Corbin (8861)
18	1 year CRA Weight Room Gift Certificate	Courtney Rec - Lewis Center	\$ 100.00	MCpl Lantaigne (8724)
19	Sleeve of golf balls	Central Builders	\$ 10.00	Debbie Francis (8066)
20	Gift Certificate	Canadian 2 for 1 pizza	\$ 20.00	Steve Chanberlin (8547)
21	Bicycle helmet	Simon's Cycles	\$ 40.00	Jeff Clairmont (8636)
22	Gift Certificate (2 videos)	Videos 'n More	\$ 8.00	Dale Perry (897-0027)
23	Spring bicycle tune-up	Black's Cycle	\$ 25.00	Pierre Picard (8437)
24	Golf Glove	Zellars Store	\$ 12.00	Mike Descarie (8428)
25	Gift Certificate (round of golf)	Glacier Greens Golf Course	\$ 20.00	Joan Naugler (8564)
26	Golf Umbrella	Central Builders	\$ 25.00	Noela Harvey (338-7348)
27	Gift Certificate	Panagopoulos Pizza	\$ 10.00	Montyearle (8309)
28	Peetz Model 1500 - Trolling reel	A.J. Forsyth & Co (Cambell River)	\$ 50.00	Glenn Jones (8285)
29	80 Piece Electrical Strip/Crimp Kit	Auto Electric Ltd	\$ 10.00	MS Neville (8578)
30	Gift Certificate	Kirk Auto Parts	\$ 10.00	Shirley Plante (8590)
31	Gift Certificates	Subway Restaurant	\$ 10.00	Rachel/Susan Williams (8829)
32	Gift Certificates	Subway Restaurant	\$ 10.00	Mark Adams (8360)
33	Baseball Cap	Westburne Electrical	\$ 5.00	Jeff Tizzard (8319/8260)
34	Set of Four Beer Mugs	Royal Bank, Comox	\$ 20.00	Glen Deann (8640)
35	Gift Certificate	Kirk Auto Parts	\$ 10.00	Vey (8565)
36	Gift Certificate	Panagopoulos Pizza	\$ 10.00	Lillian Blakeley (8590)
37	Compost Aerator	C & N Rentals	\$ 25.00	Chris Cormack (703-0460)
38	3x Gift Certificates	Burger King	\$ 40.00	Bruce Web (8969)
39	Camping Multi-Tool	Zellars Store	\$ 20.00	Randy Bedford (8-
40	Gift Certificate (10 childrens videos)	Select Video (Comox)	\$ 20.00	Sgt Deninger (8868)
41	Gift Certificate	Boston Pizza	\$ 25.00	Mr Mike Power (8637)
42	Fireplace Tool Set	Comox Fireplace & Patio	\$ 15.00	Rickl Casselman (8505)
43	Gift Certificate	Canadian 2 for 1 pizza	\$ 20.00	MWO Marseille (8450)
44	Emergency Spot Lamp	Central Builders	\$ 35.00	J.P. LaFleur (384-4269)
45	Gift Certificate	Panagopoulos Pizza	\$ 10.00	B. Martin (8538)
46	Multi Stubby Screw Driver	Hartman Auto Supply Ltd	\$ 5.00	Shelly Nicholas (8590)
47	Gift certificate - Free Oil Change & Lube	Garf Baxandall Ford Mercury	\$ 15.00	Rick Belavance (8097)
48	Gift Certificates	Subway Restaurant	\$ 10.00	Carla Calmos (890-0672)
49	Baseball Cap	Westburne Electrical	\$ 5.00	Matt Mailloux (8359)
50	Golf Towel	Royal Bank, Comox	\$ 10.00	Owen Reese (8834)
51	Gift Certificate	Nicky's Restaurant	\$ 10.00	Janet Jenkins (8776)
52	25 Piece Precision Tool Kit	Hartman Auto Supply Ltd	\$ 25.00	Kim Fournier (8607)
53	Free film processing	Colour King Photo	\$ 5.00	MacMillan (8417)
54	Wood Chisel set	Mission Hill Builders' supply	\$ 15.00	Stephan Canturier (8924)
55	3x Gift Certificates	Burger King	\$ 40.00	Michelle McKenzie (8399)
56	Compost Aerator	C & N Rentals	\$ 25.00	MCpl Nishart (8285)
57	Gift Certificate	Panagopoulos Pizza	\$ 10.00	Heather Oliver (339-4427)
58	Professional Lever Action Grease Gun	Shields Industrial Services	\$ 20.00	Ed Bradshaw (8413)
59	Bicycle Helmet	Black's Cycle	\$ 35.00	Capt. Malainey (8747)
60	Gift Certificates	Subway Restaurant	\$ 10.00	Brian Swainsbury (8371)
61	T-Shirt	Westburne Electrical	\$ 5.00	Sofie Williamson (8319)
62	Gift Certificates	Subway Restaurant	\$ 10.00	Meier (8487)
63	Garden Clav	Rental All Equipment Center	\$ 15.00	Chuck Brown (339-4126)
64	Bushnell Binoculars	Cpl Bellerose	\$ 50.00	Glenda Tizzard (339-1667)
65	3 x trash/pet food canisters	Woofies Pet foods	\$ 15.00	Allen Angot (8590)
66	Gift Certificate (2 videos)	Videos 'n More	\$ 8.00	Avril (8590)
67	Bicycle helmet	Black's Cycle	\$ 35.00	Lena Calioyk (8590)
68	Gift Certificate (round of golf)	Glacier Greens Golf Course	\$ 25.00	Jason Nurse (8662)
69	Leather Note Case	Scotia Bank, Comox	\$ 10.00	Sue Shanks (339-1192)
70	Gift Certificate	Panagopoulos Pizza	\$ 10.00	Ruth Kazimer (8417)
71	Can Safe	Pete's Lock Shop	\$ 25.00	Mike Konschak (Ce) (8453)
72	Gift Certificate	Kirk Auto Parts	\$ 10.00	Perley Hanson (8234)
73	Gift Certificates	Subway Restaurant	\$ 10.00	LCol Hache (8226)
74	T-Shirt	Westburne Electrical	\$ 5.00	Steve Neville (8640)
75	Set of Four Glasses	Inland Kenworth Ltd	\$ 5.00	Saunders (8417)
76	Gift Certificate	Panagopoulos Pizza	\$ 10.00	Jane Cross (8319)
77	Gift Certificate (round of golf)	Glacier Greens Golf Course	\$ 20.00	Cpl McQueen (8815)
78	Gift Certificate (10 childrens videos)	Select Video (Comox)	\$ 20.00	Jim Rossell (8284)
79	Load bark mulch / 30 min bobcat time	Comox Valley Bobcat Svc	\$ 25.00	Capt Krayden
80	2 x pictures (framed)	Framing & Arts Store	\$ 150.00	Scott Middleton (8770)
81	Leather Note Case	Scotia Bank, Comox	\$ 10.00	Linda Martin (8590)
82	Gift Certificate	Panagopoulos Pizza	\$ 10.00	Mrs. Hache (8226)
83	9 Piece Wrench Set	Allied Tools	\$ 20.00	B Martin (8538)
84	Gift Certificate	Kirk Auto Parts	\$ 10.00	Scotts (8657)
85	CF-18 Model Aircraft	Rick's Music & Stereo Mart Ltd	\$ 25.00	Capt Richter
86	Baseball Cap	Westburne Electrical	\$ 5.00	Line Plante (8347)
87	Sanyo AM/FM Radio & Cassette Player	Madman Mackay	\$ 40.00	Sgt Helpard (8461)
88	Sleeve of golf balls	Central Builders	\$ 10.00	Eric Travis (8484)
89	2 large coffee mugs	Tim Horten's Donuts	\$ 10.00	Pat Belanger (8532)
90	Gift Certificate (2 videos)	Videos 'n More	\$ 8.00	Ann Tomlinson (8590)
91	18 hole round of golf	Comox Golf Club	\$ 25.00	Linda Jansen (8396)
92	Bicycle Lock	Zellars Store	\$ 20.00	MWO Donovan (6895)
93	Gift Certificate (round of golf)	Glacier Greens Golf Course	\$ 20.00	Sid Robinson (8590)
94	Fire Extinguisher	Northern Ropes & Industrial Supply	\$ 20.00	Susan Mainville (8857)
95	Gift Certificate	Panagopoulos Pizza	\$ 10.00	Terry Leversedge (8202)
96	Gift Certificate - Wheel Alignment	Reliable Auto Body Ltd	\$ 25.00	Cody Kazimar (8417)
97	Day Hiking Pack	Mountain Meadows Sports	\$ 15.00	CPL Bellfontaine (8349)
98	Gift Certificates	Subway Restaurant	\$ 10.00	Celine Robitaille (4-9264)
99	Baseball Cap	Tim Horten's Donuts	\$ 3.00	Mr Prowse (8880)
100	Coffee Mug	Tim Horten's Donuts	\$ 3.00	Mwo Baye M. (8282/8218)
101	Gift Certificate	Panagopoulos Pizza	\$ 10.00	Maj. Ed Wendlandt (8216)
102	3x Gift Certificates	Burger King	\$ 40.00	Mike MacEdwards (8565)
103	Baseball cap	Timberland Helicopters	\$ 5.00	Linda Gates (8517)
104	Gift Certificate (2 videos)	Select Video (Comox)	\$ 9.00	Rick Clark (8704)
105	3x Gift Certificates	Burger King	\$ 40.00	Mcpl Ogilvie (8837)
106	Multi-media Storage/Organizer	ALLSOP	\$15.00	Williamson Boyd. (8285)



Congrats  
to all  
winners  
and  
many,  
many  
thanks  
to all  
of our  
generous  
sponsors



See you next year,  
Frosty!