

TOTEMTM TIMES

19 Wing CFB Comox

VOL 40 NO 5

THURSDAY 12 MARCH, 1998

COST: FREE

The Comox Valley's Oldest Newspaper



Media interview guide- lines

page 15

Happy St. Patrick's Day



All about C.E.

page 8 & 9

Nothing to hide new openness in DND Public Affairs



by Capt David Krayden,
WPaffo

Effective 1 March 98, there is a new communications policy within the Department of National Defence and Canadian Forces. As implied by the scope of this initiative, this new policy affects both military personnel and civilians. Though there is lit-

tle in the policy that is startling or new, it does represent the first time that public affairs policy has been given the status of administrative policy - something beyond mere SOPs or practice via experience.

This step illustrates a recognition by senior policy planners that public affairs activities have to be a priority within military planning and that our own personnel must be allowed to speak freely about the excellent work that they do. We cannot continue to do our good works in secret.

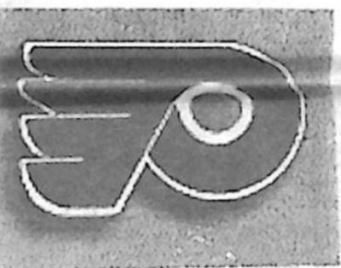
In response to public and media criticism of CDS Order 120, which coordinated all DND communications through the office of the CDS (and was widely interpreted as being a "gag order") Director General Public Affairs (DGPA) was tasked by the CDS with promulgating a new communications policy and then codifying that policy within the newly established DND Administrative Orders. In its simplest form, the policy drastically decentralizes media relations and allows public affairs officers to release informa-

tion with a minimum of higher headquarter approval. It also allows all CF personnel and DND employees to talk to the media - about their jobs. The highlights of this new policy are the following:

Openness and Transparency

The policy states: "CF members and DND employees should make every effort to be as open and transparent as possible within the law."

Continued on page 15...



Flyers clinch first

see page 10



1997/98 19 Wing Comox Flyers Hockey Club

Sitting (L-R): Coach Brian Swainsbury, Jeff Warden, Vince Lagace, Mark Glowach, Wayne Simpson, Paul "Spud" MacMillan, Tim Mamy, Jeff Clairmont, A/Coach Mike Anderson.

Standing (L-R): Gregg Carr, Dan Gagnon, Phil Kachanowski, Rob Dumonceau, Dan Alward, Dan Janelle, John Clairmont, Bill Johnson, Mark Prinzing, Scott Snow, Kelly McLaughlin, Travis Wert.

Missing from photo: Mike Jameson, Andy McCann, Jake Gallant.

(Photo by WIS)

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Legion Log

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

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:

MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
DANCE.....every Friday night, 8:00 pm

13 March ... Alleycats
20 March ... Norm's Combo
27 March ... Eldorado

SATURDAY NIGHT DANCES:

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

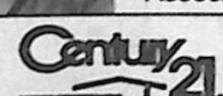
BBQ LUNCH SPECIALS.....every Weds & Fri 11:30 am-1:30 pm

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Francophone Association activities

Spectacle d'Angèle Arsenault: le vendredi 13 mars prochain à 20:00 hres au "Old Church Theatre," 755 ave Harmston, Courtenay.

Angèle Arsenault Show: Fri 13 March, 8:00 pm at Old Church Theatre, 755 Harmston Avenue, Courtenay. Who hasn't heard about Angèle Arsenault, renowned singer/songwriter from PEI? Since 1970 she has delighted the francophone public across Canada and Europe with her catchy tunes and very funny lines. In 1977, she was awarded a "Felix" - confirmation of her great talent.

Clinique d'autodéfense pour femmes seulement: le samedi 14 et/ou 15 mars prochain au local de l'Association francophone.

Self Defense Workshop for Women only: Sat 14 March and/or Sun 15 March at Franco-phonie office.

Cabane à Sucre: le samedi 21 mars prochain au Courtenay Fish & Game Club, 2201 Robert Lang Drive, Courtenay.

Maple Syrup Sugar Shack Brunch: Sat 21 March at Courtenay Fish and Game Club.

Semaine Nationale de la Francophonie: du 16 au 21 mars à l'Association.

French Cultural Week: March 16-21 at Francophone office.

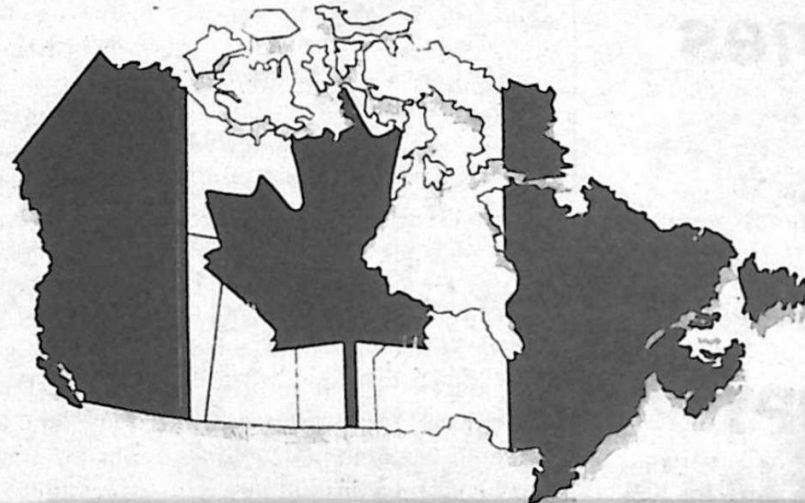
Soirée Culturelle: Dans le cadre de la Semaine de la Francophonie, l'Association francophone est à la recherche de musiciens, tels que accordéonistes, guitaristes, chanteurs, pianistes, etc. pour la soirée

culturelle qui aura lieu le 19 mars, à 19H00, à l'Association. Quel que soit votre talent musical, nous aimerions vous entendre. Si vous désirez y participer, communiquez au 334-8884, entre 12:00 et 16:00, ou composez le 338-2193 après 17H00.

Cultural Evening: as part of the French Cultural Week, we are seeking performers such as accordionists, guitarists, singers, pianists, etc., for the upcoming cultural evening on 19 March at 7:00 pm. If you wish to participate, please phone 334-8884 from 12:00 - 4:30 pm or 338-2193 after 5:00 pm.

Pour de plus amples renseignements/billets: 334-8884.

For more info/tickets: 334-8884.



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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: CFPAF, 245 Cooper Street, Ottawa, Ontario, K2P 0G2.

Translating military experience to civvie street

by Pat Allan,
CFCCN Co-ordinator

Mark Titterton is a coordinator with the Canadian Forces Community College Network in Ontario. He sent along this note.

"A while ago, I was asked for assistance from not a member of the military community, not a student or potential student, but an employer. He needed information about how to relate military training, taken by a retiring member who had applied for a job with his company, to other candidates who have completed college or university programs. We spent some 45 minutes discussing the merits of military training. Since I spend much of my time dealing with both colleges and military members, I was able to shed considerable light on the value of trade training.

"This incident showed me two important things. First, the applicant was not doing a very good job of explaining and representing his training. Focusing on this will be an important part of his job search. It is always difficult to compare studies undertaken as part of your job to the more formal and documented courses from education institutions. It does seem that this candidate was

able to make enough of an impression that the employer found it worth the effort to try to find someone to help with the comparison.

"The second thing the incident shows is that civilian employers still try to measure candidates for jobs in terms that compare them to college or university graduates. How much easier it would have been if this job seeker had completed a college program. His military training and experience could then be used to supplement and reinforce the education that the employer would already recognize. Half of the concerns of the employer would have been eliminated."

Does your future hold the prospect of being in this situation? Remember that completing a college program could give you an advantage over your competition when it comes time to seek a job. Waiting until just before you get out puts considerable pressure on you to complete something in short order. This can lead to bad program choices, lost time and money and an unhappy student. Making this investment now can only pay dividends down the line.

To get started on your successful future right now, we have a couple of possibilities. For those interested in supervisory and management positions, the 6-subject Management Development Program will continue with Communications on March 27-29. We will cover it all, including speaking, listening, presenting, reading and writing. It is an intense weekend with role plays, exercises and lots of discussion. We pick up new students at every course so, if you're interested, leap right in! Registration deadline is March 20 through the CFCCN coordinator.

We are also offering a Computer Basics course for people who have very limited experience with computers. This is a special course for CFCCN members, at North Island College. The course will run nine Sunday afternoons from March 22 until June 7, with no classes on the long weekends. Registration deadline is March 13, but class size is limited to 109, so don't delay. Register at North Island College.

Military members, civilian and NPF employees, and family members are all members of CFCCN. To discuss your plans for college or to register, call the CFCCN Coordinator at local 8889.

Continuing Education liaison visit

On 2 April, Mr. Kenn Doerksen, Coordinator of the Canadian Forces University Program at the University of Manitoba, will visit 19 Wing to provide information on the program. Mr. Doerksen will deliver a general briefing and will then 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:

1000-1100 hrs General Briefing.
1100-1500 hrs Interviews as required.

Presentations and counselling are open to CF personnel and their families, retired members, and DND civilian employees. Those interested in attending a briefing, or desiring an interview with Mr. Doerksen, are requested to contact the WPSO assistant at 339-8293. Interview times will be assigned on a first come, first served basis.

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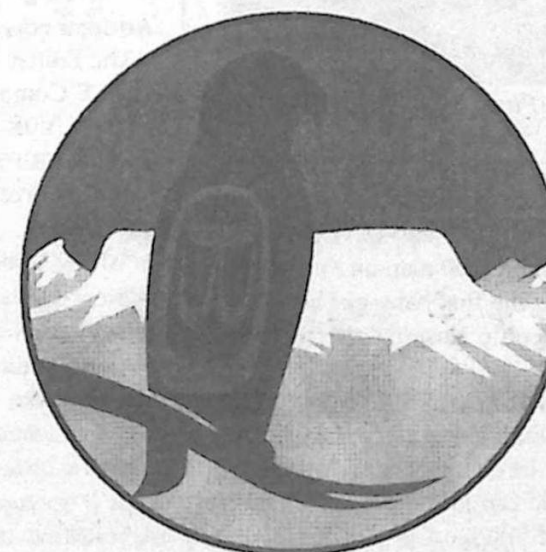
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Bad money

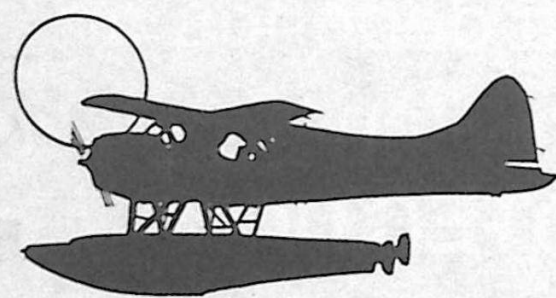
Recently, I've been hearing a lot about bad money (in my other life). It seems to be defined as money spent in the quick fix of a problem but does little good, or even damage in the long term.

I've also recently heard of the proposal to pay the younger or more employable pilots a substantial sum of money to sign on for a mandatory period of service. The anticipated sign-on rate is expected to be in the 85 per cent category. I don't think so.

In my limited experience it has always been family and location of posting that have been substantial factors in the retention rate of pilots. If a young and employable pilot is looking at going to the airlines, then let him or her go. There isn't enough money available to entice them to do otherwise. They are looking at the location, security of job type (I mean flying), and the prestige that goes with it. Spouses also have careers these days and relocation has a devastating effect if it is not planned for. Paying large sums of money to stem the flow only serves to pay off those who intended to stay anyway. And it has the unpleasant side effect of creating two classes of aircrew: the golden few and the disgruntled others.

If we are really looking at ways and means of retaining our expensively trained individuals, then look to allowing them to put down roots in a community and stay in one location for extended periods of time. Look at two streams for aircrew. One for people who wish to continue to fly and one for those who wish to be CDS. And if you insist on spending more money, then pay them to take a posting that is less than desirable and leave the others alone.

by Joel Clarkston



TIME FOR A LIFESKILLS COURSE?

WHEN:

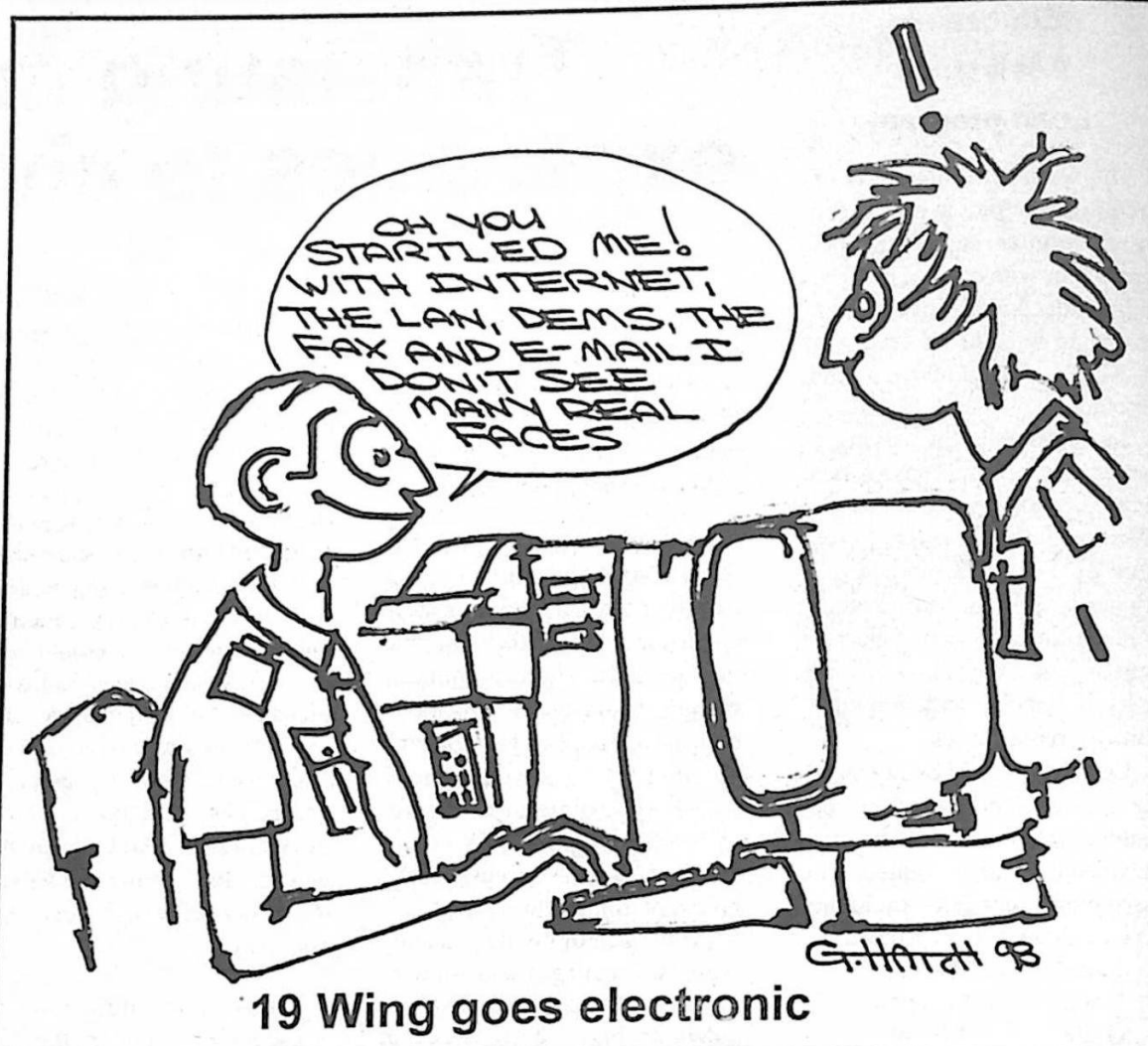
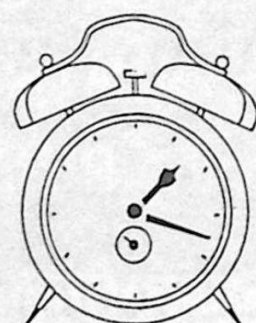
24 - 27 Mar 98

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.

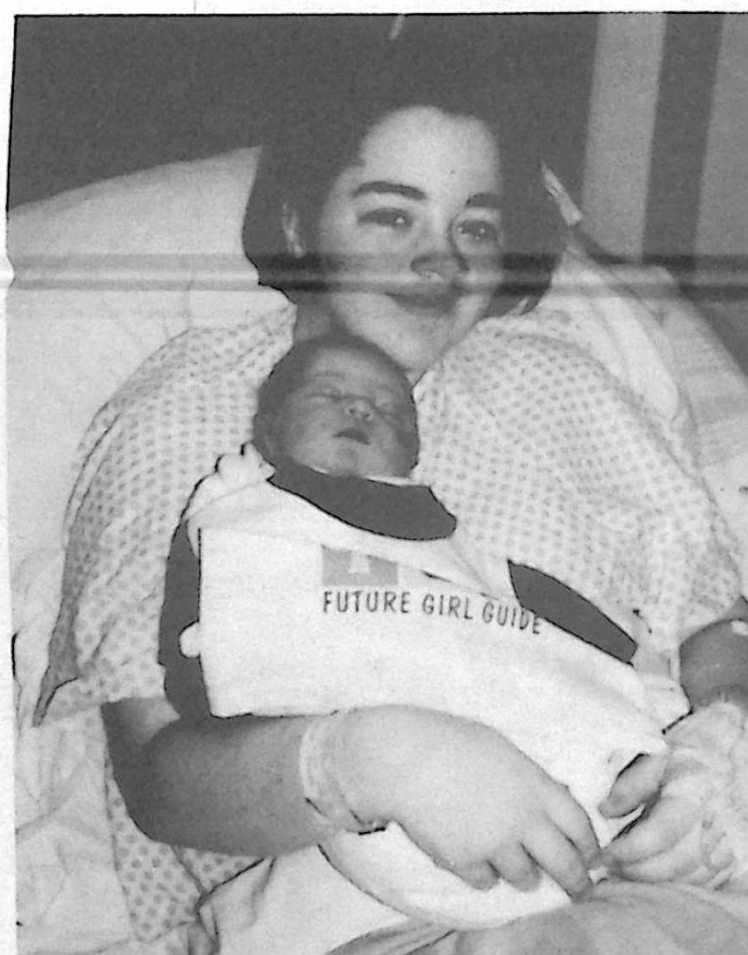
WHERE: Protestant Chapel Annex (next to Arena)

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



Future Girl Guide



(Photo by Edith Cuierrier)

Mom Jaynie Cole holds 12 hours old Mackenzie Jade, this year's Thinking Day Baby. She received a Future Girl Guide T-shirt from the Comox Valley Girl Guides.

February 22 is celebrated by millions of Girl Guides and Girl Scouts around the world as Thinking Day and is the joint birthday of Lord Baden Powell, founder of Scouting, and his wife Lady Olave Baden Powell, who

became World Chief Guide.

Mackenzie Jade, born to Jaynie Cole and Dave Pembroke around 6:00 a.m. on February 23 was the first baby girl born at St. Joseph's Hospital after February 22.

Mom Jaynie knew about Thinking Day since she was once a Girl Guide herself. Mackenzie Jade can join Sparks, the newest and youngest group in Guiding, when she turns five.

Thank you for your support

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



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

Asthma Camp gives room to breathe

The BC Lung Association is accepting applications now for its 1998 summer asthma camp which, because of limited space, is usually completely booked.

The residential camp at Hatzic Lake near Mission runs August 8-11 for children aged 7-10 years and August 12-15 for children aged 11-13 years.

Campers enjoy activities like swimming, canoeing and hiking while learning to manage their asthma. Besides 24-hour medical supervision, campers are assured of attention to their dietary, emotional and physical needs.

"About 10% of children in B.C. suffer from asthma, a disease that causes shortness of breath, wheezing and coughing. These kids often feel left out and different when their breathing prob-

lems keep them from taking part in activities but our asthma camp gives them a chance to have a normal summer camp experience with other children who share their condition," says Kelly Ablog-Morant, BC Lung association's director of Health Education and Program Services.

For asthma camp registration forms, call Ablog-Morant at 731-5864, or outside the Lower Mainland at 1-800-665-5864.

Camp fee is \$125 per child and limited financial assistance is available. Major sponsors include: Astra Pharmaceuticals, Hoehringer Ingelheim, CKNW Orphans Fund, Merck Frosst Canada Inc., Sunrise Medical/DeVilbiss, 3M, and The Vancouver Sun Children's Fund.

Masters Basketball starts playoffs

The Comox Valley Masters Basketball League started its playoff round on 1 March. The first game between the second place Black Fin Fossils and the third place Realty World Relics was a seesaw battle throughout. At the half, the Relics were up by 10 but let that lead slowly slip by them and, in the end, lost by 8. Final score: 51-43.

The second game was between the first place Hi-Tech Senil Sonics and the fourth place Griffin Pub Dirty Ole Griffins. At the half, the game was close - the Sonics were up by two but with ten unanswered points in the second half it was hard for the Griffins to catch up. The final was 65-49 for the Sonics.

Next scheduled games on 15 March: Black Fin vs Realty World at 10 a.m. and Hi-Tech vs Griffins at 11 a.m.



No Sno Fest Family Skate

Approximately 120 people came to participate in the Family Skate held on 19 Feb. Everyone, including "Frosty," had a great time and enjoyed the hot chocolate.

Thanks to Maxine from the arena canteen and a special thanks to all the volunteers who came out to help: Jane Bekus, Terry Newell, Kathy Fancy-Bertin, Stephen Nicholls, Liz Bech, Cheryl Morrow, Leo Phillips and Janina Nicholls.

C-V Camera Club Pictorial Presentation 7-10 pm, 28 March

Interested in camera, the photographic arts, or maybe you just enjoy looking at other people's photos?

The Comox Valley Camera Club will be presenting their First Annual Members' Pictorial Presentation at the Native Sons Hall in Courtenay on Saturday, 28 March.

Photographs by CVCC members will range from thoughtful studies in light, texture and shadow in landscapes, close-ups and por-

traits, to candid point and shoot snapshots that stop action and freeze small moments in time.

The presentation will feature black and white, as well as colour photographic prints and will also include a two-part slide show, with intermission. Doors open at 6:30 p.m. Admission will be by donation, refreshments available. Everyone welcome.

For further info about the presentation or CVCC membership, call Lin at 339-1724 or Joyce at 338-8498.

NEXT DEADLINES Advertising - 25 Mar. Articles - 27 Mar, NOON



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Smoke Detector saves Comox man

by Smokey

A smoke detector is credited with saving the life of a young Comox man recently.

Greg Harrison was asleep in his bedroom on the lower floor of his family's home, located on Rocky Heights Road. He was awakened by the sound of the smoke detector at approximately 4:45 a.m. He immediately left his bedroom and found fire in the ceiling in the family room and very heavy smoke conditions on the upper floor. Greg quickly grabbed the cordless telephone, left the home and called 911.

The Comox Fire Department arrived within minutes, responding with two pumper trucks and 14 firefighters. The fire was located in the upper floor and attic of the home and was quickly extinguished.

Smokey recommends that you inspect and clean your smoke detector. The PMQ occupant is responsible for ensuring that the smoke detector is in working order. Test it every month and vacuum it at least every six months to keep it free of dust. This can be done by opening the cover and gently vacuuming out the interior of the alarm chamber. The cover can usually be wiped clean with a damp cloth.

Remember:
**SMOKE DETECTORS
SAVE LIVES!**

The Fighting 414th rides again!



by Lt "Squish" Umrysh

Who-ho-ho! This past month has been a frantic one for all of us here at 414. Planning to conquer the world, and making sure that those plans are running smoothly takes a lot of time and effort. You, my passive and yet captive audience, are going to be regaled with tales of it all.

First, the entire squadron would like to pass along a big "congratulations" to MCpl Ken O'Hara and his wife on the birth of their baby boy. Connor O'Hara was born on 1 March at 5:34 p.m. at St. Joseph's Hospital in Comox.

Alright, back to the riveting stories of 414's accomplishments this past while. The Fighting 414th travelled down to San Diego to ensure that we still reign supreme over the coastal skies of California. After pounding on the American Navy, the Canadian Navy, and anyone else who made eye contact with us, the squadron

started working their way back home to Comox. During our two week venture we saw it all; rain, mud slides, Scrappy on a surfboard, and some of the finer places of California. We operated out of MCAS Miramar, Vandenberg AFB (where both Scrappy and myself attempted to surf, but mostly wound up eating saltwater), McClellan AFB, and finally NAS Lemoore. It was a busy trip but, unfortunately, a trip much hampered by weather.

Speaking of weather, it has definitely not been hampering the Fighting 414th's work since we returned to Comox. As you may have read in the local papers, 414 Sqn has been working extensively with the hornets from Cold Lake for the past couple of weeks. Actually, it was not so much working with, as it was beating upon. Yeah, that's it. We rained destruction and hurt down upon 416 Sqn until they decided to pack up and head back to Cold

Lake. No one is entitled to edge in on our turf when we are taking over the globe. NO ONE!

We have decided to continue our global conquering frenzy by expanding into Europe. We are sending our trusted 414 agent Capt Carey "Bad Guy" Wortman to England to let Europe know that we will soon be there. Carey is leaving us here at Comox to Master's degree in Engineering. We all know that he is really going over there for some serious James Bond training in order to better help us take over the planet, but his cover story definitely sounds like fun.

Again, my column is over too soon and I must leave you. Tune in next time for an exciting update of the Fighting 414th's conquests. Once again, a bit of closing philosophy: *Nothing in life that is worthwhile is easy to attain.*

Totis Viribus - With All Our Might.

O Canada

O Canada!

Our home and native land!

True patriot love in all thy sons command.

With glowing hearts we see thee rise,

The True North strong and free!

From far and wide, O Canada,

We stand on guard for thee.

God keep our land glorious and free!

O Canada, we stand on guard for thee.

O Canada, we stand on guard for thee.

NC

Shave for sight



On 4 March, Cpl Tom Crispin of the 19 Wing Military Police, on behalf of the Military Police Fund for Blind Children, accepted the proceeds from the No Sno Fest beard contest from Mr. Larry Cooper of the Canex Barber Shop. Mr. Cooper volunteered his time to shave off the beards of the contestants after the judging. He kindly donated the proceeds to help blind children in the Comox Valley area.

(Photo by Cpl Desrochers, WIS)

New CANEX services

Are you planning to lease a new car, take a trip, or buy a new television? Want to save hundreds, maybe thousands, of dollars? If so, CANEX has a deal for you!

Beginning April 1, CANEX will be introducing two new services as part of its Advantage Program: the CANEX Auto Club and the CANEX Travel program. Look for a third new service, Advantage Pricing on Grocery Necessities, to be launched on April 29. These services will be available to CF members and their families as well as civilian employees of National Defence.

"When people think of CANEX they think of stores," says Bob Brunet, national manager of program development for CANEX. "The don't know about our other services. We are trying very hard to give the troops programs which will improve their quality of life."

CANEX Auto Club

This new service could mean significant savings for those planning to buy or lease a new vehicle of any make or model, foreign or domestic. All you have to do is call 1-888-411-0131 where trained representatives will take down information on what kind of vehicle you want, whether you

have a trade, and whether you want no-down-payment leasing. They will then arrange to find you that vehicle at the lowest possible price anywhere in Canada and ship it to your location.

"The potential for savings is incredible," says Brunet. "John Q. Public would never have access to this type of deal."

CANEX

Travel Program

Under this service, CANEX has teamed up with Thomas Cook Travel to bring you the best possible deals for your getaway vacation. You will be able to save up to 5% off the published rate of any travel package offered by Thomas

Cook preferred suppliers, such as Signature Vacations, World of Vacations and Holiday House.

As an added advantage, you will also be guaranteed to get the lowest published price available at the time of booking any Thomas Cook getaway vacation.

For more information, call Thomas Cook Direct at 1-888-823-4732, let them know you're a CANEX Advantage shopper and ask their agent for all the details.

Advantage Pricing on Grocery Necessities

Under this program, CANEX

will ensure that the lowest local price on a selection of grocery items is always available at CANEX Supermarkets, Super-Marts, ExpressMarts and Combination Stores. These items include staples such as milk, bread, butter, eggs, sugar and others.

Other CANEX programs, such as the Home and Auto Insurance Program, the Home Oil Heating Program, the Guaranteed Lowest Price on Retail Products and the No Interest Credit Plan are still in effect. These programs provide additional cost savings benefits to CF members and DND employees. For more information on any of these programs, contact your local CANEX STORE.

This year CANEX celebrates 30 years of service during which it has contributed over \$100 million to the military community. All profits generated by CANEX are returned to the community, either directly to the base where the profit was generated or through personnel support programs by the Canadian Forces Central Fund.

"Launching these new services is our way to say thank you for the continued support of the military community," says Brunet.

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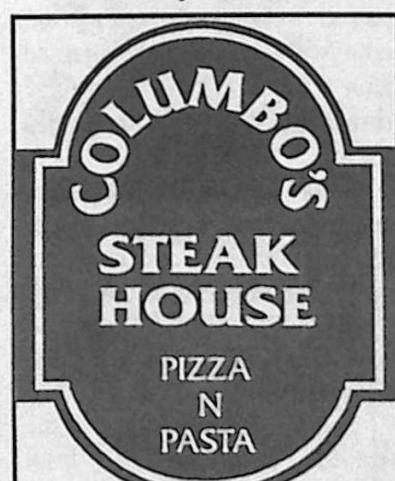
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Position	Name	Location	Phone
W Fin Counsellor	Capt John Lalonde	WHQ/WCompt	8464
Deputy W Fin C	Lt Denise Meilleur	414 Sqn PAdmO	8215
Unit Fin Counsellor	Capt Dean King	WOPs/ATC	8421
Unit Fin Counsellor	Lt (N) Duncan Green	442 Sqn PAdmO	8742
UFC (in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

A,B,C,D,E... Alphabet but also vitamins!

by Capt Caroline Chartier,
Nutritionist Dtp.

Some people believe that if they take self-prescribed vitamin supplements their cold or fatigue will be cured. The only problem is that miracle food supplements, vitamins (poly or multi), minerals and others do not always have the virtues we give them.

Our bodies require vitamins and minerals to function properly. Most of us meet our daily requirement through our diet, in which case supplementation is superficial. In general, food items found on the Canadian market enables us to prepare adequate meals. A variety of food items taken from the *Canadian Food Guide to Healthy Eating* can assist you in making those healthy choices. That is not to say that supplementing is always unnecessary. Certain conditions, such as pregnancy, absorption problems or other conditions may justify supplementation. But, on the

other hand, mega-doses of vitamins A, D and K are known to be toxic. The market offers you a wide and confusing range of supplements. If you believe that you require supplementation, you should seek assistance from your doctor who will be able to identify if any deficiencies are present and will propose suitable solutions.

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(Third in a series of CE team leaders, their staff and services)

"When your staff is down to the bare minimum, each employee plays a key role. That is certainly the case here."

"Here" is CE's Procurement Section, of which WO Andre LeCavalier, the team leader, is justifiably proud. "Once staffed by ten, we're now three. Indeterminate, three Terms, and myself. The entire team is efficient and well schooled, so the need to supervise is minimal."

Another need is paramount - the need to save, in money, labour and space. "We must make do with the folks we have. We must free shelf space as much as possi-

ble. And we must cut cost both for our team and the Base as a whole."

The latter is accomplished by paying attention to detail. "By ensuring recycling, and educating everyone on Base as to its importance, we'll save big bucks. Right now the Wing is saving about \$20,000 annually. Another example is that instead of quickly contracting, we may be able to juggle what we have. Peter Cartwright, my contract inspector, has saved by knowing the location of the least-used Port-a-potties. We don't contract for an additional five or ten toilets, but will reposition those we have."

"Space is saved by using 'Just in Time Deliver.' Except for supplies for routine maintenance, we now buy only as required. On projects, that means ordering just ahead, often picking up the material ourselves."

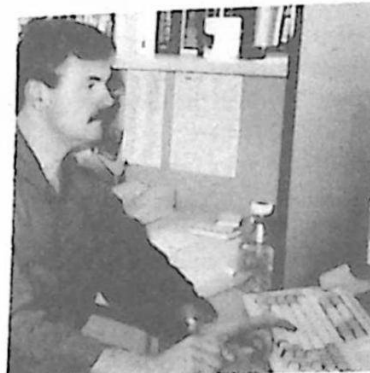
"And as for labour - well, we used to have a counter, and our people would do both the paperwork and the fetching. Now the Trade teams do that themselves,

on trust, one I haven't seen abused yet. There's no waste of time."

Born in Montreal, WO LeCavalier enjoys playing hockey and collecting sports cards. But mostly he enjoys his family (wife Denise works at WSup). For this reason the greatest contrast he, himself the father of two, found while serving in Bosnia - the children. "There they were, no shoes, begging for food - how could it not affect you? It may be the most vivid impression I'm left with of that country."

A country in which he was not even supposed to be. "The group I was with ended up in Visoko (Sarajevo). While I was doing some work in Srebrenica, Visoko came under attack. My wife, growing concerned and not knowing my whereabouts, contacted my sponsor who contacted Ottawa. That's how she learned I wasn't supposed to be in Bosnia at all. I had been sent by mistake! Well, being there, I decided to stay the tour out."

Not the only tour of duty in WO LeCavalier's military career.



CE Team Leader
WO LeCavalier
Procurement Team

CE Procurement Team Services

- Holberg Road Maintenance Contract
- Port-a-Potties Rental
- Cleaning Hoods/Canopies
- Window Cleaning at the Tower
- Pest Control
- Garbage Contract
- Contract Administration
- Purchasing & Warehousing of CE-type materials

CE Procurement Team

Team Leader
WO Andre LeCavalier
Buyer, STS Supr
Wally Berger
Contract Inspector
Peter Cartwright
Contract Clerk
Shirley Evans
Storepersons
Judy Brown
Andy Clark
Carol McKee

Golan in '82, '90 and '97, Alert in '85.

"It's alright, but mainly, perhaps, because it feels so great to be home again. Duty calls, but so does the family. Something most soldiers know all about."

While it lasts, WO LeCavalier takes delight in performing a duty he enjoys close to a family he loves.

"It was those children," he says. They make you count your blessings."

AEF Change of Command

On 26 February a Change of Command parade was held for CE's 191 Airfield Engineer Flight (AEF). Out-going AEF Commander, Capt Jon Burbee, passed the Flight over to Lt Mike Hogan, former CE Facilities Development Officer.

At the Change of Command parade, held in Bldg 82 and witnessed by a number of WCE employees, WCEO Maj Wayne Gauthier praised the high standards of professionalism and efficiency reached by 191 AEF during the tenure of Capt Burbee. Since its stand-up two years ago, the Flight has deployed to Manitoba for flood relief, to Selfridge on an Air National Guard Base, carried out contingency training in Florida and, of course, made daily contributions to projects and maintenance around 19 Wing.

Wing.

Capt Jon Burbee is moving onto greener and more verdant fields - he is currently neck deep in his hand-over of CE Operations with out-going CE Ops O, Capt Chris McCarthy.

As CE Facility Development Officer, Lt Hogan completed the 1997 update to 19 Wing's Master Infrastructure Development Plan, was instrumental in the Energy Management Action Committee, and worked on long range planning items such as the new control tower and magazine complex. Along with 191 AEF command, the young lieutenant has also acquired Defence Construction Canadian (DCC) Liaison duties which will occupy some of his time as new construction continues around the Wing.



(L-R): Capt Burbee, WCEO Maj Gauthier and Lt Hogan. Extreme right: WCEO signs Change of Command document.

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Powerless

by finn

A malfunctioning transformer transformed the Base from a translucent beehive into an energy-sapped, darkened question mark. What happened? When will the power be back on?

Sequence of events went something like this, unbelievable as it may sound:

Simultaneously, the fire alarm went off at the Fire Hall and a phone rang in the office of CE Electrical shop - Transformer by Bldg 23 on fire! The shop's first priority became shutting off the power to the transformer. However, while attempting to isolate the transformer, a bushing at Bldg 24 broke causing the attempt to be aborted. Instead, electricians hurried to the main substation and "killed" the complete loop that fed the area, throwing most of the Base off its daily routine.

Additionally, while electricians were thus occupied, the B23 transformer "flashed over" (emitting a sudden, blindingly bright burst of light), causing an eye injury to firefighter Cpl Gary Prior, who was subsequently released after treatment. The "flashing" resulted in blown fuses at the substation.

After isolating the damaged areas, power was restored to part of the Base after one hour, but many buildings - among them CFSSAR School, AEF and several barrack blocks - stayed powerless till 17:45 hrs.

There was some irony in the fact that power had already been scheduled to be off part of the day while contractors completed some work.

Cause of it all? Investigation revealed that a high voltage load break elbow developed a high resistance fault, causing the cable to heat up. This heat produced carbon which started a chain reaction, resulting in a flash of current from



CE Electrical Team Leader Ian Cameron conferring with firefighter. In background, WLogO LCol Leversedge. In right foreground, CE electrician Terry Egeli.

air to ground - basically, a bolt of lightning!

Team Leader Ian Cameron reports, "By 14:00 hrs I was able to tell WCEO Maj Gauthier that we had the part in hand - having scavenged it from another transformer. Incidentally, in the last month we have had three emergencies - the Holberg power line, Hangar 7 sub-station, and now this one. I give credit to the team

members for their efforts and resourcefulness in each case. Though the sets of circumstances were quite different, power was restored in minimal time."

"Initially, when I saw the mess inside Transformer #23, my first utterance was - Uh Oh, we won't be heroes on this one! Well, the guys proved me wrong and I'm proud of them. They've earned a well-deserved Thank You!"



Cpl Darren Datchko, WFC, shows where fire and arc occurred in Transformer #23.

Popular computer program



For Construction Engineering, end of fiscal year this time around means also a major change in its mainstay computer program. To deliver a hands-on briefing to system managers as well as team leaders, a small contingent from 1st Canadian Air Division HQ in Winnipeg spent the better part of a week installing, instructing and demonstrating various aspect of the new system, Air Force Engineering and Management System (AFEMS).

WO Marcel Bergeron, who has been working on the program since summer '97, has found the new program well received wherever it has been introduced. "It is

a very user-friendly program," says WO Bergeron. "But, of course, I depend on users to keep it so by informing of desired changes as implementation takes place."

The system's popularity has already resulted in a name change in the not too distant future when it becomes nationally implemented - leading from AFEMS to CFEMS.

"With national support, a link to FMAS and to the Properties Database, Aladdin, will likely occur for FY99/00," says MWO Zella Baran, CE FA Team leader. "And that's a good thing."



Participants Judy Brown and Shirley Evans of CE Procurement, and Norma Hanson of Works Control, listen intently to WO Bergeron.

MANAGEMENT DEVELOPMENT PROGRAM COURSE OFFERING

from Seneca College of Applied Arts and Technology

MDP 200 Effective Supervision: Communications

In this course we will work intensively on understanding how people communicate one-on-one and in groups, where things often go wrong, and how to remedy them. This will be an active course, so bring your energy!

Course Objectives:

- developing effective verbal and non-verbal techniques
- conducting effective interviews and meetings
- reading for understanding
- understanding group communication

WHEN? March 27-29, 1998

Friday: 1800 - 2200 hrs, Saturday and Sunday 0900 - 1700

COST: \$120 tuition, \$41.62 materials

MDP 700 Management for Results

As a manager you have to respond to a constantly changing environment, which is growing increasingly complex. This course reviews in depth the human and organizational factors which are crucial in management today.

Major Topics:

- organizational culture
- group dynamics and teamwork
- authority, responsibility and accountability
- ethics, power and influence
- integrity, human relations and personal growth

WHEN? April 17-19, 1998

Friday: 1800 - 2200 hrs, Saturday and Sunday 0900 - 1700

COST: \$120 tuition, \$38.89 course materials

Payment may be made by personal cheque, VISA or MasterCard

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NEW RATES ARE EFFECTIVE 1 MARCH 1998

A note of thanks

The loss of power, and the circumstances leading to it, became an instant challenge not only to CE's electricians but involved a number of other staff. I wish to thank the Fire Hall and express my relief that Cpl Prior is well on the mend. Also to HAZMAT's Terri Hyde for the clean drums; to Randy Steven of Electrical Design; and to those in Supply who quickly furnished us the with isopropyl alcohol, vital for cleaning bushings and cables. Thanks to Norm Maximick of Roads & Grounds for the dirty job of cleaning the burnt cubicle; to Jack Bath of Plumbing & Heating for the pump and fittings instrumental in draining the transformers; and to Blue of Plumbing & Heating for the wipe-up and rags."

Ian Cameron
Team Leader
CE Electrical



No Sno Fest Grand Prize Winner

Maj Bourget presents MCpl "Doc" Savage with the Grand Prize of the No Sno Fest - a return flight to Vancouver for two people donated by Canadian Regional. 19 Wing would like to thank Canadian Regional for its generosity. Also, the organizing committee would like to thank Townsend Hot Tub Rentals and Labatts who donated some of the prizes for the casino/auction.

(Photo by Cpl Desrochers, WIS)

NEXT DEADLINES

Advertising - 25 Mar.

Articles - 27 Mar, NOON



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a lively blend of French-
Acadian maritime music &
humour.
Tix \$18/\$12 (Reserved)

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Sizzling new
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Flyers news

Cont'd from front page

The 19 Wing "Flyers" Hockey Team front office would like to apologize for missing the last Totem Times deadline, but can ensure all you Flyer fans that this article will bring you up to snuff on what's been happening at the "Gardens."

Since the last report the Flyers have turned it up a notch. Losing a couple of tournaments and a rough start after the holidays brought the Flyers back down to earth. Coach Swains and the rest of the Flyers management made a few minor adjustments and got the team back to doing all the things which made us successful in the first half of the season.

Over the holidays the Flyers packed up and headed for the Annual Chilliwack Men's Hockey Tournament. Unfortunately, our boys did not have a good tourney, winning only one of their three games. In the month of January, the Flyers squad went into a bit of a skid in the Commercial League, losing a couple of games to the Pirates and Lizards.

The end of January served up a little of the same as 19 Wing dropped a disheartening two straight to our neighbours from CFB Esquimalt in the 1998 CF Pacific Regional Hockey Championships.

A "player's only" closed door session with Flyers' squad boss, Wayne Simpson, seemed to have cleared up any uncertainties as 19 Wing won four of their next five games. Flyers' President, Spud MacMillan, did some quick goings-inta's and found us about 10 points out of first place but with enough games left to catch the first place Lizards.

With only three regular season and two make-up games left before play-offs, the Flyers knew the road to finishing first and clinching the best berth in post season play would be an uphill climb. The remaining games were all "must wins" as our boys needed the full 10 points.

The first of five remaining games had the Flyers up against number one ranked Lizards. The stellar net minding of Paul MacMillan helped the Flyers blank their opponents by a score of 2-0. Flyers continued their drive for first by rolling over the Black Fin Stars 5-2 and downing the Courtenay Hotel 4-2. Flyers got off to an excellent start in the next game against the Mex Blues. A quick four goals put the Flyers out front but was slowly diminished as the Blues applied pressure late in the second. After 40 minutes the Flyers managed to hang on for a crucial 4-3 victory.

Now the only thing left between the Flyers and first place was the run and gun Whistle Stop Bloodshots. The last make-up game was scheduled for 3 March and would decide who would play who in the first play-off round.

The Bloodshots were up 2-0 quickly after the opening face-off, leaving all nine Flyers fans shaking their heads. Some undisciplined Bloodshot penalties helped assistant captain Tim Mamye pot two and a third by John Clairmont to put the Flyers up by one in the middle of the first. The Whistle Stop rallied with an equalizer to end the first locked at three. The Bloodshots tightened the screws as they struck first in the second. Things were looking shaky until Tim Mamye intercepted a pass while killing a penalty and skated up ice on a break away. The Flyer forward slipped the puck by to a sprawling Whistle Stop goaltender to even the contest and bag his third of the night. The Flyers found themselves on the ropes once more as the Bloodshots peppered 19 Wing keeper Mark Glowach. Glowach denied all attempts with some unbelievable acrobatics and very determined efforts to keep his team in the game. Lots of hustle and determination by Kelly McLaughlin and

Bill Johnson seemed to inspire the troops as the short Bloodshot bench started to tire. The Mamye-Simpson-McCann line moved the puck into the Whistle Stop end and at the 5:47 mark of the second period, Flyers Captain, Wayne Simpson, snuck one by the Whistle Stop netminder from behind the net and eventually was all the Flyers would need to put away the Bloodshots.

With a very impressive 18-6 record the Flyers now advance to the post season against the Gulliver's Pub. Game two of the Flyers' quarter-final match will be Thursday, 12 March, game time TBA.

For play-off game times and schedule contact the Glacier Gardens arena.

The 19 Wing Flyers would like to take this opportunity to say farewell to a couple of team mates departing the military and the Comox Valley, seeking other employment. Defenseman Phil Kachanowski will be starting a civilian dental practice in the Okanagan and forward Scott Snow will be joining the civilian Fire Department at the airport in Victoria. A big cheer from the Flyers Hockey Club. Best of luck in the future and remember the dressing room door is always open.

Volleyball NCCP Level 1 Technical Coaches Clinic 1 & 2 May

19 Wing Comox, in conjunction with Volleyball BC, will be hosting an NCCP Technical 1 Coaching Clinic on 1 and 2 May at the base. Cost is \$67 for BCVA members or \$87 for non-members. Register by calling Jake Plante at (250) 339-8211 local 8783, or Fax (250) 339-8203. Minimum registration to run the course is 10. Timings will be from 6 - 10 p.m. on 1 May and from 9 a.m. - 6 p.m. on 2 May. Register now!

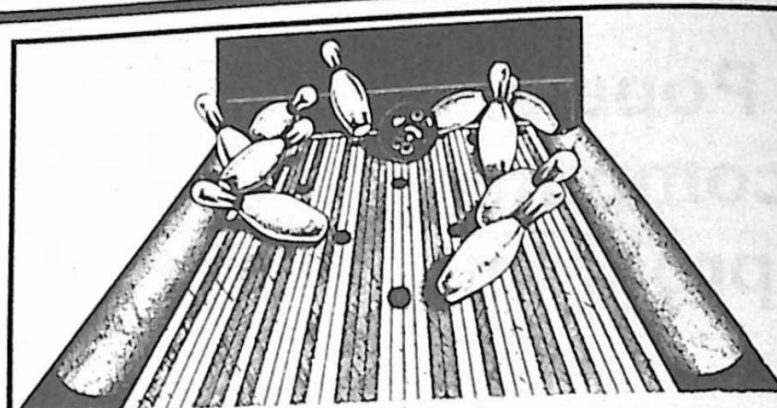
Spring Swimming registration

When: 21 March
Where: Base Rec Centre
Time: 0900-1300 hrs.
For more info contact:
J.C. Fromont, loc 8989

Jake's Trivia Corner

1. What are the official colours of the NHL?
2. Which Montreal Expos speedster stole 97 bases in 1980?
3. Who was the NHL's Rookie of the Year the season Guy Lafleur and Marcel Dionne were in the running for the award?

Answers on page 14.



Bowling Centre

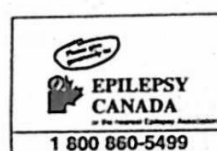
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We now have gutter bumpers so the small fry can bowl and never get a gutter-ball!

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GETTING FIT THE CF WAY

Active living means including all sorts of simple activities in your daily routine. Like walking to the corner store instead of taking the car. Climbing stairs instead of taking elevators. And doing active chores around home.

These things all add up, and contribute to better health. However, to improve your physical fitness, you've got to do a little more. Your activities have to be more vigorous. You've got to push yourself a bit.

Yet it's more than worth the effort. With adequate fitness you'll complete your daily tasks more easily and have a reserve to meet extra demands and deal with emergencies. This is particularly important for CF members who may be deployed on short notice to distant locations involving difficult environmental conditions. A good level of physical fitness is essential to meet the stress of these situations.

If physical fitness is on your agenda, consider the following tips to help you start and stay with your program.

• **Establish a routine.** Look for CF programs that suit your schedule. Morning, afternoon, or evening, it really doesn't matter. The best time of day is the time that's just right for you.

• **Avoid hassles.** Some activities are more accessible than others. You can run or cycle right from your front door at home — or do them during breaks at work. Other activities (swimming, for example) may not be so convenient. Make sure your activity interests you enough that you can handle any inconveniences that may occur.

• **Don't rush.** Set aside enough time so you don't have to hurry. If you're exercising during a break at work, try for some flexibility in your schedule so you can complete your session without rushing. When you're finished, you should feel relaxed and refreshed.

Let's play ball!

Ball season is approaching fast. If you wish to coach men or ladies, be the President of our Inter-section League, or get qualified as an umpire, call or E-mail Jake Plante at local 8783.



407 Sqn



Demon Doin's

Where to begin? The squadron has been fairly barren lately because of a few deployments and everyone using up their last remaining leave, so there have been more people than usual around, but gossip is still thin. Plus, being PER season doesn't help. People are less likely to tell exaggerated stories if they think that it might come back and bite them. Oh well, never let the truth get in the way of a good story.

The regular season intramural hockey has come to a close and play-offs are just around the corner. One of the final games of this season saw the "Could be dangerous if we tried" 407 Demons playing the "We're amazed that we're not decimated every game" 407 Devils. The regular season had bragging and taunting rights with the Demons after they had won 2 or 3 show downs (who cares about hockey, it's the abuse and ridicule that we thrive on). The Devils, led by such legendary names as Curtis "I just started playing hockey last year" Wright and Bob "I might be old but I can still goon" Hagar, took a 3-0 lead in the first minute of the game. Yes minute, not period... I wish it were a misprint. When Curtis "I suck at hockey but I can taunt with the best of them" Wright scores in the first 10 seconds of the game, all that's left is the crying (which, of course, aircrew excel at). For those who don't know or haven't seen Curtis skate, he gives whole new meaning to the term "ankle skater" (and I'm being really polite). Even the mighty Demons, led by such cheetah-like physques as Darcy "Hair club for men" Sullivan and Chris "I rock" Bard, couldn't mount a comeback. The final

damage was 7-3 for the Devils.

So, for the season the teams are even but you'd be amazed at the unbelievably short-term memory of aircrew (or maybe you wouldn't). Needless to say, the squadron will be an abuse and ridicule filled area for the next while (and they won't be used as normal teaching aids).

Speaking of Darcy and Chris, congratulations to Darcy to his engagement to TM and to Chris to his marriage to Rebecca. All I can say is it's about time Bardo got married because I don't know how many more stag parties I could have handled. For more info on his stags or the wedding, you'll have to ask Jason "I fly Pee-3s" Maj or Mike "Timing is not my middle name" Krak.

I heard that the 407 "A" team (the Fab 14) came in second in the No-Sno Fest. I'm not sure if that's something to be proud of. Let's be honest. Being able to throw a football into a basket or snowshoe on grass is not going to allow you to compete on the next Canadian Winter Olympic team. It sounds like everyone had fun but I will note with satisfaction that AEF is even better at useless sports than us. It makes you wonder if they have even more free time than aircrew (is that possible?). What does AEF stand for anyway? I shouldn't abuse AEF too much but I'm only human and I will, given the opportunity, take advantage of my position. You see, there is this certain Cpl Kurt MacDonald who works at AEF. He is the toughest goalie to beat in the "B" Hockey League and he has frustrated both 407 teams to no end. What's worse is that his brother, Troy, is an AESOP on 407 and even the threats to make his brother Troy's life miserable have not deterred him from stopping almost everything that is shot at him. When I say make Troy's life miserable, I don't mean wimpy things like making him do pushups or sticking him with the miserable crew jobs on deployment - like emptying the aircraft lavatory. I mean the really nasty aircrew stuff like making him stay after lunch to work and not allowing him to sleep on the crew couch. All's fair in love and war...

If you wonder how the work side of things are going, it has

been pretty steady with deployments. Most crews have cycled through ASW training in Hawaii and San Diego is heating up too. You are probably all thinking "that must be tough" in that sarcastic way that you look at aircrew, but usually the deployments to Hawaii have you flying five days in a row and you get one day off, and then you fly home. Sometimes we actually have to earn our money (though we try to limit those occasions and make them as few and far between as possible). Crew 3's recent deployment to Hawaii was a great success. Not only did they kick some submarine hide end but they also enlightened some American aircrew as to Canadian terminology. Jake "I don't appreciate you ruse, Ma'am" Gallant was very forthright in his demonstration of little know ASW dances as well as such Canadian ASW catch phrases as "Didi Mao" and "Gropey bearing." It had to be explained to the US aircrew that when Jake said "gropey," it meant that he was basically pulling the bearing information out of his butt. If you fly with Jake, if you're getting gropey bearings, it's a good day.

The crews have also been preparing and completing crew checks in preparation for the O'Brien competition. This competition selects the crew for Fin-castle (I know, we just finished one and we are already preparing for another). It's a vicious cycle.

Crew 6 was just in Scotland for an exercise but the stories are vague. It sounds like the crew had a mostly liquid diet due to everything being deep-fried and the abundance of haggis. Thank God for McDonald's. It's a lifesaver because it's universal and abundant.

By the way, congratulations to technicians Cpl John Speerin and Cpl Mike Gagnon on their remuster to CFB Baden and to Cpl Vivian Holmes on her remuster to steward.

For the next article, there should be stories of "Titanic goes south" night at the Officers' Mess (if we are allowed to tell them is a different story).

Demons out....

Cops Corner

by Cpl K.E. LeBlanc

This week we would like to talk briefly about the problem of drinking and driving. To date, this year the SAMP Flight has already issued eight 24-hour suspensions for individuals whose ability to operate a motor vehicle was affected by alcohol. For the year 1997, this section issued 18 of these suspensions, so at the beginning of the third month this year we are almost at the halfway mark for all of last year's suspensions.

This is a trend that understandably concerns all of us here at the section. Five of the suspensions were issued on the evening of the No Sno Fest dance, an event which had arranged for duty drivers. All three messes on the Wing offer a taxi chit system which costs nothing to the member. We encourage everyone to take advantage of this fine program. Another alternative is to utilize a designated driver. No one wants to be stopped and charged for Impaired Driving, and no one wants to be the cause of a traffic accident, especially a fatal one. This is a problem which is simply solved: if you drink, don't drive, and if you drive, don't drink. The simple fact is that this is a message which many of us seem to have forgotten recently. No one here at the SAMP Flight enjoys suspending someone's driving privileges, nor does anyone enjoy having a vehicle towed away, or charging someone with Impaired Driving. In this day and age, however, there is no excuse for this offence to be committed and all individuals who come in contact with us will be dealt with through the legal system.

We hope that by working together there will be no more offences of this nature this year. Let's work together and keep our roadways safe for ourselves and our families.

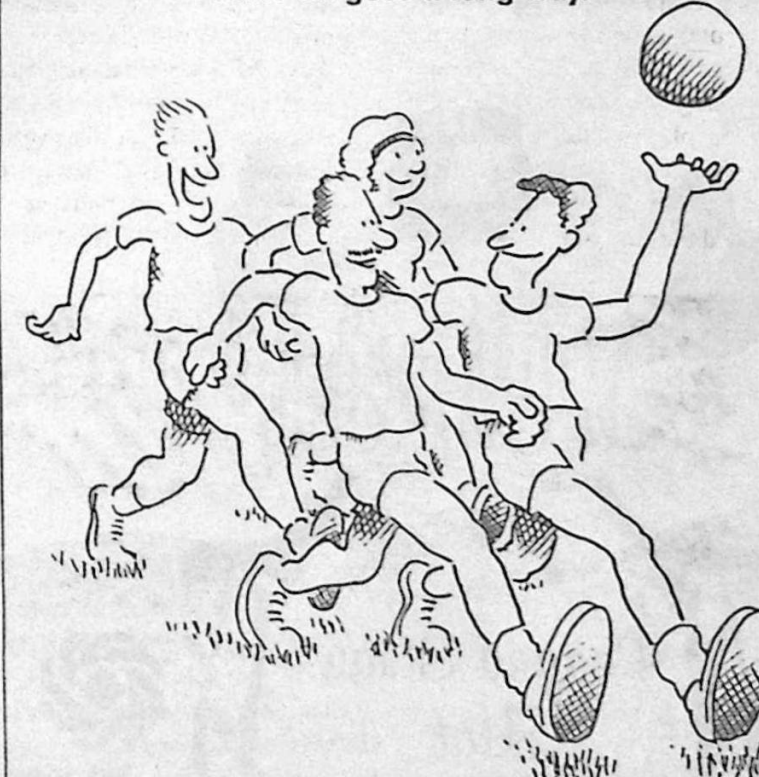
In closing, I would like to draw everyone's attention to the fact that, effective 16 March, our Identification Section will no longer be located at the SAMP Flight. The new location will be on the second floor of the Wing Gymnasium

Identification Section operating hours:

Monday to Thursday:

0730-0930 hrs, Contractor and Civilian Employee Passes (no appointment necessary).
0930-1500 hrs, Service ID cards, Restricted Area Passes, and Dependant Passes (by appointment only).
For an appointment/enquiries please contact Cpl Abgrall at local 8621.

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Strengthening the Forces is a campaign to promote health as a fundamental value in the CF and to ensure that our working environment supports healthy lifestyle choices. For more information on this topic or others, please contact Lt(N) Shelley Combs at the Wing Hospital - drop in, E-mail "sno," FAX 339-8169 or phone local 8647.

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Assistance offered in locating lost aircrew

(The following article is taken from the Canadian Museum of Flight Newsletter, Spring 1998.)
by Jerry Vernon

Doug Fraser and I manned the CMFT display at the Canadian Remembered event at the Seaforth Armouries on 8/9 November 1997. There was considerable interest in the various artifacts shown, mostly from the World War II period, from the CMFT collection and our own private collections.

I was asked one question that I could not answer on the spot, but I later found I had the answer in one of the booklets made available at the show by the Department of Veterans Affairs. The question concerned the Runnymede memorial in the U.K., which commemorates British Commonwealth aircrew members who died and have no known grave. Specifically, "How many names of Commonwealth and/or Canadian Air Force aircrew are inscribed on the Runnymede Memorial?"

During the Second World War, more than 116,000 men and women of the Air Forces of the British Commonwealth gave their lives in service. More than

17,000 of these were members of the RCAF, or Canadians serving with the RAF or other Commonwealth Air Forces. Approximately one third of all who died (i.e. 30,000) have no known grave. Of these, 20,450 are commemorated by name at Runnymede, including 3,050 Canadians, covering those who died over the British Isles and the lands and seas of Northern and Western Europe.

The Runnymede Memorial is situated 32 km west of London, on a hill overlooking Windsor to the west and Heathrow Airport to the east, near where the Magna Carta was signed in 1066 AD. It is well worth a visit if you are in the area.

Several other similar Commonwealth memorials exist around the world that contain the names of Canadian aircrew with no known graves.

The Malta Memorial honours those who died in the Mediterranean area, including campaigns in Tunisia, Italy, Austria and Yugoslavia. There are 285 Canadian aircrew named here.

The El Alamein Memorial, in Egypt, commemorates those lost in the various parts of the Middle

East, including 213 Canadian airmen.

In the Far East, the Singapore Memorial includes the names of 191 Canadian aircrew missing over the whole of Southern and Eastern Asia and the surrounding seas and oceans.

Closer to home, the Halifax Memorial is mostly dedicated to losses in the Royal Canadian Navy and others buried at sea, but is reported to also contain some RCAF names.

The Commonwealth Air Forces' Ottawa Memorial is located in front of the Ottawa City Hall, and is inscribed with 809 names of Commonwealth men and women who gave their lives in Canada, the United States and the neighbouring lands and seas. This beautiful memorial has 407 Canadian names along with many from the RAF, RAAF and RNZAF who trained in Canada. This includes several Hampden and Anson crews lost at sea from #32 OTU at Patricia Bay, the crew of Stranraer 951 (lost far out in the Pacific) and several Hurricane, Expeditor and other aircraft crew members who lie still undiscovered somewhere along the B.C. coast.

The Ottawa Cremation Memorial, in the large Beechwood Cemetery, lists the names of 20 Canadians cremated in Canada and the U.S. Logic dictates that surely many of these probably were aircrew.

There is an excellent reference book "They Shall Not Grow Old," compiled by the Commonwealth Air Training Plan Museum at Brandon, Manitoba, which lists the names and short biographies of 18,000 Canadian airmen and airwomen, and other nationals

wearing the uniform of the RCAF, who lost their lives in various ways between 3 September 1939 and 12 August 1945. The short item on each individual also includes details on the circumstances of death, aircraft type and serial number, the names of other crew on board and the place of burial, if any, in hundreds of graveyards worldwide in 75 different countries.

Not all of the 18,000 deceased were aircrew, of course, some having died in motor vehicle accidents, by drowning, weapons accidents, etc.

A summary shows over 2,000 buried across Canada. These were generally those killed within

Canada, who were returned to their home town or province for burial, while those killed overseas were generally interred in large Allied military cemeteries or left in churchyards near where they had fallen.

In the U.K., there are over 670 Canadian Air Force dead buried at Brookwood, 666 at Harrogate and a further 2,000 odd scattered at many small cemeteries around the country, usually near a wartime airfield. Those who fell in operations over enemy-held territory lie in war graves or churchyards in France (1,263), Belgium (551), Holland (1,048), Germany (3,139) and Italy (117), while a further 700 plus are distributed around the world. These figures continue to change, as for example the recent case of the missing RCAF Dakota transport crew recovered and buried alongside their comrades in Mynamar (Burma).

I have a copy of this book and have helped a number of people locate details about their husbands, brothers, uncles, cousins or fellow crew members and squadron mates. I would be pleased to look up details if anyone wishes to call me at 420-6065.

Heritage Happenings

Air Park improved

With all the construction going on around the base it is only fair that some of the newness spill over to the Air Park. Look for a new cairn to be dedicated to "Fallen Aircrew" in the near future. Capt Bob Richter and Base Chief Dupuis have been working on the design of a new rock cairn to be placed in the Air Park to serve as a memorial to all aircrew that have been killed in service with the Air Force. The work has been completed and it is expected to be located in the park in the near future.

Additional work to the park has also been authorized and will include the relocation of the fence nearest the refuelling depot. The area currently within the fence is too small for the location of a

flight of airmen and their officers when attending ceremonial functions, such as the annual Battle of Britain parade. The fence is to be moved back several feet to easily accommodate airmen, officers and attending dignitaries. The work will also include extension of the concrete sidewalks to allow for increased viewing areas of the cairns and accompanying flower beds.

Heritage Week

February 16 - 21

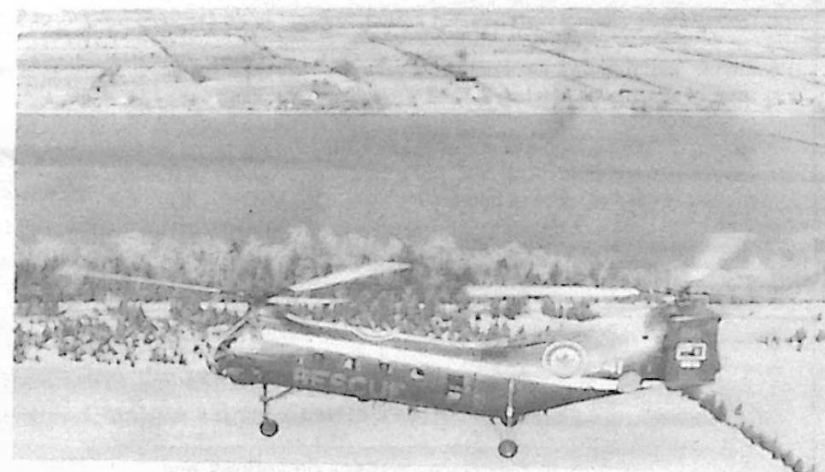
The Comox Air Force Museum participated in Heritage Week displays held at the Comox Mall and was featured in two articles in the local newspapers. Unfortunately the staff of the museum were too busy putting together the display to remember to take any photographs for them-

selves. Thus there are no accompanying photos for this brief article - an oversight that yours truly will attempt to rectify next year.

The display was appreciated by the many visitors to the booth and several stopped to tell personal stories that related to the display artifacts. One lady even told of owning a Fleet Model 16 Finch very similar to the model on display and related several tips on how to handle one in flight. She and her husband had purchased one surplus from the government in the early 50s and flew it for many hours out of Montreal. And, yes, despite what the sign said on the side of the Jeep, it was built in 1953. This was pointed out by an army type who had used the same thing over in Europe when stationed in West Germany.

Information Needed

In the May 97 issue of Totem Times, I related a brief story on a visit to Smithers, B.C. and the case of a "Broken Arrow" or nuclear accident and a missing American B-36 bomber. Unknown to me at that time, a local historian named Dirk Septer had been investigating this event for years and had published an article in 1995 detailing the circumstances surrounding the disappearance of the B-36 in 1953. Subsequently, he published another article, in the Winter 97/98 edition of Air Force magazine, that is a real treasure trove of information on this subject. The crash site has been positively identified after many years and has even been visited by a 417 Sqn Griffon helicopter to ensure that the site is safe from radioac-



H-21 Piasecki due for paint

The H-21 Piasecki helicopter that is currently under restoration by the Heritage Aircraft Committee is now ready for final painting. The aircraft was towed over to 7 Hangar on Saturday, 7 March, for preliminary washing and prep work. It is scheduled to receive a paint scheme as shown in this photo. Decals and final work will be completed in the Spring.

tive contamination. I highly recommend this article to B.C. aviation history buffs. It is truly a unique story.

I have spoken personally with Mr. Septer on another unrelated story and he is looking for help from the personnel of CFB Comox, presently serving and retired. On 24 July 1943, an unidentified aircraft took off from Shearwater, Bella Bella with three military aircrew on board. The aircraft, known only as "B.C. Star" disappeared without trace until 3 September 1943 when one body was recovered near Price Island. It was too badly decomposed for identification and was subsequently buried at the Meadow Island Cemetery as grave 17B, with no identification or proper headstone. In 1944, the Imperial War Graves Commission had a headstone sent to Shearwater for placement on the grave. For some reason the headstone was not placed and sat in a hangar at Shearwater till it was discovered in 1979, after a cleanout. CFB Comox personnel

then became involved and Reverend R.A. Ferris was flown into Bella Bella by members of 442 Sqn for a proper service and placement of the headstone. Aircrew from 442 included Maj Norman Hartley and Capt D.E. Blair. The ceremony took place on 19 March 1980. The inscription on the headstone reads:

*An Airman of the RCAF
Unidentified
Recovered at Prince Island
3 September 1943
Known to God*

Mr. Septer is researching this strange turn of events even further and trying to find out the type of aircraft that went missing, the name of the unidentified airman and the story behind CFB Comox support. If anybody knows of the existence of photographs taken during the 1980 ceremony, or of information on the actual aircraft crash, would they please contact the Comox Air Force Museum so that a complete story of this incident can be told. The museum can be reached by phone or fax at (250) 339-8162.

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