

TOTEM TIMES



19 Wing CFB Comox

VOL 40 NO 6

THURSDAY 2 APRIL, 1998

COST: FREE

The Comox Valley's Oldest Newspaper



Happy Easter



Spring
ahead
April 4th

**500
Series
second
career
plan-
ning**
See page 3

Surprise visitor "in" Union Bay



(Photos courtesy of Wing Imaging)

by Capt David Krayden,
Wing PAffo

The crew of a Labrador helicopter made an emergency landing in Baynes Sound at 3:30 p.m. on Thursday, 26 March, after experiencing an engine failure. Using the remaining engine, the pilot was able to water-taxi the aircraft two miles to the beach at Union Bay. All six crew members are safe. Base emergency response personnel were activated immediately and dispatched to the site. A second Labrador was also sent to the scene. The Labrador was conducting hoist training when the incident occurred. Military Police, firefighters and RCMP were on-scene within minutes.

There was no structural damage to the aircraft. Crew members were flown back to the base in a second Labrador and received immediate medical attention.

The Labrador was flown back to base on Friday evening after 442 maintainers, who worked non-stop throughout the day, replaced the failed engine with a functioning one. A weekend mechanical assessment of the damaged engine did not positively confirm the source of the failure and it was shipped to Aero Aerospace in Richmond, B.C. for a complete overhaul. Investigators from NDHQ will examine the engine at that location.

Farewell Holiday Inn!

by Capt Harlin Price,
WNBCDO

Yes, Contingency Capability Training (CCT) is alive and well at 19 Wing Comox. Knowing this, there is no doubt you will now sleep better at nights. But just a minute, what the h... is CCT? Good question!

In the good old days of Air Force deployment, we excelled; no one was better. We would fly our machines in, organize the crews (John you're rooming with Joe, Bill you are rooming with Al), wipe down the fuselage, kick the tires, hangar the bird, pick up the rental, and off to the Holiday Inn (Continental breakfast served

at 0700 hours). All this and pay as well. So where did we go wrong?

As the rules of the game changed, so too did the areas of deployment. We found ourselves being tasked to perform in areas that were far from ideal for aircraft and support crews. The answer was "to change the environment to fit the need." If runways did not exist - manufacture one; if hard structures (Holiday Inn) were not available - erect modular; supply water, food, petrol, security... get the picture? During our first couple of attempts to "fix and fly" in a hostile

Continued on page 5...



MCpl Euteneier and LS Wallman prepare for range practice during the pilot Contingency Capability course. (Photo by NBCW staff)

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

6 April ... Ventura Highway
10 April ... Tony Pollon
17 April ... Country Cousins
24 April ... Easterners

Saturday Night Dances:

4 & 18 April ... Wayne's Music

CRIB TOURNAMENT - 26 April

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

General Meeting: Tuesday, 28 April, 7:30 p.m.

FUN EUCHE.....every Monday night 7:00 pm
FUN CRIB.....every Wednesday night 8:00 pm
FUN DARTS.....every second Thursday night 7:30 pm
BARGAIN DAY.....every Tuesday, all day
BBQ LUNCH SPECIALS.....every Weds & Fri 11:30 am-1:30 pm

Members and bona fide guests welcome

Office: 334-4322, Fax 334-3613 Service Officer: 338-2153

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri Apr 3 ... ELDORADO
Fri Apr 10 ... STRIKE IT RICH
Fri Apr 17 ... ALLEYCATS
Fri Apr 24 ... SOFT WINDS

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

SPECIAL EVENT:

18th Annual Honours/Awards Night. No host bar 6-7 p.m.
Dinner 7 p.m. Awards presentations 8 p.m. Dancing afterwards.
\$10.00 per person. Limited tickets available at office.

Hall Rentals or requests for Special Functions

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

Francophone Association activities

We will be offering French and Spanish courses for our Spring session, starting 13 April and ending 19 June. Cost is \$90 for a 30-hour course (3 hours per week for 10 weeks). Level 1 and 2 Beginner as well as Intermediate will be offered. Courses will be held Monday, Tuesday and Thursday evenings. 20% off for members. Phone the office for registration and information.

L'Association francophone offrira des cours de français et d'espagnol pour la session du printemps débutant 13 Avril jusqu'au 19 Juin. Au prix de \$90 pour 30 heures de cours, soit 3 heures par semaine pour 10 semaines. Les niveaux offerts seront Débutant 1 et 2, et Intermédiaire et seront les Lundis, Mardis et Jeudis soir. Pour vous inscrire ou pour de plus amples renseignements contactez le 334-8884. 20% de rabais pour les membres.

Comox Valley Francophone Association

1491 McPhee, Unit #2
Courtenay, V9N 3A3
Phone: 334-8884

Wing Financial Counselling Services

Available to all Wing personnel from the following individuals:

| Position | Name | Location | Phone |
|---------------------|---------------------|---------------|-------|
| W Fin Counsellor | Capt John Lafonde | 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. 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?

Envirofacts...

(NC)—British Columbia holds the most Canadian weather records including the most amount of rainfall, highest daily and yearly average temperature, longest frost-free period and both the most and least snowfall. Climate change could affect some of those records.



C-V Cancer Society April programs

7 April:

10 a.m. at Comox Rec Centre: Breast cancer support group.

7 pm at Courtenay office: First session of Fresh Start for those wishing to quit smoking.

8 April:

1-2:30 pm at Courtenay Nursing Centre: Relaxation and Meditation for cancer survivors.

1:30 pm at Courtenay office: Cancer support group.

7 pm at Courtenay office: Breast cancer support group.

7:30 pm at Courtenay Rec Centre: Prostate cancer support group.

9 April:

10 am: Breast cancer support group for those who have recently undergone surgery. Phone 335-2595.

15 April:

2 pm at Courtenay United Church: Monthly meeting of C-V Cancer Society.

1-2:30 pm at Courtenay Nursing Centre: Relaxation and meditation for cancer survivors.

22 April:

1-2:30 pm at Courtenay Nursing Centre: Relaxation and meditation for cancer survivors.

1:30 pm at Courtenay office: Cancer support group.

29 April:

1-2:20 pm at Courtenay Nursing Centre: Relaxation and Meditation for cancer survivors.



Test your climate knowledge

(NC)—Climate change is a hot topic. Test your knowledge by matching the words with these eight questions.

1. Name the most important greenhouse gas released by human activity.
2. What greenhouse gas comes from rotting garbage?
3. What word means clearing trees and forests?
4. Name two types of transportation that do not use fossil fuels.
5. What might happen if the Earth gets warmer?
6. What do we call the blanket of air surrounding the Earth?
7. What happens with too many greenhouse gases?
8. What are two fossil fuels?

Choices

| | |
|-----------------|--------------------|
| a-deforestation | f-global warming |
| b-skateboarding | g-oil |
| c-atmosphere | h-sea level rising |
| d-coal | i-methane |
| e-bicycling | j-carbon dioxide |

Answers

| | | |
|-----|-----|-----|
| 1-d | 2-g | 3-f |
| 4-e | 5-h | 6-j |
| 7-i | 8-a | 9-b |

Much more information about climate change, its effects and what individuals can do about it is available from Environment Canada at 1-800-668-6767 or check the Internet at <http://www.ec.gc.ca>



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500 Series Techs register for next step

The trade structure for MOC 500 series trades has recently undergone dramatic change that directly affects all aircraft technicians in the Canadian Forces. The new Air Force trades including Aircraft Structures Repair (MOC 565), Aircraft Maintenance (MOC 514), and Avionics Maintenance (MOC 526) are now more aligned than ever to the Transport Canada Curriculum Guidelines.

Restructuring of these Air Force trades has brought the military system much closer to the civilian maintenance industry in Canada. This is good news for all 500 Series Technicians.

"Your Air Force experience can now be assessed against the commercial aviation maintenance industry," says Bill Weston, executive director of the Canadian Aviation Maintenance Council, an industry organization that is developing national training and quality standards in Canada. "Registration with CAMC means recognition of your skills, experience and training. And that means a much easier transition to a civilian company when you decide to leave the Air Force."

The Canadian Aviation Maintenance Council currently registers technicians for 13 different aviation maintenance trades in Canada. Registration includes a technician's logbook that records training courses, work experience and licences held by the technician. This logbook provides the tech with job portability. It means an experienced technician doesn't need to start over again when it comes time to change companies.

"This same job portability is now available to Air Force technicians," says Weston. "Registration with CAMC means you don't need to prove your experience, when you approach a potential new employer. It means your experience will be recognised."

But it all starts by registering with CAMC. Technicians in MOC 514 and 526 wishing to join the Aircraft Maintenance and Avionics Maintenance Tech trades much complete appropriate conversion training and have a minimum of two years experience in their trade. They will also require a logbook to annotate training courses and on-job experience. For Air Force technicians in these trades, Weston recommends joining CAMC as an Associate member now, so the techs qualify under the grandparenting window time frame.

Joining as an Associate member costs \$25. An Association member enjoys all the benefits of CAMC registration, except a certificate as a fully experienced technician. When the technician completes two years of experience and the logbook is complete, registration is awarded and the \$25 associate membership fee is applied toward full membership in CAMC.

In some cases a logbook is not required; for example, technicians in the old MOC 561 who are now designated MOC 565, have a minimum of four years experience and are TQ-5 qualified can receive full membership as a CAMC Aircraft Structure Repair Technician. These individuals will not be required to complete the CAMC Aircraft Structure Repair technician logbook.

Air Force technicians need to join today if they are interested in CAMC registration. "We have established grandparenting windows for the various aviation maintenance trades," notes Weston. "When those windows close, all subsequent applicants are treated as new entrants in aviation maintenance. Techs will be required to complete a challenge exam to prove their competency and eligibility."

An example of the changes and the impact on Air Force technicians can be seen in the MOC 565 trade. Today, Aircraft Structures Repair technicians can register with CAMC without a logbook, and without training or experience working with composite materials. Once the grandparenting window closes, all new entrants will require experience and training with composites.

"I'm encouraging all of our Air Force technicians to look closely at registering with CAMC," says LGen DeQuetteville, Commander of the Air Force. "You all have excellent skills, experience and training. Get recognized. It's an opportunity to plan for your future."

All base Employment Training Officers have CAMC registration forms. Technicians can also contact the Council office directly: by telephone at 1-800-448-9715 or by writing the CAMC Secretariat, 290-955 Green Valley Crescent, Ottawa, ON, K2C 3V4. Information is also available through the Internet at www.cac.ca.

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Registration guidelines and Application Forms
or Contact CAMC at
1-800-448-9715 e-mail: secretariat@camc.ca

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Kim Vogel
Financial Advisor



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NEXT DEADLINES
Advertising - 15 April.
Articles - 17 April, NOON

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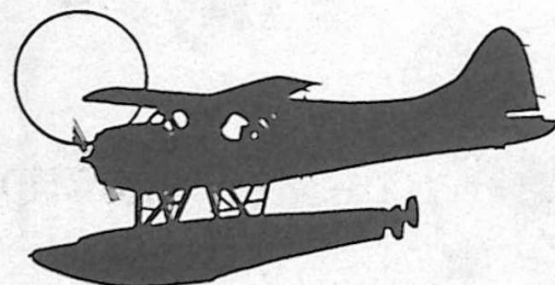
Does that ever sound corny. My generation didn't put much store in corny slogans. As a matter of fact they were often the subject of some derision. I prefer "be all you can be - on the weekends." That is, of course, a line from one of the more recent spoof movies on the U.S. Army Reserve.

I'm speaking of the Armed Forces Reserves and the role they play here on the base. Every corporation that is restructuring and downsizing seems to be putting greater emphasis on part-time staff members and those positions that do not incur those expensive benefit packages. Why should the Armed Forces be any different? If we are supposed to think like a corporation, should it be any surprise that we begin acting like a corporation?

A young master corporal walked into the Air Reserve Augmentation Flight (ARAF) orderly room the other day and asked for some advice on employing reservists. His dilemma you see was that he had never worked with one before, or had one working for him, and he was unsure as to how to act around them. Well, the answer is, of course, that you employ them as you would any other qualified worker, for the time that they are available. There are some limitations but they do not have to do with employability or deployability. Most are only available 8-12 working days per month, and that can cause some problems for scheduling.

There are currently 89 reservists working on the base, and that doesn't include the Air Cadet organization. The number will increase to 103 shortly and the plan is to expand to 200 by the year 2000. So chances are you'll be working with or for a reservist some time during your tour. You can't really tell them from normal folk. Kind of like invasion of the body snatchers, you never really know about that one standing next to you.

by Joel Clarkston



NEW RATES REC PASS HOLDERS

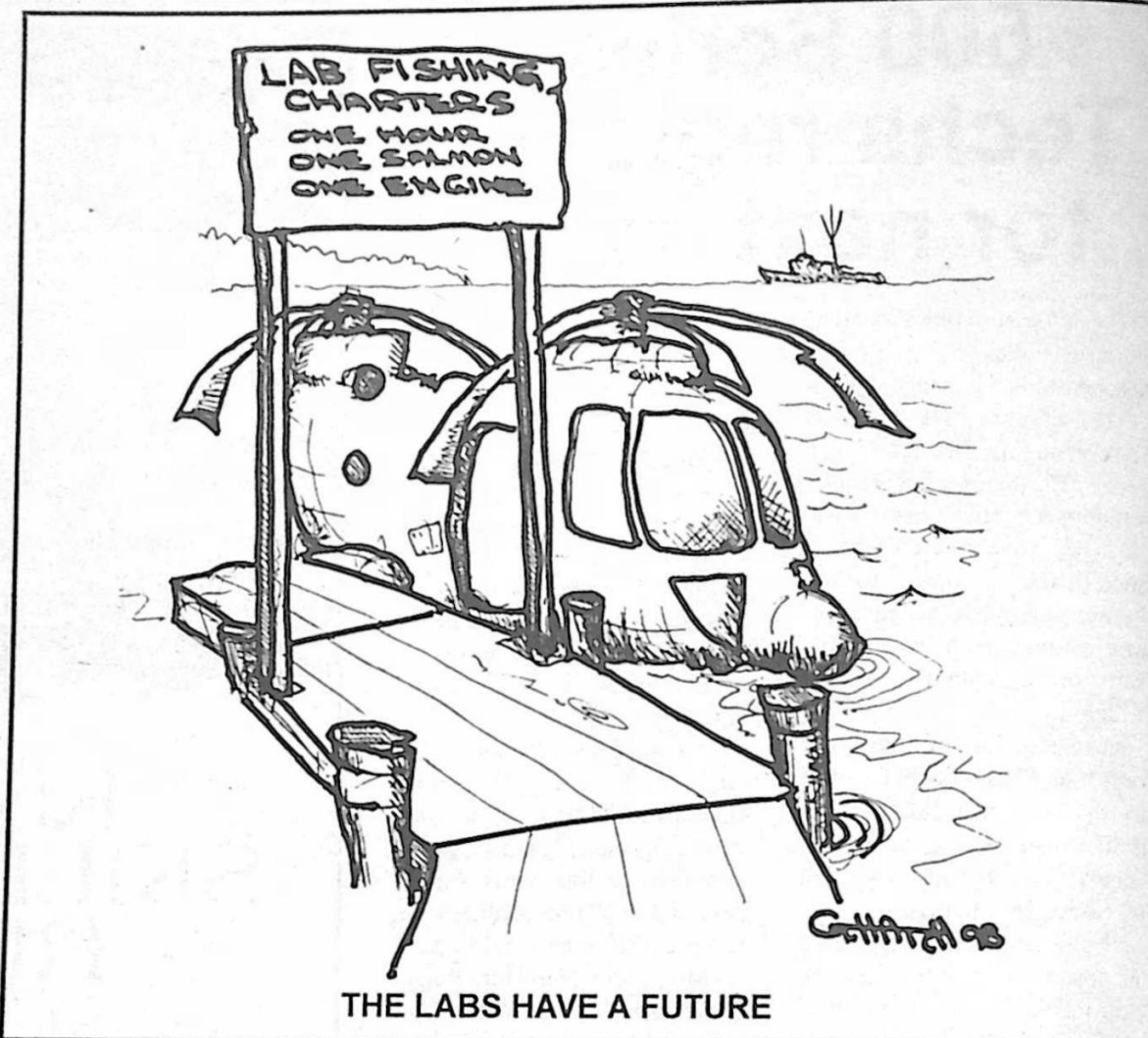
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Youth Award nomination

The annual WGCA Youth Award will be given out at our Canada Day celebration on 1 July, at Air Force Beach. We will be giving an award to the youth who has given time and energy to the community, on a regular basis. If you know a youth from our community who deserves this recognition, please come to the Wallace Gardens office and pick up a nomination form. Forms must be submitted no later than 15 June. We are open Mon-Fri from 0730-1200.



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OFFICE HOURS

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

Contingency capability training

...Cont'd from front page
environment we did not fare so well.

The Commander of 1 CAD, recognizing this shortcoming, directed all Wings to train in the deficient areas. These areas, essentially operational and life support skills, are identified in the Military Skills Training Program (MSTP) and are the basis for Contingency Capability Training. Issues addressed in CCT include: leadership in the field, small arms training, first aid, nuclear/biological/chemical defense, driver training, environmental training (shelters, hygiene, equipment, weather protection), field communications, maps, compasses, GPS, airfield security, and physical fitness. All this in only 10 days!

The training, although coordinated by WNBCD staff, takes its direction from the Contingency Capability Centre (CCC) in 8 Wing Trenton. Course content is dictated by CCC, while course composition is a 19 Wing initiative. Presently, approximately 300 individuals have been identified as part of the CC Sqn at Wing. Members (20 per course) are taken from four flights: Airfield Engineers, Airfield Security, Telecommunications Information Systems, and Airfield Combat Service Support. Members within these flights are to be trained to a level whereby they are fully deployable anywhere in the

world our Air Force might be employed. This is the nature of the MSTP. Training at Wing is Basic Level 1. When a member is deployed, he/she will receive further specific to type training at CFB Kingston or ValCartier.

So what do we do on the course? The course covers fairly basic material. If you have been on a prior UN deployment, there are no surprises. If, on the other hand, you are new to the game, life can be interesting. The first week of the course is conducted solely at 19 Wing wherein First Aid, NBC (gas hut included), small arms, airfield security, physical fitness (small route march), EOD, CI Stress, search arrest, and other similar topics are taught. The sixth day of the course is Deployment Day when we physically pack up and deploy to Nanaimo for the remainder of the week. This is the fun part of the training. By day, 0730 hrs to 1630 hrs, field skills training is conducted in the classroom. By evening, the various skills learned are put to the test.

Through assuming various leadership positions, personnel and groups are tested on airfield security (intruders), arrest, communications, NBC in full gear, foot patrols, vehicle patrol, first aid, sentry, and basic survival skills. The day generally terminates at 2230 hrs, with all members standing down, unless



Anything may be encountered during a patrol, including NBC attack.

detailed as sentry of fire picket. Training during this phase will include driver training (two types of four wheeled vehicles), range practices (portion of the shoot-to-live program), and an introduction to IMPs and cots. The ninth day culminates with an informal dining-in evening and course discussion. A guest is invited, and is more than willing to share war stories with the participants. The tenth and last day of the course involves clean up, pack-up and return to home unit.

The inaugural and pilot course for 19 Wing was conducted 23 Feb to 6 Mar. Future courses will be run at the rate of approximately seven per year until the required number of personnel are trained, and then as required to fill vacancies. Various phases of the training must be repeated annually, therefore CCT personnel will re-

qualify as directed by CCC following full implementation of the training plan. Later, as the training evolves, other elements within the Wing will become eligible for CCT. Directional and Instructional Staff for the course are derived from 19 Wing WNBCD Section augmented by staff from 19 AMS, W Hosp, W Samp, WCE, 19 Wing First Aid Instructors and a select group of Army Reserves from Nanaimo.

For some, this training is old hat - for others, a new experience and another chapter in their military life. For the 300 or so personnel identified as requiring subject training, we look forward to seeing you in the field. For the personnel in 19 Wing not affiliated with CCT, you can only wish. For the Air Force, just further proof that we are the best; this army stuff ain't so difficult.



(Photos by NBCW staff)



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How the RCMP always gets its man

(NC)—"The Mounted Police are worse than bloodhounds when they scent the track of a smuggler, and they fetch their man every time."

It is April 1877, and the *Fort Benton (Montana) Record* publishes the article to praise two members of the North-West Mounted Police for arresting three men involved in the illegal practice of cross-border whiskey trading.

But it was the American film industry in 1917 that gave the saying its modern-day form. In "Until They Get Me," a silent film of the "get-your-man" genre, the world heard for the first time the famous line: "The Mounties always get their man."

In 1998, they are the Royal Canadian Mounted Police, one of the best-known police forces in the world, celebrating 125 years of service to Canadians.



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An ELECTORAL BOUNDARIES COMMISSION has been appointed pursuant to the *Electoral Boundaries Commission Act, R.S.B.C. 1996, c.107*.

This Commission will make proposals to the Legislative Assembly as to the **area, boundaries, names and number of the electoral districts in the Province.**

The Commission is independent of government and will submit its report directly to the Speaker of the Legislative Assembly who must make it public.

The Commission will hold public hearings around the province commencing in late spring to hear from interested British Columbians. Details of the hearing locations and times will be announced soon.

The Commission invites written submissions in advance of the public hearings. Written submissions and inquiries may be directed to:

ELECTORAL BOUNDARIES COMMISSION

#6 - 1818 Cornwall Avenue

Vancouver, British Columbia, V6J 1C7

Telephone: (604) 660-6390

Fax: (604) 660-4621

Toll Free: 1-888-657-1188

email: ElectoralBoundariesCommission@gems3.gov.bc.ca

That's hot!

Heating appliances and hot stoves can be hazardous for toddlers. While walking or standing they may fall against the hot surface and be unable to right themselves. These contact burns are serious and can result in permanent damage and possible death. Clothing may burst into flame on contact with the hot element of a space heater or a stove top. *Never* allow children to reach over a stove, climb over it or even play near it. Space heaters and floor furnace registers should be well separated from the tottering or playful youngster. Use screens and barriers to provide a safe living environment in your home.



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TUITION FREEZE. YEAR 3.

Wondering about your options for the coming year? Keep in mind that in BC, tuition fees are frozen again this year. That's three years in a row.

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Your source for BC's job, training and education programs.



Canex contest winners



The winner of the Coca-Cola polar bear sport blanket contest, held at Canex, was drawn March 9. Pictured is winner Michael Campbell receiving his prize from Canex Manager Terry Zerr.



The winner of Mother Parker's "It's in the bag" contest, which ran from Feb 10 to Mar 13, at Canex was Sylvia Garrett. She received a Philips Cafe Classic 12-cup space saver coffee maker and a case of Mother Parker's coffee from Trish Johnston.

PITCH-IN CANADA!



www.pitch-in.ca

Garden of Weedin' or was that Eden?

Gardening enthusiasts will want to attend the Officers' Mess Ladies Club "Green Thumb Extravaganza," to be held April 15 in the Officers' Mess, 7:00 p.m. for 7:30 p.m.

Anderton Nursery staff will be present to answer questions about vegetables, trees, annuals and perennials and they will be bringing plants to view. Bring a photo of an area you would like to landscape for a free mini-consultation.

As always, there will be food, refreshments, a door prize and a raffle prize. Cost is \$2.00 for members and \$4.00 for non-members and guests.

Attending the Green Thumb Extravaganza just might help turn your Garden of Weedin' into a Garden of Eden!

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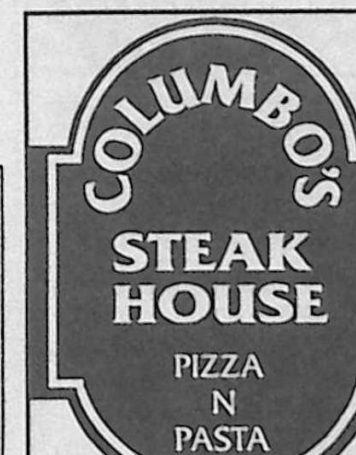
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A Large Selection of Roses



by Finn

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

"Share your knowledge and your apparent power diminishes - but you reap ten-fold returns by acquiring well-informed, highly skilled personnel."

CE Electrical Team Leader Ian Cameron's philosophy is reflected in the performance of his electricians. "Over the past couple of years, our production has increased 400%. Well, been vastly improved. We're only five permanent employees, two of those specializing in generating systems, but my nine Terms work on par with anyone else."

Born in Pender Harbour on the Sunshine Coast, Mr. Cameron came to the valley as a youth, spent eleven years at DET Holberg, then in 1984 came to CFB Comox as an electrician and later, team leader.

Losses have somewhat offset gains. "Due to cutbacks in personnel we no longer have the depth I'd like. No longer do we have two specialists for each area, backing up one another. Add also some sacrifice on the maintenance side. On the other hand, we've enjoyed a huge increase in production, and no doubt it is better to upgrade or replace than to maintain old equipment."

CE Electrical Team

Team Leader
Ian Cameron
Electricians (Ind)
Dennis Kennelly
Terry Egeli
Cam Hayward (EGS)
Bob MacKillip (EGS)
Electricians (Term)
David Burke
Isaac Lucas
Terry Simpson
Simon Carly
Kevin Thomas
Mike Greenfield
Alan McLean
John Ambrose
Trades Helper (MAN4)
Bernie Gagnon

Preferring performance to power

CE's electrical team has been recently confronted by several emergencies, transformer failures at Hangar #7 and B23, power distribution problems at Holberg, all of which were met and solved in the shortest possible time. And Ian Cameron, in the columns of Totem Times, publicly thanked his colleagues.

Holberg was an experience very different from Comox of today.



CE Electrical Team Leader, Ian Cameron.

"Once a dump truck came barreling with its box in an upright position, taking down all the power lines in its path. Took us 20 hours to fix the damage. Then we had some mighty storms. One gale ripped roofs off the buildings, sending them crashing into 90-foot high antenna poles, severing the guy wires. Which resulted in more climbing of steep hills with thick underbrush, not too much fun. At the Base our emergencies generally are of a different nature, and access not quite so difficult."

A nature lover - hiking, fishing, skiing, etc. - Mr. Cameron also believes in thinking matters through. Thus he is a supporter of

CE Electrical Team Services

- Power systems (internal & external)
- APU & UPS power generation
- Cathodic protection
- Fire alarm systems
- Intrusion alarm systems
- Sirens, toning & other checks
- Elevated lighting
- Explosion proof lighting
- Runway lighting
- High voltage powerlines

apprentice programs - but with some reservations. "The Government tends to spend too lavishly on meals and accommodation while the apprentice takes class instructions. Better to spread the money so more young people may benefit. Also, having to spend some of your own money may result in a natural selection process. It helps ensure that apprentices are motivated and certain of the direction in which they are headed."

Most of his casual employees have seen their terms extended more than once, yet remain without the full range of benefits enjoyed by Indeterminates. It upsets their boss.

"I'm saddened that this unworthy game is played by whoever sets the rules. People who give employers their best do deserve better. The uncertainty of extensions creates instability in people's lives. Also, we need continuity in the shop, electricians who know their way around, how we want the work done. It takes time training someone new to work the Base."

Ian Cameron returns to his leadership tenets. "Some people guard the knowledge acquired through experience, for that's what gives them power. In a lifetime - excepting perhaps twice - I've not had cause to regret passing on what I knew to my fellow electricians. Yes, it 'cost' me power in one sense - others not being totally dependent on me as the boss - but the payback has been great. Now we function as a team, expertly, confident of the accumulated talent, depending on one another. Just as it should be."



Celebrate Canada! Q & A

1. Which province or territory has the fewest number of people?
a) St. Lawrence River
b) Fraser River
c) Mackenzie River
2. What is Canada's longest river?
a) Hudson Bay
b) Bay of Fundy
c) James Bay
3. Which Canadian province has the largest potato crops?
a) Yukon
b) Alberta
c) Saskatchewan
4. Where can you see the world's highest tides?
a) Hudson Bay
b) Bay of Fundy
c) James Bay
5. The coldest temperature in Canadian history was recorded at Snag, Yukon Territory, on February 3, 1947. How cold was it?
a) -40 °C, b) -63 °C, c) -90 °C
6. Which is Canada's largest province?
a) Ontario
b) Quebec
c) Alberta

CE on spree as Spring sprang



Three days of work lay in store for Norm Rowland and CE Refrigeration & Mechanical Team as he (with colleague Gian Kaila) prepared to install a condenser by Wing HQ in aid of ADP's Computer Trg Room.

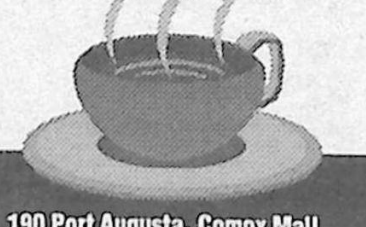


In step with spring and energy conservation, CE Electrician Mike Greenfield uses a sunny day to "meter" the concession building on Airforce Beach.



Grouped small, CE crews dotted the landscape like moveable feasts, their table the roads and grounds, with garnish of green grass; their implements not forks and knives but spades, picks and jack hammers.

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19 AMS

What a busy time of year! Once again we are confronted with a great deal of year end projects and our personnel are madly attacking them in order to meet the end of March deadline. This time frame is not without challenges, as we see some of our personnel using up the last of their leave. We have also had some more hair-raising experiences with our most renowned member recovering from his death defying encounter with a trampoline but, fortunately, only breaking one ankle.

The pace of work here in the

squadron has not faltered and several projects are reaching completion. The paint facility is still experiencing some growing pains, however it is becoming more useful every day and is greatly appreciated by our ACS technicians. The new Explosives Area is scheduled to begin construction in the summer of 1999 and all project milestones are being met. We haven't been as fortunate with the incorporation of the new Automated Data for Aircraft Maintenance (ADAM) upgrade however. As the date to convert to the new software version continues to be pushed back (now scheduled for mid-April), we relentlessly march on by buying the necessary hardware to enhance this system. We have recently seen the purchase of laptop computers and small printers to give this system a deployable capability. We are also eliminating the "dumb terminals," always an ADAM characteristic, with Pentium personal computers. We hope these improvements can meet all our users' needs.

Our projects do not stop at the unit level as our ACS personnel

will be actively involved with the restoration of the Voodoo aircraft currently mounted on a pedestal at the front gate. The 19 Wing Crash Guard and Salvage (CF&S) Team will be coordinating the move of the Voodoo to and from a hangar on Base while 19 AMS ACS Team will also be venturing back to Whistler, B.C. in the July/August time frame to continue their search for the seats of the T33 aircraft found last year. This aircraft crashed in the Whistler area more than 40 years ago.

We also would like to say a fond farewell to one of our most devoted squadron members, Mrs. Evelyn Femia, who will be retiring on 31 March. Evelyn has been part of BAMS0 and now 19 AMS since August 92 and has been a valuable contributor in the Public Service since July 86. Evelyn, good luck in all your new experiences and thank you for all your wonderful contributions to our squadron.

We hope to continue our strong support to 19 Wing and will be working playing hard in the months to come.

The Trumpets of 19 AMS - Capts Eric Travis, Jim Rossell and Pierre Bouchard.

KICKING THE HABIT IS WELL WORTH THE EFFORT

Warrior Officer Jim Snow of CFB Gander quit smoking 15 years ago. Yet he remembers it as clearly as if it were yesterday.

"Giving up smoking was my New Year's resolution. I went 'cold turkey' and the first few days were hell," recalls Snow. "I went through typical withdrawal. I ate a five-pound box of chocolates the first two days after I quit."

Once he got through withdrawal, it was a matter of adjusting his habits. The after-dinner cigarette was out, of course. Snow remembers that he would get up from the table as soon as he was finished eating and get busy doing something else right away - like washing the dishes or going for a walk.

WO Snow tried his first cigarette at age 8 and figures he was smoking regularly by the age of 12. So why did he quit? You could probably say his habit finally caught up with him.

"I was 28 years old at the time. I was really involved in sports, playing hockey, soccer, and other outdoor activities," says Snow. "I noticed that I just didn't have the stamina I used to have. I'd get winded more easily and have some real coughing spells during a game."

Snow made a commitment to himself to quit. He did it and never looked back. Oh, he remembers the occasional cigar at a mess dinner in the years after he quit. But if anything, it probably strengthened his resolve to remain a non-smoker. He says he tasted for the first time what it was really like to smoke, and he remembers that it smelled like something rotten was burning.

Many other CF members have kicked the habit, just like Jim Snow did. And many more would like to do the same. About one-third of CF members currently smoke, and we know "on health surveys that three-quarters of those who smoke would like to stop."

The benefits of quitting are impressive. When you stop smoking, you experience an immediate improvement in your sense of taste and smell, increased energy, and an improved feeling of well-being. Smelly hair and clothing and bad breath also disappear.

As time goes by, you'll enjoy a great sense of accomplishment and control. And you'll smile when you think of the money you're saving. Long-term benefits include reduced health risks in terms of lung cancer, heart disease, and emphysema.

Everyone tackles the problem differently. Some people, like Jim Snow, do it on their own. Other people ask CF medical personnel for some guidance, and get involved in the Butt Out Program or something similar in their community. Most people also try several times before they kick the habit for good. So stopping, then starting again, shouldn't be viewed as "failure." It's important to try, and try again.

For those who want to stop, Snow says you have to make a mental commitment. You have to be personally ready to say, "I'm going to throw these things away!" He also has advice for young CF members who aren't smokers yet, but are tempted to take up the habit. While it may seem macho and there's pressure to smoke from other members and friends, he says quite simply, "It's just not worth it."

At the age of 43, Jim Snow jogs a few times a week, plays Old Timers' hockey, and enjoys scuba diving in the sea, off the coast of Newfoundland.

"I used eighty-five tanks of air last summer," he says. "I know I wouldn't be able to scuba dive and enjoy it if I were a smoker."

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Congratulations!



LCol Hache (WOPsO) presents Capt Bill Shipley (WOPs Centre) with his CD.



Cpl Card (W Samp) receives his CD from LCol Hache (WOPsO). (Photos by Cpl Desrochers, WIS)



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Glacier Greens

Golf Shots

"Rumours"

• Len at Black Creek fun golf as "Head Pro."

• New marshall's program (what times are we looking at now Mark?).

• Larry Lott building new cart wash facility (large enough for truck and camper also).

• Old putting green behind social centre actually belongs to Area "B" Director, Joel Clarkston.

Jake's Trivia Corner

1. Which country got permanent possession of soccer's Jules Rimet Trophy after winning it a third time?
2. Which state's lakes were the Los Angeles Lakers originally named for?
3. Which major league pitcher became the pride of Swift Current, Saskatchewan?

Answers on page 12.

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In April 96, the 20-metre Shuttle Run replaced the MCAFT (Step Test) as one of the Fitness Evaluating tools for testing CF members. This evaluation is a mass test where shuttling on the gym floor to a series of tones allows evaluators to calculate one's cardiorespiratory fitness. The 20 MSR is approximately 85-90 per cent of your actual VO2 Maximum if candidates push themselves to their limit.

Since the evaluation has been implemented at 19 Wing Comox,

the majority of members at the Wing have done it at least once. With every event or activity there are those who lead the way. The top recorded scores for the 20 MSR at 19 Wing are:

Men: Lt Brendan Cook (407 Sqn - Stage 14 (tied CF 20 MSR record).

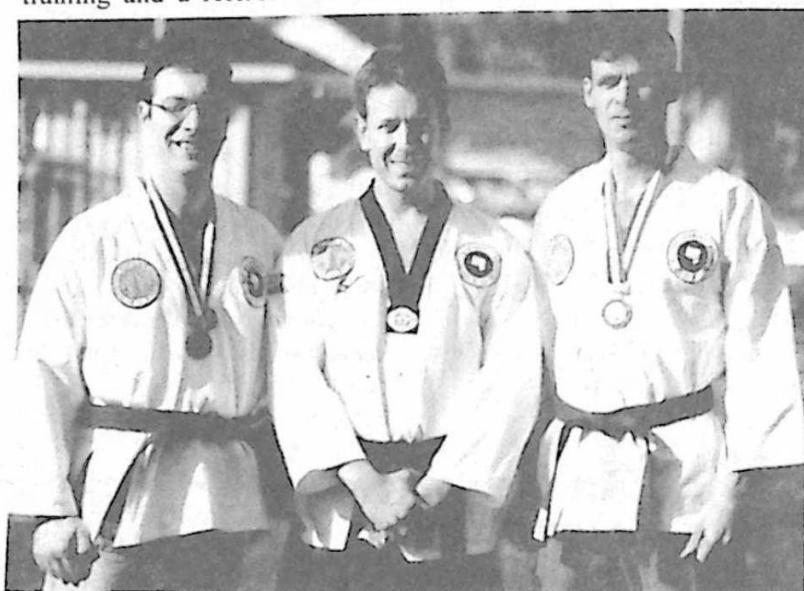
Women: Cpl Tammy Ne-graef (442 Sqn) - Stage 11.5. Congratulations to record holders Tammy and Brendan for achieving such a high level of aerobic excellence.

Comox competes

On 21 February, the CF National Taekwondo Championships were held at RMC Kingston, Ontario. CFB Comox sent three competitors: Cpl Bob Martel (Supply), Cpl Yves Langevin (407 Sqn) and Cpl Tom Girardin (414 Sqn). The CF recently opened the competition to coloured belt ranks, giving these students of Taekwondo exposure to a National level tournament. The top two students of each Black Belt division will go on to represent the CF at the Canadian National Championships in New Brunswick in May of this year.

A week of intense full contact training and a referee seminar

highlighted the weekend tournament. Cpl Bob Martel a 2nd Degree Black Belt instructor on base in Hapkido, Jiu-Jitsu and a Green Belt in Taekwondo brought home a silver medal. Cpl Yves Langevin, a Red Belt in Taekwondo and a student of Hapkido Jiu-Jitsu, also won a silver medal in free sparring. Cpl Tom Girardin, 1st Dan Black Belt in Taekwondo, was unable to compete in the finals due to an injury in training. He assisted in judging and coaching which helped prepare him for the 1998 B.C. Provincial Taekwondo Team trial games where he will be coaching his sons.



(Photo by Cpl Desrochers, WIS)

Ready to roll



Waiting for a weather break the golf course parking lot awaits the final touches to its paving.

Ladies' Day opening

GG LADIES

by Barb Carter

March 24 was the first day of play for the 1998 season and a super turnout it was as 28 played the Dice Game. There was a light sprinkling of rain, but that didn't seem to deter the enthusiasm of the players. First place went to the team of Marguerite Fomier, Lori Cameron and Augusta Pritchard. Drawing up the rear (they said they played it that way - Yeh, sure gals!) were Barb Morris, Pat Belanger, Jessie Tito and Charlene Wadelius.

A fantastic lunch was provided by Steve Dodd and served by Maryelle and Barb. Great food and great service. Thanks to everyone.

Our hard working Leader, Fran Hume, and her mother Ann, spent a lot of hours making us new tablecloths and napkins for the on-coming season and they are beautiful. We will be looking good for our Silver Anniversary to be held on June 20 and 21.

A speedy General Meeting was conducted by Fran and everyone seemed to go away happy.

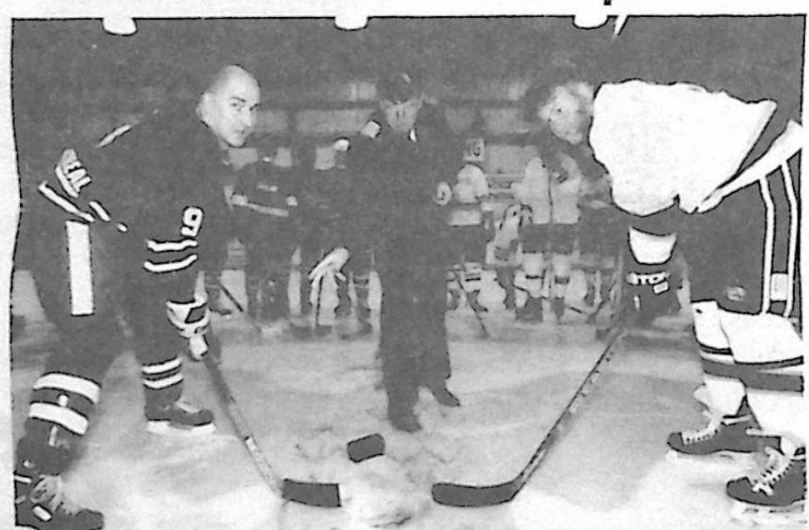
We said a fond farewell to Ann Newman who will be furthering her career as Head Professional at Mulligans. She will be greatly missed.

The Monday Night Business Ladies will start up their season on 6 April. Yes, it's back to Mondays, thanks to Gussy's efforts. It's a 5:00 p.m. sign-up for a 5:30 tee off. See you all then.

Commander's Cup '98

Final game

1500 hours Fri 3 Apr



WComd drops puck to open Commander's Cup 98 between 414 and 19 AMS. (Editor's note: Both teams battled to 4-4 tie in overtime.)

(Photo by Cpl Desrochers, WIS)

Intersection Champs



Intersection Hockey "A" League Champions - 407 Sqn Rebels.



Intersection Hockey "B" League Champions - 414 Sqn.

407 Sqn



Demon Doin's

Three cheers for the end of Winter - Hip hip hooray! Hip hip hooray! Hip hip hooray! Of course, with each new Spring new people pop out of the woodwork. In this case, we even have a few new Privates joining the Demons. On the AVN side of the house, we welcome Pte S. Arcand, Pte M. Deutscher, Pte J. Robertson and Pte B. Sunstrum. On the AVS side, we welcome Pte S. Prentis. Also new to Maintenance, and the squadron, is MCpl J. Nissen. If you are looking for any of these guys, they can be found slaving - I mean working hard - around 407

Maintenance and AVN Shop.

You have probably seen all the new technicians, along with the rest of "C" Crew, moving all the equipment, tables and chairs, as well as a few kitchen sinks out of the Engine Bay and the crew canteen. This was done in order to repaint this area. Why repaint? Well, the last time you may have seen that colour paint it was flying over 7 hangar, attached to an Argus... or was it a Neptune?

If you have ever wondered about the old question "how many technicians can you stuff into a phone booth?" you would have gotten a pretty good idea by taking a look into the "temporary" Crew Canteen. It was located in the old Mob Spares room in the centre breezeway. We had to use it while we painted the Engine Bay. Now, I'm not saying the temporary canteen is small, but I had to leave just to change my mind. I'm also not saying that it's old, but that room has been around for almost as long as that last joke. By the way, the answer is 42.

Many of the maintenance people are away right now but that's

nothing new, what with all the courses going on in Greenwood. There have been some lucky people who have had the opportunity to go on deployment. Starting with Cpl M. Sylvestre and Cpl L. Pelletier, they had some fun working over in Scotland. I wonder if they tried the haggis. Sgt. L. Jensen, MCpl T. Konrath, Cpl J. Johnson and Cpl G. Lewis got to work (on their tans) at NAS Barbers in Hawaii. I hope they used sunblock! Last, for now, MCpl "Call me Nick" Nickerson and Cpl J. Jomphe are down at North Island, San Diego. I wonder if Jerry Jomphe will find that chrome plated steering wheel for his megajep down in Tijuana.

Congratulations to MCpl T. Konrath on receiving the Service Person of the Quarter award for the last quarter in 97. Keep up the good work. Congratulations as well to Capt Klatt and Capt Hounslow who are both heading out of country on post-grad.

Well, as Winter has come to an end, so must this report. Here's to a happy and healthy Summer, cheers!

And in this corner... the Fighting 414th



Another two weeks have passed and it is time for an update on life around the Fighting 414th. First, I was informed by one of our stellar hockey players, Guy LaHosegrove, that we are now the "B" League hockey champs. Our team of god-like players crushed the opposition into a whimpering heap of jerseys, skates and sticks (or, at least, that was the story I heard).

This month we are busy once again with Trout and Yours Truly heading down to the Mecca of Fargo, North Dakota for a week. Gramps and Q are working the MOJO for that deployment (yeh baby, yeh!). We are also sending a few of our boys down to Kelly AFB, right by Corpus Christi for a week at the end of the month. I don't know exactly where Corpus Christi is, but it sure sounds nice

(and it's kinda fun to say).

Else, The photo's are in from the Fighting 414th's last jaunt down to San Diego... see Exhibit "A", Eating Saltwater 101.

Stay tuned for the next article where you will hear about the mind-numbing action from Fargo! I bet you can hardly wait...

Totis Viribus.

NEXT DEADLINES

Advertising - 15 April.

Articles - 17 April, NOON

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HEALTH MONTH
The Dental Profession of BC

Cops Corner

by Cpl K.E. LeBlanc



Welcome back to the 19 Wing Guardhouse. This week we would like to talk about what is becoming a growing problem here with motor vehicles. The problem is the number of vehicles being operated and parked on the Wing without valid insurance.

The British Columbia Motor Vehicle Act (BCMVA) states, in part "...A person shall not drive or operate a motor vehicle or trailer on a highway unless... the motor vehicle and trailer, if any, are insured under a valid and subsisting motor vehicle liability policy..." What this means is that if a vehicle is being operated on any roadway (including parking lots) in this province, it must be insured. If a vehicle is not insured, the driver, or owner depending on circumstances, is liable to a fine of \$575. On top of the fine, the vehicle may also be subject to towing at the owner's expense.

There is also a requirement that the insurance decal you are issued by ICBC be properly attached and displayed on your license plate. This requirement is mandated under the BC Motor Vehicle Act Regulations, which state "Where a validation decal is issued under the Act for attachment to a number plate, it shall be applied to the designated place on the rear number plate."

For the Wing itself, it is further required that all vehicles, even if they are parked, or being stored, be insured. The 19 Wing Standing Orders 1-10 state, in part, "...Whether a vehicle is operated or parked on DND property it shall have valid insurance. If the vehicle is stored, either on base or in MQs, it shall be protected by storage insurance..." Storage insurance is available from any ICBC agent.

What all of this means to us is that it is our own responsibility to ensure that our vehicles have the proper insurance, and that the insurance decals are properly affixed. Failing to do either can result in what some consider to be hefty fines. On top of this, you have to figure in the price of a vehicle being towed away.

All of us receive our insurance renewals quite some time before our insurance policies actually expire, so there is no excuse for not keeping up to date. Even if a policy notification gets lost in the mail, it is the owner's responsibility to know when his insurance and registration expires.

Unfortunately, anyone who is stopped for having no insurance should expect at least a little inconvenience, if not a Violation Ticket. We would ask everyone to keep in mind that once a vehicle is stopped, if the driver cannot prove the vehicle is insured, we cannot let the vehicle move again. Once we have stopped that vehicle, we are liable to ensure that it remains off the roadways.

If anyone has any questions or concerns about this week's topic, please feel free to contact myself at 339-8236, or the Patrol Office at 339-8218.

Remember that
when you give directions to subordinates,
they listen and observe!



N'oubliez pas que lorsque vous
donnez des directives à vos subalternes,
ils vous écoutent.
Mais ils vous observent aussi!

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.

Health is a leadership issue

STRENGTHENING
THE FORCES

Wallace Gardens Community Association February Newsletter

Family Bingo

When: 5 April 98, from 1-3 pm
Where: Community Centre
Cost: 25¢ members
 50¢ non-members
Can you be a lucky winner?

For information, call Pat Nicholson at 339-1966

To all Canvassers in the area

You may NOT canvass in the Wallace Gardens MQs without written permission. Make sure all your paper work is in order before you go door to door.

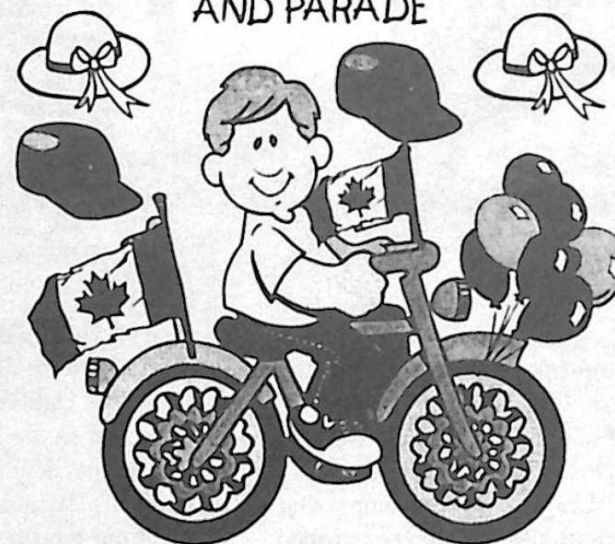
Anyone interested in starting a Wallace Gardens Youth Soccer League is asked to call Janina Nicholls at 339-8211, ext 8571.



Wallace Gardens Easter Colouring Contest

This contest is open to all Wallace Gardens members, ages 0-12. The pictures to be coloured can be picked up at the Wallace Gardens Office. Prizes will be awarded for 1st, 2nd and 3rd place in each age group. Coloured pictures must be in the Wallace Gardens Office no later than April 1, 98. Winners will be announced after the bike parade at Airport School, Saturday, 4 April 98.

WALLACE GARDENS EASTER "BIKE" AND "HAT" DECORATING CONTEST AND PARADE



When: Saturday, 4 April 98
Where: Airport School
Time: 10:45-11:30 am
Cost: FREE for Wallace Gardens Members, 50¢ for non-members.
 Prizes for 'Best Hat' and 'Best Bike' decoration. All participants will receive a small prize.

EASTER SOCK-HOP

When: Saturday, 11 April 98
Where: Wallace Gardens Community Centre
Time: 6-8 pm
Cost: 50¢ for members
 75¢ for non-members

For information, call Pat Taylor at 339-4400

APRIL IS CANCER MONTH -
 WATCH FOR CANVASSERS
 COMING TO YOUR AREA SOON

HAPPY EASTER

WALLACE GARDENS EASTER EGG HUNT



Airport School

Saturday, 4 April 98

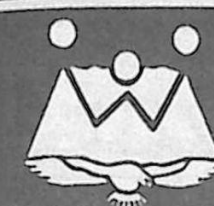
12:00-12:30 pm

The deadline for the Wallace Gardens Logo Contest has been extended. Bring your entries to the Wallace Gardence office by 3 April.

The Spring Garage Sale and Bulk Garbage Pick-up will take place on Saturday, 6 June. More info to follow.

Jake's Trivia answers

1. Brazil.
2. Minnesota's
3. Reggie Cleveland.



COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

Treat Yourself to a Workshop this Spring

Setting Limits and Consequences (ages 4-10 years)

In these two sessions, Wendy Case will discuss why kids misbehave, and how to set limits and negotiate reasonable consequences so that kids learn to be responsible.

Facilitator: Wendy Case
Dates: April 14th & 21st
Time: 6:30-8:30pm
Fee: \$20 per person. \$25 per couple for military families. \$30 per person. \$35 per couple non military families.
Registration: Call 339-8290
Location: CMFRC Program Building #120 Kinnikinnik

Stress Survival

This workshop will explore the causes of stress in your life, provide you with the opportunity to effectively manage your stress, and make it work for you.

Dates: April 20th, 22nd, 27th, 29th, and May 6th
Time: 6:30 - 8:30pm
Location: CMFRC program building, #120 Kinnikinnik
Fee: \$10
Registration: Call the CMFRC at 339-8290
Facilitators: Mara Pungente and Michelle O'Neill

You Make it Happen for your Family - A Read Aloud Guide for Families

A mini-workshop for parents of children birth to 5 years. This workshop will include:

- Reading aloud to very young children
- Building social skills around story time
- Reading readiness - getting ready for school.

The purpose of this workshop is to demonstrate "how much is going on" when you and your child share a story book. Parents will leave this workshop with a clear understanding of the role parents play as their child's first and most important teacher. When parents read to children they learn language, literacy skills, motivation for reading, positive role modeling for reading. Play is a child's work and telling stories helps your family get to know each other better.

Romance Writing: New Narrative for Women

Romance continues to fascinate us. Strung out between the high art of Romeo and Juliet and the

low art of Harlequins, this is a story that will not go away. How we write it now, using new narratives for women, is the focus of this four week workshop. Participants will learn the genre' structure, and examine the history of the form. Through exercises, readings, and discussion, participants will develop their own definitions of romance, complete a short story, and explore publishing opportunities.

Facilitator: Carol Neufeld
Dates: May 5th, 12th, 19th & 26th
Fees: \$25
Registration: Call 339-8290
Location: CMFRC program building #120 Kinnikinnik

Computer Familiarization

This workshop introduces participants to computer usage. It is designed for people who have no computer experience.

Date: May 12th, 19th, & 26th
Time: 6:30 - 9:00pm
Fee: \$10
Registration: Call 339-8290

MFRC Volunteer Appreciation Party!

"How wonderful it is that nobody need wait a single moment before starting to improve the world." - Anne Frank

Volunteers are the true sign of civilization. Every person who voluntarily helps another is improving the world. When we are faced with decreased fund and increased demands we often wonder what we can do to help. The answer is to volunteer your time. Volunteers are our only limitless natural resource. And volunteers do make a difference, indeed they make all the difference. The week of April 19th - 25th is National Volunteer Week.

This is a time to raise public awareness about volunteering and an opportunity to say thank you to all volunteers. Our whole society relies on people willing to help others. Volunteers do not just contribute to civilization they are civilization.

While we try to recognize volunteers all year long, National Volunteer Week is truly the time that we come together as a country and recognize the impact of volunteers as a whole, and the role of the individual volunteers in our communities. The staff of the CMFRC and KCCC thank all our volunteers for

their time and commitment. Our volunteers are a vital part of our team and without them we would be unable to offer all of our programs and services. Thank you again for all that you do. To celebrate International Volunteer Week the CMFRC would like to invite all CMFRC Volunteers to a party on Friday, April 24th at 7pm. It will be held in the upper floor of the Edgewater Restaurant, 1805 Beaufort, Comox. It promises to be an evening of fun and laughter with live entertainment. Please RSVP by April 22nd.

Ateliers et Activités •Avril•

(Tous ces ateliers et activités se donnent au CRFMC)
 Pour inscriptions et renseignements contactez Michelle au 339-8211 (extension 8656)

Réseau-Femmes Francophones

Dates: les jeudi 2 & 23 Avril
Heure: 19h00- 22h00

Estime de Soi

Date: mercredi le 15 avril
Heure: 19h00 - 21h00
Cout: \$5.00

Initiation au Stencil

Date: les mardis 21 & 28 Avril
Heure: 19h00 - 20h30
Cout: \$ 15.00 pour les 2 cours
 (Liste de matériel requis est disponible au CRFMC)

Pour Femmes Seulement: Nutrition et Santé

Date: mercredi le 29 avril
Heure: 12h30 - 14h30
Cout: \$10.00

Nobody's Perfect Program for Young Parents

Are you under 30 years old?
 Are you the parent of a young child?
 Are you feeling stressed?
 Are you feeling isolated from family and friends?

If you can answer "yes" to two or more of these question then the "Nobody's Perfect Program" could be for you! There are no perfect parents or perfect children. We can only do our best, and we all need help once in a while. This program isn't perfect either. It can't tell you everything you really need to know about being a parent. However the program can help you feel good about yourself and your children. This program includes:

- ♦ Learning how to understand you child better
- ♦ Information on children's health, safety, and behaviour
- ♦ Coping with stress
- ♦ Sharing ideas, tips, and experiences
- ♦ How to take a break from your busy day

Each session includes:

- ♦ Nutritious snacks and
- ♦ Childminding

There is no charge to attend this program. If you are interested in finding out more about this upcoming program please call Mary Anne Rolfe at 339-8290

Parents and Tots

Join our play group at Kinnikinnik Child Care Centre. Parents with children under the age of five are welcome to join. Group activities include, art, crafts, circle time and free play. For more information call Claudia at 339-5051.
When: Thursdays
Time: 9:30 - 11:00am



For Sale

Comox beauty for sale. No GST. 7 months old. Custom built. 4 bedrooms, 2 baths. Gas heat water & FP. Corner lot. Must see, many upgrades. 339-6592. <2/2>

Full set Belgian snooker balls \$60. Officers' Mess Kit to fit someone approx 5'8"/150 lbs. \$100. Air Force gabardine raincoat with liner, size 7038, \$25. Air Force parka size 38, \$20. West Bend 36 cup coffee maker \$25. All in excellent to new condition. 890-0008. <2/2>

1994 Geo Tracker, Black w/green stripe package, 5 spd, 4 cyl, 2 wd, 53,000 kms, soft top, lady driven, AM/FM cassette w/removable faceplate. Warranty. Regular maintenance. Must sell. Asking \$8,999 o.b.o. Call Sonya or Gregg 334-1908. <2/2>

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TECHNICAL MANAGER POSITION

In order to maintain a high level of technical service for our customers in North America, we are seeking a versatile and open-minded person to take on the position as our Technical Manager. Responsibilities will include; field installations, service work and trouble shooting, in-shop assembly, testing and repairs, coordination and supervision of turn-key deliveries, customer contact and other tasks.

Applicants should have electronic and/or mechanical automation skills, computer hardware and software skills, at least 3 years of related work experience, have positive and keen attitude, not be afraid to "get their hands dirty" and be willing to travel on short notice. Aquaculture experience would be an asset, but not a requirement.

Competitive wages and benefits according to qualifications.

Applications should be sent before April 17, to:

Vice President & General Manager, C/O Akva Feed Systems Inc. P.O. Box 397, Campbell River, British Columbia, V9W 5B6, Canada

Posted to 4 Wing Cold Lake?

Medley Family and Community Services exists to provide services and programs that serve to strengthen family and community life. Through volunteer efforts and community input, needs are identified and programs established.

We offer information and Referral; Family Education and Preventative Programs (such as Before and After School Supervision, Youth/Teen Centre, Parenting Courses, Suicide Prevention Seminars, Connecting Friends, and Spouses of Spouses Away); Counselling (individual and family); Community Services and Events (such as RV Compound, Arts and Crafts Shows, Satellite Day Homes, Babysitting, Pre-School, Toy Library and Play With Me); Lifeskills Programme; Volunteer Opportunities and much, much more!

We are looking forward to your arrival. We will help you get settled in your new community. We invite you and your family to contact or visit our offices. We can help you find information you may need to get settled in, meet other members of the community and more.

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Health Meeting

The Upper Island/Central Coast Community Health Services Society will be holding its next meeting on 3 April at the Anchor Inn, 261 Island Highway, Campbell River at 1:00 p.m.

The society is responsible for the delivery of Continuing Care, Health Protection, Mental Health, and Public Health Services in the Upper Island/Central Coast Region. The society Board is always interested in hearing from members of the public regarding these services or other issues regarding community health and invites any members of the public to attend this meeting.

Quit Smoking with "Fresh Start"

Another 4-week session of the highly successful Fresh Start program for people who wish to quit smoking AND STAY QUIT is being organized by the Comox Valley Unit of The Canadian Cancer Society, commencing Tuesday, 7 April. Meetings will be held at the Cancer Society Office, 102-1409 Cliffe Avenue, Courtenay every Tuesday and Thursday from 7:00 - 9:00 p.m.

For information and registration phone 338-5454, or register at the first session.

TODAY'S CROSSWORD PUZZLE

PREVIOUS PUZZLE SOLVED

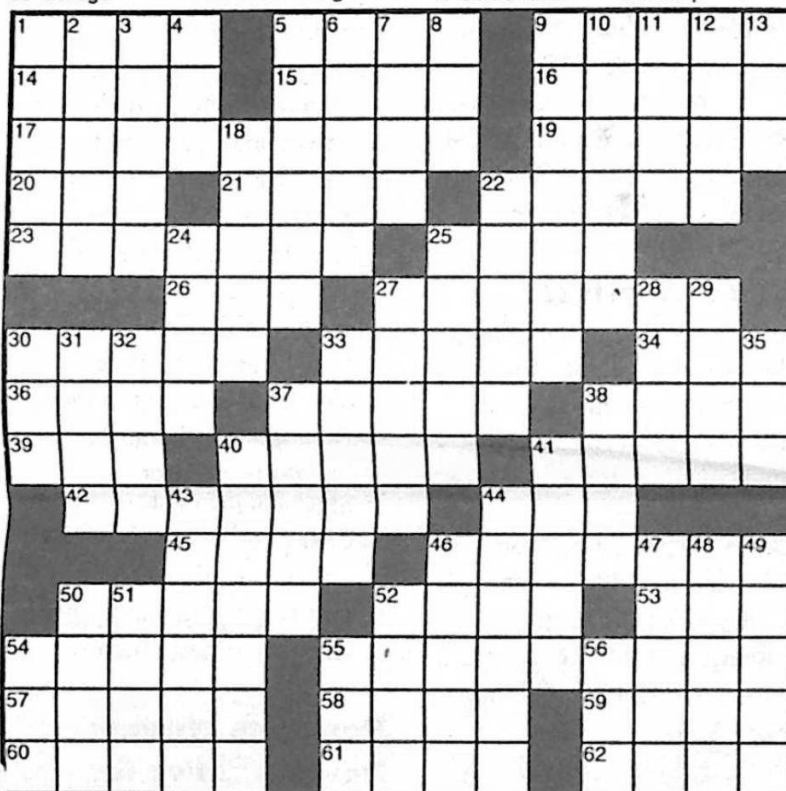
ACROSS
1 Shed tears
5 High spirits
9 Ooze
14 Adam's grandson
15 Wine-growing valley
16 Pertaining to ships
17 Bob Newhart in "Newhart"
19 Mountains, Ark.
20 Cowboy actor Lash La Rue
21 Work, as yeast
22 Bear's comment
23 Arrange
25 Oil or coal
26 Psyche parts
27 More difficult
30 Complain
33 Goes to sea
34 Meditation method
36 Pullets
37 Ascend
38 Got bigger
39 Frequently
40 Scrawny
41 Banquet feature
42 Sightseer
44 Taproom
46 Dangling ornaments
50 College

DOWN
1 Eerie
2 Boredom
3 Cornbread cakes
4 "For shame!"
9 Noisy sleepers
10 Lapis — blue stone
11 Tennis pro Lendl
12 Shopping plaza
13 Wapiti
18 Wash away
22 Bad conscience
24 Fastens
25 Swoon
27 Act like a ghost

administrators
52 Tug sharply
53 Singer Damone
54 European river
55 Greeting or farewell gesture
57 Lazy one
58 Actress Chase
59 Paradise
60 Antiquated
61 — of the D'Urbervilles
62 Covered wagon's direction

YOHO PEON DEVON
OVAL EXPO OXIDE
MIRY WETS OASES
DIMMER ENDLESS
POETS OAT
QUITS CRUDEOIL
OUNCE SHUN DATA
LET LICENSE KAY
GETS RAMS KEELS
ANECDOTE HINNY
TIAN SLUNG
OFFENSE ORGANS
GOING REND GOUT
LANCE GAEL EMMA
ELDER SURE DESI

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Night lights are not toys

by Smokey

Canadian Standards Association (CSA) will soon publish amendments requiring the following warning to be printed on the package of a direct plug-in nightlight certified by CSA:

Warning - This is not a toy and is not intended for use by children. For safe use, plug only into exposed wall outlets where nightlight is ventilated and cannot contact bed coverings or other material that may present a fire hazard. Do not use with extension cords.

This warning is among the new requirements presented in the amendments to the CSA standard covering nightlights. These amendments have been developed to address concerns about potential electrical hazards associated with nightlights, especially the dangers to unsupervised children who might see these products as toys.

The low wattage of these devices and, in some cases, their toy-like appearance may give parents a false sense of security. The risk to very young children should never be underestimated. A child touching an energized screwshell at the base of the device's light bulb could receive a severe or even fatal shock.

The main safety feature introduced in the new CSA amendments is a requirement that nightlights be polarized. The metal screwshells of nightlights with nonpolarized plugs (plugs with identical blades) can remain energized even if the light's "on-off" switch is in the "off" position.

By contrast, when a polarized plug is inserted into a polarized receptacle (i.e. the wide plug

blade is inserted into the acceptable slot that is wider than the other), the "live" or current-carrying conductor is properly connected and is "switched." This means the screwshell is not energized even when the "on-off" switch is in the "off" position.

The CSA amendments also address the potential hazard of a child's blanket possibly catching fire after prolonged contact with an energized nightlight. In a new test, layers of tissue paper and flannelette simulating bedding materials or paper products are each draped over an energized nightlight for seven hours. If these materials glow or ignite, the nightlight fails the test and does not qualify for the CSA certification mark.

Other requirements address such issues as the durability of plug blades; the proper "fit" in size between the screw base of the light bulb and the lampholder cavity; and the ability of the nightlight unit to withstand impact.

Look for the new polarized models when you shop for a nightlight. Remember other basic safeguards when using electrical products:

- Never file the blade of a polarized plug to fit a nonpolarized receptacle. To prevent shock, match the wide blade of the polarized plug to the wide slot of the receptacle and insert fully.

- Use a ground fault circuit interrupter (GFCI) for nightlights placed in bathrooms. A GFCI senses leakage current and within a heartbeat cuts the power on an electrical circuit.

Above all, always take extra care to keep electrical connections out of the reach of children. A nightlight cannot be treated as a toy without serious and possibly fatal consequences.

Le Centre des Ressources Familiales Militaires de Comox
En Collaboration avec
Réseau-Femmes-Communauté-francophone-militaire

Par Nathalie Chevrete, représentante de région

Rétrospective de la 1ère Réunion d'information : le jeudi 12 mars 1998

Je suis heureuse d'annoncer aux membres de la communauté militaire de Comox que depuis le jeudi 12 mars dernier, Réseau-Femmes-Communauté-francophone-militaire fait maintenant partie de la grande famille des groupes satellites de Réseau-Femmes-Colombie-Britannique.

La réunion d'information avait pour but d'informer les femmes présentes des missions, objectifs, services et activités réciproques de R.F.C.B. et du C.R.F.M.C. et de démontrer, par des exemples concrets, les possibilités de développement de R.F.C.F.M. en collaboration avec le Centre des Ressources pour les familles militaires de Comox.

Maintenant, le développement de R.F.C.F.M. dépendra des besoins/intérêts/désirs des femmes-membres et des ressources disponibles pour y répondre.

Les prochaines réunions : les jeudis 02 et 23 avril prochain

Êtes-vous intéressées ? Vous voulez avoir du plaisir tout en donnant votre opinion sur le développement de R.F.C.F.M. ? Vous êtes invités à participer aux rencontres du groupe. Les prochaines rencontres auront lieu au C.R.F.M.C. au 120 kinnikinnik : les jeudis, 02 et 23 avril prochain de 19:00 à 22:00 heures. Vous êtes Bienvenues!

Le groupe est ouvert en tout temps aux femmes de la Communauté militaire qui désirent rencontrer d'autres femmes, partager leurs intérêts, s'impliquer au développement du groupe, se joindre en tant que membre et/ou tout simplement, utiliser les services de références, de ressources du réseau, etc. Le contenu, pour les rencontres du mois d'avril, est d'identifier, de prioriser et de choisir, les activités de nos rencontres pour la période estivale : mai, juin et juillet 1998 et ce, selon les ressources disponibles, nos besoins, intérêts et désirs communs.

Pour plus de renseignements sur Réseau-Femmes-Communauté francophone militaire communiquer avec Nathalie Chevrete, représentante de région ☎ (250) 339-7369 / ☎ (250) 339-8199 / Courriel : nathyves@island.net / ☐ Boîte postale : 326 - Lazo - C.-B. - VOR 2K0.

Vous pouvez consulter aux locaux du C.R.F.M.C. aux 119/120 kinnikinnik l'information écrite sur R.F.C.F.M. en demandant soit à Michelle O'Neill, coordonnatrice du programme francophone ou au personnel présent à la réception.

April 5 - 11, 1998

National Wildlife Week

National Wildlife Week (NWW) was first declared in 1947 to educate Canadians about the need to conserve our cherished wildlife heritage. Today, thousands of Canadians join together to celebrate NWW during the week surrounding April 10, the birth date of the late Jack Miner, one of the founders of Canada's conservation movement.

This year's NWW theme focuses on shorelines, their tremendous ecological value, and the issues affecting them. The slogan "Give Wildlife an Edge... Protect Our Shorelines" reflects the link between land and water and the fact that the edges of our lakes, streams, wetlands and oceans are essential to living things. Cougars, along with countless mammals, birds, reptiles, amphibians, insects and fish couldn't survive if not for healthy shorelines. (For more info, check out our Web site: www.cwf-fcf.org)

What you can do to protect shorelines

- Learn more about shoreline habitats and the problems facing them.
- Participate in a shoreline cleanup. Team up with a community group or volunteers in your area.
- Maintain and enhance natural shorelines as much as possible so they will continue to support wildlife.
- Create a vegetation buffer - a strip of moisture-loving trees, shrubs and herbaceous plants - along a shoreline. Maintain a variety of plant communities in a series of patches, blocks, or fence-rows along the shoreline to provide wildlife corridors.
- Resist the urge to "tidy up." Don't remove twigs, leaves, rock rubble and weeds. You might be eliminating wild creatures' homes.
- Use alternatives to chemical fertilizers and pesticides. Instead of spraying insecticides to deal with pests, try attracting toads! Just one of these modest amphibians can eat 1,500 earwigs in a summer.
- Dispose of motor oil, paints and household chemicals at an approved recycling centre - not in a storm sewer.
- Work with farmers and ranchers to promote shoreline-friendly cows and crops.
- Help prevent unnecessary destruction to coastal shorelines by promoting conservation, wise stewardship and pollution control.

IT'S ALL IN YOUR SMILE



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Heritage Happenings

by Maj Joel Clarkston

Air Museum helps others

The Comox Air Force Museum is in continual contact with other museums, foreign and domestic. A recent request from the RCAF memorial museum at CFB Trenton asking for support for their research library resulted in the transfer of eight copies of "Janes All The World's Aircraft."

Another more complex transfer resulted from a request from the Imperial War Museum, Duxford, England. They have on inventory a CF-100 that is in very good condition except for the undercarriage legs. A restoration firm agreed to refurbish the legs but the Imperial War Museum staff lacked proper documentation on the jacking and removal procedure.

An appeal for assistance was sent to Air Force Magazine and members of the Comox Air Force Museum Heritage Committee responded. We have here all the technical manuals and even examples of the jacking pads required. Murray Smith will be in touch with the staff of the Imperial War Museum to enable them to bring their CF-100 back to display standard.

Sam Steele—A Canadian hero

(NC)—When it comes to defining moments in Canadian history, the construction of the Canadian Pacific Railway and the Klondike Gold Rush of 1898 certainly make the list. And Sam Steele of the North-West Mounted Police (NWMP)—now the Royal Canadian Mounted Police—was there.

Steele was perhaps best known for being a natural leader who always got the job done, despite the odds. As the railroad pushed west in the 1880s, Steele and his men maintained strict order among thousands of workers on the Canadian Pacific Railway by banning liquor and gambling in the camps. He was also called upon more than once to protect the work crews from roving whiskey traders and other criminals.

Besides his hard-nosed reputation for maintaining order, Steele also had a knack for the subtle art of negotiation. This skill proved to be a real asset in his expedition to the Kootenays in 1887-88



when he helped calm a potentially explosive situation between the Kootenay Indians and white settlers.

A decade later, dreams of striking it rich were fuelling the appetites of thousands. But once again, Sam Steele stood out as a symbol of order. Before he would let prospectors pass, he checked their supplies and ensured their boats were safe to survive the trek to the Yukon.

On top of his remarkable career as an officer of the NWMP, Steele distinguished himself in the military, where he was eventually promoted to major-general in the Canadian Permanent Force. He was knighted for his leadership and accomplishments in the South African War and the First World War.

Sam Steele died in 1919, leaving behind a proud legacy and a shining example for the thousands of RCMP officers who would follow him and bring honour to the 125-year-old police force.

Cairn placed in Air Park

The new cairn for the Heritage Air Park has now been placed at the end of the entrance walkway. A previous article on the cairn mentioned that the inscription on the bronze plaque attached would mention fallen "aircrew." The Wing Chief has received several phone calls inquiring on the accuracy of this statement as many others have also given their life in the service of their country. The inscription on the cairn is:

Established in memory of those members of the Royal Canadian Air Force and Canadian Armed Forces who gave their lives in the service of their country.

My apologies for giving the impression that the cairn was to commemorate aircrew only. The cairn will be completed in the near future, once the field dries up sufficiently and the walkway and fence rearrangement is complete. An unveiling ceremony is anticipated for the late spring.

Mig 21 still chasing its tail

The tail section for the Mig 21 recently acquired from the Czech Republic has still not arrived. A Hercules transport aircraft from

CFB Trenton arrived on 27 March with no tail on board. The flight had been scheduled as a transport run but was rerouted as a passenger flight at the last minute and the Mig tail was bumped off. Not to be deterred, Captain Richter went looking for ground transportation and found a tractor trailer unit returning from Halifax with some spare room on board. He is attempting to contact this unit to see if they can divert to Trenton and return to Comox with the tail aboard. As of press time there is still no commitment from Transport on the move, but it looks quite promising.

H-21 complete

Saturday, March 28 saw the unofficial completion of the H-21 Piasecki helicopter. On the day the newly painted and decaled helicopter was towed, minus the heads and blades, back to the temporary shelter of the Heritage Aircraft Committee. Crowds gathered out of sheer curiosity along the route as the resplendent machine followed behind the tow mule.

The H-21 restoration represents three years of restoration work by the dedicated volunteers of the Heritage Committee. The members are understandably tired from their enormous effort and plan to take a well deserved breather before commencing another such project. The aircraft will be stored in the hangar until the ground is suitably dry within the Air Park. The heads and blades will be added and the dedication ceremony will be planned for the late spring. The Totem Times plans a full page montage of restoration pictures from start to finish in celebration of the event.



If the dinosaurs had read to their children...



they wouldn't be extinct!

Some species just don't get it. In order to survive and preserve the species, you've got to do what you've got to do. In the case of human beings, one of the most important learned survival skills in this fast-paced, competitive world, is the ability to read. And since newspapers are so readily available so often, we suggest that you help your children to survive and to be better prepared for the world out there by reading aloud to them regularly, and by encouraging them to become regular newspaper readers. They'll thank you for it as they succeed in life.

TOTEM TIMES

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Freshly painted H-21 as seen in the 414 Sqn hangar. Restoration work is now complete with the addition of the "RESCUE" sign and the aircraft has been towed back to the Restoration Committee hangar. Dedication is expected for late spring.



New cairn for the Heritage Park will have two bronze plaques attached eventually. One will be dedicated in Spring 98 and the other on 1 April 99 to commemorate the 75th anniversary of the Air Force.



"Big Jock" is used to place new cairn in Heritage Park. Estimated to weigh a mere 6,000 pounds, the cairn turned out to weigh much more and necessitated the use of the largest crane on base. It subsequently got stuck in the soft ground of the park and had to be pulled free. Some "restoration" will be required on the park itself after the most recent modifications.

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