

TOTEM TIMES



19 Wing CFB Comox

VOL 40 NO 7

THURSDAY 23 APRIL, 1998

COST: FREE



The Comox Valley's Oldest Newspaper

Air Reserve Update

(See page 15)



MAY 10th

A MESSAGE FROM THE WING COMMANDER

NORTH AMERICAN OCCUPATIONAL SAFETY & HEALTH WEEK

I would like to convey to all personnel of 19 Wing that 18-24 May 1998 has been designated North American Occupational Safety and Health Week (NAOSH).

NAOSH Week replaces Canadian Occupational Health and Safety Week (COHS) after last year's trilateral agreement between Canada, the United States and Mexico. Canada and our Safety partners to the South have adopted a slogan that will be used for the next three years. "Occupational Health and Safety: **HEALTHY WORKERS.....HEALTHY BUSINESS**". The 1998 overall theme for all three countries is "OSH: **PARTNERS TOGETHER IN SAFETY**".

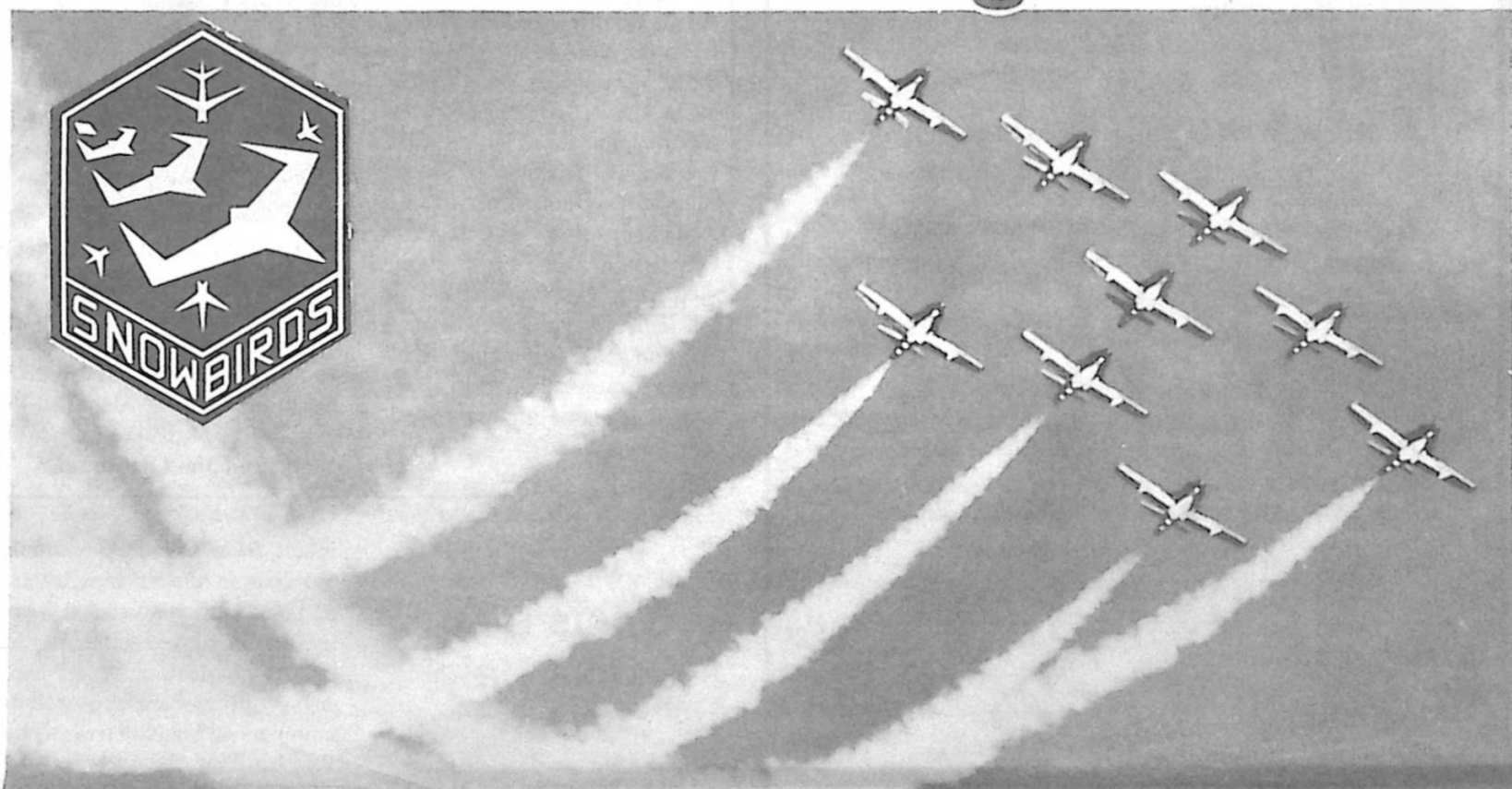
The objective of NAOSH Week is to focus the attention of employers, employees, the general public and all partners in occupational safety and health on the importance of preventing injury and illness in the workplace.

As I have stated in the past our operational roles of 19 Wing Comox require that we function as a close knit team. We all share this common goal. Operational effectiveness dictates the need for formal safety programs to maintain the full capability and availability of our team.

Health and safety in the workplace is crucial. I invite you to participate in the events and programs planned during NAOSH Week. We can make significant strides towards increasing safety awareness by being proactive in reducing accidents and illness. I urge you all to support and promote the Wing Safety programs not only during North American Occupational Safety and Health Week but each and every day of the year.

Safety Week info on page 9

Snowbirds Migrate



After spending the better part of April in the Comox Valley, 431 Air Demonstration Squadron is heading out. The Snowbirds have completed their spring training and all their members are ready for the air show circuit that will take them all over North America from May to Sept. (Photo by Cpl L'Ecuier, WIS)

MND Released Quality of Life Reports

Ottawa - On April 16, the Honourable Art Eggleton, Minister of National Defence, released two internal studies which will be used to develop Quality of Life (QOL) policies and improve QOL programs and initiatives for Canadian Forces members.

"Testimony at the Standing Committee on National Defence and Veterans Affairs (SCNDVA) hearings and these two studies show that the CF has serious people-oriented problems that must be resolved," said Minister Eggleton. "I make a commitment to all Canadians and the men and women of the CF that the recommendations from SCNDVA and these two studies will be given urgent attention to ensure that the needs of our people are met," added Mr. Eggleton.

The first study, "The Care of Injured Personnel and their Families Review", was mandated by the former Acting Chief of the Defence Staff. This review determined the level of success or fail-

ure in providing CF members and their families adequate medical and administrative care post-injury. There are still two phases required in order to complete this review: the validation of data and consultations with staff and agencies such as Veterans Affairs, and the making of recommendations and the implementation of changes.

The second study, "A Study of the Treatment of Service Members Released from the CF on Medical Grounds", assessed the adequacy of policies and procedures affecting the successful transition from military to civilian life of members for medical reasons. Unlike the phased approach of the care of injuries study, this study was a comprehensive package. Data was collected, validated, consultations were conducted and various recommendations were made.

"These two studies are very disturbing as they underline a high level of dissatisfaction and a

feeling of abandonment on the part of members and their families," said Gen Maurice Baril, CDS. "We received what we asked for from these two studies - feedback from our people, and we may not like what we got, but now it is time to act and to restore confidence and pride in the Canadian military at every level."

"My top priority is the implementation of QOL programs and initiatives to combat the disturbing problems within these two studies and improve the conditions of service for all CF members and their families," said Lt.-Gen Romeo Dallaire, the newly appointed Assistant Deputy Minister Personnel. "For the morale of our people and to ensure the continued effectiveness of the military, the military leadership must urgently address the problems and issues identified in these reports, and I will make sure that this happens," added Lt.-Gen Dallaire.

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Legion Log

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REGULAR EVENTS:

BINGO.....every Thur, Fri & Sun 7:00 pm
MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
DANCE.....every Friday night, 8:00 pm

24 April ... Easterners
1 May ... Norm Combo
8 May ... Alley Cats
15 May ... Ventura Hyway
22 May ... Eldorado
29 May ... Vested Interest

Special Events:

Western Night Fri 15 May, music by Ventura Hyway

CRIB TOURNAMENT - 24 May

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

General Meeting: Tuesday, 26 May, 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 Mpr 24 ... Soft Winds
Fri May 1 ... Elmer Thudd
Fri May 8 ... Norm's Combo
Fri May 15 ... Easterners
Fri May 22 ... Country Cousins
Fri May 29 ... Ventura Highway

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.....Mi ed 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 E cc. Mtg. Upper Hall, 7:30 pm
1st L.A. E cutive 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.

NEXT DEADLINES

Advertising - 6 May. Articles - 8 May, noon.

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Fun, ingenuity, and competition are words that come to mind when KUB KAR season arrives. Each Spring, Wolf Cubs enthusiastically take tools in hand to build the car of their dreams.

Each Cub builds a wooden car of their own design, carefully cutting, sanding, painting and assembling these true works of art. And what's a car for if not to race? After all the imagination and effort of manufacture is complete, it's time to race.

This year when Lazo hosted a run off with 2nd Cumberland, the top six cars from each Pack went on to the Comox Valley race on the 22nd of March. Caterina Tiemann, Daniel Stahn, Shea Tracey, Matthew Larocque, Curtis Beise and Zachery Seymour earned the right to represent Lazo. Matthew Robichaud's entry was judged as best design. Our Cubs did very well with Zachery and Daniel placing second and third in the A division and Curtis won the B division. Congratulations to all the Cubs for the fine effort and excellent results.

Kub Kars



The local Scouting District held a Kub Kar Rally at Tsolum School on 22 March. Over 40 participants attended the event including a team from the 1st Lazo Cub Pack who walked away with three of the coveted trophies. Team members are: (front L to R) Shea Tracey, Curtis Beise "B" Division 1st Place, Zachary Seymour "A" Division 2nd Place, Daniel Stahn "A" Division 3rd Place, Matthew Larocque. (Back L to R) Leaders Dave Stahn and Jim Larocque.

issues from suicide prevention, problems in relationships, to general information of what services are available specific to the caller's problem.

Volunteers are required to complete 40 hours of training before handling the crisis line and are not expected to be experts. There are back-up teams on hand to help with difficult situations.

"Volunteers learn about all sorts of problems: child abuse, spousal assault, elder abuse...they

learn to use a variety of communication and crisis intervention techniques."

Training schedules are held two nights per week for four weeks.

"People helping people," says Gwyn Frayne with a warm smile, "That's what it's all about."

For more information about the Volunteer Program, please phone Gwyn Frayne at 338-0512.

The Crisis Line is staffed 24 hours a day, 334-2455.

Crisis Line Seeks Help From CFB Comox

Volunteers are urgently needed to staff the crisis phone lines at the Crossroads Crisis centre.

"We must start now to get a good-sized group trained by May to replace the volunteers who go away in summer," stresses Program Coordinator, Gwyn Frayne.

"We've had an excellent ongoing relationship with volunteers from 19 Wing CFB Comox in the past and hope to continue and grow with this commitment."

This is an excellent opportunity for new transfers to get involved within the community and for those people who want to learn more about Comox Valley's "Community Safety Net."

The Crisis Line Volunteer hours are flexible and are well suited for shift work. There are benefits for one's resume for employment and education by this worthwhile volunteer work.

Teens to retired people volunteer and answer calls dealing with



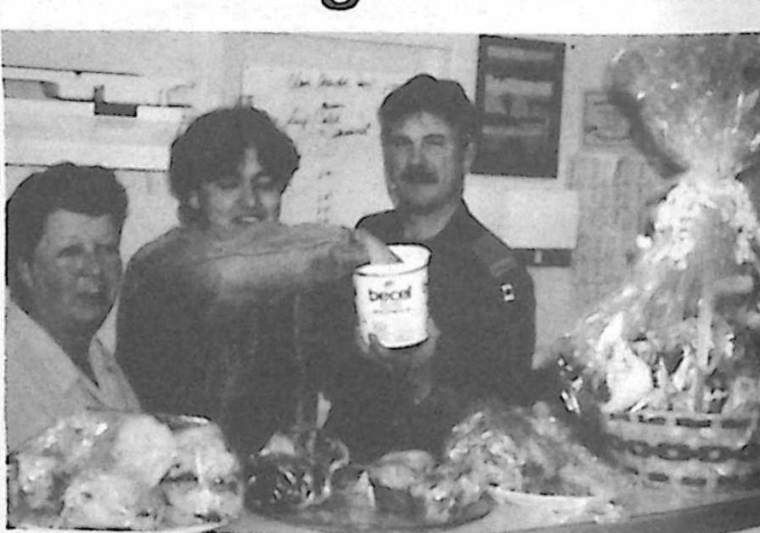
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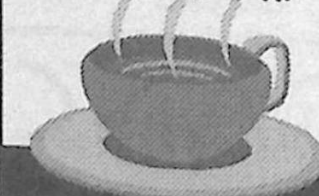
610 Anderton Ave., Courtenay

Drawing a Winner



The draw for the CE Canteen's Easter Basket was won by Karen Cowles from BCleaners - who forgot to check her ticket and consequently did not learn of her good luck until after Easter. Above, CE electrician Simon Carty draws the winning number from container held by WO Andre LeCavalier, CE Canteen Committee Chair. Mrs. Bev Buchan, who prepared the basket and was instrumental in the success of the draw, agreed to serve as a witness. The CE Canteen will be running monthly draws during the remainder of the year. For details call Bev at 8982.

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Act Now for Fall College Courses

by Pat Allan
CFCCN Co-ordinator

The weather is great, the days are longer and we're spending more time outside looking forward to the relaxed summer season. It can be hard to think about sitting in a classroom but if you plan to attend credit courses at North Island College in the fall, you have to act now.

There are three steps in the process of becoming a registered North Island College student: application for admission, acceptance and registration.

Application is the stage where you tell the college what you would like to do and provide proof that your educational background and experience ensure that you have a reasonable chance of success. Students who want to take courses in the 1998/99 academic year and have not yet applied should begin the application process immediately.

North Island College encourages all prospective students to meet with an educational advisor or counsellor at the College prior to applying for admission. If you are requesting transfer credit for courses you have taken at other colleges or for other training or work experience, you will need

extra time. To complete the application process, you submit an Application for Admission form, required transcripts of marks, and an application fee of \$25.

High school graduation is not necessary for admission. However, you may be required to take an assessment to ensure you have the skills necessary for success. The advisor can provide details.

Acceptance at North Island College is based on a first-applied, first-qualified, first-admitted basis. That means, apply early! Acceptance is your admission to the program you have chosen, and approval to register in the courses you would like.

Registration for courses usually takes place in person although other arrangements may be made. Registration appointments are made to avoid lengthy line-ups to choose courses. You will be notified of the date and time of your appointment. Registration begins in June.

The timetable for courses will be available in mid-May. This information allows you to plan for your schedule. For example, for people employed full-time, you can find out which courses will be available evenings.

Success in education requires planning and commitment. To make your goals happen, act now!

And don't forget the next Management Development Program (MDP) course. This six-course program is delivered in intensive weekends on Base. Management for Results will take place on May 1-3, beginning at 1800 hrs on Friday. Learn about the tools to manage increasingly complex environment of today's workplace through class discussion, exercises and group problem-solving. Gwyneth Hughes is the instructor for this course and brings her extensive work and management background in both the military and civilian workplace. There are no assignments or exams but you will work hard and learn a lot.

For more information about College registration, the MDP course or other educational concerns, please call Pat Allan, CFCCN Co-ordinator at 339-8211, ext. 8889. I'm available to all members of the Canadian Forces Community College Network: serving and retired military, reserve and civilian members of the Defence Team, and their families. Give me a call!

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5 Locations in your neighborhood



It seems that you can't pick up a newspaper or magazine these days without seeing the grim picture of a member of the Canadian Armed Forces gracing a page. The quality of life issues seem to have captured the interest, however briefly, of the national media. This is due officially to the hearings that are being carried out by the Special Committee on National Defence and Veterans' Affairs (SCNDVA). And there are some juicy stories coming out, particularly from family members who are having a tough time of it.

The image that is being projected is certainly not a good one. When any institution airs its dirty laundry in public, it does little good for anyone; management suffers, employees suffer and the institution suffers with a tarnished image. There have been so many hits on the military image within the last five years that one wonders if there isn't a grander scheme afoot. The newest wrinkle is that the stories, complaints, and allegations are coming from within. Taken collectively, enhanced by the national media, they could spell a lot of change in the way the Armed Forces are treated by the government. We assume this change will be good. Whatever happens, the ironic thing is that we are the ones who will have been seen to ask for it.

Speaking of changes, you should note that the Totem Times is now open for business five days per week, from 7:30 am til 3:30 pm. This is due to the addition of a full-time managing editor to the roster. Edith Cuerrier has moved her office over from Wing Imaging and is now located at the Totem Times office next to the Museum at the front gate. For all you budding writers out there, you can now dial the Totem Times for assistance during work days and actually get a human being on the other end of the phone. Also joining the staff of the Totem Times is Tet Walston, editor of the Contrails newsletter for 888 Wing AFAC and assistant caretaker of the Rowe Library in the Comox Air Force Museum. Tet has volunteered to handle some of the layout work and supply articles for the heritage section. Welcome aboard Tet, or as they say in the Air Force, "Watch your step, coffee's on when airborne and I'll catch you for a beer after the flight."

by Joel Clarkson

Letter to the Editor

Dear Sir:

The Comox No-Sno-Fest, held on 20 February, was an unqualified success and I would like to take this opportunity to congratulate you and your staff for your outstanding support in promoting the 1998 Winter Carnival.

The Publicity OPI, Capt Bouchard, and myself were most impressed by the excellent level of visibility given to the No-Sno-Fest 98 in the Totem Times. The layout of the information and photographs provided was great and done in a very professional manner.

My congratulations and sincere appreciation go to you and your staff for your remarkable coverage. Thank you for a job extremely well done.

Maj J.D.P.R. Bourget,
Chairperson, No-Sno-Fest 98

"Pay" Attention

Starting this month, CF members will receive one pay statement only, at mid-month. Experience shows that, for the majority of members, the end-month pay statement does not provide any additional pay information and is basically redundant. An end-month statement will be issued only when the closing balance amount reported on a mid-month statement differs from the amount actually deposited on the subsequent end-month pay.

This initiative is part of a larger program aimed at reducing the cost of the Military Pay System.



Farewell

This message is a personal one intended for all the men and women in the CF who wear Air Force blue, for all the others (regular, reserve, and civilian) who serve in support of Air Command, for Air Force honoraries and all other friends of the Air Force, and for all your families.

It has been a distinct honour and privilege for me to cap a 37-year career by serving as Comd of Air Command for the past three years and in the new appointment of Chief of the Air Staff since last August. My retirement date of 1 Apr marks the 74th birthday of the Royal Canadian Air Force which I proudly joined in 1961. Your efforts and performance over the last three years make me very proud to have served as your Comd.

Together we have met the challenges of directed resource reductions and have significantly reshaped our Air Force, eliminating unneeded infrastructure, reducing headquarters overhead and streamlining command and control while maintaining needed operational and combat capability in a safe, professional and a more cost-effective manner than 37 years gone by. By the time the dust settles next year, the Air Force will be some 46 percent smaller than it was in 1989, but only 10 percent of its operational capability will be lost.

At the same time, many of you have served with distinction and done us proud in Haiti, Central Africa, Italy and Bosnia and, most recently, in the Persian Gulf. You have triumphed in international competitions such as William Tell and Fincastle and have served

your fellow Canadians in need during the Saguenay and Red River floods, the recent ice storm in eastern Canada and day in and out in the air search and rescue role. You have epitomized what an operationally focused and deployable Air Force can do even when it does not have top notch equipment, as long as it has top-notch people. The results achieved have come at the cost of significant personal and family sacrifice and I salute you for that.

We have made some progress towards equipment acquisition and capability modernizations, but much remains to be done particularly in the major arenas of maritime helicopter replacement and CF-18 and Aurora systems life extension. Similarly, the flight plan for life and other initiatives are resulting in some improvements to quality of life for you and your families, but again, much remains to be done.

Thanks for your efforts, dedication and sacrifice the Air Force is right on track. You have upheld the very finest traditions of your predecessors in the CF and the RCAF.

As I pass the controls into the very capable hands of LGen David Kinsman, I ask you all to support him and serve our Air Force as well as you have done during my three years in command. Best wishes and many thanks to each and every one of you and your families. Remember that next year will mark the 75th anniversary of the RCAF. Make it a banner one for our Air Force.

LGen Al Dequettville sends and hereby bids you au revoir. Per Ardua Ad Astra.

Wheel Women

Bike Workshop/Camp designed just for women of all ages
For more info contact the Comox Community Centre
1855 Noel Avenue, Phone #339-2255

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

Gears Grind During Garbage Switch

The phone calls to CE's Trouble Desk came hard and fast: What's with the garbage? Nothing is being picked up. Anything being done? What could be done, was. Unfortunately there was little CE could do.

Contract Inspector Peter Cartwright explains: "Tenders were let 2nd February, which gave the process a couple of months. However it was not until 1400 hrs on 30 March that Public Works Government Services Canada (PWGSC), the department that looks after the awarding of contracts, chose Van Island Waste as the garbage contractor. That left the new service supplier just 34 hours to get ready! If blame must be allotted, PWGSC shoulders the major share.

"Lacey, the former contractor, understandably was not overly happy either. He wanted to pick up his equipment without delay upon expiration of the contract. The only bins left behind were those by the kitchens, which they were legally obliged to keep there until the following day. But all the rest went.



CE Contract Inspector Peter Cartwright monitors the unloading of new garbage bins.

"Now, you take out a hundred garbage bins and replace them with six! There's bound to be a problem, right? Six was all Van Island Waste could muster with the short notice. April 3, there were still only 18 bins on the base. Of the two twenty-yarder bins dropped off, one looked like a collander, it was that holed. So it was just a stop-gap measure.

"This shouldn't have happened. Van Island Waste, taken by surprise as they had heard nothing ahead of time, presumably were trying to do their best. I did designate a couple of bins for card-

board pretty quick. Our recycling program is very important to the base. Nor can PWGSC be faulted for choosing Van Island Waste as their bid was approximately 25% less than the next-lowest bid. But the short notice is another story. It could have put the base at some health risk. It certainly had a good many customers up in arms, nor did it exactly make my day.

There is a lesson in this for us. Perhaps next year we'll overlap contractors for awhile if there's a change in contractors."

As with so many other support services, garbage collection is little noticed until something goes amiss.



by Cpl Rick Neveaux

Welcome to the EME world. As you've probably noticed, the EME shop has gone through a lot of rebuilding in the past year. All of the asbestos siding and insulation have been removed and CE is just about finished installing the new insulation and metal walls. With the reduction in shop space, due to the scaffolding inside and out, it has been a trying time to keep up with the workload of broken vehicles. But we managed to keep up our spirits and the production levels and kept the Wing mobile. MWO Corbin is also trying to keep our spirits up by using part of his budget to purchase a lot of new tools that we didn't have access to before, so we can provide better service to our customers.

We have also been running up-

grade training courses for air bag equipment vehicles and will soon be implementing a new computer software package for vehicle and equipment maintenance called "PlannEx." Hopefully this plan will eliminate a lot of our paperwork presently associated with our work. Also coming on line is the new Mitchell On-Demand Maintenance Manuals that will allow us instant access for just about any vehicle repairs.

This year's No SnoFest was a very busy time for us. Sgt Andre Jean from Contracts and Cpl Monica Perkins arranged with downtown suppliers for a lot of the prizes that were given out. The rest of the boys set up and tore down all the modular tentage used for the festival. Considering we only had 10 to 12 people participating, we did very well coming in 9 out of 21 teams. Everyone had a great time and a good laugh at MCpl Don Lanteigne, who showed up looking like a looney tune wearing a hockey helmet. All in all, everyone had a good time and is looking forward to the one next year.

From all of us at the EME Workshop, we wish everyone at 19 Wing a good and safe Summer.



BC Child Support

Important Information for B.C. Parents

Provincial child support guidelines will come into effect in B.C. on April 14, 1998.

The guidelines will make it easier to determine fair levels of child support. They will also help children get the support they need.

Child support guidelines apply to you if you are a parent or guardian who:

- obtains a child support order under the Divorce Act
- obtains a child support order under the B.C. Family Relations Act or
- wants to change an existing child support order (under either Act)

B.C. Child Support Infoline

For more information on the new guidelines call toll-free:

B.C. Child Support InfoLine:

1-888-216-2211

In the Vancouver area, phone: 660-2192

Child Support Clerks

If you need personal assistance understanding the guidelines, or sorting out your options, the province's new child support clerks can help. For the phone number of the clerk nearest you, please call:

Enquiry BC

Toll-Free 1-800-663-7867

Vancouver 660-2421

Victoria 387-6121



BRITISH COLUMBIA The Honourable Ujjal Dosanjh
Attorney General

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Easter Review

by Mona Baird

The Easter pancake breakfast, bike/hat parade and egg hunt was a huge success. Pancakes were served to almost 200 people and I am sorry for the flavour of the last few pancakes as there was a bit of a mix-up in the kitchen. The two winners of the bike/hat parade each received a \$15 gift certificate from Zellers. The winners of the colouring contest are Brenda Dea, Brittany Kopetsch, Megan Dumont, Sean Payton-Stewart, Katie Woznow, Becky Dozois,

Richard Woodward, Dominic Drapeau, Kristine Dozois, Alison Nicholls, Michelle Bekus and Chelsey Payton-Stewart. A fantastic job was made by all of the entrants.

I would like to thank all the people who gave their valuable time to help out and the Girl Guides for helping in serving the younger children. If it wasn't for the help of all the volunteers, the Easter event would not have been the success that it was. Thank you again for your support.

Basic Sailing Course

Canadian Forces Sailing Association is proud to offer a basic sailing course to all of you landlubbers.

If you are currently employed with 19 Wing, why not take this fantastic opportunity to get on the water and have some fun.

Where: At our new facilities located at Goose Spit (Quadra)
When: Evenings, Monday to Friday, from 1 to 12 of June.
With: Fun sailing 16-foot Albacore
How much: \$80.00
Who can: All military members, civilian employees and their dependants (from age 11 and up).

Instructions will be provided by a certified instructor from Canadian Yachting Association. Upon completion, you will be knowledgeable with the sport of Sailing and also be awarded a certification from CYA.

The Strait of Georgia offers some of the best sailing grounds in the world. Why not take this opportunity to discover this hidden treasure?

For more information, call Jocelyn Chagnon at loc 8505 (work) or 339-4114 (home)

The wind is free, why not use it?

National Volunteer Week



This year's national Volunteer Week is coming to an end already but volunteers go on, year after year. Cpl Dave Stahn, 407 Sqn, and his family are fine examples of community service and involvement. Dave and his wife Debi have been into Scouting for many years, even before any of their children were born. Now Dave and his oldest son, Daniel (aged 8), belong in the 1st Lazo Cubs. Debi and Owen (aged 6) belong to the 1st Lazo Beaver Colony. Sebastian, their youngest boy (aged 2), is a future Beaver, of course. As leaders, Dave and Debi devote countless hours to provide an interesting and challenging program for all the boys in these two Lazo Scouting groups. There are many individuals on the base, military and civilian, who spend part of their free time as volunteers for community groups and services in the Comox Valley. To all of them, and to Dave and Debi, we say THANK YOU.

(Photo by MCpl Currier)

General Fitness Conditioning Classes

General Fitness Conditioning classes are held every Mon-Fri (0730-0830) for all military and DND employees. There is a different workout each day.

Remedial Fitness Training

All military members that did not meet the minimum Physical Fitness Standard on their last evaluation and require supervised remedial training are welcome to attend classes every weekday morning from 0730-0830. Members attending training classes are asked to sign in with a fitness instructor prior to class.

Aerobic Machine Training

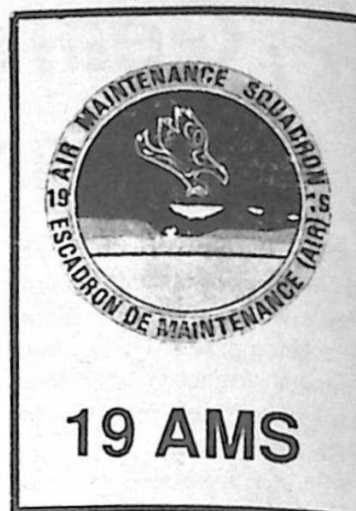
The following clinics will be held at the Wing Gym for those who would like an introductory clinic on the Life Aerobic Machines:

Lifesteal/Stairmaster: 6 May, 1530.

Treadmill (Club Trak & Lifesteal): 13 May, 1530.

Life Cycle/Recumbent Bike: 20 May, 1530.

Military and DND employees wishing to attend clinics are to please contact the Rec Center at local 8315. Specify which clinic/s you are planning to attend and which machine.



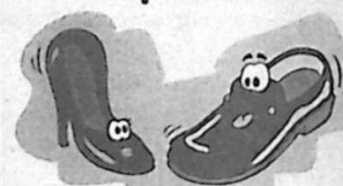
by Capt Eric Travis

Good day and welcome to the world of 19 AMS. Commander's Cup competitions are well under way the hockey having finished, volleyball at the doorstep and floor hockey around the corner. I must say that having numerous events to compete in with an overall score determining the winning squadron is an excellent way to foster competition between the squadrons. With two points coming out of the hockey tournament, 19 AMS is hungry for more. We look forward to the upcoming competitions and wish everyone the best of luck.

19 AMS has just completed a sports afternoon. With a record sixty-plus personnel taking part in a golf afternoon and 15-20 personnel mountain biking, the day was a complete success. Due to limited mobility and my obvious prowess at golf, I decided the golf tournament at Mulligan's would be more my speed this time around. I was however, very surprised to find out that MWO (Chi Chi) Goble and MCpl Gina Wetmore were victorious overall. At first I thought MCpl Cobham, the team's third member, may have been the key to their success but shortly thereafter, MCpl Wetmore received the prize for the closest to the pin and I received a clearer understanding of who was the hammer on the team. I have also heard a few stories from the group that went mountain biking. My favourite involved someone from Component Shop. I won't mention her name but her initials are Michelle (Dances with trees) McKenzie. I understand she is now a card carrying tree hugger and her bicycle has been equipped with an autopilot. I'm thankful nobody was injured.

Well, other than making a comment on Pte Berrigan's nice collection of hats that I have seen him wearing lately, I will sign off. Until next time.

Tri-City Boot Repair & Sales



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Tues-Sat. 9:00 - 5:50

Living Safely with Propane



A growing number of cottages, campers, and backyard barbecue enthusiasts realize that propane can be used as a convenient and economical fuel source for recreational, camping and household appliances.

Propane is a clean, portable and efficient fuel for use in BBQ's, stoves, refrigerators, space heaters, water heaters, clothes dryers, light, and much, much more.

Used with care, propane is a safe and convenient fuel. Propane gas is not toxic. Nor is it injurious to you, should you be exposed to it in limited quantities. However,

should a leak occur, the accumulation of propane gas can become dangerous.

Propane is heavier than air and it tends to settle in the lowest available space. Very small amounts of propane are required to create a flammable mixture of gas and air. In the limited space of a recreational vehicle, for instance, very little propane is needed to create a hazardous situation which can result in injuries, even death, and property damage. Propane requires a large volume of air to burn properly. With adequate ventilation, an operating burner gives off a number of harmless products such as carbon dioxide and water vapour. But a propane appliance starved of oxygen can quickly produce dangerous amounts of carbon monoxide, similar to the lethal gas produced from a car exhaust.

For most uses, propane is generally sold and stored in a cylinder. The cylinder is a critical part of your propane fuel system requiring special care and maintenance. Propane cylinders

manufactured in Canada carry markings which mean that they have been manufactured to an acceptable specification. By law, all propane cylinders are required to be re-qualified for continued service at each 10-year interval starting with the date of manufacture.

No person should fill a cylinder that is overdue for re-qualification. "Out-of-date," extremely rusted or damaged cylinders cannot be filled.

Learn now what you can do to ensure the safety of yourself and other when using propane! The following safety information will

assist you in this regard. However, should you encounter any questions or problems not covered in this pamphlet, on propane cylinders or any other components of your propane fuel system, including the regulators, piping and connectors and the appliances, consult a propane dealer or service organization.

When Cylinder Is In Transit



Remember to keep cylinder upright, and well ventilated when in transit. Keep valve closed, and insert the PDL Plug even when EMPTY. Keep cylinder away from flame or heat.

When Cylinder Is In Use

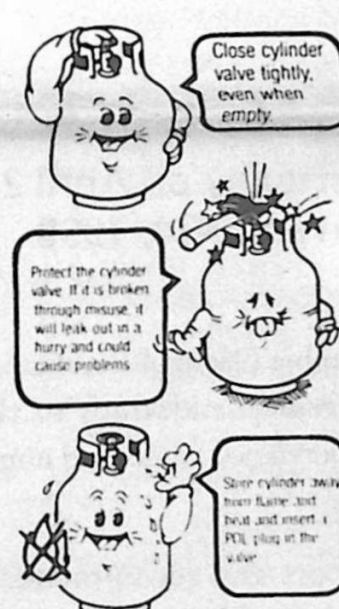
Never, never use matches or open flame to test for leaks. Use soapy water or a leak detector.



Things to remember when cylinder is in use:

- Cylinder must be upright secured on a firm base, away from flame or heat.
- Use only with appliances approved for propane (Note: When connecting you will notice that cylinder valve has a left hand thread).
- After connection, check for leaks with soapy water - NEVER A FLAME.
- Cylinder valve must be fully opened to operate.
- Always use a pressure reducing regulator.

When Cylinder Is Not In Use



Things to do when cylinder is not in use:

- Store cylinder outdoors in well-ventilated area, in a secure and upright position away from flame or heat.
- Be sure cylinder valve is closed and a PDL plug (left hand thread) should be tightened into the valve.



Cops Corner

by Cpl K.E. LeBlanc

Welcome back to the 19 Wing Guardhouse. This week I would like to take the opportunity to pass on to everyone what we've been up to lately here in our little piece of the world.

You may have noticed a number of MP's out on patrol wearing combat and fighting order (helmets, webbing, rifles, etc...). No, we weren't lost and we weren't training in support of the Airfield Security Force (ASF) concept. ASF is the wave of the future for the MP trade. It is a dedicated force which will be capable of deploying anywhere in the world in support of Canadian air assets.

As a result, we have done a six kilometre forced march (you have to start small and work up!), classroom lectures on the C9 light machine gun, and two C9 range days in Nanaimo. In the near future we will be training on the following: patrolling, target indication, fire control orders, fire & movement, field signals, and driver wheeled training. As well as our own ASF training, we will also be taking part in the new Contingency Capability Training being held here at the Wing and in Nanaimo.

At the end of the "army" training, the Guardhouse will be deploying 14 members to Camp Grayling, Michigan in support of a Land Forces exercise with the Americans. The exercise will be running from 7 to 28 June, 1998.

As in years past, we also have a team training for Thunderbird Challenge. After a very respectful showing at last year's competition, we are expecting bigger and better things from this year's team. In the middle of all of this activity, we also have several of our members partaking in adventure training. The period of 26 April - 1 May will see eight of our members head north of Campbell River for a canoe trip. It will allow them to try their hands at paddling, portaging, and trying to avoid bears and cougars.

In the same vein, four other members of the Guardhouse will be tackling the West Coast Trail. This is an event that our members have been undertaking for the past few years and although it sounds fun, it is definitely no small challenge.

This weekend will also see several of our members taking part in the Snow to Surf race here in the Comox Valley (although some of us will even try getting hit by a car to get out of it!).

The next few months at the Guardhouse are going to be busy, to say the least. I would like to take this opportunity to wish all the members of the section the very best in their endeavours.

On a serious note, numerous complaints of speeding vehicles have been recorded from PMQ residents. As a result, all of our patrol vehicles have been equipped with moving/stationary radar and we will be commencing aggressive radar patrols of the PMQ's immediately. We ask that everyone please watch their speed for the safety of everyone.



Mother's Day! Brunch Buffet

Eggs Benedict, Belgian Waffles, Pancakes, Carved Baked Ham, Bacon, Sausages, Hashbrowns, Scrambled Eggs, Appetizers, Fresh Vegetables, Pasta, Chicken, Homemade Soup, Fresh Salads & Fruit, Assorted Gourmet Breads, Croissants, Muffins, Scones, Baked Goods, Fruit Juice plus a Decadent Dessert Bar! Spectacular View!

May 10th, 3 Seatings at 9:30 am, 11:15 am & 1:00 pm

Adults only \$13.95 Seniors only \$10.95 Kids \$1/yr
Treat Your Mom & Family to a Great Sunday Brunch!

Call Today To Reserve 334-9600

Schnitzel Madness - One week left!

10 Great Schnitzels from only \$7.50 each
Sunday - Thursday for the month of April - 1 week left!

Our Patio is opening Soon! Come out for Dinner, Lunch, Brunch or just a Cool One. Our Endless View is one of the Best on the Island - see the Eagles, Seals, Herons & Alaska-bound Cruise Ships!

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NEXT DEADLINES
Advertising - 6 May. Articles - 8 May, noon.

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RRSP planning for life.

J. Kevin Dobbeltsteyn
338-7811

Investors Group

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The music industry offers a world of opportunities but you may need options.

Youth Options BC provides British Columbians (15-24) with job opportunities, education and training.

Your education: You know that tuition fees are frozen for a third year. But did you know that funding is up and spaces have been added? There's room for all qualifying BC students. You'll also find BC's student assistance program very generous.

Your job and training programs: Opportunities help to match your needs. Help in finding summer jobs, work with Crown Corporations or landing that first job. Help starting your own business. Opportunities in environmental work as well as jobs in science & technology.

We're also increasing the minimum wage to \$7.15 per hour as of April 1, 1998.

Call our 800 line or visit the Premier's Youth website. You can also call the Premier's Youth Office at (604) 844-1859 to tell us what you think. It's your option.



1-800-784-0055 www.youth.gov.bc.ca

To receive a detailed package of the Youth Options program, call our toll free line or check out our website.



Been There, Done That

Mike Konschak
Refrigeration & Mechanical
CE Team Leader
(Fifth in a series on CE team
leaders, their staff and services)

"Socio-Tech gave people back the satisfaction of doing a good job. As in, a full day's work well done."

Mike Konschak, CE team leader of the Refrigeration & Mechanical Shop, recently returned from a workshop in Victoria. Present were people from all three levels of government as well as hospital employees and others similarly working in institutions.

"Listening to them was like being transported back to the days before Socio-Tech," he recalls. "I wanted to tell them No you need not leave your brains at the door when working for the government, as one guy suggested. Made me think, Man, you people have a lot to learn! By contrast, it made me feel good, really good, that we have come this far."

Mike Konschak knows that two imperatives must be satisfied before the support role of he and his team truly clicks: customer

satisfaction and worker satisfaction. The former brings confidence, the latter, motivation. "Satisfaction in life depends...on your will," wrote the French essayist de Montaigne. That will is there.

"Who enjoys spending a full day doing half a day's work? Our response time has so improved that in most cases we're able to commence repairs within one hour of a call having been received. In short, something needs fixing, we do it. And we do it competently, to the customer's satisfaction. That again serves both parties best, for of course we take satisfaction in doing the job right the first time. Why wouldn't we?"

A good job takes more than inspiration, however. It requires the right tools. Before Socio-Tech, the entire CE Section had access to three vehicles, each with a driver. Now the Ref & Mech Shop has three vehicles of their own, plus a Gator, the little green golfcart-sized roustabouts scooting around the Base. It has cut down waiting time tremendously.

"But the biggest boon to our operation has been the Genie, our 70-foot mobile lift. We use it for anything up high, like the hangar doors. Other shops have borrowed it, and thus the entire Sec-

fice. He admits it can be tedious. "But," he warns off, "every job has that element. By and large, I don't mind. We must keep track of projects, expenses, overhead and all the rest. I certainly wel-



The CE Refrigeration and Mechanical shop, with mobile Genie (Mechanic Alvin Robinson driving) returning home from a job site. "The biggest boon to our operation," says Team Leader Mike Konschak about the versatile lift and its 70-foot hoist capacity.

tion has benefitted. That piece of equipment is just fantastic. How we ever managed to do without it, I don't know."

Inspiration and equipment. The final ingredient is planning and organization. As a team leader, Mike Konschak now spends a lot more time at the of-

come the opportunity to interview prospective employees for it's important how newcomers mesh with existing staff.

"A propos that staff, I've three members each with twenty or more years of service - Norm Rowland, Ian Bowie, Keith Clarke. Norm just received his

25-year certificate. In these men, as in everyone on my team, I place my complete trust." Five trades are represented on the team - refrigeration, electrical, appliance repair, millwright and mechanical.

Born in Comox and a dyed-in-the-wool Islander, Mr. Konschak received his apprenticeship there. But for five years in Holbert ("A nice place to come from," he says wryly), he has worked in the Comox area, including nine years on the Base, five of these as team leader. He plays golf and darts, and enjoys watching his children play soccer. He also enjoys seeing the changes that have occurred at CFB Comox. He may well with the same de Montaigne ask the famous question, "Que sais-je? What do I know?"

"I know the changes were overdue. And that they were good. Yes, there was a bit of resistance, as there is with any kind of change. But we better be as smart as we can. For I also know that someone, somewhere, covets our jobs. It's up to us to keep them."

CE Refrigeration & Mechanical Team

Team Leader
Mike Konschak

Refrigeration
Norm Rowland
Gian Kaila

Mechanic
Keith Clarke

Millwright
Ian Bowie

Electrician
Daryl Owen

Mechanic, Appliances
& Cleaner Equipment
Alvin Robinson

CE Refrigeration and Mechanical Team Services

- Repair of all mess appliances not NPF
- Repairs to Cleaning equipment, washers, dryers, air conditioner
- Mess refrigeration units
- Refrigerators on radar sites, in computer rooms and communication areas
- Ice-making equipment & radar maintenance at Comox & Holbert
- Hangar doors, garage doors
- Elevators
- Arrestor gear
- Compressors
- Cable & chain hoists
- Blast doors
- Breathing air compressors
- Security doors, air handling units, overhead cranes, hydraulic lifts, pneumatic.

Electoral Boundaries Commission

Public Hearings in Courtenay on April 23, 1998
and Campbell River on April 24, 1998

The independent British Columbia Electoral Boundaries Commission is responsible for making recommendations to the Legislative Assembly regarding the area, boundaries, names and number of electoral districts in British Columbia.

The Commission's final report and recommendations will be presented to the Legislative Assembly in June, 1999.

In order to hear the views of British Columbians, the Commission is holding public hearings across the province.

A public hearing will be held in:

• Courtenay at the
Quality Inn Kingfisher
4330 South Island Highway

Thursday, April 23
9:30 am - 12 Noon
1:30 pm - 5:00 pm
6:30 pm - 9:30 pm

• Campbell River at the
Best Western Austrian Chalet
462 South Island Highway
Campbell River

Friday, April 24
9:30 am - 12 Noon
1:00 pm - 4:00 pm

To make a presentation, please contact the Commission.
In addition, the Commission invites written submissions.

Electoral Boundaries Commission
Suite 6 - 1818 Cornwall Avenue
Vancouver, B.C., V6J 1C7
TELEPHONE: (604) 660-6390
TOLL FREE: 1-888-657-1188
FAX: (604) 660-4621
EMAIL: ElectoralBoundariesCommission@gems3.gov.bc.ca

NAOSH Week Events Calendar

With the kind permission of our WComd, Col BB MacLean, and support of the Wing Safety Council, 19 Wing will once again participate in North American Occupational Safety and Health Week (NAOSH). The goal of NAOSH week is to focus the attention of employees, employers, the general public and all the partners in Occupational Safety and

Health (OSH) in Canada, the United States, and Mexico on the importance of preventing the pain and suffering caused by injury and illness in the workplace. In order to reach that goal the following elements have to be applied: the cooperation of management and labour in exercising proactive leadership and responsibility; employers and

employees must be fully committed. Occupational Safety and Health Committees and Joint Occupational Safety and Health Committees must demonstrate their effectiveness and governments must exercise vigilance.

This year the theme, "Partners Together in Safety," reflects the tri-national nature of activities (Canada, the US, and Mexico), which are being organized to promote safety and health in the workplace. Collaboration and co-operation between squadrons, sections and our community is the formula for a successful NAOSH Week. Your Steering Committee has planned various activities and training sessions that will be most effective to meet the safety needs of 19 Wing.

Some of the NAOSH Week activities planned by the WGSO and his NAOSH Steering Committee include:

- Safety Education and Training Session
- Neighbourhood Emergency Preparedness Briefings
- Confined Spaces Training
- Stress in the Workplace for Senior Managers
- Defensive Driving
- How Your Health Affects Your Safety in the Work Environment
- Advanced Respiratory Training
- Safety Audits
- Safety Notice Board Competitions
- WHMIS/HAZMAT Refresher Training
- Flight Safety Briefings
- Equipment Supplier Displays, Videos and Demonstrations at the Officers' Mess

- Instrumentation Training in Confined Space Application
- Poster and Safety Logo Contests
- Employee Assistance Program Presentations
- Drug and Alcohol Briefings
- Work Station Ergonomics Training
- First Aid Lectures
- Canex Mall Safety Display

New demonstrations this year will involve - Interactive Fire Extinguisher Training simulator instruction in the ABATs theatre. The fire simulator will provide realistic, in-depth training in fire extinguisher operation and application techniques using various fire scenarios. Rescue, Safety and Environmental Response (Canadian Coast Guard) will provide displays and demonstrations in boat and water safety. Bicycle Safety Ride - 19 Wing Military Police will be putting bikers young and old through a Ride Safe Obstacle Course in the parking area of the Airport School to teach Road Safety. This is designed to simulate the dangers of riding a bicycle on roadways and how to avoid dangerous situations. Bicycle Safety Maintenance checks will also be conducted and prizes awarded on Saturday morning, 23 May 98.

NAOSH Week calendar of events will be published in the Totem Times listing times, locations and events. New ideas will be launched during NAOSH Week and will be incorporated into the Wing Safety Program throughout the year.

The 19 Wing NAOSH Week Steering Committee is committed to raise awareness by encouraging new safety and health activities

and new goals. Your participation and enthusiasm is crucial to achieve success. Make a concentrated effort to attend the NAOSH Week activities 18-24 May 98. Plan to be part of it.

Contact the WGSO or your Unit GSO for resource materials to increase the visibility of NAOSH Week throughout the Wing.

Is Your Pet Safe?

Look out! I hit the brakes and veered to the right, just missing the dog that ran out from nowhere. "Where did that come from?" I thought. Pets aren't supposed to be running loose in PMQ's, or anywhere for that matter. Lucky for me I had the time to react and prevented a potential possible accident.

Does this sound familiar? That's right, it's the owner's responsibility to keep their pet(s) under control at all times. There's nothing more tempting to a K-9 than seeing a cat on the neighbour's lawn: the chase is on! The only thing is that the dog ran across the street to get at the cat, possibly running in front of a vehicle or even an unsuspecting cyclist. A very unpleasant thought, not only of the damage to person or vehicle, but to your beloved pet.

All pet owners should be aware of WSO 2-0. Para 14 of WSO 2-07 states: "No owner shall allow any pet to run at large and where any pet is found at large it shall be deemed to be so with the consent of the owner. Remember, think safety! You are responsible, not your pet!"

NAOSH Week 1998 18 - 24 May

Safety Cartoon & Slogan Contest

In conjunction with NAOSH Week 1998, the Wing General Safety Officer will be running a Safety Cartoon & Slogan Contest. Capture your ideas and designs on paper and send them to the

Wing General Safety Officer
Building #22
19 Wing Comox
PO Box 1000
Station Main
Lazo, BC
V0R 2K0

Safety Slogans & Cartoon Characters must be submitted by 11 May 1998 to qualify.



All entries will be on display at 19 Wing Recreation Centre from 14 - 23 May 1998 to view. Prizes will be awarded for each category on 23 May 1998.

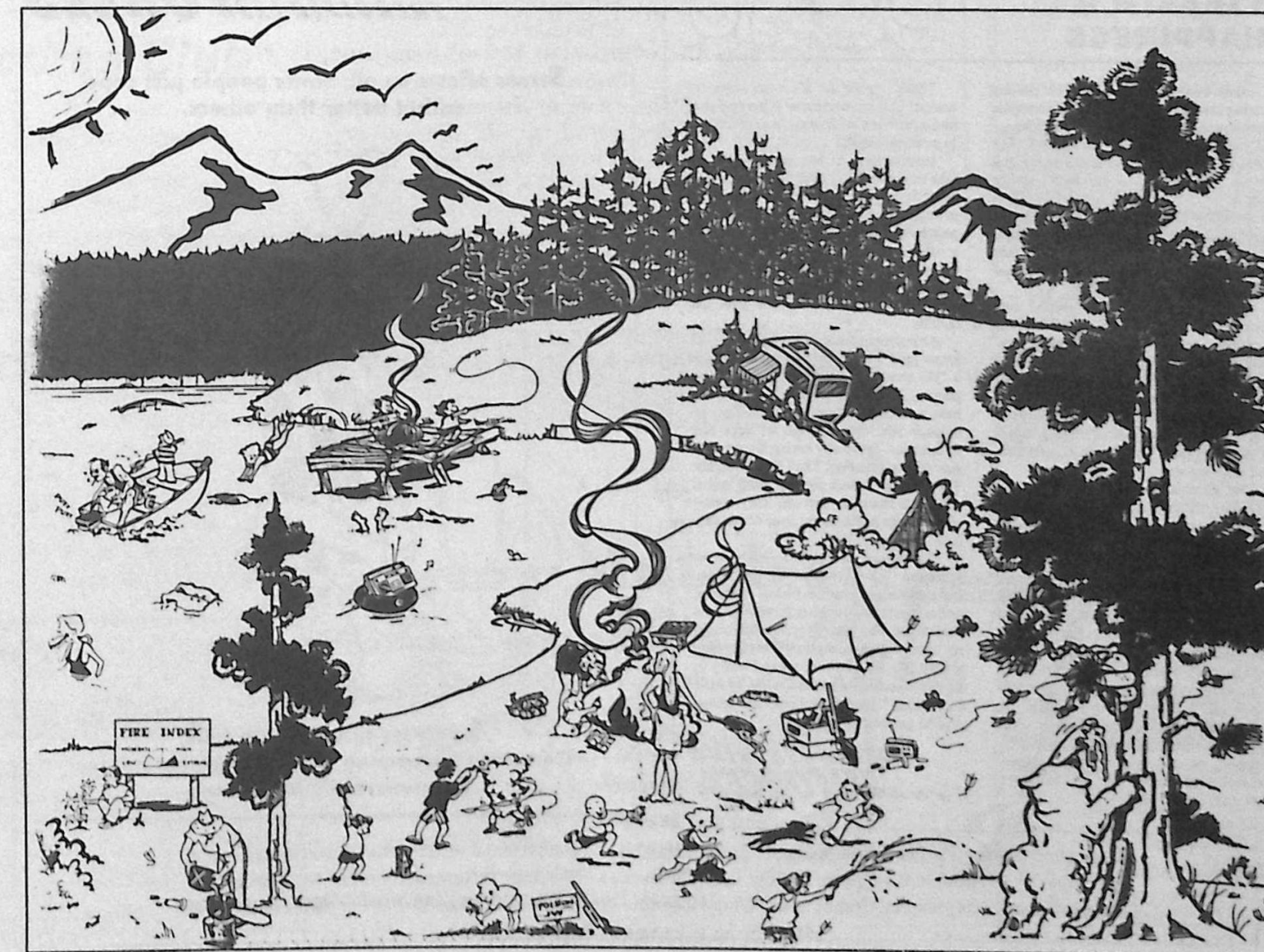
Camping Safety Contest

Camping is a great way for a family to relax but never take a break from safety.

Find all the dangers that could turn your dream vacation into a nightmare.

Please list the dangers and send to: Wing General Safety Officer, 19 Wing Comox, PO Box 1000, Station Main, Lazo, BC, V0R 2K0.

Entries must be returned by 21 May, 1998. First prize, \$25, NAOSH hat & T-shirt, second prize NAOSH hat, T-shirt, and gold plated lapel pin. (In the event of a tie, a draw will determine first and second prize.)



Restaurant and Healthy Food – Possible?

by Capt Caroline Chartier,
Nutritionist DLP.

Canadians consume approximately 135 million meals per week in restaurants. Work, kids, not enough time to prepare dinner, are just a few of the reasons behind this infatuation with restaurants. A question remains – can we eat healthy when dining out?

Canadians are generally concerned about their health. When you eat in a restaurant, you should ask yourself some questions, such as:

1. Which type of food do I want to eat?
2. How much do I want to pay?
3. How is the meal prepared?
4. Which restaurant to go to?

The following tips may help you to savour a delicious restaurant meal:

- Study the menu carefully and order for yourself;
- Eat slowly and stop when you feel full;
- If you want a smaller portion, ask for a half portion or share with someone;
- Request that sauces be served on the side;
- Replace fries with rice or a baked potato;
- Ask for whole wheat bread;
- Refuse you meat if it is not what you asked for;
- Request skimmed milk products;
- Remove the visible fat from your meat and remove the skin of the poultry;
- Order meat that is grilled, baked in the oven, steamed or poached;
- Limit your meat portion to 4 to 6 oz (120-180g); and
- Ask for fresh fruits, sherbet,

angel cake or frozen yogurt for dessert.

Hors d'oeuvres

They add a touch of variety and reduce your appetite. Order steamed seafood, vegetable sticks and fruits. Avoid creamy soups and fried options. Bread can be

consumed in moderation, but don't be too generous with the butter or margarine.

Main course

Choose simple courses and avoid casserole or rich sauces. Poultry, fish, seafood are good choices. Don't forget your vegetables: steamed, raw or grilled. When you opt for red meat, request a leaner cut and replace the sauce by a drop of wine or lemon juice.

Salads

They are good, rich in fibre and are usually low in fat and salt. Choose the garden, spinach or mixed vegetables (cucumber, radish, tomatoes, carrots and onions). Request the dressing on the side and opt for a light version.

Fast food

Due to our speedy life style we sometimes have to opt for a fast food restaurant. You can always ask for a salad but, if you prefer the burger, your best choice is the regular 2-oz size with lettuce, tomato, onions, cucumber, etc. Avoid sauces and cheese as they are usually high in fat. Fried fish and chicken burgers, because they are fried, contain more fat than the 2-oz beef burger. If you eat in a chicken restaurant, remove the skin and opt for an oven baked potato rather than fries. Finally, if you have the choice, select a whole wheat sandwich, pita or ba-

gel instead of a burger.

International cuisine

Canada is renowned for its diversified cultures. There are so many different options offered to us it can be an experience you won't regret.

Chinese food

Choose: boiled, steamed items (vegetables, rice), or cooked with a touch of oil.

Greek

In this cuisine olive oil is used generously. Select hors d'oeuvres prepared with yogurt and cucumber. Feta cheese contains less fat than the majority of hard cheese products but does have a lot of salt. Shish kebabs, usually grilled, are a recommended choice.

Italian

Pasta, pasta and pasta. Why not! There is no problem with pasta; the problem is what is put on it and how big a plate you ask for. Your best option is pasta served with one of the following sauces: marsala, wine based, marinara, tomato based or primavera. Pizzas are good choices if they are not garnished with pepperoni, salami, bacon or salted choices like anchovies or olives. If you prefer meat, take grilled or baked choices to fried ones, like the veal parmigiana.

Mexican

You have the choice between tacos, burritos and tostados and between beef, chicken or fish. Tortillas and nachos are rich in fat – as is the guacamole and sour cream served with them.

Bon appetit!

(This will be the last article by Capt Chartier for a while as she is going to the Golan Heights.)



VOLLEYBALL (NCCP) COACHES CLINIC-TECH LEVEL 1

WHERE: 19 WING COMOX

WHEN: 15TH AND 16TH MAY '98

TIME: 6PM TO 10PM 15TH MAY,
9AM TO 6PM 16TH MAY

TO REGISTER CALL JAKE PLANTE
339-8211 EXT 8783 OR FAX
339-8203. DEADLINE IS 30 APRIL '98
COST: BCVA MEMBEF \$67
NON-MEMBER \$87

Third Annual Comox Cup Road Hockey Tournament June 19, 20 & 21, 1998

At the Comox Community Centre
For info contact the Comox Community Centre,
1855 Noel Avenue, Phone #339-2255

Jake's Trivia Corner

1. What minor league baseball team did Michael Jordan play for in the Summer of 1994?
2. Who was baseball's "Say Hey Kid"?
3. What popular net game was first played on dinner tables in English country homes?

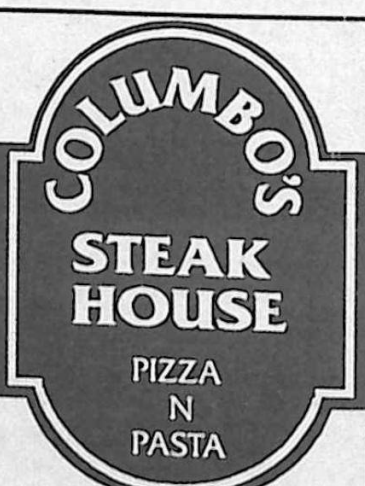
Answers on page 14

Ladies Fastball Team

The Wing Ladies Fastball team is still looking for players for the upcoming '98 Ball season. Practices are Monday and Wednesday, 1600 to 1800hrs at the Wing Rec Centre until the fields are available. Call Jude Ireland at 8782 if you are interested. See you at practice.

19 Wing Hospital is pleased to provide Link Nursing. Link Nursing provides the necessary link between the Civilian and the Military medical worlds, and gives support and guidance to persons undergoing surgery or surgical procedures. Your Link Nurse is also available to address any medical concerns or questions that you may have.

Your Link Nurses are:
Lt (N) Sue Kachanoski &
Lt Rhonda Crew
WHosp Local 8267



Featuring Fabulous
"Lunch & Dinner Specials"

Pick up Available
Italian & Greek Dishes
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Open 7 Days a Week

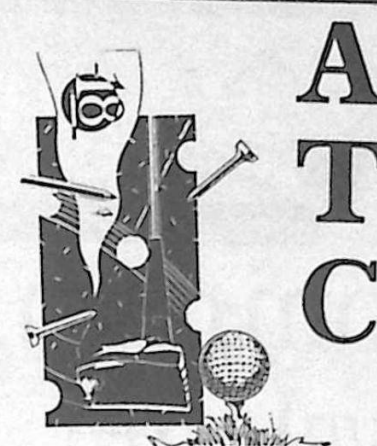
1-450 Ryan Rd. Courtenay
338-1488

Four Time Winner

According to the Comox Valley Echo: "Local Masters swimmers, John McDermott and Chris McCarthy, members of the Comox Valley Elasmosaurs Masters Swim Club...competed in the 1998 Masters Swimming Association of B.C. Safeway Provincial Championships in North Vancouver on April 3, 4, and 5... "Chris had first place finishes in the 100m backstroke, 200m freestyle, 200m individual medley and 400m IM, as well as second place finishes in the 50m and 100m freestyle."

Chris of course is none other than outgoing, and former CE Ops O, Captain Chris McCarthy, who will be leaving the service come May.

To an impressive finish: Well done!



The 19 Wing Comox Air Traffic Control unit is proud to announce that it will be hosting the 19th Annual Aerospace Control Golf Tournament. The new name, second year running, is a result of the amalgamation of the Air Traffic Controllers' and the Air Weapons Controllers' Air Defence Technicians' occupations which occurred on 1 Jan 1997. Outside of a name change and a more diverse crowd, little else will be different from the historic

Wing LOG Win 98 Commander's Cup Hockey



(Photo by WIS)

Wing LOG won the 1998 Wing Commanders Cup Hockey tournament defeating 407 Sqn 6 to 5. The final game was action packed throughout with the chances to pull away with the win not being decided until the dying seconds. The results of the Commanders Cup race after 1 sport is WLOG 6 pts, 407 Sqn 5 pts, 414 Sqn 4 pts, 442 Sqn 3pts, 19 AMS 2 pts, Admin 1 pt. The next Commanders Cup sport is Volleyball, 22-24 April 98.

Glacier Greens Tuesday Ladies Club

by Barb Carter

A record turnout for Glacier Greens Ladies club on April 14th as 47 ladies turned up to play on a glorious Spring day, a mile cool to start but ended up perfect.

We played KP's on all the Par 3s, on #4, it went to Marg Rushton, on #7 Irene Marshall, on #12 Liz Vanboeschoten, on #15 Irene Marshall struck again to win it, & on #17 Anne Blake took the honours. Well done gals.

We'd like to welcome newcomer Betty Fast to the fold, and hope you enjoy your season. Also to Gail Byrne who took a year off,

good to see you back.

I've totally botched up the 50/50 draws for two straight weeks in a row. It was not Peggy Cummins who won last week, but Peggy Faulkner. Hope this will be my last foul-up. This week's winner was Lori Cameron, and I know that's right.

Still taking donations for the Garage sale, large items can be brought on May 1st after the tent is up. We are hoping for huge success. Don't forget it's May 2nd, 8 am till whenever we have a lot of golf balls donated so come on & stock up. Till next time.

Auto Parts Plus
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338-7261
480 Puntledge Rd. Courtenay

Domestic & Import
Fast Service & Delivery • Compare Our Prices

"Sorry Partner"

Shoot Out to Decide "New Sheriffs"

by Len Doyle

Wind and rain greeted both the visiting Snow Birds and the hundred Men's Club Shoot-Out participants on Saturday, April 18.

As the Snow Birds soared overhead, the fifty, two-man teams battled it out on the ground in the best ball portion of this year's Men's Club Shoot-Out.

The course was reduced to seven-teen holes with the temporary closure of Hole #3 resulting in very low team net scores.

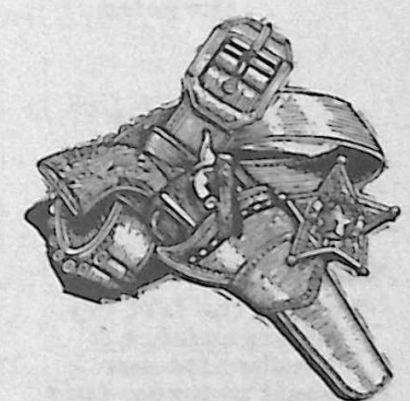
The team of Ed Famulak and Rick Salmon had the best score of the day with a net (55), two round total of 115. This score moved them into a three-way tie for fifteenth place. The Jim Livingstone, Wayne Ogilvie team with Rick Forster filling in for Wayne had a net (57), two round total of 110.5. This moved them from 6th place to 1st place in the standings. Don Douglas and Ken Doll remained in 2nd place with a team net (59), two round total of 111.

John Ferguson and John Webber have taken over third place with net (58), two round total of 111.5. Also in third place is the team of Bob Pentland and Serge Rivard with a two round total of 111.5.

Thirty-three teams are within 91 strokes of the leaders as we enter the dreaded alternate shot format on Saturday, April 25.

All participants are reminded that the final round on Saturday, April 25 will be at 9am, shotgun. Steve Dodd advises the Social Centre will be open at 7 am for breakfast or whatever.

Score cards and tee locations will be in the Pro Shop. Have fun, good golfing and remember your partner's new name for the alternate shot will probably be "Sorry Partner."



LAST DAY TO SIGN UP
APRIL 29



Glacier Greens

Match
Play 98

See
bulletin
board for
details!

Good Turnout for GGGC Men's Night

by Len Doyle

Fifty-five members and guests hit the links Tuesday night for our second Men's Night of the season. The format was a nine-hole team event scoring the three best gross and one best net.

First place on the gross side went to the team of Serge Rivard, Len Doyle, Ralph Glass, Claude Du-fault and Hal Fraser. Second gross to Wally Berger, Jim Brown, Lloyd Billings, Glen Caslake and Gord Prichard.

First team net was Roy Downey, Don (Sandy) Douglas, Andy Clark, Dave Bews and Gerry Bullen. Second net to Stan Stevens, Scott Gallagher, Rudge Wilson, Glen Parsons and Rod Verchere.

KP on Hole No. 4 to the team of Jim Brown, Wally Berger, Lloyd Billings, Glen Caslake and Gord Prichard. KP second shot on No. 8 to Rudge Wilson, Stan Stevens, Glen Parsons, Rod Verchere and Scott Gallagher. Both Jim Brown and Rudge Wilson receive Panagopoulos Pizza's for their fine shots. The other team members each receive a coveted Men's Club golf ball.

Editor's Note: Len has assured this reader that Tuesday night teams are picked by the computer and that teams "should" vary each week, making this a truly fair and social night for everyone!

MAY'S MAGIC at THE SID!

Sat. May 2 (7:30pm)
MUSIC OF
THE BRITISH ISLES
North Island Choral Society &
Merrillie Cellidh Band

Mon. May 4 (8pm)
ALANNAH MYLES
BLACK VELVET
One night only at THE SID!

May 6 & 7 (8pm)
ROMEO & JULIET
Prokofiev's classic Ballet

May 8 & 9 (8pm)
THE RANKIN FAMILY
in concert at Comox Valley
Sports Centre

Sun. May 10 (2pm)
A CELTIC CELEBRATION
a Mother's Day concert Mced
by former Irish Rover Will Millar

May 15
SFU PIPE BAND
May 21-23
Van. Isl. School of Dance
May 28-29
Laurie Tankler Dancers

SID WILLIAMS THEATRE
BOX OFFICE
442 CHIFFE, COURTENAY
hrs: 12-3/4-6pm mon-sat
#338-2420

HEALTH & HAPPINESS

Our lifestyle habits — from healthy eating and active living to responsible drinking and our approach to smoking — all have an effect on our health. The choices we make about them every day make a difference — for better or for worse.

Healthy habits are essential for good health. However, there are other less-tangible things that are just as important such as "mental health" and "emotional well-being."

Health and happiness are related, and they build on one another. Happiness, for example, can come from the simple pleasure of enjoying physical activity. And it can come from the "good feeling" that good health brings.

Happiness also comes from a sense of contentment, a sense of belonging, and a sense of purpose, which relate to attitude and involvement.

Our attitude toward work in the CF and the satisfaction we derive from it contribute to our happiness... and health. Satisfaction comes from striving to do things well and accomplishing what we set out to do.

It also comes from the feedback we get for our efforts. Encouragement and thanks for a job well done mean a lot. Even constructive criticism is good because it provides an opportunity to improve next time. Therefore, it is important to ask for feedback if it isn't given on a regular basis. (Conversely, if your position in the CF means you have subordinates, be sure to give them positive comments and tips for improvement regularly.)



There's more to life than work, of course. Active community involvement and a network of friends also contribute to positive health.

Involvement in the community can take many forms. It might mean coaching your daughter's soccer team or helping to organize a community clean-up campaign. It might be joining a group, taking a class, attending a public lecture, or enjoying a concert. Involvement means cultivating friendships and having at least one close friend in whom you can confide.

Attitude is another key factor. We all know (and are inspired by!) people with a "No worries!" approach to life. These people, no matter their circumstances, have a certain hardness to them. They go through life with a sense of hope and optimism — generally seeing the brighter side of any situation. They live for today. They do not dwell on the past, which can't be changed, nor do they worry about things in the future over which they have no control.

This special attitude also involves an openness — to new people, new ideas, and new experiences. It means planning, setting goals, and looking forward to new challenges. The late, great baseball pitcher, Satchel Paige, captured this attitude toward life in his own special way in his now famous Rules for Living. In Rule #6 he said, "Don't look back, something may be gaining on you."

STRENGTHENING THE FORCES

STRENGTHENING THE FORCES

Stress affects us all; some people just cope with it better than others.



Le stress nous affecte tous.
Certaines personnes sont simplement mieux en mesure d'y faire face.

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, Fax 339-8169 or phone local 8647.

Health is a leadership issue

Wallace Gardens Community Association Newsletter

The Dog House

by Glenn and Mona Baird
Animal Control Officer

Hello again from the world of pets. Did you know the rules and regulations regarding pets are posted in Wing Standing Orders (Section 2-07). Of course you did, I told you a little while ago.

It has come to our attention that about 80% of the people who haven't been picking up after their pets in designated pet areas are now doing so. Well done and hats off to you.

This issue, we will be looking into animals at large and strays. According to WSO, it is an offence to willingly and knowingly allow your dog to run free (\$30 fine). This also includes leashes until you get to an authorized dog run. This rule is ambiguous when talking about cats and is in the process of being clarified. If a cat is running free, it usually relieves itself in someone's garden, ping - \$30.

We have a severe problem dealing with stray cats. This problem is evident around Military Row and we are working on this problem. First, we are manufacturing more traps. Second, when they become available we will be signing them out on a temporary basis for a small refundable security deposit, probably \$5. Third, I am setting traps in the more problem areas such as the dumpsters (here kitty, kitty, kitty). If we work together, we can rid our neighbourhood of these pests. It is a good idea for parents to teach their children not to mess with or take these traps because they get very dirty. The bait could be days old and unhealthy to humans. The trap doors can also harm small fingers.

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

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

WALLACE GARDENS COMMUNITY ASSOCIATION

T-BALL REGISTRATION

Our t-ball season is about to begin for those kids 4 to 6 years old. Registration will be at the Wallace Gardens office from 0730 to 1200 hrs Monday Apr 20 to Friday Apr 24 and on Saturday Apr 25 from 1300 to 1500 hrs in the Canex lobby. The fee this year is \$25.00 per child which includes a hat, t-shirt, medal & banquet. The season will begin May 5 & finish on Jun 30 with games played on Tuesdays & Thursdays.

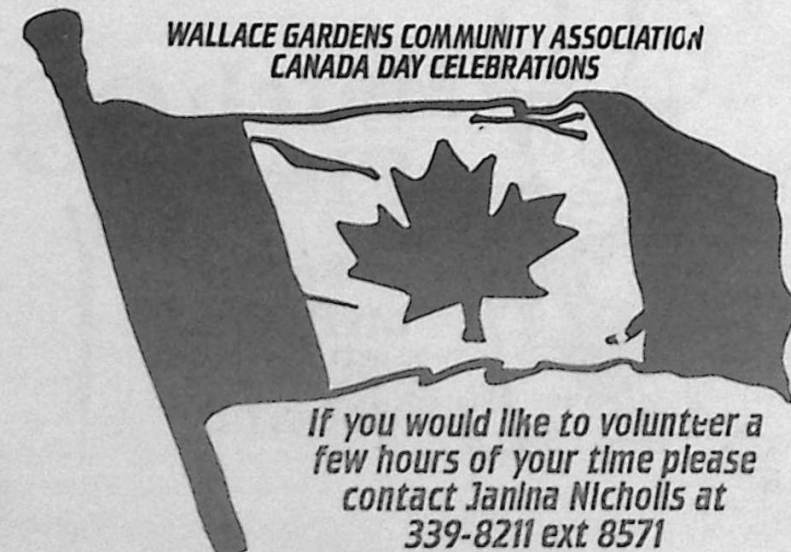


WALLACE GARDENS LOGO CONTEST

Winners have been chosen in our logo competition. Best logo went to Jane Bekus which will be made into a crest. Randy Kopetsch won for best letterhead. They will split the prize.



This is the last cry for organizers & coaches for our baseball program this year. Without filling these positions the program will not run! The kids are ready-to-go, all we need now is for you to volunteer a few hours of your time. Please call Janina at 339-8211 (8571)



WALLACE GARDENS COMMUNITY ASSOCIATION CANADA DAY CELEBRATIONS

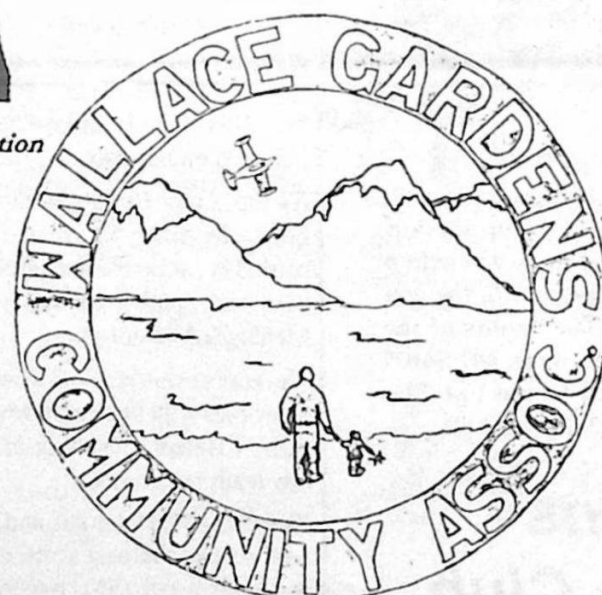
If you would like to volunteer a few hours of your time please contact Janina Nicholls at 339-8211 ext 8571

WALLACE GARDENS COMMUNITY ASSOCIATION YARD SALE



Saturday 06 June, 1998

Provisions will be made to dispose of left-over treasures (i.e. labeled re-cycling bins will be provided). Times to be announced.



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.



BURSARY

Wallace Gardens Community Association is once again presenting bursaries for post-secondary education. Eligibility requirements are: you must be a member of the Wallace Gardens community, spouse or dependent; proof of registration in a post-secondary course; two letters of recommendation; and a cover letter stating why you are applying for this bursary. Applications must be received in the Wallace Gardens Community Association office no later than 15 June 98.

PLEASE NOTE DATE ISSUED IN MQ FLYER WAS INCORRECT. BURSARY DEADLINE IS 15 JUNE 98 NOT 15 APRIL 98

BINGO

Wallace Gardens Family Bingo

Our next Bingo will be May 3, 98 from 1-3 pm in the Community Centre. Come on out and see if you can win a prize !!!

Cost: 25c for members
50c for non-members

For information, call Pat Nicholson at 339-1966.

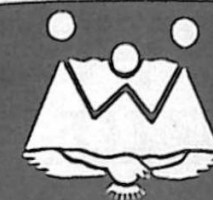
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COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

Positive Moves

With posting season coming up I thought an article addressing "change" might be of interest. In her book, "Positive Moves", Carolyn Janik states "Moving Means Change and Change Means Loss." For the military community, readjustment after a transfer tends to have a lesser impact when compared to the general population. This, Janik attributes to two factors; the similarity of bases around the world and, the openness to friendships due to the fact that everyone was "new" at some time. However, if feelings of loss are stirred up for you it is important to identify the losses associated and learn how to effectively respond to the various stages of loss. Feelings of loss can occur because of the absence of geographic familiarity. Loss of status or recognition within a community can have a very bad effect on a person's self esteem. And lastly feelings of isolation can arise from having lost a support network, which included neighbours, colleagues, friends and peers. The stages of dealing with a relocation may also be similar to those dealing with any loss and include:

Denial: The most common reaction is "refusal" to face the move e.g. not researching the new area.
Sadness: The person just can not seem to get motivated
Anger: This feeling often gets displaced, just ask any realtor who has been involved with long

distance house hunters on their first visit.

Trading off: This involves replacing perks with others which may seem second best.

Acceptance: The last stage. Cherishing memories of your old home, but accepting your new home and all it brings.

To make the transition easier here are a few helpful hints:

- Recognize that change may be about loss
- Understand and accept that you might feel the feelings associated with loss
- Work through the losses. Don't deny
- Look forward it might help
- Look for positives. View the move as a new start. Leave old negatives behind.
- Work as a team. Involve all family members. It might bring you all closer.

Try to be open to NEWNESS

To borrow "Positive Moves" or just to chat about any issues you may have, please feel free to call me at 339-8286. This is a strictly confidential service. Good luck!!

Mary Ann Rolfe,
Counseling Services Coordinator
CMFRC



Le Coin des Francophones

Tous ces ateliers et cours se donnent au 120 Kinnikinnik - CRFMC
Pour inscriptions et tous renseignements contactez Michelle au 339-8211 (extension 8656)

Pour Femmes Seulement: Nutrition et Santé

Cet atelier se concentre sur la santé des femmes, nos besoins et problèmes particuliers comme la ménopause, l'ostéoporose, le stress quotidien, etc. On y apprendra comment mieux faire face à ces périodes ou difficultés en donnant à notre corps les éléments nutritifs nécessaires pour se protéger. L'information pratique fournie dans cet atelier vise à nous donner la capacité de rebâtir notre santé physique et mentale. Période de questions.

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

Nutrition pour enfants et adolescents

Un atelier pour les mamans curieuses ou à bout de ressources, qui veulent en apprendre plus sur le sujet de bien nourrir nos enfants. Un atelier bâti sur le défi réel que nous pose l'alimentation de jeunes enfants et adolescents, on y apprendra plein de trucs pour les repas et les collations. On examinera aussi les besoins spécifiques en nutriments pour aider la période de puberté, l'hyperactivité, les problèmes d'acné, les sautes d'humeur, etc. Période de questions.

Date: mercredi le 13 mai
Heure: 12h30 - 14h30
Cout: \$10.00

Mountain Biking Excursion

Trails: Behind Highland
Date: Saturday, April 25th
Time: 1:00-3:00pm
Phone: Jill Sturrock at 339-8211 local 8656

Potluck bar-be-que at Airforce beach

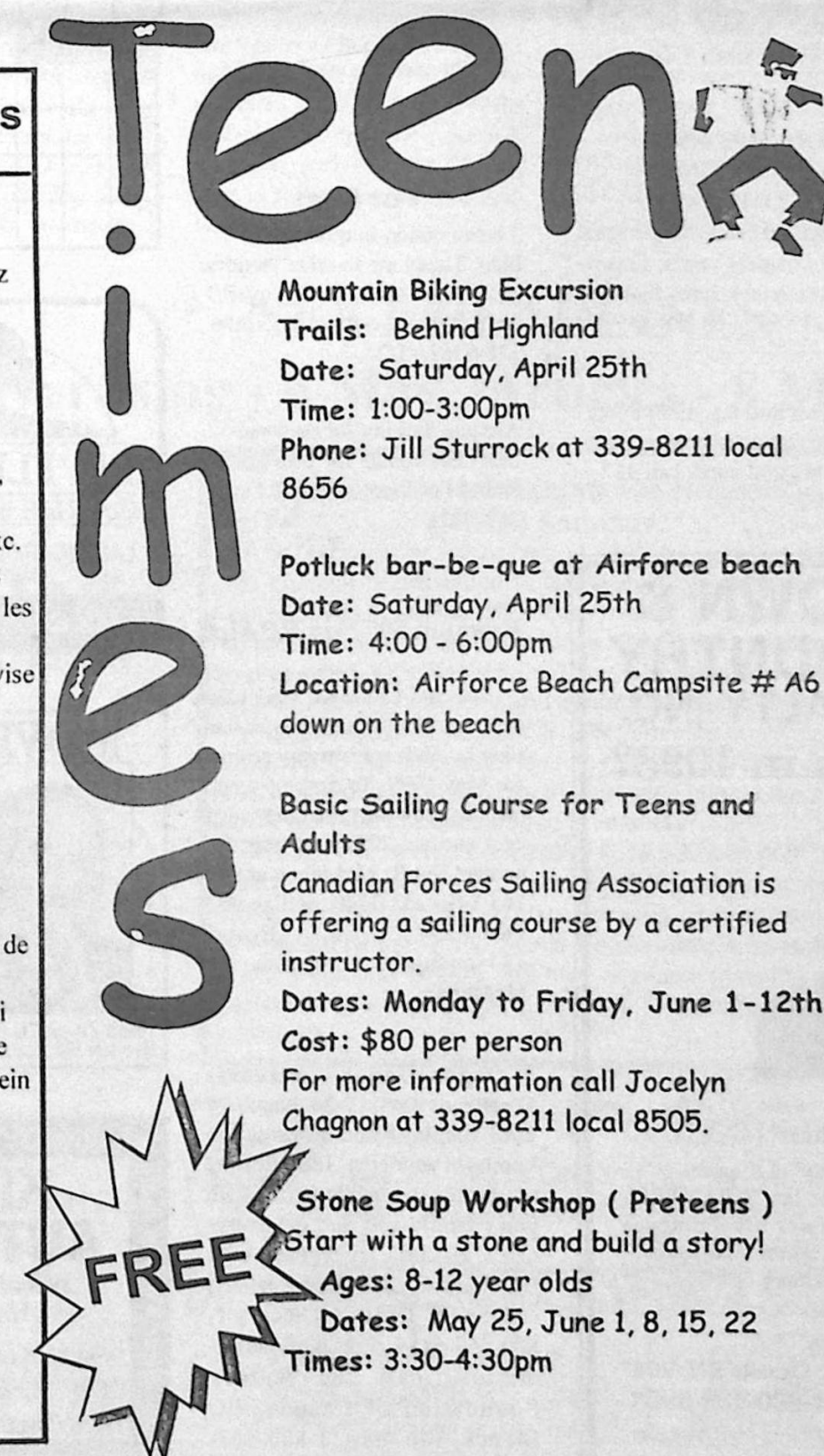
Date: Saturday, April 25th
Time: 4:00 - 6:00pm
Location: Airforce Beach Campsite # A6 down on the beach

Basic Sailing Course for Teens and Adults

Canadian Forces Sailing Association is offering a sailing course by a certified instructor.
Dates: Monday to Friday, June 1-12th
Cost: \$80 per person
For more information call Jocelyn Chagnon at 339-8211 local 8505.

Stone Soup Workshop (Preteens)

Start with a stone and build a story!
Ages: 8-12 year olds
Dates: May 25, June 1, 8, 15, 22
Times: 3:30-4:30pm



FREE

Up Coming Events at the CMFRC

Meet and Greet Morning Break at the CMFRC

Come out and meet new friends, enjoy great conversation and have a break! Children are welcome and age appropriate toys and crafts will be available to keep the kids entertained.

Date: 29th April
Time: 9:30 - 11:30am
Location: CMFRC program building, 120 Kinnikinnik

Setting Limits and Consequences for Teens

Dates: May 11th & 25th
Time: 6:30 pm - 9:00 pm
Cost: \$20 per person / \$25 per couple (military families)

Babysitting Course for Young Adults

Date: May 8th
Time: 9:00am - 4:30pm
Location: Wallace Gardens Community Centre
Registration Info: Call 339-8290

Emergency Childcare First Aid for Adults

Date: March 19th
Time: 9:00am - 12:00pm
Location: Wallace Gardens Community Centre
Registration Info: Call 339-8290

It's Your Body!

Join Shelley Combs (RN) to discuss self esteem, body image and the nutrition challenge that every woman faces.
Dates: May 13th, 20th, & 27th
Time: 6:30 - 8:30pm
Fee: \$10
Registration: 339-8290

Romance Writing: New Narrative for Women

Through exercises, readings, and discussions, participants will develop their own definitions of romance, complete a short story and explore publishing opportunities.
Dates: May 5th, 12th, 19th & 26th
Time: 6:30-8:30pm
Fee: \$25
Registration: Phone 339-8290



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.

We are located in Bldg. 674. Phone (403)594-6006. Office hours: 0800-1630 Mon to Fri.

Jake's Trivia Answers

1. The Birmingham Barons
2. Willie Mays
3. Ping Pong

Cook Book

The Officers' Mess Ladies Club and the WO's & Sgts' Mess Ladies Club have come together to bring you a wonderful 150 page cookbook. "Dish It Up" is a cookbook filled with helpful hints and great recipes from the ladies of 19 Wing. The book costs \$10.00 with all proceeds going to the Comox Valley Transition Society. Available for Mother's Day, so please call now as they are going fast. Contact Joy Bossé 339-3129 or Carmie Dixon 339-7696.

BOOKKEEPING ACCOUNTING INCOME TAX

All services to meet your personal or small business needs. Experienced. Reasonable rates. Satisfied clients. 339-9221 or 338-1459.

Boat motor and leg, 1990 Force 120 L-drive power head and leg, leg in good cond. call 337-1767. <1/2>

For Sale

86 Chev Camaro V-6, 5-spd, AM/FM cass, PS/PB. Very clean. Let's talk. Call 339-4078 after 6:00 p.m. <2/2>

White matching fridge/stove \$150 each. Hitachi remote control floor model 26" colour TV \$100. White IKEA round kitchen table with three folding chairs \$100. 339-2071. <2/2>

87 Nissan Sentra, automatic, 4-dr, Great cond. Never a problem. \$1,500 obo. Brad 339-3354. <1/2>

2 complete baby cribs, ex.cond. \$150 & \$80. Graco jolly jumper \$20. Baby carrier/feeder \$20. Roxanne 339-3354. <1/2>

Peavy 400 series bass guitar amp. 400W output, 2 input/2 output channels, built-in equalizer, 2-15" black widow speakers. VG cond. \$800 obo. Brian 339-1868, wk 339-8211 ext 8657. <1/2>

Computer for sale 486/25sx 210Mb HD 5 1/4, 3 1/2, FD, CD 14.4fax/modem, 14"SVGA monitor, printer Star 1020 color dot matrix \$500 firm, Mike 339-9831 <1/2>

Dark blue mess kit, jacket size 43 reg, pants size 36 waist, 28 1/2 inseam, \$100 call 339-2494 <1/2>

Brother sewing machine \$75, call Doris 339-9831

For Rent

2 bdrm condo in quiet 9 unit bldg, 5 appl inc in-suite laundry, grd lvl unit on bus route, avail 1 Jun \$600/mo, contact Bob/Jane 338-6361 <1/2>

Are you looking for personalized head covers for your golf clubs? For more info, call Doris 339-9831

Reunion 507 Sqn RCAF

The 507 Lions Air Cadet Sqn in Kentville Nova Scotia is planning its 50th anniversary reunion for May 1999. To develop a contact list, any past members, officers and associates are urged to contact Sgt R. McMahon at 902-765-1494 ext 3840, or Fax 902-765-1522 or E-mail 434sqn@glinx.com, attn: Sgt McMahon.

Organ Donor Awareness Week runs April 19-26. Watch for mail displays and information booths in your area. Take the time to discuss organ donation with your family and find out everyone's wishes. To register with BC's new Organ Donor Registry, call the BC Transplant Society 1-800-663-6189. For more information, call the Kidney Foundation of Canada, BC Branch, toll free, 1-800-567-8112.

TODAY'S CROSSWORD PUZZLE

Solution here in next issue

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PMQ RATES TO RISE

You may have heard that married quarters rents will be going up. Treasury Board policy is that CFHA is to charge market rates.

CFHA fully appreciates and shares the concerns that families have about current housing policies and the demands placed on family budgets. Some changes to government policy are being pursued but in the meantime CFHA must follow current policies. Without going into a long explanation about rent adjustments, there are two things that you might like to know that have been done in the last year.

At present, married quarters rental charges across Canada have fallen behind the market rate and CFHA is obliged to close the gap. While any rent increase is unpopular, DND/CFHA was able to influence how quickly the gap will be closed. Rent increases will be phased in gradually starting 1 August 1998. In order to minimize the impact on families, rent increases will not go up more than \$25-35 per month, depending on rank, for those who currently live in married quarters.

Yes, rents will be adjusted in August 1998 and you may well have to pay more. Residents will find out in the near future exactly what they will be paying on 1 August 1998. Once you find out what your new rent will be, if you are interested, the HMO can provide more details as to how rents are determined and who decides what.

(Note: An additional article on this subject will appear in the next edition of the Totem Times.)

Status of Canada's Air Reserves

As I prepare to hand over the reins to the new Comd I would like to provide an update on the status of our Air Reserves.

Phase 2 of the Air Reserves Revitalization Program ends 31 Mar 98. Over the past year the Revitalization Program has come a long way to integrating the Air Reserve into the total force Air Force:

Establishment Review - within the next two weeks the establishment review will be staffed to CAS for approval. The review identifies all 3000 end-state Air Reserve positions by rank and trade. While the end-state does not satisfy all identified requirements, the review does ensure that each and every Air Reserve position will contribute to a force enhancement capability as well as providing potential career progression for Private to MGen. In addition, all postings will be embedded within unit establishments and included in business plans. These establishments will allow for planned recruiting, training and employment opportunities.

Growth - Air Reserve growth to approximately 2500 has been approved for 1 Apr 98. Additional growth to 3000 is anticipated for 1 Apr 99. While the actual strength at this point is approximately 1800, two hundred of this strength deficiency is a result of component transfer to the Reg Force, the lack of recruiting MOC 500 Techs due to MOC 500 restructure and the inability to recruit CH-146 Flight Engineers.

Public Affairs - A plan has been finalized for a regional as well as a HQ concept for Air Reserve Public Affairs in conjunction with CAS/CAD Public Affairs. Air Reservists will provide a force enhancement capability while promoting and highlighting Air Reserve activities.

Senior Staff Officer Air Reserve (SSO AR) - With group closures, the revised regional concept for SSO AR staffs provide a focussed capability to staff Air Reserve issues. The re-aligned regional concept also provides valuable career progression across the country.

Contingency Capability - The contingency capability centre has stood up at 8 Wing with an Air Reserve commander. Initial positions allocated in the last year have been filled and next FY growth will see an expanded capability.

Industrial Reserve - The initial trial concept has been reviewed. A renewed industrial reserve program will see a more focussed and effectively contributing concept. Recently meetings have been held with CDC and Hughes Aircraft in Calgary. Prospects are good for an expanded force enhancement as the Air Force partners with industry.

Air Reserve Pilots - The number of identified positions for employment of Air Reserves pilots in flying roles has been expanded. All fleets, including the CF-18s, have identified reserve pilot positions.

CH-146 Pilot TRG - A lease for three Bell 206 helicopters has been signed to place aircraft at 400/408/438 Sgns to facilitate the training of commercial helicopter pilots for the Griffon. In the traditional reserve manner, TRG will be brought to the part-time reservist.

Training - The focus over the next twelve months is on air reserve training. One hundred and eighty-four basic recruit slots are planned for 16 WG Borden this summer. This is in addition to the slots which will be accessed over the year at CFLRS St-Jean. Follow-on MOC RG is being planned for virtually every MOC. Where the CF schools cannot meet the demand, alternate methods of delivery are being researched. Examples of these are the recent successes at NSCC Bridgewater Campus for the TRG

of Heavy Equipment Operators. Similar courses will be held at Pictou, NS and Abbotsford, BC.

B(A) Positions - A review of all B(A) positions in support of the Air Reserves Program has been carried out. Next FY only 7 percent of the total establishment will be in support of the program, 2.4 percent are in the strategic and operational level HQS.

MOC 500 TRG - IOC TRG is being completed. The establishment review identifies end-state ranks and MOCs. Dialogue is now taking place to identify TRG opportunities, WRT TRG at CFSATE, community college, and Unit TRG, including combat.

Air Reserve Survey - Completed survey being compiled. The results of the survey will quantify the demographics of the Air Reserve community, and identify irritants to reservists as well as things positive. Results will be tabulated and provided to Alcon.

The Air Reserves are developing into a dynamic, contributing member within Canada's Air Force. The force enhancement capability has been manifested in every major air force activity - from OP assistance, OP Saguenay, OP Recuperation, CF-18 deployment to Aviano, Italy as well as the ALCE at Rimini. Ninety-two air reservists including pilots from across the country participated in direct support of recuperation. While on training for surge, air reservists are providing valuable assistance at all wings, squadrons and units. While maintaining the Reg Force standard, air reservists have been ready at a moment's notice to meet their mandate. In each and every instance the Air Reserve have been there when required. Utilizing a broad spectrum of Canadian society, Canada's Air Reserve can be proud of their contribution and accomplishments. Phase 3 of the Revitalization Program will see increased initiatives and capability and the further integration of the Air Reserves into the total force.



NEXT DEADLINES

Advertising - 6 May. Articles - 8 May, NOON

Second Career Assistance Network (SCAN) Seminar

A SCAN seminar will be held at 19 Wing on 6 and 7 May. This seminar is presented to assist military personnel and their spouses in the transition from military to civilian life. A number of topics of concern to those making the transition will be presented, including information on pension and release benefits, medical pensions and educational upgrading.

Past attendees have found SCAN seminars an invaluable beginning to the process of leaving military service and their resumption of civilian life. As this process affects the entire family, spouses are encouraged to attend.

The seminar will run from 0800 - 1530 hours on both 6 and 7 May. Details of location, appropriate dress and presentation timings will be provided on registration. Registration may be effected by use of the SCAN Registration Form included in Wing Routine Orders and also available from the Wing Personnel Selection Office, local 8293. Registration deadline is 30 April.

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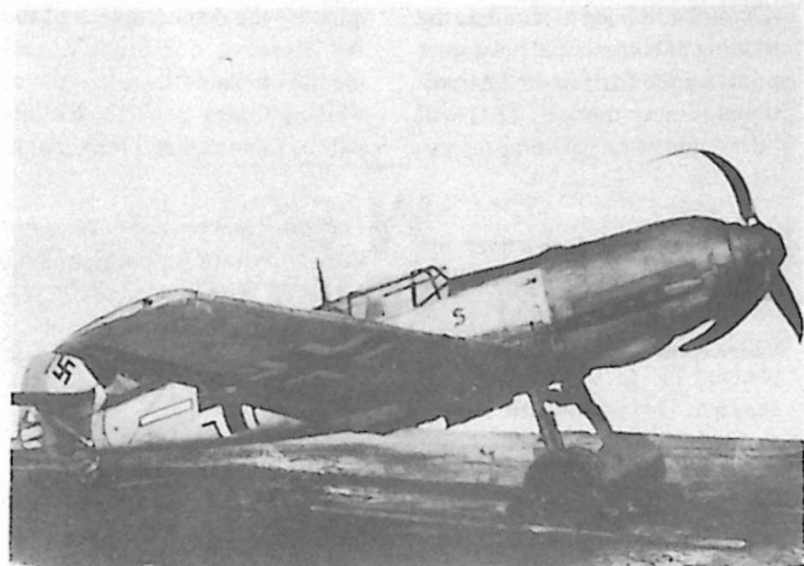
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The Last Survivor



Of all the Me109s which are known to have fought in the Battle of Britain, only two remain. One is in the Royal Air Force Battle of Britain Museum, Hendon. UK restored to its former colour scheme, though it carries the badge of 1/JG51. The second survivor has recently been bought by the Imperial War Museum, London, for restoration to the "wheels up" condition of its crash landing in Sussex on 30th September 1940. The pilot was U/offzr Perez of 4/JG26 (Galland's JG). Perez had inherited this machine, a Me109E-3 from his Gruppen Commander Hpt. Ebbighausen, whose five victories were recorded on the fin. The Wk. Nmr (airframe number) is 1190, and it is convenient to use this identification for simplicity.

1190 suffered engine trouble during a fight with Hurricanes over the South East of Britain. Perez made a good "wheels up" landing and was, at that time, unhurt. However, as he was climbing out of the cockpit, an overenthusiastic soldier shot him in the jaw and hand. This WAS the Battle of Britain, and the Luftwaffe were the enemy, so one can understand how this could happen. After Perez was treated in hospital, he became a Prisoner of War.

1190 was not badly damaged. The prop blades were bent, and the plane had not suffered battle

damage. The Government of the day considered that 1190 would make a good exhibit for charitable fund collection in the US and Canada, and so it was sent to Halifax in early 1941. After touring Eastern Canada, it was sent to New York. From there it toured the many States, collecting 10-cent donations for "Bundles for Britain."

During this ordeal, 1190 gathered many written and scratched signatures on its fuselage and tail, and "souvenirs" were stolen from it.

1190 was sent to Arnprior Research Station in Ontario at the end of the war but nothing of its history is recorded until 1957 when it was found in a junk pile when the Station became a Civil Defence College. In 1959, 1190 was sold for scrap.

That could have been the end – but for the interest and efforts of one man, Geoffrey Rowe. Geoffrey was an aviation enthusiast par excellence. He had heard that 1190 was probably still in Canada and decided to track it down. After some four years of search, he found it deep in a scrapheap in 1961.

1190 was recovered in poor shape. The engine had been removed and smashed. The tail was missing, as was the canopy, yet the airframe and wings were present, though damaged. Still, for \$70, what do you expect?

Geoff and his father loaded the remains on a flatbed and took them to his father's home in Hazeldean, Ontario.

It was obvious that restoration of 1190 was not possible in Canada so Geoffrey enlisted the help of two keen enthusiasts in Britain who were well known for their interests.

1190 was eventually shipped to UK in 1967 and was put into a building at Hurn Airport, near Bournemouth. As the years went by, Geoffrey gave up his title interest and one other person lost interest.

There 1190 sat until early this year, when the IWM negotiated a deal with the sole owner, but at what cost is not revealed. A total of some \$600,000 has been allocated for the project, which will be ready for display at Duxford for the Sixtieth Anniversary of the Battle of Britain, in 2000 (is it really that long ago!?)

Now you will say, "Interesting, but what's that to do with the readers of Totem Times and the Comox Air Museum?" Quite simply this: one of our volunteers who works in the Geoffrey Rowe Memorial Library read a short article in an Aviation magazine regarding the purchase of 1190. This volunteer was well acquainted with the

Japanese Junk Bond

A recent visitor to the Air Force Museum, Mrs. M. Barrett, sent an interesting letter along with an example of currency that the Japanese had printed up for the expected invasion of Australia. It is reprinted here along with a photo of a one shilling note.



This one shilling note was given to me in 1944 by a soldier who told me it was one of many taken from a Japanese prisoner. I was told at the time it was currency printed by the Japanese government and issued to its soldiers in preparation for their plan to invade Australia.

After visiting your interesting museum, I thought you might find the enclosed a suitable exhibit.

I hope you find this of interest.

Yours truly,

(Mrs.) M. Barrett

work which Geoff had carried out and documented so the connection was made to the IWM and relevant letters, technical details etc were sent to Chris Chipington at Duxford. He is the Curator of Aircraft and wrote a letter of thanks in which he said, "The papers and photographs from Geoff Rowe's archives provide extremely useful information on the history of the aircraft and on the markings it carried. These will be useful during its restoration."

This whole story may never have been written but for the co-

incidence of the right person reading the relevant article, and being a person who knew that the Museum Library had such valuable information.

Alas, Geoffrey Rowe died in 1994 at the age of 55. He would have been delighted to know that his ambition to see 1190 restored would become reality. Geoff's father, who helped in the recovery, died a few weeks ago, but was happy to know that his son's legacy to Aviation History would have a prominent place in a world class museum.

Mig 21 Arrives



The tail feathers for the Mig 21 recently acquired by 19 Wing have finally arrived. They showed up on the back of a truck via Wing Transport who had graciously permitted their inclusion on a run from Halifax via Trenton. Members of the Heritage Committee along with support from members of MSE put the tail on the Mig over a period of two days. The Mig 21 now rests, fully together, on the abandoned taxiway by the Control Tower. The front two thirds of the Mig arrived by Hercules transport in January. The now complete Mig 21 will be placed in the Air Park once the ground dries sufficiently. Now about that ejection seat....

L-R Herb Lightfoot, Rob Roy, Ted Dennis, John Shepherd.

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