

TOTEM TIMES



19 Wing CFB Comox

VOL 40 NO 8

THURSDAY 14 MAY, 1998

COST: FREE

The Comox Valley's Oldest Newspaper



Healthy Workers...
Healthy Business!



Occupational Safety and Health:
Partners Together in Safety

See page 5

**Snow
to
Surf
action**

Pg 10 & 11



presents
the
3rd Annual
B.C. Children's Hospital
Charity
Golf Tournament

Saturday, June 6, 1998

See page 15

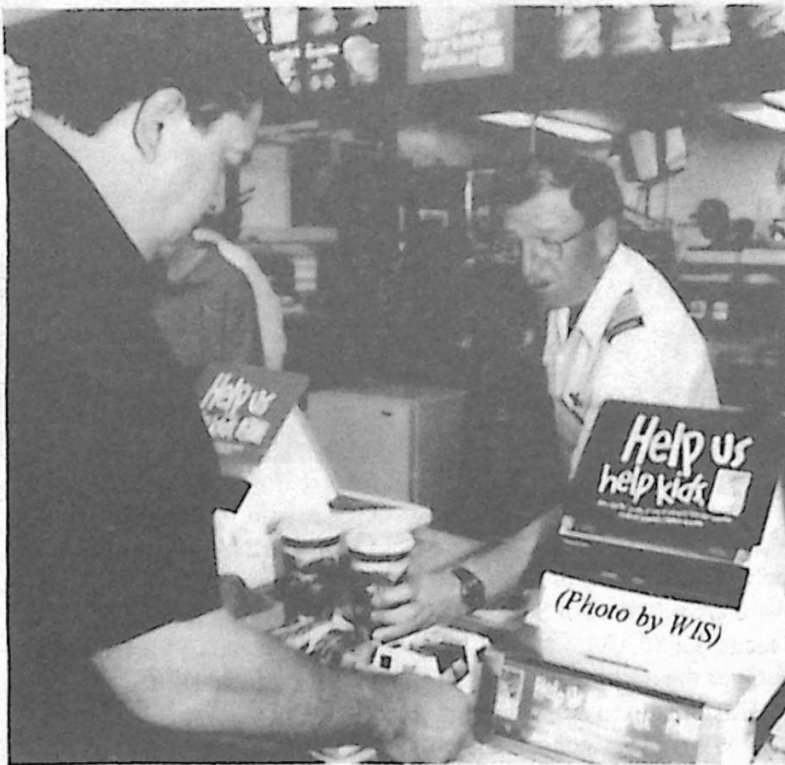
Fuel leak discovered

Base airfield engineering staff have confirmed through their tank monitoring program that a slow leak through the bottom of #3 tank has occurred at the base storage area. The 927,000 litre capacity tank has lost 8,000 litres of aviation turbine fuel. Immediate draining of the tank was initiated on the afternoon of May 6, after the leak was discovered. Wing Environmental Officer Bob Allen has notified Environment Canada, conducted an environmental assessment of the area and has ruled that the fuel has not contaminated any land outside of DND property and is confined to

the storage area. Clean-up operations began May 7. An interception trench has been excavated in order to recover fuel from the groundwater. Due to the presence of a higher secondary water table in the Spring, the fuel has not affected the primary water table.

A leak had been suspected because overall fuel inventory was lower than it should have been. Excavation in the area surrounding the tank confirmed a leak. As a preliminary measure, all other fuel tanks on the base will now be inspected for leaks.

Big Mac at Big Mac's



Our Big Mac, Col "Big Mac" Lean helped out at the local McDonald's to raise funds for two worthwhile charities - YANA and Ronald McDonald House. After an extensive in-house training session, Big Mac was finally allowed to serve solo at the front counter. It is rumoured that extra training may be required to utter that famous phrase "Two all beef, special lettuce, some kind of sauce, on patties, buns with onions and seeds..." "Oh, to heck with it! The final amount raised was just over \$6,000 with 75% of it going to YANA. Big Mac, you deserve a break today!

Elusive wiring fault solved by Tech of the Quarter



(Photo by WIS)

MCpl Dan Smith (414 Sqn) was recently awarded the Service Person of the Quarter Award. His award certificate reads:

"MCpl Smith has continually demonstrated brilliant job knowledge, consummate technical skills and remarkable leadership abilities throughout this quarter. He superbly diagnosed and resolved a persistent and elusive wiring fault with the warning annunciator panel of A/C CT133648. This was especially impressive, given that the problem had plagued this particular aircraft since its acceptance from a contractor level Avionics Update Program and both the NDHQ Technical Authority and the R&O contractor had failed to rectify the problem over a six month period. Furthermore, his exceptional dedication, personal initiatives and outstanding skills as a team leader in motivating his fellow crew members when faced with unexpected exigencies have directly contributed to 414 Squadron's ability to excel in meeting all of its operational commitments."

MCpl Dan Smith enrolled in the Canadian Armed Forces in

Ottawa in 1981 as an Instrument Electrical Technician (IE Tech). He completed his basic recruit training at CFB Cornwallis, N.S. in 1981 and basic trades training at CFB Borden, ON in 1982.

MCpl Smith has been posted to 435(T) Sqn at CFB Edmonton, AB, 414(EW) Sqn CFB North Bay, ON and 414(CS) Sqn at CFB Comox, B.C. He has worked on a variety of aircraft, including the C-130 Hercules, CE-144 Challenger and the T-33 Silver Star.

MCpl Smith was posted to 414(CS) Sqn in 1992 and is presently employed in the squadron's Servicing/Snags section as an Aviation Technician, carrying out fault isolation and rectification of snags affecting all variants of the T-33 aircraft.

Dan, along with his wife Tracy, and their five year old son Jordan reside in the community of Courtenay. Some of Dan's interests are camping, mountain biking, and sports in general. He is actively involved in 19 Wing's sports community; most recently competing in the Commander's Cup Hockey Tournament as this unit's stellar stand-up goalie.

CHECK OUT OUR WEBSITE ~ www.island.net/~here

H.E.R.E.
Into The Future
COMPUTERS

Built on Sales & Service Excellence

897-1286

Fax: 897-1296

102 - 910 Fitzgerald Ave., Courtenay

SPRING COMPUTER SALE



INTERNET READY
PENTIUM II
233MHZ
MULTIMEDIA
SYSTEM

\$1999*

Start

Come to H.E.R.E. not there

EATING RIGHT: FUEL FOR PERFORMANCE



Do you eat a good (alias nutritious) breakfast most days of the week? If not, you have lots of company. Over half of CF members don't eat breakfast regularly. This is a shame because breakfast plays a big part in a healthy diet. It also sets you up for a productive day.

With a nutritious breakfast under your belt, you concentrate better, are less likely to suffer from hunger headaches, and aren't tempted to overeat during the day. (Research shows that a high percentage of overweight people do not eat breakfast.) Breakfast should provide one-quarter to one-third of your daily requirements in energy and nutrients.

What about your food choices when eating in a CF dining hall or at a restaurant? There are always tasty temptations, but do you usually choose the lower-fat, lower-calorie items? To help you out, there are sometimes signs noting these items and they are often marked on menus. If not, you can ask for some guidance from your server.

If you're looking for some general pointers on diet and nutrition, Canada's Food Guide to Healthy Eating is a great place to start. You can get a copy of the Food Guide from your unit medical staff or Food Services section on your base. The person in your family who is most involved in food preparation should keep a copy in the kitchen for handy reference.

The Guide's advice is easy to live with. For example, it encourages you to strive for a diet that is varied, balanced, and moderate:

• Variety means a wide selection of foods among the Guide's four food groups and within each group. As much as possible, choose foods close to their natural state (e.g., fresh fruits and vegetables in season).

• Balance refers to a balance of both nutrients and calories. To ensure a balance of nutrients, follow the Food Guide's recommendations. A balance of calories comes from an appropriate level of calories consumed in food and expended through physical activity. A proper balance will help ensure that you maintain a healthy weight.

• Moderation means being modest in your serving sizes as well as limiting your intake of fat, alcohol, caffeine, salt, and sugar. By being moderate, you can avoid eating too much or too often, or selecting food choices which are too limited.

Controlling fat intake is an essential part of healthy eating. To help do this, you can choose skim, 1%, or 2% milk, and go for lower-fat cheeses. You can also choose lean meat, fish and poultry, trim off visible fat, and avoid coatings and frying when possible. You may also want to consider alternatives (like tofu, dried peas, beans, or lentils) more often.

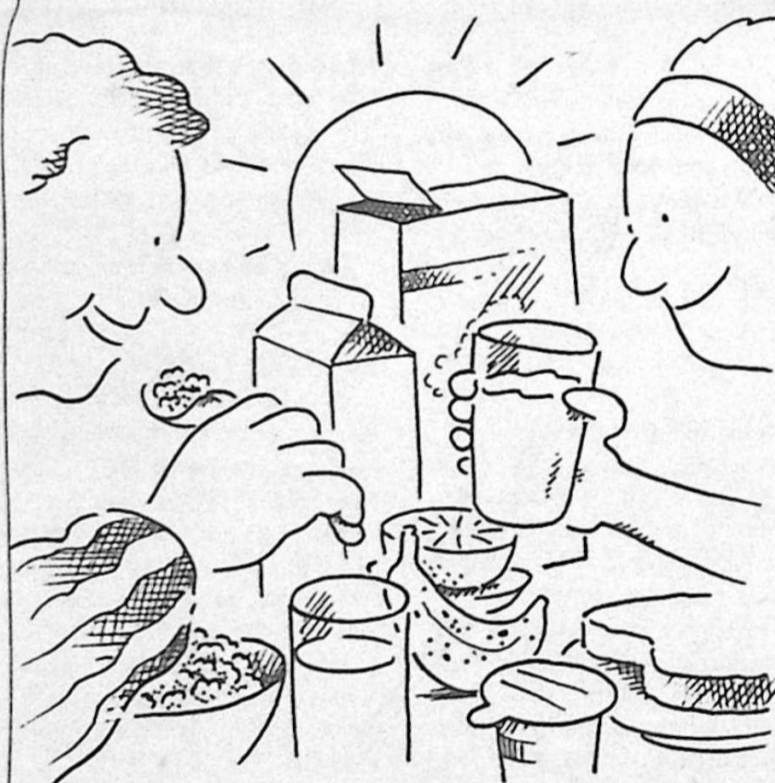
While food gives you the fuel you need for daily performance, eating should also be a pleasurable experience. Slow down and enjoy the aroma and taste of food. Whenever possible, make meals a time for companionship, talking, and laughter.

**STRENGTHENING
THE FORCES**

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

Eat a nutritious breakfast.



Prenez un bon déjeuner bien nourrissant.



SPECIAL OFFER

for Military and retired members
\$200 off the FINAL PRICE
on your next new or used
vehicle purchased from me...

Brad Wood C.D. Sales/Leasing

Mike FINNERON
PONTIAC BUICK GMC

334-2441

250 Old Island Hwy, Courtenay

"Cruise into Summer" fashion show

"Cruise into Summer" is the theme of the 1998 fashion show to be presented by the Officers' Mess Ladies' Club at the Officers' Mess, 19 Wing Comox, on 20 May. Cruising you will be after you see the great womens' and mens' clothing, supplied by local retailers, that will take you from the golf course or pool right to the Captain's table. You don't have to be planning a shipboard romance to attend!

Aim to arrive at the mess by 6:30 p.m. so that you'll have enough time to mingle, have a drink, and get a closer look at the nautical and tropical trimmings supplied by Jan's Travel Service, Foot Locker and the 19 Wing Canadian Forces Sailing Association. Leo Phillips will set the mood with his own particular blend of music and Greg Phelps, radio personality from CFPC Radio 1440, will take over the Master of Ceremonies duties. White Hat Cleaners is providing cleaning and mending services, Cheri Donaldson of Scorpio's is doing

the hair, and Gail Byrne of Mary Kay Cosmetics is doing the make-up.

To keep you in the summer-time zone, delicious blueberry and strawberry shortcakes will be served during intermission while a dance group of local talent will entertain with a few of their favourite summer numbers.

Tickets are an incredibly low price of \$10.00 and seating is limited. Reserve your ticket now by calling Barb Pattison at 339-0216. Your ticket is your pass through the Base gate.

Copies of *Dish It Up*, the cookbook prepared jointly by the OMLC and WO's & Sgts' Mess Ladies Social Club, will be available for purchase. All proceeds from the sale of this great book, chock full of family favourite recipes, will be donated to Lilli House, the Transition Society Shelter for abused women and children.

Don't miss this gala affair of the summer - get your ticket now!

19 Wing feeling Up With People

19 Wing has agreed to support the cast and crew of *Up With People*, who will be performing their contemporary musical extravaganza, *The Festival*, at 8:00 p.m. on 16-17 May at the Comox Valley Sports Centre.

Up With People is an international theatrical troupe who use acting and music to promote better understanding and mutual respect between nations, cultures and people. This is the first time that the world-renowned travelling show has visited the Comox Valley.

The base will provide the organization with a central meeting place, SAR Tech aerial display and pre-show publicity.

For over 30 years, *Up With People's* vibrant and dynamic performances have touched lives in 3,200 cities across 70 countries. Tickets for the shows are available at the Sid Williams Theatre ticket booth. For more information call Robyn Jackson at 338-8472.

Congratulations!



The Wing Imaging Section has been awarded a No Retreat Award for work provided to the Canadian Forces School of Search and Rescue (CFSSAR).

Over the past year and a half, CFSSAR has been doing business at 19 Wing. They conducted two major functions that depended heavily on Wing Support: the Graduation of SAR Course 9701, with the Governor General presenting SAR Wings, and the official opening of the Cpl Phillip Lloyd Cyril Young Building earlier this year.

On both occasions, Wing Imaging provided CFSSAR with extensive photo and video coverage. The work was completed professionally and to the highest standard. The members of the Wing Imaging Section received a \$150.00 Kingfisher Restaurant gift certificate.

The entire staff of the section

was on hand for the presentation (L-R): MCpl Tom Trainor, Cpl Carl Schofield, Cpl Colin Kelley, Cpl Martin L'Ecuier, Cpl Josée Ménard, MCpl Edith Cuerrier, Sgt Eileen Redding, Cpl Doug Desrochers and the presenter, CWO Ritchie (CFSSAR). The photo was taken by the section's newest trainee, Col B.B. MacLean.

Offre d'emploi

Poste: Coordonnateur (trice) projet Visibilité-Réseautage-Développement des Entrepreneurs Franco.

Lieu: Association Francophone de la Vallée de Comox Durée: Du 22 juin au 28 Août 1998

Salaire: \$7.15/heure - 35 heures semaines Postulant: Étudiant/Post secondaire

Description: Répertoire les entrepreneurs francophones ou francophiles de la Vallée de Comox. Création d'un bottin des services. Recherche et entrevues des entrepreneurs cibles.

Aptitudes: Connaissances du marketing et de la méthodologie de recherche. Expérience dans le traitement de texte. Bonne connaissance du français et de l'anglais. Connaissance du réseau internet un atout. Étudiant(e) universitaire ou expériences connexes. Entregent et personnalité positive.

Faite parvenir votre curriculum vitae avant le 12 juin 16:30 à l'attention de:

Danielle Bernier, Directrice générale
Association Francophone de la Vallée de Comox
1491 McPhee, Unité #2, Courtenay, C.B. V9N 3A3
Tél: 334-8884 Téléc: 334-3797

MQ rent changes explained

The Canadian Forces Housing Agency (CFHA) is undertaking a national review of rent abatements aimed at ensuring that all families, who are entitled to abatements, receive them and the value of abatements provided are consistent across Canada. There is evidence of policy application inconsistency in several locations making this necessary. There are families who should be receiving abatements but are not; and it is also true that there are abatements in place that should not be. This review will ensure that all families are treated fairly and correctly in accordance with approved policies.

Government and Defence policy states that Crown housing rents should be set to market based on Canada Mortgage and Housing Corporation (CMHC) appraisals. They may be adjusted by abatements (discounts) to reflect specific deficiencies in the houses or to compensate families forced to accept MQ in accordance with approved operational policies. Rents are also affected by rent controls for MQs located in Ontario and Manitoba.

It is important to understand that abatements are only applicable where the MQ has deficiencies that have not been considered by CMHC when they undertook the annual rent appraisals. In carrying out appraisals for rent ad-

justments to take effect on 1 August 1998, CMHC took in to account the age and condition of the MQ, the environmental factors, such as proximity to busy roads, runways, community facilities, views, etc., in exactly the same way as they do when appraising houses in the general community.

For example, all MQs other than those that have been fully renovated were assumed to have insulation standards reflecting the age of the houses. Accordingly there will be no insulation rebates as at 1 Aug 98. In contrast, all MQs were assumed to have sound basements so abatements will be provided in accordance with the guidelines to occupants of houses where basements leak.

All current abatements will be reviewed in accordance with the policy guidelines. MQ inspections may be required as part of the review in which case occupants will be contacted for an appointment.

Should there be no change to the abatement, there will be no change to the current arrangement. Should it be determined the abatement should increase, the increase will apply from the date of inspection of the MQ.

Should it be determined that there is no continuing entitlement to an abatement, or a reduced abatement is appropriate, changes

will take effect 31 July 98, thus ensuring that any change will be incorporated with any rent adjustments that may be due on 1 Aug 98. Phasing will be applied if the net shelter charge increase for the MQ exceeds the phasing limit for the occupant's rank. Phasing provides for maximum annual increases for existing occupants of \$20 (equivalent salary of \$27,072 - \$34,200), \$30 (equivalent salary of \$34,200 - \$49,272) or \$35 (above \$49,272) depending on rank, and \$50 for new occupants.

After a review of the guidelines, if you believe that you qualify for an abatement in accordance with the guidelines, please write to us providing as much detail as possible, including sketches so that the situation at your MQ can be assessed. Any new abatements approved will take effect from the date applications are received at the HMO.

In all cases, occupants will be advised in writing as to the outcome of the review as it affects them. Appeals to decisions made should be forwarded in writing to the CFHA Housing Manager. Any questions should be directed to the HMO at 8060.

(A French version of this text and copies of the guidelines, French or English, are available at the local CFHA office.)



Fewer summer airshows

As previously announced, CFB Comox will delay having an airshow this year in favour of next summer in order to commemorate the 75th anniversary of the RCAF.

1999 will also mark the 50th anniversary of the Air Force Association of Canada.

The Abbotsford Airshow has also been postponed until next year.

For aircraft enthusiasts, Victoria will be hosting their airshow on Sunday, 19 July. In addition, some Comox aircraft will be involved in Comox Harbour Day, as in the past.

Hardy hikers ready for Holland



(Photo by Cpl Kelley, WIS)

Eighteen dedicated, proud and very fit hikers from 19 Wing Comox are preparing, of which 11 will be selected, to represent Canada in the Netherlands this summer at the famous Nijmegen March. The annual 4-day, 100-mile march demands the utmost of physical and mental stamina and is held in the heat of July.

The troop can be seen marching in time around the valley, dressed in CF fatigues and combat boots and wearing heavy rucksacks, as they prepare for the rigours to come this summer. The Canadian Forces have been sending teams to the competition since the end of the Second World War. This is the first year that CFB Comox has prepared to send a team to the prestigious event. The march winds its way right over land that Canadian soldiers in the Second World War liberated from German occupation.

First leg of restoration



Getting a leg up proved a pressing preliminary to getting the Voodoo down. Off its front gate pedestal for renovation and restoration, the landmark jet is now safe in hangar, being attended to by Techs. But first CE R&M Team Leader Mike Korschak used his Genie lift to deposit a military Braveheart into the maw of one of the engines, a confined space exercise that eventually helped lead to the safe dislocation of the imposing plane. Though he may have been tempted, there is no record of Mr. Korschak having pulled anyone's leg.

No doubt it felt good afterwards still to have a leg - two, actually - to stand on.

Voodoo lift off was team effort



(Photo by Cpl Desrochers, WIS)

Time and Mother Nature had taken their toll on the 19 Wing's display Voodoo aircraft. Having been initially mounted on its pedestal in 1991, it was time for a facelift. The coordination of this monumental task, requiring a 19 Wing team effort, was given to 19 AMS MSO, Capt Bouchard. After several meetings and numerous inquiries, a plan was put in place. The Crash Guard and Salvage team was tasked with removing the Voodoo from its pedestal which, in effect, would exercise them in retrieving an aircraft from aloft.

On 30 April, with all the key players in place, and under the watchful eye of Capt Bouchard and Capt Rossell, the Voodoo was lifted from its pedestal, gently

placed on a waiting flat bed and transported to the QRA and placed in Bay #10. Two full time ACS technicians and volunteers from the flying squadrons and the Wing are carrying out the restoration process. If anyone is interested in being part of the restoration team, please contact MCpl Maye at Loc 8304. He will be more than willing to assist you into a pair of overalls.

19 AMS would like to thank all the key players: museum personnel, CE, transport, military police and, of course, the Crash Guard and Salvage Team for their invaluable assistance and professionalism in removing and transporting the Voodoo to the QRA.

Get an Avco loan in less than 24 hours!



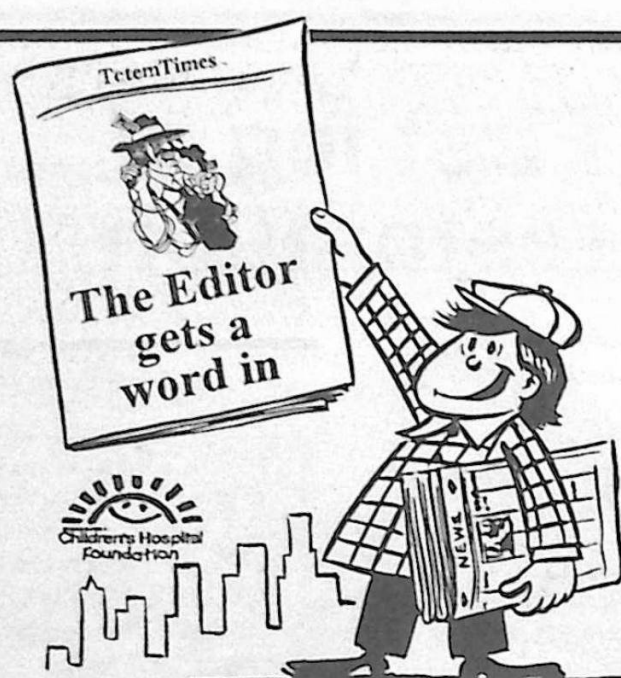
- DEBT CONSOLIDATION
- PERSONAL LOANS
- HOME RENOVATION
- VEHICLE FINANCING

Fast personalized service from your friendly Avco staff

Avco Financial Services Canada Limited

Avco Financial Services/Division of Texton Inc. *All loans are subject to our usual credit requirements.

1250 Cedar Street Campbell River, B.C. 287-7481 Courtenay 334-4133

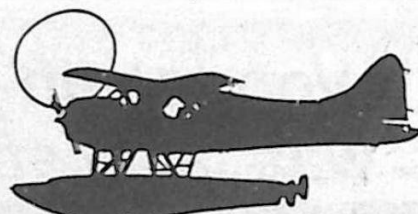


What's age got to do with it?

Having recently returned from a small trip up to the north country, I was pleasantly surprised upon my return to see a line of green-suited members marching in column along Knight Road. A quick perusal of the local newspapers also revealed a number of stories on the military, one in fact on every second page of the first section. Not the least of which was the fuel spill and the excellent handling of that event by Base personnel, but that's another story.

What did catch my eye, and the attention of the Totem Times staff, was the photo caption accompanying a short article on those marching green-suited members. It was pleasant enough caption, outlining the planned trip to Europe to compete in the Nijmegen March by soldiers of 19 Wing. Then the last line mentioned that only two of the competing members were under thirty.

Age must be catching up to me because I was perplexed by the need to mention this fact. I also do not understand the significance of the over-under thirty barrier to a walking competition. Maybe it was a shot at the ageing forces' members. Maybe it was a plug for the tenacity of our senior members. Maybe it shouldn't have been mentioned at all.



Letters to the Editor

Dear Sir:

This letter is in response to the article submitted by Capt Chartier in the previous edition entitled "Restaurant and Healthy Food - Possible?" I heartily agree with all the points in her article but I would have to argue that the whole point of going to a restaurant is to "treat" yourself to a dish that would normally not be prepared at home. For example, my husband and I both enjoy Alberta Grad A beef (call us rednecks if you will). When we order a nice cut of steak in a restaurant, I want lots of juicy fat on my steak, lots of sour cream, bacon bits and chives on my baked potato and a nice fattening piece of cheesecake for dessert. Now, of course we don't eat like this every time we go out simply because of the expense.

My husband's idea of treating me to lunch is taking to the Junior Ranks' mess. Now that is a real treat - I mean it! We were there on 28 April for a nice quiet lunch. I chose the Chicken Breast with Peaches, Rice Pilaf and Mixed Vegetables. A generous salad bar was provided and the dessert (I had the mousse) was included in the low, low price of a meal ticket. I thoroughly enjoyed my lunch - the weather was perfect that day,

and the breeze drifting in from the flight line wasn't overpowered by jet fuel. More importantly, I enjoyed the time with my husband and the fact that I didn't have to do the dishes.

A few of the other fellows eating lunch there seemed to be quite happy and relaxed as well although one patron, Khalad Mohammad, from On Line Constructors commented "They point a gun at my head and force me to eat here."

Hopefully, Khalad is eating better these days. So I say thank you to the staff of the mess for preparing a fine lunch, although I must comment that the peach on top of the chicken breast looked more like a dried up apricot. I couldn't quite tell what it was at first - my husband had to assure me that, yes, it was in fact a peach and not a leftover from the nuclear waste dump. (As a matter of fact - I ate his peach as well).

Military service members take note: If you want to treat your spouse to lunch or dinner some day, keep the messes in mind for that quiet getaway experience. And don't be afraid to order the fries if that's what you really want! Bon appetit!

Margaret Peeren

30 years ago at the Totem Times

These are the Totem Times headlines as they appeared on the front page of the 16 May, 1968 edition:

- First Argus Posted in to 407, Modern Electronic Equipment Aids in Detection
- Construction Starts on Swimming Pool
- 407 Airmen Go Nautical, Enter Yacht Race to Hawaii

Dear Sir:

I am writing this letter to question Community Council's refusal to allow us to book the use of the centre for our young son's birthday party due to an outstanding fine for failing to obtain a pet licence this year.

I refused to sign for a number of reasons. Why is it pet registration is mandatory year after year to those who have previously registered their animal(s), yet it is strictly voluntary to those who haven't?

The majority of our neighbours have unregistered pets and have enjoyed an unenforced policy without imposition, but the few of us who have registered in the past are the only ones being pursued if we fail to re-register.

Yes, I've read the standing orders regarding pets. It also states a \$5.00 registration fee for any other pet (other than a cat or dog). Are they insisting that every child with a goldfish, hamster, or bird, is also required to obtain a licence? How exactly is this being enforced? And if they too fail to register... "ping \$25.00 fine?"

This year it was suggested by the animal control officer, who paid me a visit with my notice of failing to obtain a pet licence, to avoid the fine by reporting that I didn't have a pet at all! So, that's how the policy is administered?

We have taken measures to tattoo our pet, so tags are not neces-

HAPPY 50th

The Borden Citizen, CFB Borden's newspaper, celebrated its 50th Anniversary in April. Founded in 1948, the Borden Citizen still serves the Borden community on a weekly basis with the help of two MacIntosh computer systems, a staff of three paid employees and a volunteer.

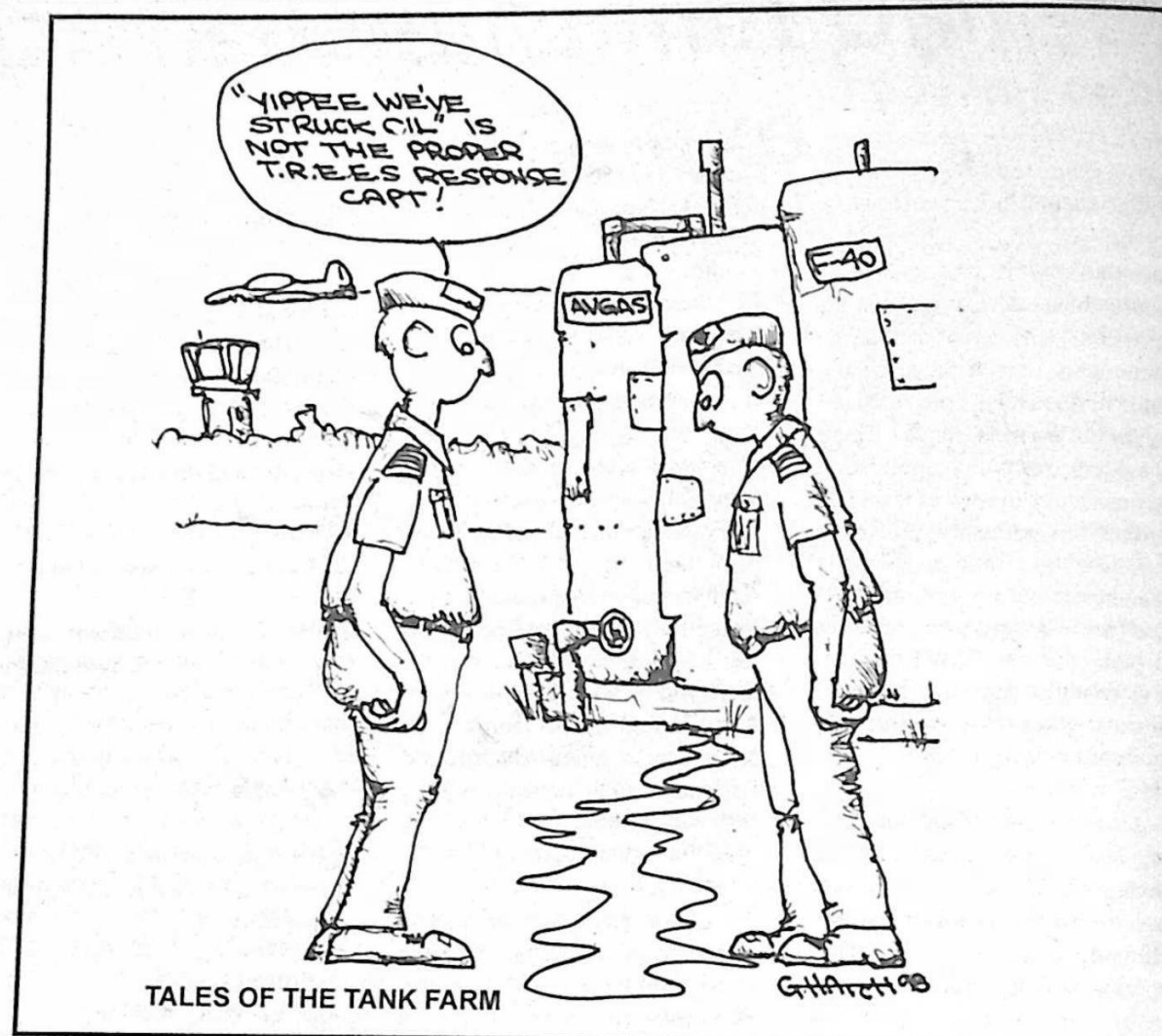
From one military newspaper to another, *Congratulations and Happy 50th!*

sary to identify our animal. Therefore, the statement that "without tags we cannot identify your pet and get it home safely and quickly" is another scare tactic used to intimidate pet owners. I find it peculiar that the town of Comox, with most by-laws which affect 19 Wing, doesn't have a fee for cat registration. In fact, they don't even have a procedure for cat registration at all. Yet, we are required to do so and failure in this matter can actually result in an order to vacate a MQ as disciplinary action.

Where exactly does all the money obtained from registration and fines go? How much does the animal control officer receive, as well as the Community Council themselves? If a percentage of profits from fines goes to the Animal Control Officer, all the talk about "strays" roaming the community and a need for cat traps, is purely in their best interest. It is in our best interest that an accounting of these monies be made public to the community at large.

Unfortunately, I am forced to pay the objectionable fine if I am to continue with plans made for my son's birthday. Until the system is impartial and fair to all pet owners, I urge others to speak out against the ambiguity in these procedures.

Sincerely,
A proud cat owner



TALES OF THE TANK FARM



EDITOR IN CHIEF
Major Joel Clarkston

MANAGING EDITOR
MCpl Edith Cuerrier

WING PAFFO
Capt David Krayden

CARTOONIST
Gord Hatch

TYPESETTER/BOOKKEEPER
Jenny Cooper

PRODUCTION STAFF
Sgt Robert Trombley
MCpl Brenda Trombley
Tet Walston

CIRCULATION
Jenny Cooper (339-3486)

PHONE: (250) 339-2541
FAX: (250) 339-5209

Address correspondence to:
The Editor, Totem Times,
CFB Comox, Lazo, B.C.
V0R 2K0

SUBSCRIPTION RATE
\$15.00 per year, GST included.

The TOTEM TIMES is an unofficial publication of 19 Wing CFB Comox, B.C. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF, or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Material may be reprinted with attribution.

Published 20 times a year with permission of the Wing Commander, 19 Wing CFB Comox, B.C. Publications Mail Registration No. 4098. Printed by Ladysmith Printing, Ladysmith, B.C.

OFFICE HOURS - Mon to Fri
7:30 - 11:30 a.m.
1:00 - 3:30 p.m.

Mark your calendar for Safety Week

Tuesday 19 May	Wednesday 20 May	Thursday 21 May	Friday 22 May	Saturday 23 May
WComd Proclamation WHQ Conference Rm 0900 Hrs	Equipment Suppliers Display Booths Officers' Mess Dining Rm 0800-1530 Hrs	First Aid Training Bldg #22, First Aid Classrm 0800-1600 Hrs	First Aid Training Bldg #22, First Aid Classrm 0800-1600 Hrs	Bicycle Rodeo Airport School Parking Lot 0900-1300 Hrs OPI: Base Military Police
Safety Display Canex Mall 0900 Hrs	Fire Simulator Training Bldg #22 - ABATS Theatre 0900-1530 Hrs Pyrosoft Simulator Systems	Stress in the Workplace for Senior Managers AFIS Theatre 0830-0930 Hrs Speaker: TBC	Poster Contest Judging Airport School 0900 Hrs	
WHMIS/HAZMAT Trg Bldg #22, Classrm #9 0800-1500 Hrs	WHMIS/HAZMAT Trg Bldg #22, Classrm #9 0800-1500 Hrs.	Drug & Alcohol Briefing AFIS Theatre 0945-1015 Hrs Speaker: Sgt Brian Buttner	NAOSH Week Steering Committee De-brief Bldg #22, Classrm #10 0800-0845 Hrs	
Ergonomics in the Workplace AFIS Theatre 0830-1000 Hrs Speaker: Vivian Oliver	Defensive Driving Course Bldg #22, Classrm #10 0800-1100 Hrs Conducted by WTN	How your Health affects your Safety in the Work Environment AFIS Theatre 1030-1130 Hrs Speakers: Vivian Oliver & Kay Ilnitski	Safety Notice Boards Judging Wing Firehall 1130-1330 Hrs	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
Fit Safety Briefing Stress, Fatigue & Communications, AFIS Theatre 1300-1500 Hrs Presenter: CWO P. Jenkins	Ergonomics in the Workplace AFIS Theatre 0830-1000 Hrs Speaker: Vivian Oliver	Your Safety Responsibility Fisheries & Oceans Canadian Coast Guard AFIS Theatre 1300-1430 Hrs Speaker: TBC	Presentation of NAOSH Week General Safety Certificates Wing Firehall 1230 Hrs	
Confined Space Training W/Firehall & T2 Training Tower 0730-1530 Hrs Conducted by WFH	Neighbourhood Emergency Preparedness AFIS Theatre 1030-1130 Hrs Speaker: Tom Miles	Defensive Driving Course Bldg #22, Classrm #10 0800-1100 Hrs Conducted by WTN	Confined Space Training W/Firehall & T2 Training Tower 0730-1130 Hrs Conducted by WFH	

Free hotline provides medication information with a SMILE

The B.C. Seniors Medication information line (BC SMILE) has been serving the province since 1995.

BC SMILE is a free phone info line staffed by licensed pharmacists. Our goal is to assist seniors, their families and caregivers with information about medications when it is not possible for the patient to direct such questions to the family pharmacist. Our specialty is medication-related questions requiring extensive research.

You can reach us at 822-1330 in the lower mainland or toll free in B.C. at 1-800-668-6233, Mon-Fri 10:00 a.m. to 4:00 p.m.

Occupational Health - Safety affects all aspects of every organization

Organizations with effective occupational safety and health programs have well-defined roles and responsibilities which must be clearly communicated. Some of the roles and responsibilities include:

- Keeping current with legislative requirements and communicating those requirements throughout the organization.
- Developing an OSH policy to communicate the company's commitment to protect the safety and health of employees.
- Developing safe work procedures to describe what employees should do to protect their safety and health while performing specific tasks (these could include such things as the use of personal protective equipment; confined space entry procedures; operation of tools and machinery).
- Conducting education and training sessions to ensure that all supervisors and employees are up-to-date in procedures and requirements.
- Compiling and updating hazard information - develop programs in your workplace for Workplace Hazardous Materials Information System (WHMIS) and Transportation of Dangerous Goods (TDG).
- Formalizing maintenance schedules and performing preventative maintenance on equipment and in worksites.
- Monitoring first aid preparedness, including clearly identifying certified first-aid attendants and providing and maintaining first aid supplies and equipment.
- Monitoring workplace exposures - identify conditions in the workplace which may adversely affect the health of employees.
- Planning fire and emergency preparedness to minimize business interruption, loss and human suffering.
- Conducting workplace inspections and investigations to recognize, evaluate and control safety and health hazards.
- Managing safety and health information - keep records for regular review.
- Planning safety audits - a critical review of all elements of the occupational safety and health program in the workplace, including an assessment of workplace conditions and work procedures.

(In B.C. in 1996, ten young workers were killed in work related accidents. At least four of the fatalities involved workers who had been on the job less than six months.)

Message from the Directorate of General Safety

Safety Week will be held this year during the period 18 - 24 May. This is the 12th year that the Canadian Society of Safety Engineers (CSSE) has spearheaded Safety Week in Canada.

1998 also marks the second anniversary of this week as the North American Occupational Safety and Health (NAOSH) Week, a coordinated initiative of three countries: the United States, Mexico and Canada.

There are two parallel themes for the 1998 NAOSH Safety

Week: *Healthy Workers. Healthy Business and Partners in Safety.* The latter theme has been for this year's Safety Week poster.

Formations, Bases/Wings and Units are encouraged to promote safety by implementing safety related activities during this week. Local initiatives should emphasize that safety is an inherent element of leadership, that its focus is to conserve resources - human, materiel and financial - and that, as such, safety is a core element for DND/CF.

19 WING, C.F.B. COMOX N.A.O.S.H. WEEK "PARTNERS" TOGETHER IN SAFETY MAY 18 - 24, 1998

Learn how to be compatible with your computer workstation and avoid repetitive strain and eye strain injuries

PRO-ACTIVE AWARENESS REFLECTS TEAMWORK NATIONALLY EMBRACING REALISTIC SOLUTIONS.

Increased productivity through improved workstation Ergonomics

"Healthy Workers.....Healthy Business"

VIVIAN E. OLIVER ERGONOMIST/CONSULTANT

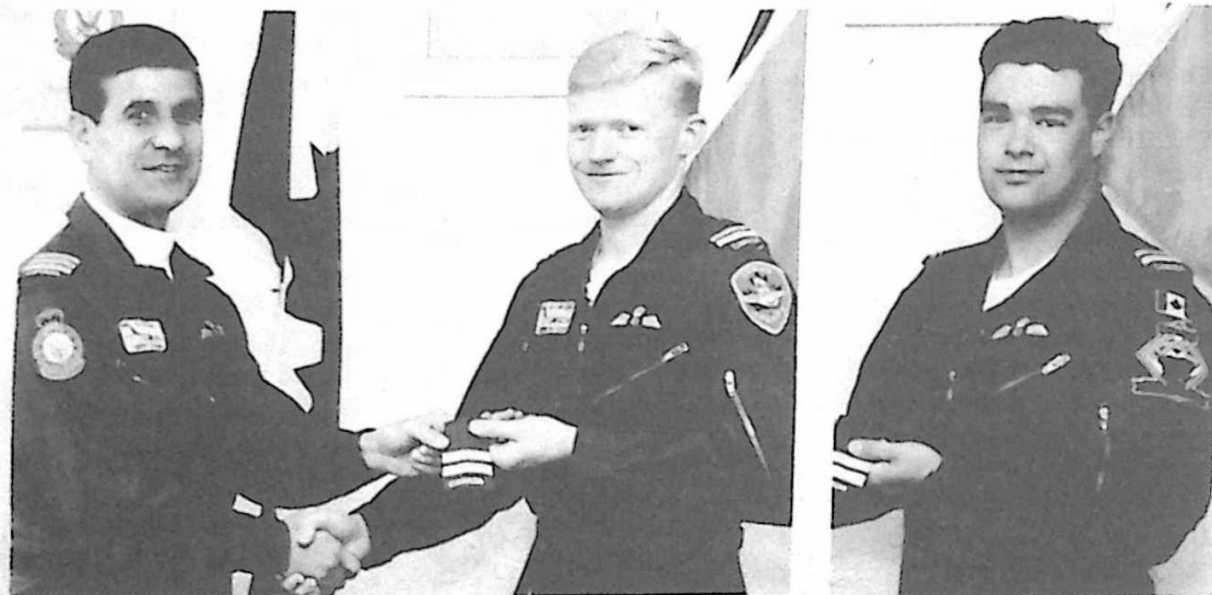
PACIFIC RIM OCCUPATIONAL HEALTH & SAFETY CONSULTANTS LTD.

What are these Demons up to?

The last few weeks have been busy ones for the intrepid Demons of 407 Sqn. Mess dinners and sporting events were the order of the month on the social side. The standard busy flying schedule at home and abroad made sure our aviating and fighting skills remained as finely tuned as always.

The Demons were well represented (numerically speaking anyway) in the annual Snow to Surf race. The squadron had six teams entered in the race, with the executive team, the Half Dead Head Shed, throwing down the gauntlet early (some might say hastily). In any event, the challenge was there, any squadron team able to place better than this elite group of trained and conditioned athletes would score themselves a case of "Gatorade" at the bottom of the hill. In one of the most blatant cases of insubordination the Forces has seen in years, the CO, Lt Col Garry "Pass me and you're posted" Reaume, and the rest of the executive could only watch helplessly as all five challenging teams schussed, rolled, ran and paddled by them. In a brilliant display of backpedalling (a cycling style that might have worked better for him on the race course), team mountain biker and squadron chief, CWO Kurt "Radical" Paulekat explained afterwards that the whole thing had been planned that way as a "morale builder" for the squadron. The grimace, the ill-disguised limp, and the unmistakable hint of AS35 in his wake as he walked away, left this scribe wondering whether the whole truth was being told. In any event, congratulations to all the Demons who participated and did the squadron proud.

In other sporting news, Com-



Lt Brendan Cook and Lt Jake Gallant receive their Captain bars from Lt Col Garry Reaume, CO 407 Sqn. (Photo by WIS)

mander's Cup hockey saw the Demons squaring off against Wing Log in an exciting and hard fought final. In the end Wing Log came out on top of a 7-5 score, leaving 407 Sqn in a second place overall finish for the tournament. The volleyball tournament, however, saw the Demons walk into the final match with a perfect 15-0 game record. In the final, the volleyball Demons defeated 442 Sqn by a margin of three games to one. Congratulations to all the participants from both sports for putting on a great show.

On the social scene, it was a good month for mess dinners. The annual squadron mess dinner led off the calendar at the Junior Ranks' Mess. An excellent meal was followed by an awards ceremony honouring all those Demons who stood out from the crowd this past year for exceptional performance and achievements. Although the list is too lengthy to write out in this column, all of those honoured went above and beyond the call of duty in their jobs and the community,

during Fincastle and throughout the year. Their efforts make the squadron a better place to work, and cast a positive light on the squadron, base and military in general. Congratulations to all, and especially to Demon of the Year, Capt Jean Traynor. After the ceremonies, the crowd moved up to the lounge for a chance to socialize, tell war stories and perhaps poke a few chests. In general, a good time was had by all, even though CWO Paulekat had to explain to a few of the male aircrew that it is possible to interpret "mess dress" a little too literally.

The squadron mess dinner was followed hard on the heels by the annual AESOP mess dinner. Although no trade in the forces adheres to the principles of Omerta quite as firmly as the AESOP's do, the bleary eyes and uncharacteristic quiet demeanour of the group the next day attest to the fact that it was quite an enjoyable evening. Rumour has it that the Wing Commander's flag went mysteriously missing during the evening. Lips are sealed on the subject, but CWO Steve Perry did have a *prima* parking spot at the hangar the next day. Coincidence? Looking forward on the social calendar, the annual Fat Boys house/beach party is coming up at the end of the month. Although the hot tub has been booked and the firewood set aside, one wonders how things will go without JK's martini bar.

On the operational side, the patrols, trainers and deployments keep humming along. Numerous crews have been off to San Diego and Hawaii, honing their ASW and coordinated ops skills with the US and Canadian Navies.

Some lucky members of Crew 6 had a special treat on this last Socal deployment when they were invited to fly out to the aircraft carrier USS Abraham Lincoln for a tour and an opportunity to experience carrier operations first hand. It was a unique learning experience for all involved and the thrill of trapping on and catapulting off the carrier deck will not fade any time soon. Thanks to Lt Cdr Clayton Miller (brother of our own USN Exchange Officer Lt Johnny Miller) and the crew of the Lincoln for a brilliant tour and an excellent day.

Closer to home several of the crews are making good use of the Nanose Range to practice chasing subs and working with our cohorts from Esquimalt. Crew 3 is off to Greenwood for a SUBEX in last minute preparation to defend 407's hold on the O'Brien Cup. This is the annual competition amongst Canadian Aurora squadrons for bragging rights as the best sub hunters in the country, and the honour of going on to compete against the best the Commonwealth has to offer at the Fincastle competition. As an extra incentive for the Demon Dawgs, this year's Fincastle will be held in Australia (although the Aussies will have a tough time topping last year's event held right here in Comox). Good luck to Maj Rich MacKinnon and all of the Dawgs. Crew 5 meanwhile is preparing to head south, way south, to Chile to continue the squadron's participation in the Teamwork South series of exercises involving some of our emerging South American allies, along with the American and Canadian Navies.

407 and 442 Sqn's continued with their series of exercises and meetings to develop better procedures for working together in a Search and Rescue environment. In the latest event, a 407 Aurora dropped flares for a 442 Labrador

during a night hoisting exercise. Both aircraft had representatives from the other squadron on board and much was learned on both sides of the house. The primary lessons learned being that the Aurora is a much more capable and versatile SAR asset than our neighbours at 442 were previously aware of, and our kitchen is far superior to the Buffalo's.

A big welcome goes out to our two newest Demons. Maj Jeff Byam and his wife Katherine have added baby Sarah to the roster. Capts Debbie Pawluk-Paupst and Mike Just Plain-Paupst are pleased to announce the arrival of Jonah 99th Percentile-Paupst. As it is that time of year again, we will finish up by saying farewell to Capt John Klatt who is off to complete his Masters in Rochester, N.Y. and a belated farewell to Maj Ray Laplante who made a rather sudden dash for the airlines. Good luck to both!

'Til next time, Demons Out.

Cadet Leaders Wanted

The Canadian Scottish (Princess Mary's) Army Cadet Corps of the Comox Valley is currently accepting applications for officers and non-commissioned members to fill vacancies as instructors for the corps in the coming year.

Prior cadet or military service would be an asset, but is not mandatory.

Anyone with the time and who enjoys working with the youth of the community will help the cadets maintain their status as one of the top-ranking army cadet corps in B.C.

For more information, contact Captain Frederick B. Marniak at 339-3199.

NEXT DEADLINES

Advertising

- 20 May.

Articles

- 22 May,

NOON

Francis Jewellers Ltd.

Appraisals & Repairs
Watch Repairs ♦ Giftware
Goldsmith Services

334-2611

320 Fifth Street, Courtenay



Fire Hazard Check your sander

by Smokey

Royal Canada Inc. in recognition of a product recall conducted in the USA by Ryobi America Corporation of Anderson, South Carolina, in cooperation with the U.S. Consumer Product Safety Commission, is recalling about 78,000 electrical detail sanders for repair or replacement in Canada. If the sander is left plugged in and the on/off switch is not fully in the "Off" position, pressure from the switch's rubber dust boot can force the switch into the "On" position. As the sander runs unattended, it can generate heat which can result in a fire.

To our knowledge, there have been no reports in Canada of personal injury or property damage resulting from this product. The recall includes the Ryobi model DS1000 and Craftsman models 315.244490, 315.11600 and 315.11639 sanders. The model numbers and brand name are located on a data plate of the side of the sander. These blue or black oscillating sanders are hand-held tools weighing 1.6 pounds with a sanding arm that extends forward and down from the front end of the sander. They are about 11 inches long and have a triangular sanding head.

Only sanders built between Feb 93 and Apr 97 are being recalled. These sanders have a serial number or date code located along the bottom edge of the data on the side of the tool.

Model number - serial or date code ranges: Ryobi DS1000 - last four digits of serial #9304 through 9718. Craftsman 315.244490, date code A3059 through A9717; 315.11600, date code A3059 through A9717; 315.11639, date code A3059 through A9817.

Major chain home centres and hardware stores, as well as local hardware stores, nationwide sold these sanders from Feb 93 through to Mar 98. They also were sold in catalogues during this period. Sears sold the Craftsman sanders from Mar 93 through to Mar 98. Both brands sold for approximately \$50 - \$70.

Consumers should always unplug the sander from its power source when it is not in use. Consumers who own one of these sanders should telephone Ryobi Canada Inc. toll free, at 800-265-6778 between 8:30 a.m. and 5:00 p.m. EST, Monday to Friday and they will receive information on having their sanders repaired or replaced at no charge.

Drug Round-Up

May is Great Drug Round-Up Month. Clean out your medicine cupboards - don't keep outdated medication or medicine you are not using - DISCARD IT!

Some outdated medicine are NOT SAFE to consume. Outdated medicines can be brought to the Base Pharmacy during working hours where they will be destroyed environmentally.

May is traditionally Drug Round-Up Month but outdated medications can be brought to the Base Pharmacy all year round. Please contact Capt Howard at 8268 or MCpl Clarke at 8704.



The Canadian Forces Community College Network (CFCCN) has changed its Internet address. You can access the network at: <http://home.inforamp.net/~dgreig/cfccn>

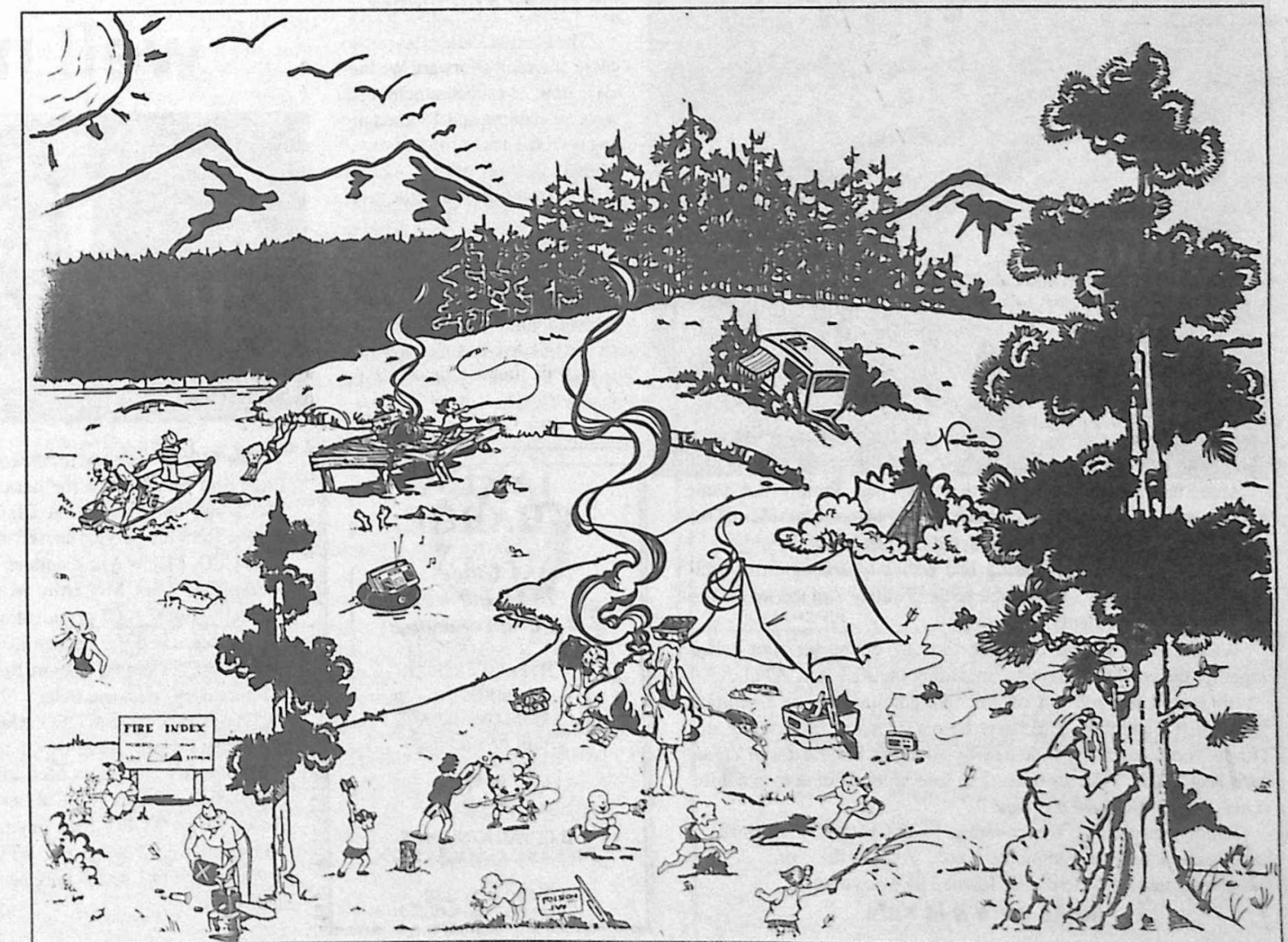
Camping Safety Contest

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.)



Courses in Hospitality & Tourism

by Pat Allan,
CFCCN Coordinator

I talk to a lot of people who are interested in getting into the hospitality and tourism field. Military members seeking a second career and many spouses have been interested in finding a college program which will give them a leg up in the industry. As usual, for people who work full-time or who have significant family responsibilities, attending full-time college programs has been out of the question for many of them. However, North Island College is now offering a very interesting alternative.

The college's Hospitality and Tourism Department is offering 22 courses by self-study, giving students the flexibility to complete coursework at home. An instructor is available by phone during established office hours. All courses have been developed by the American Hotel and Motel Association (AH&MA), an educational institution which provides training materials and certification specifically for the hospitality industry. The AH&MA is well respected by industry in the United States and Canada.

The AH&MA provides certification at the completion of each course and, in addition, students can earn six different certificates and diplomas for groups of courses. Five-subject certificates include Food and Beverage Management, Rooms Division Management, Marketing and Sales

Management, and Accounting and Financial Management. There is also an eight-subject certificate in Hospitality Operations and a 12-course diploma in Hospitality Management.

Courses begin in September and January and students have four months to complete each course. Now is the time to investigate these courses if you might like to take them in the fall.

For those interested in supervisory and management positions, our final Management Development Program (MDP) course of the season will be Communications, beginning at 1800 hrs on Friday, 12 June and running all day Saturday and Sunday, June 13-14. This course covers a lot of ground, including speaking, listening, presenting, reading and writing. It is an intense weekend with role plays, exercises and lots of discussion. We pick up new students at every course, so if you're interested, you can start now and continue in the fall. The complete program is six courses long, with advanced standing credit for SLC and JLC. Registration deadline is June 5 through the CFCCN Coordinator.

To talk about your educational concerns and ideas, the MDP course or the AH&MA courses, please call Pat Allan, CFCCN Coordinator at 339-8211, local 8889. The Canadian Forces Community College Network is a resource for serving and retired military, reserve and civilian members of the Defence Team, and their families. Give me a call!

FURNITURE WAREHOUSE

Offers You...

- Over 20,000 Sq. Ft. of Fine Quality Merchandise.
- Largest Furniture, Mattress and Appliance Showroom on North Vancouver Island.
- In Home, Completely Delivered, Assembled, and Set-up Service.
- Guaranteed Best Prices.
- Complete Service After Sale.
- No Interest Financing.
- Or, Take advantage of our Pay Now Discounts

Come in and see our New Store one block south of the Bingo Palace across from the Salvation Army Thrift Store.

Brand Name Appliances By

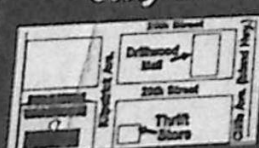
WHIRLPOOL
KLEIS
ROPER
WOODS
DANBY
& MANY MORE...

Furniture & Upholstery By:

SKLAR PEPLAR
LAZYBOY
ASHLEY
VAN GOUGH
CATNAPPER
AMBASSADOR
REFLECTIONS

RENELLE
BIRCHWOOD
ACTIVE BOYS
DYNASTY
ASPEN
RATHWELL

only at... FURNITURE WAREHOUSE



334-2922

OPEN

Mon - Thurs 9:30 - 6:00
Friday 9:30 - 9:00
Saturday 9:30 - 5:30
Sunday Noon - 4:00

2967 Kilpatrick Avenue, Courtenay, B.C.



Beaver Lumber
Central Builders
Everything for the Builder

334-4416

610 Anderton Ave., Courtenay

19 WCE: a beacon to others

In former times the leading ship of a fleet carried a lantern in the stern for the others to follow. To Construction Engineering sections at other bases, the CE Section at CFB Comox is such a leader.

A recent visit by a dozen visitors from 17 Wing CE Winnipeg demonstrated how prominent a wake has been left by 19 WCE's progress through the occasional turbulent waters of the sea of devolution known as Socio-Tech. Headed by 17 Wing WCEO Maj Marc Desjardins, the group represented staff from Tools to Policy, Management to Floor. For 17 Wing CE Ops O, Capt Lance Gelinas, an added element made the 3-day stay a still sweeter experience - Capt Gelinas, until last summer, was 19 Wing's Facility Development Officer.

"While here, I experienced a positive evolution. An evolution that came with the devolution of budgets and subsequent empowerment of the teams. I've shared that experience with personnel at 17 WCE. We are in fact right now involved in the process of empowering CE units, or teams. Since it is important to provide each and everyone with as much information as possible about the process, we came here as a group to learn more. Why here? Well, 19 WCE has steered that course for several years now. It is simply the best place for others to begin the process - to observe, to question, to receive first-hand both the information and the tools required for us to be successful in our own efforts."

The visitors had a busy schedule. The long daily meetings in

various localities included topics as disparate as STS overview, Union perspective, Team Leader experience, project process, information tracking, Continued Improvement Committee, AEF.



Capt Lance Gelinas - Comox "is simply the best place to begin."

"No doubt about it," Capt Gelinas says flatly, "the visit has been a very positive experience. We are returning home with excellent ideas emanating from our many frank and open discussions." Standing outside the CE main building, he sniffs the air, warming as the sun strengthens. It is pungent with the scent of newly-mown grass. "Ah," he says with a hint of nostalgia, "Comox isn't such a bad place, eh?"

CE Ops O, Capt Jon Burbee, spent much of his time with the visiting group, "I was very proud of our team leaders and other personnel as they described their work," he comments. "The knowledge and ingenuity within this Section will surely inspire the Winnipeg folks to seize the opportunity to develop as an organization."

Make it safe

Tammy Thornton of CE's Structural Team gives a hand replacing the roof cover on Bldg 10 which houses the Parish Hall and VPL...



...and that would have told the story had Tammy not some mornings later, slipping on a patch of ice, taken a tumble off the roof, breaking a heel and suffering cuts and bruises.

Some organizations, fearing bad publicity arising from accidents, sometimes try to duck the issue of safety and the lessons to be drawn from incidents.

WCEO, Maj Wayne Gauthier, the day of the accident called together the entire CE Section, including the AEF and WFC.

"It scared the hell out of me!" he admitted to the assembly. "And then the injuries could have been a lot worse, bad as they are. I know you're all trying to do a really good job, but if it doesn't look safe, don't do it. Take the time. Ask for a second opinion, or a third if need be. Make sure it is safe."

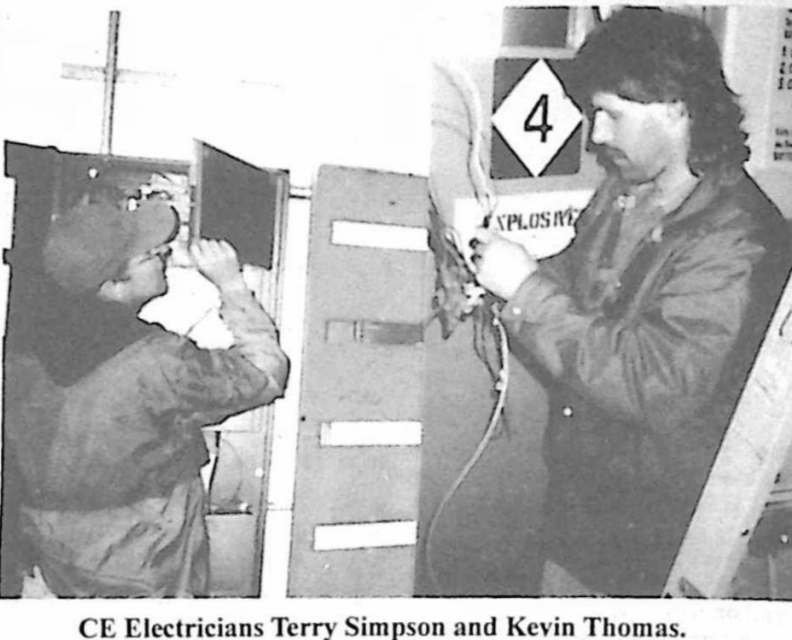
Tammy, thankfully, is recovering. For CE staff, the priorities have once more been hammered home. And, in the words of Maj Gauthier, a lesson is there to be learned by everyone:

Make sure it is safe

CE Fire Panelists

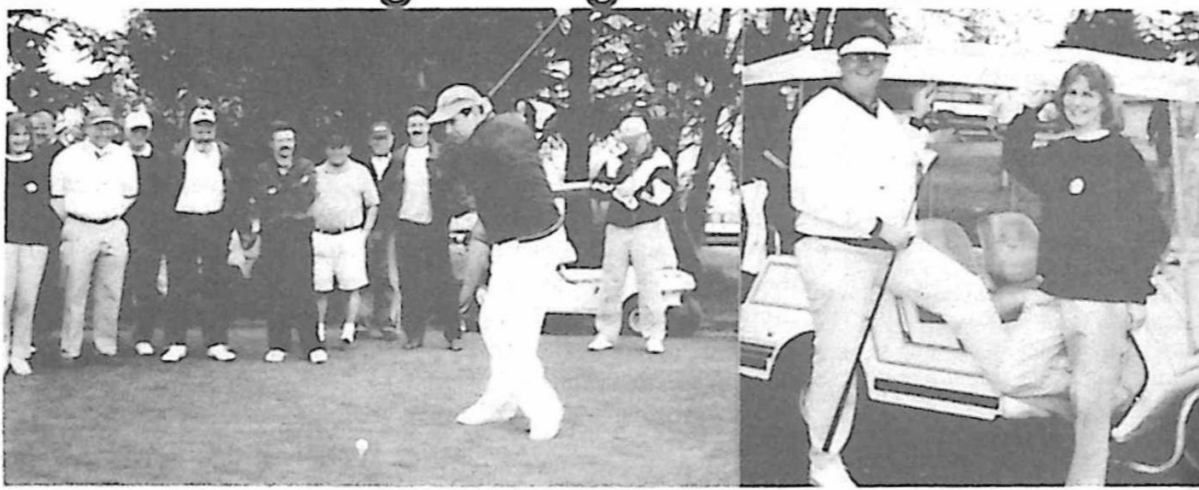
Upgrade may be a buzzword these days, but its implications can have serious overtones. So is the case with the recent upgrade of the fire alarm system at 7 Hangar. Last updated in 1984, the route of the alarm proved too circuitous and complicated.

"Now it goes direct from say, DIAC to the panel," explains CE electrician, Terry Simpson, who with colleague Kevin Thomas has "reshaped" the fire alarm panel. The firefighters will be able to see where in the building, in which zone, the fire has occurred. Being able to proceed directly to the trouble spot is a great improvement over what was."



CE Electricians Terry Simpson and Kevin Thomas.

Wing swings stall balls



Action and Fashion. WCEO, Maj Wayne Gauthier, starts off the tournament with a masterly swing. (R): Golf gals Yvette Ally, CE, and Pat Belanger, WOps display apparel perfectly suiting the sport.

by finn

Though everyone did well in his or her fashion, the Canadian Military Engineers' 25th Annual Golf Tournament brought none of the two top scores home to the Wing: Low Net trophy went to retired Capt Fred Mills, while Mr.

Stan Gibb of CFB Esquimalt took low gross trophy honours.

Tournament organizer, CE Structural Designer Al Donovan, was happy with the event. "Everything went smoothly. No fewer than 82 golfers took part, the weather on the whole proved

pretty good, and everyone had fun. Nor was there any shortage of lesser prizes."

The tournament lasted two days, with prizes being awarded Friday, 24 April, concluding a tournament that Mr. Donovan termed "A great success!"

Comox Valley Rescue Society Thank You dinner

The Comox Valley Rescue Society invites you to set Wednesday, June 24 aside and join us for a social evening and gourmet dining with friends of the Society. A wider selection of food choices will be provided for this year's dinner.

Marty Douglas will again be our host and Master of Ceremonies. He will also oversee another silent auction.

Additional information will appear in future editions of the Totem Times.

TAKING CHARGE:

A Guide To Living with Parkinsonism

OFFERED FREE OF CHARGE TO PARKINSONIANS AND THEIR FAMILIES BY



B.C. PARKINSON'S DISEASE ASSOCIATION

1-800-668-3330 or (604) 662-3240

A parting well made...



The 95th anniversary for the establishment of Canadian Military Engineers became also the occasion to take leave of Capt Chris McCarthy, until a month ago CE Ops O, whose decision to take his release from the Service caused many expressions of regret.

WCEO, Maj Wayne Gauthier, at the anniversary mess dinner, exemplified Capt McCarthy as an outstanding officer. Dennis Kennelly, Local 1007 president of the Union of National Defence Employees, cited the captain as the chief cause of Socio Tech's success at CE Comox, he more than anyone else having attended to the necessary "nuts and bolts." Of several messages, the one from 14 Wing Greenwood WCEO, Maj Chris Whitecross, ended: "your retirement brings void to the CF and the MILE Branch."

Above, in centre, Capt McCarthy with well wishers (L-R): Capt Jon Burbee, CE Ops O; LCol Leversedge, WLogO; MGen John E Woods (Rtd); WCEO, Maj Wayne Gauthier; Lt Mike Hogan, AEF Comd, and Capt Paul Asmis, WFC.

As spoken to Cassius long ago, "If we do meet again, why we shall smile."

Redesigned Design Team

(Sixth in a series on CE team leaders, their staff and services.)

CE Team Leader: James Dykau - Design Support Team

"People have been eliminated but not the work. That's our biggest problem."

Design Support Team Leader James Dykau co-ordinates a staff of six, distributed into four separate disciplines - Mechanical Design, Electrical Design, Structural Design and Drafting. But he used to have up to seven employees in Drafting alone.

"That has hurt us, without a doubt. The other disciplines have lost 50% of staff. So it is vital to my team and for CE's planning side that user requirements come well defined and detailed. With little time built into the process, designing turns into frustration when projects lose funding or users change their mind. Chris (Capt Chris McCarthy, former CE Ops O) did a wonderful job as a "blocker." He screened out much that we might term "extraneous." Capt Jon Burbee (new CE Ops O) no doubt will do the same. In Design, we are far more productive if we're handed a 2x4 rather than the uncut log.

"Another problem has been finding qualified term people. We have been very lucky so far, but it can't last. The area is too



(L-R): James Dykau, Mechanical Design, Team Coordinator; Ernie Bauchman, Draftsperson; Al Donovan, Structural Design; Randy Stevens, Electrical Design; Karen Hoover, Draftsperson and Neal Williams, Energy Conservation Coordinator.

small. Don't know what to do about it, though..."

Structural Designer Al Donovan interrupts with business for his boss. James Dykau listens, then shakes his head and comments, "We're running on nothing." Al Donovan chuckles. "Sticks and bricks." A reminder, perhaps, that at the Engineering Office there is no "plan d'ensemble," or grand design. All is done to practical purpose on a practical scale.

James Dykau is proud of his team. "We work well together. Complement one another, cover for one another. Have some fun, too. But things can be hectic. We design both for the Comox wharf - the pipeline there - for Quadra, and for the Base. We have had some input into the new Air Traffic Control Tower, 1 CAS doing the major part. We have been involved, with NDHQ, in the Wash Hangar soon to be completed - system selections and construction management support, that sort of thing. We are also engaged

in a road study for the hangar line with an eye towards connecting all the Ops sides. We are active on the Wing Energy Management Action Committee. No shortage of projects, big or small."

A sign on the bulletin board in the lobby of the Engineering building (31) proclaims Design is the First Sign of Human Intent. If a hint of the importance of the Design Team, it has worked.

"We used to be situated each in a broom closet," James Dykau recalls. "But the building has been completely renovated. Just as well, you need adequate space to function well." Something else comes to his mind. "The cut-backs have been brutal, but we're well satisfied with the results of Socio-Tech - more budget control, greater input, more involvement. Work that used to go to Standing Offer Agreement contracts (SOAs) now go directly to the shops. We are responsible for ourselves; accountable, too. That makes up a lot for the downsides. /perhaps not quite."

Celebrating 95 years of Canadian Military Engineers



WCEO, Maj Wayne Gauthier, with MGen John E. Woods.

The 95th anniversary of the establishment of Canadian Military Engineers (CME-24 Apr) was celebrated by CE with a golf tournament and a mess dinner. Hosted by WCEO Maj Wayne Gauthier, with WLogO LCol Leversedge in attendance, the dinner featured as guest of honour MGen John E. Woods (Rtd), whose 37-year career saw him end up as Chief of Staff Support Services, Air Command HQ, with previous stints as Director of Military Engineering Operations, NDHQ, and Chief Construction Engineer, Maritime Command

HQ, Halifax.

In his speech, MGen Woods touched upon many aspects of today's Service, including the morale of both military and civilian members. He was particularly concerned that ASD (Alternative Service Delivery) not ruin, as he feared it might, the hitherto excellent mesh of mils and civs, each one relying upon the other in consequence of trust built up over many years.

MGen Woods' thought-provoking speech was greeted with a standing ovation.

The Adventinture of Tom Sawyer

(Play in 10,000 brush strokes)

The Cast:

Tom Sawyer: played by CE painter Ken MacKenzie
Huck Finn: played by CE painter Tim Prad (out of sight)
Aunt Polly: played by Don Buchan, Team Leader
The Fence: played by Building #22

Like Tom, Ken MacKenzie figured that by making the painting job look so interesting that it would attract volunteers, he might end up not having to lift a finger. Or a brush, at least. Which was what happened to Tom. The other kids even paid Tom for the pleasure of doing his work. Ken being no kid, no one came to his rescue. Still, the sun did shine, and since Ken (and Tim) did more than lift a finger, today B22 has a bright new coat. (Applause).



Money Matters

by Capt John Lalonde

In keeping with the David Letterman Show and his TOP TEN, here are the TOP TEN ways to GET OUT OF DEBT: (alternatives are listed from easiest to hardest and in order of least to most serious choices).

1. INCREASE INCOME (e.g. Get a second job, spouse seek employment, etc.)

2. REDUCE MONTHLY EXPENSES (e.g. Put money towards needs rather than wants. Use VCR to tape movies on TV rather than rent videos, limit number and duration of long distance calls - stamps are cheaper, why not write a letter.)

3. SELL A MAJOR NON-ESSENTIAL (e.g. This is often the item purchased on credit which overloaded you. Big Boys toys such as motorcycle, ATV, boat, etc. Be sure the item is paid in full if sold or you could be no further ahead.)

4. RENEGOTIATE CREDIT CARD INTEREST RATE (e.g. If you make a regular credit card payments, contact your card company and request a better rate - it does work!)

5. RENEGOTIATE ONE OR MORE DEBTS (e.g. Renegotiating a loan over a longer period at lower payments will cost more money, but it may get you out of a difficult situation. Continue to press your bank or credit union for a lower interest rate.)

6. CONSOLIDATE YOUR DEBTS (You have stepped over the invisible line. Your previous money management has been inadequate. This is a clear sign that you must thoroughly re-work all three money management steps: PLAN, CONTROL, EVALUATE.) (e.g. Obtain a consolidation loan, from the financial institution you have the largest loan with, to consolidate VISA, Master Card, Sears, Zellers, Canadian Tire, PetroCan credit card debts into a single bank loan with a better interest rate. BUT you must then strongly consider cut-

ting up most of these cards to ensure the credit cycle does not repeat itself. Suggest just keeping one card - VISA or Master Card, as they are universal cards and will help you limit your spending. Keep your spending limit low and don't let the card company increase it without your consent.)

7. SEE A FINANCIAL COUNSELLOR (The service is FREE, it is CONFIDENTIAL and we do not tell you what to do, we just offer you options and you make the decision because you have to live with the consequences. Please see us sooner than later. If a bank refuses you a consolidation loan, don't turn to a Finance Company (HFC, AVCO, etc.) as their interest rates are about 30% and this compounds the problem rather than resolve it. So, please turn to us!)

8. ORDERLY PAYMENT OF DEBT PROGRAM (In B.C. there is a Debtor Assistance Branch within the provincial government ministry. You apply to be admitted to the program and, if accepted, creditors must deal with a debt counsellor who negotiates reduced payments over a longer period and, perhaps, reduced interest rates. The applicant is bound for some years to live on a minimal budget and to take on no new debts without permission. Contact the Wing Financial Counsellor for more details.)

9. BANKRUPTCY (This is a LAST resort. When debts are too big or too numerous and the monies available to pay them are insufficient to pay them off in four to five years, bankruptcy can be the only sane solution. You must enlist a trustee, the nearest ones are in Campbell River, Parksville & Nanaimo. Their fees are payable up-front and can vary from \$750 to \$1,500. Military personnel MUST inform NDHQ (through the chain of command) if they are entering into personal bankruptcy. Again, for more details on this contact the Wing Financial Counsellor.)

10. SOUTH AMERICA!

Financial Counselling Services are available to all Wing personnel from the following individuals:

Position	Name	Location	Phone
Wg Fin Counsellor	Capt John Lalonde	WHQ/WCompt	8464
Deputy Wg & Unit			
Fin Counsellor	Lt Denise Meilleur	414 Sqn PAdmO	8215
Unit Fin Couns.	Capt Dean King	WOps/ATC	8421
Unit Fin Couns.	Lt(N) Duncan Green	442 Sqn PAdmO	8742
Unit Fin Couns.	MWO Al Houston	WOps/7 Hgr	8527
Unit Fin Couns.	WO Jana Bristol	19 AMS/7 Hgr	8831
Unit Fin Couns.	Capt John Pumphrey	WOps/SAMPO	8235



Therapeutic Riding Spring Activities

Comox Valley Therapeutic Riding Society (CVTRS) has a busy Spring planned, starting with their annual Pledge Ride. This year is the seventh year for the ride and organizers are hoping that it will be the best ever! This means beating an all-time high of \$6,000. One of the therapeutic horses, Tiny, is going on the ride and is looking for sponsors. Tiny is the gentle giant of the program at 16.3 hands high and has been looking after his riders at CVTRA for several years now. To support Tiny's ride, contact FS&R Director, Bobbi Howard at the Rec Centre (local 8542) or Judy Ireland in Sports Stores (local 8782).

Next on the agenda is the Spring Forward Garden Tour on Sunday, 7 June, from 1:00-5:00 p.m. "Response from the gardening community has been amazing. We have six beautiful gardens that reflect the diversity of the Comox Valley. This is truly gardening country!" says event organizer Dianna Gregg. Cost of the tour is only \$6 and refreshments will be available for purchase at one of the gardens. Garden tourists will be able to vote for their favourite garden as well as enter to win a variety of door prizes.

"CVTRS volunteers will be seen everywhere this summer selling popcorn, watermelon and raffle tickets" says Program Coordinator, Marg Hind. "We are also asking people to be on the lookout for our garbage cans that will be at various events to collect pop cans."

For more information or to volunteer to help at any of the summer's activities, call 338-1968.

Basic Cruising Course (keelboat)



Canadian Forces Sailing Association is proud to offer a basic sailing course to all 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 the Goose Spit (Quadra)
When: All day, Saturday and Sunday, 6 & 7 June

With: Fun sailing with *Alicia Girl* or *Lalage*, our club keelboats
Who can: All military members, civilian employees and their dependants.

A certified instructor from International Sailing and Power Association will provide instructions. Upon completion, you will be knowledgeable in the sport of Sailing and also be awarded a certification from ISPA.

The Straight 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 Ed Goski at 339-5401 (home).

Remember to tell our advertisers that you saw their ad in the Totem Times.

Team effort



by Cpl Racine

Once again Wing Supply was on track for the Snow to Surf Relay Race. We finished 89th this year with only a few incidents. Frank, our Alpine skier, was amazed at how icy and fast the downhill leg was. Chantal, our experienced Nordic skier fell big-time on the icy trails, but still managed to finish her leg of the race. Way to go, Chantal!

Art and Bob, our two runners, each managed to pass 10 people on the run down the Snow to Surf highway. Scott, our mountain biker was pretty tired at the completion of his leg and was very

happy about passing one person. Dan, the road cyclist thought he was doing very well until the same person passed him twice - now could that be?

Matt and Mitch literally made it into the water this year, up-righted their canoe and made it to the finish line, ringing the bell and collecting the coveted beer tickets.

Altogether we had a good race and we'll be back next year, pumped-up with more training and on track, trying to beat our 1997 placing of 85th. Congratulations to team #10, CFB Comox Supply.

27 Military teams at Snow to Surf 98

Comox Valley Snow to Surf Race
19 April 1998
Military Teams

Team #	Team Name	Unit	Category	Time	CF Finish	Cat Finish	Overall
3	Winnipeggers	HMCS Winnipeg	Esquimalt	4:07:32	24	54 / 56	137
5	Mikes Maniacs	WTIS	19 Wing	3:52:26	18	47 / 56	112
10	CFB Comox Supply	Sup Fil	19 Wing	3:59:33	12	39 / 56	90
13	The Underdog	WSAMP	19 Wing	3:50:27	16	44 / 56	109
14	Speed Seekers		19 Wing	Disqualified	26		Disqualified
17	Geritol Gents	WO & Sgt Mess	19 Wing	3:52:31	19	22 / 26	113
19	All Canadian Surf Club	407 Sqn	19 Wing	3:53:49	20	48 / 56	114
21	Slope Kill	W Admin O	19 Wing	4:00:52	22	18 / 24	128
28	HMCS Calgary Stallions	HMCS Calgary	Esquimalt	3:38:25	11	37 / 56	87
32	Island Honda Danger Birds	442 Sqn	19 Wing	2:45:33	7	3 / 56	3
33	Cats Ass	407 Sqn Svc	19 Wing	3:33:36	7	29 / 56	68
42	CFB Esq Screaming Beavers	BCEO (PNCT)	Esquimalt	Disqualified	27		Disqualified
52	Halifax Bluff	FS&R	Halifax	3:52:26	17	46 / 56	111
67	CFSSAR	CFSSAR	19 Wing	3:27:45	5	14 / 26	62
68	407 Half Dead Head Shed	407 Sqn	19 Wing	3:55:40	21	23 / 26	117
69	Crazy engineers	WCEO	19 Wing	3:46:04	15	43 / 56	105
86	Airfield Eng Flight AEF	AEF	19 Wing	3:28:46	6	27 / 56	63
93	407 Crew One	407 Sqn	19 Wing	3:44:08	14	25 / 25	99
102	The Prairie Dogs	15 AMS	Moose Jaw	3:37:02	10	36 / 56	84
114	CFB Trenton Herc Men	8 AMS (ASO)	Trenton	3:42:38	13	40 / 56	94
120	MJ Crushers		Moose Jaw	3:15:29	3	17 / 56	40
130	407 Fat Boys	407 Sqn	19 Wing	3:34:20	8	31 / 56	71
138	BATUS	British Army Trg Unit	Suffield	3:16:29	4	18 / 56	41
152	A Crew Rocketts	407 Sqn	19 Wing	3:36:49	9	35 / 56	82
157	19 Wing Hospital	W Hosp	19 Wing	4:04:40	23	18 / 25	133
164	Team Ottawa	D Mil C6 Med/Dent	NDHQ	3:01:52	2	9 / 56	18
165	8 Wing Wonders	PSS	8 Wing Trenton	4:34:52	25	13 / 16	154



(Photos by WIS)



military teams were disqualified; one for not picking up their wristband at the start of the race and the other for not having a recommended type of bicycle for the road bike leg of the relay. Those teams were permitted to finish the race but did not qualify for an official placing. There were various wipe-outs on the Alpine and Nordic legs and a couple of rolling canoes in the final leg of the race, costing some teams their placing. I am happy to report that all of the military members who may have encountered these upsets are feeling fine now, aside from their egos being bruised.

A total of 17 teams from 19 Wing entered the Snow to Surf this year. Some were first timers, while others have been grooming themselves for an improved over-

all placing from previous years.

There were 10 CF teams entered from outside the local area, attempting to capture the Wing Commander's Trophy. Once again, none of our visitors were successful. Team Ottawa placed 18th overall and second out of 27 military teams. The Prairie Dogs and MH Crushers represented Moose Jaw. The Halifax Bluff travelled from the east coast to compete - I guess that would be expected of them, being FS&R types. 8 Wing Trenton had the Herc Men from 8 AMS and the 8 Wing Wonders. The 8 Wing Wonders didn't get disqualified this year or win a prize for the Snow to Surf parade but they did get their photo on the front page of the Echo newspaper. The British Army Training Unit Suffield

(BATUS) were first timers, enjoyed it very much and asked if they could enter a team from the UK next year. There were two teams from MARPAC, HMCS Calgary and HMCS Winnipeg, who intend to be back next year and the Screaming Beavers from CFB Esquimalt will look for a recommended bicycle for future races.

On an appreciative note, many thanks to all those from WTISO, W Sup, W Tn, WEME, W Acen, W Img and WSAMP who gave of their time to assist in making this event a huge success. Well done to all participants - now that the pain has been forgotten, it's time to begin training for next year, we'll show those Banzai's who's who!



TECHNO CULTURE PRODUCTS

INTEL P233MMX SYSTEM WITH 15" COLOUR MONITOR

250-336-8525

- ASUS TX44 Mx, TX Chip Set, 810K PL Cache
- Intel 233MMX CPU & Fan
- 32 Meg Ram, 10mb, 160pin
- JTB 4.3Gig Hard Drive, Panasonic 3.5 FDD
- 33.33 VHS Video w/4Mig
- 24X Panasonic CD-Rom
- SB Compatible Sound Card
- 50 Watt Speakers
- Fujitsu 8725 Win95 Keyboard
- Logitech 2-button Mouse w/4Mig
- 19" Med Tower, 220W Power Supply
- 33.4 Internal Fax/Modem
- Acadia 18" Monitor PnP SVGA
- Two year Parts & Labor Warranty!
- "No operating system"

SALE: \$1299.99 call 250-336-8525

On Sale until 31 May 98 or while quantities last.

ANDERTON
NURSERY
Growers of Quality Plants

- Hanging basket materials
- Annuals
- Perennials
- New & Unusual Plants
- Large selection of small fruits
- Architectural garden ornaments
- Pond plants

a Large Selection of Roses

open daily 9am - 5pm

2012 Anderton Road, Comox 339-4726



MOVING TO GREENWOOD?

Call Toll Free: 1-888-821-9687
24 hrs service

For your Welcome to Greenwood Relocation Package
Fax: 1-902-765-9140
or you can email me at: b_zinck@hotmail.com

REMAX BANNER REAL ESTATE
(Serving the Annapolis Valley)

REALTY WORLD™
THE RESULTS PEOPLE™

Mike & Marge Garipey
"RELOCATION SPECIALISTS"

REALTY WORLD
Coast Country Realty
#121-750 Comox Road, Courtenay, B.C. V9N 3P6

334-3124

DECORAMA
The Place for all your crafting needs

CLASSES
Toile/Decorative Painting
Bird Houses
Lamp shades & Clocks

Florals / Dried Paints / Brushes
Ribbons / Laces & Much More...

Wedding Invitations & Decorating Supplies

338-8302

City Centre Mall, Courtenay
#102-307 5th Street

DRIVE THE BEST BUY

1996 CHEV 1/2 TON S/B
2WD, V6, 5Speed
AM/FM Cass. 15,000 kms
Stk# 1226A

price: \$ 14,995.00

To View Call BILL at... 334-2425

BRIAN McLEAN
CHEVROLET - OLDSMOBILE

2145 Cliffe Avenue
Courtenay B.C.
334-2425

Web Site: http://mars.ark.com/chevy/1
Mon-Thurs: 9-6 Fri & Sat: 9-3 (DEALER NO. 8379)

Honours & Awards recipients

(Photos by WIS)



CD2 recipients: Sgt G.E. Trenholm (WFH), MWO L.S. Goble (19 AMS) with CWO F.J. Ritchie (CFSSAR).



Cpl M.A. Ashby and Sgt P.G. MacArthur, both from WTIS, were each awarded an Air Command Commendation.



Mr. I. Cameron (WCE), Civilian Long Service Award - 25 years.



MCpl J.A. Lindsay (407 Sqn), Flight Safety "For Professionalism" Award.



BGen B.D. Bowen (Rtd), Certificate of Service - 36 years.



CD1 recipients (L-R): MWO Shields (WCE), WO R.H. Taylor (442 Sqn), Cpl D.L. McElwee (19 AMS), Sgt D.L. Humble (WSup), WO A.G. DeVries (407 Sqn), Capt D.G. Carroll (WSupO) and Sgt W.D. Shaw (442 Sqn).



Sgt Eileen Redding was presented her award and ribbon for a third place prize, Professional Black and White Category in the CF Photo Contest by Col B.B. MacLean, WComd, for her portrait "Prime at 89." (Photos by Cpl Kelley WIS)



MCpl Cuerrier received Honourable Mention in CF Photo Contest for "Calaghan Lake, B.C." colour print.



CD1 recipients (L-R): MWO Shields (WCE), WO R.H. Taylor (442 Sqn), Cpl D.L. McElwee (19 AMS), Sgt D.L. Humble (WSup), WO A.G. DeVries (407 Sqn), Capt D.G. Carroll (WSupO) and Sgt W.D. Shaw (442 Sqn).

Century 21 TOWN & COUNTRY REALTY INC.

Posted to Kingston in 1998?



Don Wyld, CD1 Military Authorized Realtor

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call on the "TOLL FREE" number below and I will send you a "Worry-Enders Kit of Kingston" (with video) containing maps, home prices, school information, shopping facilities, transportation and much more.

Please call or write:
Don Wyld, CD1, Sales Rep.
#1 Barrielfield Centre, Kingston, Ontario, Canada K7L 5H6
Fax 1-613-545-1101 or Toll-Free 1-800-438-9953
Visit the Canadian Military Relocation Network Website at www.cmrr.com
Email - donwyld@limestone.kosone.com

LGen Kinsman, new Chief of Air Staff

I was proud to assume command as the Chief of the Air Staff, effective 1 April 98.

It is an honour to have received this appointment and I plan to fulfill my obligation to the CF and to you with the utmost of energy and enthusiasm. I am truly looking forward to the opportunity to serve as your commander and to guide the Air Force into the new millennium along the Flight Plan that you and LGen Dequetteville have inspired.

This article contains the principal themes of my comments at the Change of Command ceremony on 1 April 98 so that you get a sense of my priorities and the direction I want to head with you. In essence, I feel that our Flight Plan is well established and there is no need to deviate significantly from the present course. In terms of priorities, my energies will focus on ensuring that the Air Force is prepared to meet its commitments, that it is equipped and trained to do so, and that our roles, capabilities and achievements are understood and appreciated by as many Canadians as possible. I look forward to meeting you personally, either at the Wings or during visits and conferences.

Change of Command speech

When I enrolled nearly 35 years ago, the opportunity to command Canada's Air Force was probably the furthest thing from my mind. But now that the opportunity presents itself, it is with a great sense of pride and commitment that I assume the position.

I am proud to be a member of one of the most professional air forces in the world. Notwithstanding our limited resources, compared to many of our allies, the quality of our Air Force is equal to the best. My commitment today takes two general forms. The first is to do my utmost to ensure that the excellent reputation that I have just referred to is maintained and that our Air Force is able to provide the capability demanded of it by Canadians. Air power, with its inherent

speed and flexibility, will always provide the means by which to respond the most quickly to a wide variety of situations. In a world characterized by international involvement and rapidly developing situations, this capability is, more now than ever, a vital national resource.

I would highlight in particular the efforts of my immediate predecessor, Al Dequetteville, who has seen the Air Force through so many fundamental changes over the past three years. Throughout a protracted period of resource reductions, structural changes and great disruption, he has placed the Air Force on a clear path towards the future. That path, as articulated in the Flight Plan series of visions, is clear, makes great sense and will continue to provide a solid basis for the direction of the future.

The second element of my commitment is to the men and women of the Air Force for, without them, the first dimension of my commitment is impossible to achieve. My goal always has been, and will continue to be, that they have all the skills and equipment necessary to do the job well and that they receive fair and equitable recognition for the contributions they make on a daily basis. I also undertake to ensure that their accomplishments are well known and understood from one corner of this country to the other.

As I assume this position, I would like to acknowledge the many who have offered words of congratulations and support to me over the past two months. Your thoughtfulness means a great deal to me.

Finally, I would like to acknowledge the support, encouragement and understanding that has always been so freely given by colleagues, friends and family. Notwithstanding the challenges that lie ahead, I know that I can continue to count on that type of support and that is most reassuring. So, to use the words my first instructor pilot used to use before every mission we flew together - "Let's do it."



CD, Cpl W.E. Murphy

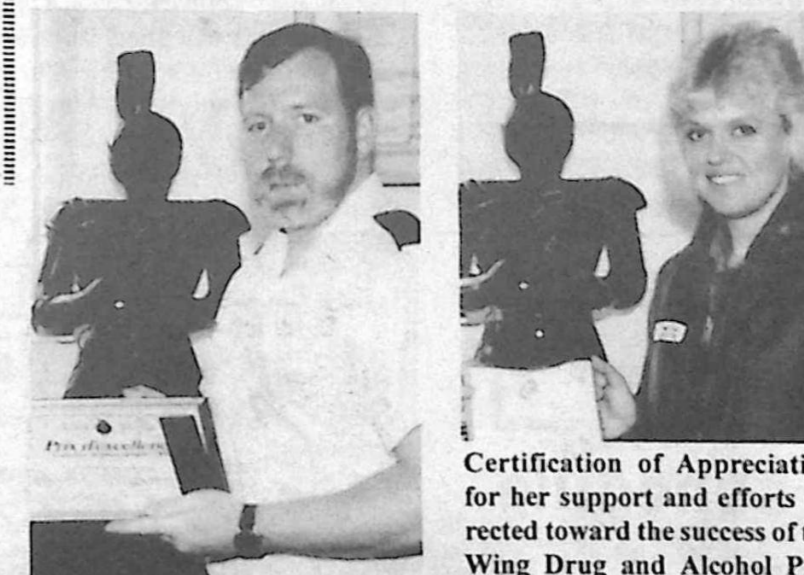


CD, Cpl J.A. Knight

CD, Cpl B.D. Little



For his 35 years of dedicated and loyal Military Service, Maj D.A. Harrington received his Certificate of Service.



Certification of Appreciation for her support and efforts directed toward the success of the Wing Drug and Alcohol Program: Cpl L. Jesson.

Certificates of Honourable Mention for "The Mighty Hunter" and "Up and Over" entries in the 1997 CF Photo Contest: Cpl B.R. Mailhot.

MedicAlert
SPEAKS FOR YOU
1-800-668-1507
www.medicalert.ca



414 has been busy, as usual, for the past while. To help alleviate the situation, the squadron was happy to welcome two new pilots: Lt John Waugh and Capt Kevin Tipper from beautiful flat Moose Jaw. As well, Karen Beamish arrived to replace Beth, whose shoes are pretty big to fill, but Karen has fit right in. There have been a lot of deployments to places such as Corpus Christi, Fresno, and Maple Flag is just around the corner. 414 were well represented wherever they went. Example, in Fresno, MCpl Smith certainly left his mark on the spit-shined ramp of AVCRAD. In Texas, if Pat Boyle ever needed a night job, I hear that he's not shy at all to get up with two pianists and sing his heart right out of the bar.

The squadron is very happy to announce the promotions of Lt Squish to Capt Squish (don't forget about National Bug Squish Day every May 1) and Lt Denise to Capt Denise, who still enjoys closed patterns off of Rwy 11 at night.

With the ups there are always the downs. The squadron will soon be saying goodbye to several people who have spent a lot of time with 414. Capt Crush Nichols will be off to Frigidus Bodius of Wet Stuffus to fly the Hornet. Capt Pete "Ten B" Ten-Bruggencate will be hanging up the uniform and start sporting those snazzy DEUs. (I think his flight suit could fly by itself). "Don't forget the No Smoking sign" Ken "Stumpy" King is crossing over to the other side. Is it greener over there? Elizabeth Burt has already moved from 414 along with her collection of rocks and pebbles. How's that concrete slab working as a paperweight? Also, Cpl Al Livsey has left the team for beautiful Montreal on an ACS course. Go Habs Go.

On the athletic side of the mighty Black Knight squadron, you might notice a shiny gold (look alike) medallion hanging around people's necks. That's right baby, "B" league champs 1998. With an outstanding rhino defensive posture and the lightning quick striking force of a cobra, the squadron ran away champions.

Till next time, from Sir Cedric, TOTIS VIRIBUS.

MOVING TO GREENWOOD?

Call Lorna Fulton, your Military Relocation Specialist for complete information on Annapolis Valley Properties. Lorna is a "Centurian Award Winner" and one of Century 21's "Top 21" Sales Associates in Canada.

Century 21 Harbourfront Realty Ltd.
766 Central Ave., PO Box 1969
Greenwood, NS, B0P 1N0
TOLL FREE: 1-800-565-9994
(bus) 902-765-6393 (res) 902-538-9300 (fax) 902-765-6311
Home Page: www.glinx.com/users/fulton/home.htm

ASK THE PROFESSIONAL

QUESTION:

I've been investing in GIC's for the last few years. With interest rates so low right now, what would you suggest as a conservative investment?



Kim Vogel
Financial Advisor

ANSWER:

Investment recommendations are a very individual issue. There are no rules for everyone. It will generally depend on your investment time horizon and risk tolerance level. If you are a long term investor (time horizon of 5 years or longer), then it may make sense for you to consider longer term investments such as mutual funds. However, if you will require the money in the next 1-2 years, then mutual funds may not be the best alternative. The key to successful investment portfolio is diversification; don't put all your eggs in one basket. Talk to a qualified financial advisor today!



Comox Valley Rice Financial
480 - C Sixth St.
Courtenay, B.C.
338-8713

COLUMBO'S STEAK HOUSE
PIZZA N PASTA

Featuring Fabulous "Lunch & Dinner Specials"
Pick up Available Italian & Greek Dishes
Banquet Room for Parties
Open 7 Days a Week
1-450 Ryan Rd. Courtenay
338-1488

Country Village Kitchen Bin



190 Port Augusta, Comox Mall

GOURMET COFFEE
Key Cutting, GIFTS
& Much more...

Coffee & Internet
We Sell
Thermo-Pads

Sold over 2 tons of coffee last year!

"Our Business is a Grind"

DON GATES.....339-7313

MINI STORAGE

Store It
Lock It
Keep the Key

"Close to the Base & Town"

COMOX
KNIGHT & FRITCHARD
TOTEM
1620 RYAN RD.

339-3424

ALL SIZES AVAILABLE HEATED OR UNHEATED-SECURE ACCESSIBLE-RESIDENT MANAGER
HOURS 7:00 AM - 7:00 PM



Badminton Regionals: the Limping Champ

by Cpl Daniel Forget

It started Friday night with the team captains in the conference room. While waiting for the squash players' terms and demands to be settled, I browsed through the "Welcome" package and was taken by the inspirational note which emphasized how much we, week after week, practice for a contest of a few minutes, and that fitness cannot be bought but, like honour, must be earned! Little did I know how true this note would apply that weekend, and how minutes would turn into long hours for some of us during the event.

Without a doubt, the highlight of the Regionals was the tight calibre of players found in the Open category. Several matches were spectacular, noticeably exhausting and to the wire. For example, the last position for the National team was up for grabs between Jake Gallant (Comox), Dave Burlew (Esquimalt), Stephane Couturier (Comox), and Ran Riis (Esquimalt). All of their matches went to three games and lasted over one hour. By the time they reached the elimination round, they were not only tired but also had developed multiple injuries.

I watched them play over their injuries and was honestly amazed by their determination to make the ultimate trip to sunny Borden.

After their gruelling matches, they still had to play doubles. Jake Gallant/Dan Forget were first up to play against Couturier/Waldner. At that time, I wondered if Jake's limping and obvious exhaustion would be a problem. In the middle of the first match, Jake fell like a rock on the floor screaming as loud as he could, his legs were tightly locked and the First Aid attendant was making all kinds of signs... you could also hear someone laughing in the peanut gallery - not a pretty sight!

Evaluating the situation, I suggested to Jake that perhaps we should concede the match, after all it's only for bragging rights... Well... Hell no! Jake slowly moved up to take his position, walking like a duck. After a couple of rallies, obviously painful to my partner, I suggested perhaps it would be better for him if he just covered the net and let me do the running. Jake's answer: "I would not feel comfortable playing like that." Hello! Can someone slap me in the face, what's going on here? Perhaps the laughter of his loved one triggered that craziness - who knows? Amazingly, we

came back to win in three games and, to make matters worse, we went up to the final and lost in three games. Needless to say, that A535 was filing the air in a major way, and so was the sweet melody of pain.

In the Seniors, O.J. Williams (Vancouver) and Mario Guitard (Esquimalt) gave Lou St-Onge and Bruce Webb a traditional run around the block. In the Masters, Glen Coates finally beat someone. In the Open, we all cherished last year's memory of MCpl Curtis "Psycho" Waldner's humiliating defeat in the elimination round in a gruesome three game match against Lt Riis. However, this year Psycho... sorry, I meant Curtis, wanted to kick some b... more specifically - Riis's. Curtis trained and trained and he drank less beer. He even ate a Power Bar... he was focused and determined. In short, Curtis was in flames and crushed Riis at the Regionals and the rest is history.

However, Riis typically loafed during the round robin in order to recruit a victim, a scapegoat to make the nationals; and surely he found one in our true national proudly walking duck (I would not dare to print his name - Gallant, Gallant, Gallant). Guess what? Riis squeezed in for another trip to the Big City.

Official results

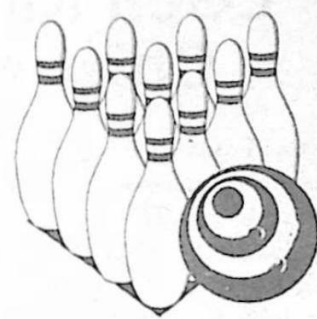
Open: 1-Ron Edwards (Fleet), 2-Dan Forget (Comox), 3-Curtis Waldner (Comox), 4-Dan Riis (Esquimalt).

Masters: 1-Glen Coates (Comox), 2-Parks (Esquimalt).

Seniors: 1-Mario Guitard (Esquimalt), 2-O.J. Williams (Vancouver).

Ladies: 1-Sherri Dunn (Comox), 2-Nancy Richard (Comox).

For the second year in a row Comox was presented with the banner of Pacific Region Champions. Again, the limping, smells of Absorbine Jr. and the sweet melody of pain professed how difficult these Regionals have been to make the team. Lastly, Big Thanks to Vic Arsenault and Mr. Johnson for volunteering their refereeing expertise. Also, all winners appreciated the shirts, as opposed to medals, in a very well organized tourney. Thanks to Jake Plante, Mike Chatwin and Bobby Howard for their efforts. Good Luck to all of those going to the Nationals... and Jake, congrats for your Captain, hope you enjoyed the little roast.



The Bowling Centre closed for the summer on 4 May. It will re-open for league and casual bowling in early September. The bowling staff wish you a great summer and we'll see you in the fall!

Commander's Cup Ball Hockey

The Commander's Cup Ball Hockey Championship was played at the Wing gym 3-6 May. Results were: 1st Log, 2nd Adm, 3rd 442 Sqn, 4th 19 AMS, 5th 407 Sqn and 6th 414 Sqn.

In the first semi-final game Log beat 19 AMS 16-4 and in the second game, Adm beat 442 Sqn 2-1. Results of the consolation game and final will be reported in the next issue.

Jake's Trivia Corner

1. Which baseball announcer popularized the phrase, "Going, going, gone?"
2. Who did Pele play for in his farewell soccer game?
3. How many yards wide is a field hockey goal?

Answers on page 18

National Lifeguard Service (NLS) Course

The Wing Fitness Dept will be hosting a NLS Lifeguard course for those who wish to upgrade or recertify their qualification. Course dates are still in the works but will be in August. Course will be approx. 50 hours of instruction. All military/DND employees/civilians are welcome.

Course prerequisites: min. 16 years of age, current CPR "C", Bronze Cross Award.

All those interested in this course must contact Gregg Carr (H) 334-1908, (W)loc. 8315, or Jennifer Zbinden (W) 334-9622 ext24, (H) 334-3745.

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.



Glacier Greens

Golf Shots

LARGE TURNOUT FOR MEN'S NIGHT

Tuesday, May 5, saw 75 members and guests out for GG's Men's Night. Team Scramble with consecutive shot restriction was the format.

Count racks were required to separate the top four teams, all with minus five scores. When all was said and done, it was the team of Tom Potter, Rod Verchere, Bud Bryan, Jim Adie and Jerry Bullen leading the pack. In second place were John Fader, Ted Sauvé, Bob MacKay, Claude Dufault and Ron Anderson. Third place went to Stan Stevens, Reg Wame, Art Trto, Chuck Kennedy and Mike Kirkwood. These teams, as well as the 4th, 5th and 6th place teams all received gift certificates for their efforts.

GP on #4 went to Bernie Johnston who received a gift certificate from Panagopoulos Pizza. One hole #7 Tom Potter was the recipient of a gift certificate from Canadian 2 for 1 Pizza. A gift certificate wine glass with golf ball went to Wally Berger for the second shot on #8. All GP team members also received the coveted GG Men's Club golf ball.

GG TUESDAY LADIES

by Barb Carter

Monday, 5 May, and a beautiful sunny day it was. We played Match Play vs Par. When the results came in, it was Edna Dodd with 42 points, Patti Beachey second at 31 points, Fran Hutchison and Marha Campbell with 30 points. On the lower side was Peggy Falconer.

Congratulations to Edna Dodd who broke 90 for the first time and to Patti (Meow) Beachey who broke 90 twice within a week. Well done, gals.

MONDAY NIGHT BUSINESS LADIES

Sixteen ladies turned out this time, so it's starting to get a little better.

1st LG went to Yvette Ally. High Net (and a real surprise) went to Fran Hume - unbelievable!

Low putts: Jessie Trto with 14. KP on #14 was Yvette Ally.

Glacier Greens

Men's Open
June 6th & 7th
Ladies Open
June 20th & 21st



Glacier Greens Rumours

1. Nice job on the cart wash Larry, but when do the electric door openers get put in the cart storage area?

2. Anyone who likes the extra room flying in first class, will appreciate our new wide body parking. (Exact yardage between the yellow lines available at a later date.)

3. Glacier Greens, the first to introduce the total family concept by having Grampa Len and his Grandson Ryan working together in the pro shop. (Now if we can only get the total force thing going.)

3rd Annual BC Children's Hospital Charity Golf Tournament



by Bob Trombley

Last year more than 727 of the patients who visited the Children's Hospital in Vancouver came from the Comox Valley, our own community. Imagine how many more more visited the hospital from around the rest of the province.

As parents, can we afford not to support this most worthy facility. Where would your son or daughter be without it? Much of the money used to run the Children's Hospital is raised through charity events organized by people just like you and me.

This year, in the Comox Valley, we're once again raising funds for the hospital with the 3rd Annual B.C. Children's Hospital Charity Golf Tournament.

Mulligan's Golf Centre is the location for the tournament and Anne Newman, the head pro, has assured us that the course will be in tournament condition for this event.

Entry fee is \$25.00 per person which includes green fees, Beef on a Bun and a soft drink. There are also lots of prizes to be won so register early. Come out for a great day of fun. Without your support nothing happens.

For more information call Anne at 338-2440.



Mr. Kevin Thompson, the new guy on the block at Overwaitea Foods, states that Overwaitea is very proud of its affiliation with the B.C. Children's Hospital and that the staff and management of the Courtenay store are totally committed and eager to lend a helping hand in raising funds for such a worthy cause.

It all takes place on Saturday, 6 June at Mulligan's Golf Centre, 4985 Cotton Road, Courtenay from 11:00 a.m. to 4:00 p.m. The format is Alternate Shot with a Junior and Adult player as a team.



Try this 'cause everyone wins!

A golf day in May

The WO's & Sgts' Mess held their first golf tourney of the season and, as usual, the turnout was huge and the event a success. The "fore" man team of Rick Gaudet and Bob Trombley finished in top spot. When asked what contributed to their winning ways, it was Rick's pin point, long distant driving and Bob's laser-like putting accuracy.

Editor's note: The other two members (Doyle/Rivard), who just came along for the walk, were not available for comment at press time.

This is a great social event, so come out and support your mess. The next Golf Day is in June. Check with the mess for time and date.

President's Cup tournament

by Barb Carter

May 9th dawned sunny but windy as 120 plus participated in the President's Cup.

For the ladies, it was Duane Miles shooting a sizzling 79, to win the overall Low Gross; 1st Low Gross - Janet Edwards (89); 1st Low Net - Anna Sutton (69); Bud Bryan (66) countback. KPs: #4 Linda Lott, #12 Ellie on #4 Kent Turritt, #12 John Nicholas, #15 Fran Hume, Fader, #17 Tom Potter.

For the men, it was Randy Koppa shooting the overall Low Gross with a fantastic 72 to capture the title. Duane must have inspired you Randy. Field Low Net went to Jim Trask with 63; 1st Low Gross - Duke Dutrisac (75) on a countback. "B" Flight winners: 1st Low Gross Roy Hagg (82), 1st Net Bud Bryan (66) countback. KPs: #4 Linda Lott, #12 Ellie on #4 Kent Turritt, #12 John Nicholas, #15 Fran Hume, Fader, #17 Tom Potter.



The ROLLING PIN BAKERY

We will be closed May 16, 17, & 18, SO Stock up on your fresh baked goodies

Fresh Light Lunches Served Daily

Open Tue - Sat 9-6, Sunday 10-5
339-5636
1496-C Ryan Road Just outside the base!

Fore! DAD.

Tee up savings for Dad this Father's Day. For only \$32.10 including GST, a Golf Privilege Club® membership offers free rounds or reduced greens fees at:

- 160 B.C. golf courses
- 151 courses in Alberta
- 590 golf courses in the western United States
- And exclusive rates on golf travel

Call Ticketmaster at 1-800-863-3611 or 280-4444. No service charge.

BRITISH COLUMBIA LUNG ASSOCIATION

Badminton National Team
(L-R): Curtis Waldner, Ron Edwards, Dan Forget, Mario Guitard, O.S. Williams and Bob MacLean (kneeling).

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

Ball diamond schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
0800	0800	0800	0800	0800	0800	0800	0800	0800
0900	0900	0900	0900	0900	0900	0900	0900	0900
1000	1000	1000	1000	1000	1000	1000	1000	1000
1100	1100	1100	1100	1100	1100	1100	1100	1100
1200	1200	1200	1200	1200	1200	1200	1200	1200
1300	1300	1300	1300	1300	1300	1300	1300	1300
1400	1400	1400	1400	1400	1400	1400	1400	1400
1500	1500	1500	1500	1500	1500	1500	1500	1500
1600	1600	1600	1600	1600	1600	1600	1600	1600
1700	1700	1700	1700	1700	1700	1700	1700	1700
1800	1800	1800	1800	1800	1800	1800	1800	1800
1900	1900	1900	1900	1900	1900	1900	1900	1900
2000	2000	2000	2000	2000	2000	2000	2000	2000
2100	2100	2100	2100	2100	2100	2100	2100	2100

WANTED TEAMS



Walking, Running or any Combination

Lots of Prizes
Lots of Fun
Hot Tubs
YANA Food Booth
24Hr. DJ
Hourly Prizes

COMOX VALLEY
24 HOUR RELAY

July 4 & 5 1998

The Fairgrounds on Headquarters Road
ENTRY FORMS AVAILABLE at Courtenay, Comox & Cumberland
Recreation Centres and any local CIBC branch.

All proceeds to YANA (You Are Not Alone), supporting the families of sick children of School District #71

FOR MORE INFORMATION, CONTACT YANA at 334-0511

Fax: 338-9755

YANA

19 Wing YANA rep Sgt Al Gallant, 8733.

CIBC COMOX VALLEY

Wallace Gardens Community Association Newsletter

VIDEO AFTERNOON
It has been decided that June's video afternoon will be cancelled due to the lack of participation and the "nice weather". We would like to thank all those children who attended every month; and a special thanks to the coordinators of the event Kathy & Yvon Bertin and Liz Beech. Have a wonderful summer and we will be seeing you in September.

TEEN DANCE

Saturday, May 16 from
7:30 - 11:00

Cost: Wallace Gardens
Members - \$1.00
Non-members - \$2.00

For more info call Carmie Dixon at
339-7696



WALLACE GARDENS COMMUNITY ASSOCIATION CANADA DAY CELEBRATIONS

Canada Day celebration plans are underway. This year it's going to be bigger and better yet! If you are able to volunteer a few hours out of the day, please contact Jane Bekus at 339-8211 ext 8571



WALLACE GARDENS ADULT CRAFT CLUB

The next meeting of the craft club will be Sunday, May 24, 98 from 7-9 pm. This month's project is a "Terracotta Pot Doll". The following items are required: one terracotta pot (3 1/2" diameter) painted a colour of your choice; a small swatch of material or a small crocheted doily; two buttons; coordinating embroidery thread; and one knee-high nylon sock. For more information call Jane Bekus at 339-2354.

***Note: There has been a change in the dates due to the long weekend.

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.

Family Bingo

END OF THE YEAR BLOW-OUT BINGO
When: 07 June 98, from 1-3 pm
Where: Community Centre
Cost: 25 cents for members
50 cents for non-members
****This is the last bingo until September****
Lots of prizes and lots of fun!!!
For information, call Pat Nicholson at 339-1966



COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

Night of a Thousand Smiles



Dedicated CMFRC Volunteers

On April 24th the CMFRC celebrated the outstanding work accomplished by all the dedicated CMFRC volunteers. The event was held at the banquet room at the Edgewater Restaurant in Comox. The night began with socializing and some great finger food. This was followed by a formal presentation of certificates by the Chairperson of the Board of Directors, Vivian Martin, and the CMFRC Executive Director, Glenn Turner. Theater Works, a well

known improvisational comedy team, had everyone laughing until it was time to go home.

The event was also an opportunity for the Board of Directors at the CMFRC to formally thank Col. Brian McClean, 19 Wing Base Commander, for all his support and hard work over the last 3 years. It is because of his vision to improve the quality of life for all families at 19 Wing Comox, that the family resource centre

has secured a home in the new Community Centre, and has been able to implement a French Quality of Life Program.

A great time was had by all, and we are already working on making it an even greater success for next year.

If you are interested in becoming a CMFRC Volunteer please phone the CMFRC at 339-8290. We would love to have you as part of our team!

Exercise Your Mind!

Today, more than ever, people are aware of the importance of physical fitness to good health, but it is important to remember that a healthy mind and body go together. Make mental exercises part of your daily fitness routine. You'll find that taking time to relax, to dream, to be creative, or even to let off steam will improve your mental fitness and your ability to deal with stressful situations. Mental fitness is a vital part of a healthy life. Below are some tips to get you exercising:

Be Creative

Make time every day to do something you love to do. Build model dinosaurs, take a class in painting, or be the first person on your block to start an unusual collection. Use your imagination. You'll find a hobby can be a great way to relieve stress and bring balance back into your life.

Dream and live Your Dreams!

Dreaming and fantasizing are good for you! Visit Club Mind and let your thoughts take you to far away destinations. Frivolous or fanciful... fantasize a fabulous future. Dreaming is a healthy holiday and who knows, maybe your dreams could come true.

Want a Friend? Be a Friend

Life is more fun when others share in the adventure. Become a volunteer or just make time for others. You'll find that often those who give the most receive the most in return and sometimes the best way to get out of a mental hole is to lend a hand to someone else.

This is My Time

It's important to make time to allow yourself to think things over. Curl up in a comfy chair with a cup of tea, take a walk in the woods, or just sit and

contemplate. Teach yourself to let go of bothersome thoughts and fill that space with positive thinking. Give yourself permission to love yourself.

Let Off Steam

If you're feeling like a pressure cooker, take off the lid. Do something physical like play ball with the wall, punch your pillow or go for a run. Don't keep your frustrations bottled up. Find productive ways to let them out. You'll feel better for it!

Reach Out

Whether you feel burnout, depressed or you feel you just can't cope, there are people who

understand. Don't overburden yourself. Lighten the load by talking things over with someone you trust. If you feel you need some more information you'll find the community is full of resources that will help you to help your self. The CMFRC has an experienced counselor who can be reached at 339-8286.

It's Your Life... Take Control

You deserve to take some time for yourself to be creative, to dream, to be a friend, to contemplate, to let off steam and to talk things out. Take care of your mind and it will take care of you.

Adapted from the Canadian Mental Health pamphlet, "Go Fly a Kite, exercise your right to mental fitness." This and many more informative pamphlets and books are available at the CMFRC Resource Library. Drop by and have a browse.

The CMFRC Board of Directors is Looking for New Members

This is a wonderful opportunity for someone interested in contributing their time, skills and energy to the strengthening of military families at 19 Wing Comox.

For more information contact Glenn Turner, Executive Director CMFRC, at 339-8340, or 339-8211 (8340).

Personal Development / Special Interest Workshops

Mosaic Creations

Create your own mosaic flower pot! Find out how simple it is to create a work of art from broken tile and a terra cotta planter. Materials are supplied.

Date: Saturday May 30th
Time: 1:00 - 4:00pm
Fee: \$10 includes supplies

Taming the Dragon - An Anger Management Workshop

Through discussions and exercises participants will look at their anger; identify the feelings behind their behaviors; identify productive and nonproductive ways of expressing anger, and practice productive methods of expressing anger.

Dates: June 1st, 8th, 15th, 22nd & 29th
Times: 6:30 - 8:30pm
Fee: \$10

"Winning at Parenting" - Video and Discussion

Wendy Case, a local parent educator will lead discussion on parenting after the viewing of Barbara Colorosso's popular video.

Dates: Saturday June 6th
Times: 1:00 - 4:00pm
Fee: \$15

Ateliers en Français

Pour inscriptions téléphoner Michelle au 339-8211 (8656)

Origami

Animatrice: Françoise Casset
Date: mercredi le 20 mai
Heure: 19h00
Coût: \$5.00

Atelier sur les couleurs

Animatrice: Hélène Jean
Date: lundi le 25 mai
Heure: 18h30 - 21h30
Coût: \$10.00

Huiles, gras, cholestérol

Animatrice: Lucie Desjarlais
Date: mercredi le 27 mai
Heure: 12h30 - 14h30
Coût: \$10.00

Réseau-Femmes

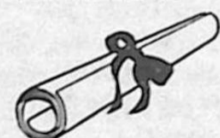
Animatrice: Lyse Clément
Date: jeudi le 28 mai
Heure: 19h00 - 21h00
Coût: Gratuit - membres de Réseau-Femmes + 1 invitée ou \$5.00 - non membres
Inscription: Nathalie Chevrete: 339-7369 ou Michelle O'Neill: 339-8211 (8656)



WALLACE GARDENS COMMUNITY ASSOCIATION

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.



Y

SALE



Everything must go!

Saturday 06 Jun 98





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.

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.

Jake's Trivia Answers

1. Mel Allen, voice of the New York Yankees for 25 years.
2. The New York Cosmos.
3. Four.



Winner of the Coca Cola/Canex Easter colouring contest was Jessica Hale. A \$20.00 candy spree prize is presented by Nancy MacKenzie.



For Rent

2 bdrm condo in quiet 9-unit bldg, 5 appl inc, in-suite laundry, grd lvl unit on bus rout. Avail 1 June \$600/mo. Contact Bob/Jane 338-6361. <2/2>

For Rent

Available May 15. Attractive 1-bdrm self-contained suite, balcony, east Courtenay. Suitable for single adult. N/S. Sorry, no pets. \$500.00 incl. cable, hydro. 338-0495.

For Sale

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

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

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. <2/2>

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

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

Brother sewing machine \$75. Call Doris 339-9831. <2/2>

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

Totally reconditioned push mower, like new. \$65. 338-8054. <1/2>

21ft car trailer, tandem axle, electric brakes, loading ramps, \$1,200 obo. 338-8054 <1/2>

Blonde wood coffee table, 2 end tables, sofa table with bevelled glass tops, ex.cond. \$50. Feder air conditioner 12,000 BTU \$400. 338-9489 (res), 339-8274 (bus). <1/2>

1992 17ft Bonair travel trailer, sleeps 4, bathrm w/shower, 3 way fridge, dual propane tanks, awning, lots of windows, non-smoker, must see. \$7,995 firm. 703-0407 or WO Cormier 8380. <1/2>

Gym membership at Phase II Fitness. Full facility access for \$25/month with no initiation fee. 334-1777. <1/2>

Canadian Cancer Society Daffodil Bulbs Sale

Order your daffodil bulbs now for September delivery. Cost: 5 lbs. (30 bulbs) \$8.00, 10 lbs (65 bulbs) \$15.00. Order at 338-5454.

This bulb sale is independent of the Phantom Planter bulbs that the merchants and businesses in our area buy for volunteers to plant along our roads for everyone to enjoy and hope for a Cancer cure.

Reunion 507 Sqn RCAirC

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.

TODAY'S CROSSWORD PUZZLE

ACROSS

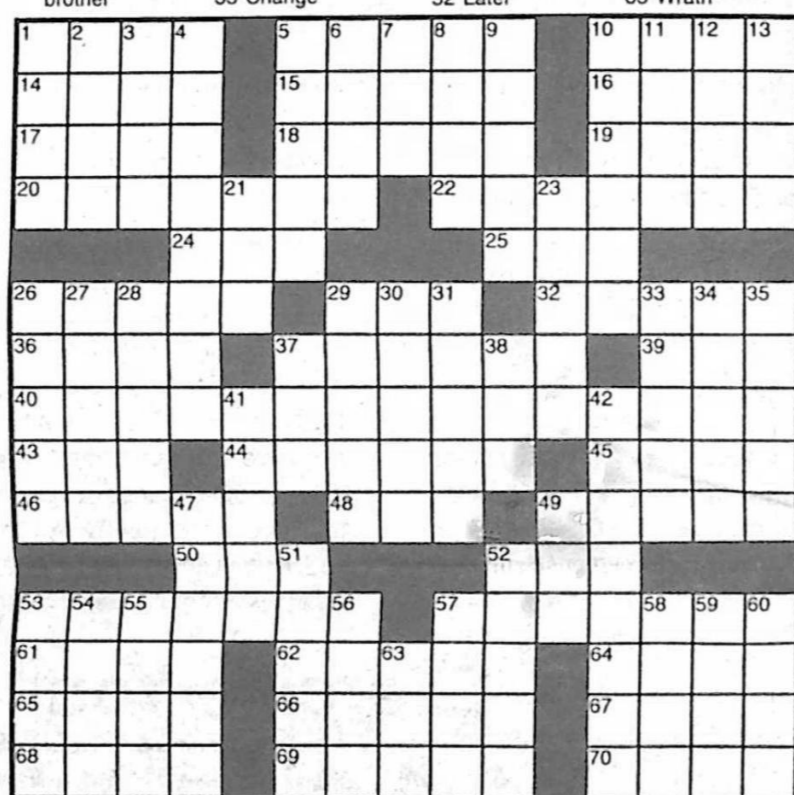
- 1 Thick carpet
- 5 VCR button
- 10 Cartoonist Peter
- 14 Frat-party attire
- 15 Walked (in the woods)
- 16 Part of speech
- 17 Sept.—
- 18 Mountain nymph
- 19 Type of call
- 20 Spas
- 22 Once over —
- 24 Thai's neighbor
- 25 Before, to a poet
- 26 Credit's opposite
- 29 Serpent
- 32 Use a pencil end
- 36 Arkin or Ladd
- 37 Horrified
- 39 Fellows
- 40 Ultimatum words
- 43 Colorado Indian
- 44 Type of smarts
- 45 "Green Gables" girl
- 46 Award
- 48 Annex
- 49 Judge's call
- 50 Machine part
- 52 Limb
- 53 Peas and beans
- 57 "The Queen"
- 61 Ponderosa brother

DOWN

- 1 Agitate
- 2 Golf-course unit
- 3 Epochs
- 4 Car fuel
- 5 Passport need
- 6 Melodies
- 7 Luau
- 8 — of approval
- 9 Actor Cantor
- 10 Pollen container
- 11 Type of cant.
- 12 — and void
- 13 Merely
- 21 Squealer
- 23 Actress Garbo
- 26 Statistic
- 27 Gladden
- 28 Used the oven
- 29 Plato's marketplace
- 30 Fragment
- 31 Lost color
- 33 Change

PREVIOUS PUZZLE SOLVED

ABBA POLAR PERU
TUES RHODE OMAR
MURPHYSLAW SIGN
ERIE APOSTLES
DRYCELL TRAM
SLAYS DIADEM
RINA SIREN DRAKE
CAGE REVUE KLEE
MIENS SENDS ESK
PLEATS RUNTS
MOOS PARAPET
FIREWOOD ALAMO
RAIL TREADWATER
OGLE HENNA AINT
GOLD ESSAY MODE



FREE Perennial
Bring in this Coupon for a Free 4 inch perennial with any \$10.00 or more purchase.
offer valid until June 30/98

LITTLE RIVER GARDEN CENTRE
LANDSCAPE CONSULTATIONS AVAILABLE
1782 Ryan Road (Near the Air Base) 890-0213

NEXT DEADLINES Advertising - 20 May. Articles - 22 May, NOON

The Flying Frogmen Scuba Club 40th Anniversary

Where: Baker's Island, 8 Wing CFB Trenton
When: 15 August 98
Time: Meet & greet BBQ - 1400 Hrs
Dance - 1930 Hrs
(Cover charge \$3.00/pers. \$5.00/couple)

Special guest speaker: Michael P. Belanger, Oceanographic Environmental Research Society.
All past and present, or want-to-be, "Frogmen" welcome. Come renew old friendships and make new ones.
For more info, contact Shawn Way at 613-965-1747 or 613-392-2811, local 3310. Let us know what your interest is for a reunion dive on Sunday, 16 August. You can also drop us a note or E-mail us at northern.diving.co@sympatico.ca
Mailing address: The Flying Frogmen Scuba Club
Canadian Forces Base Trenton
P.O. Box 1000 Stn Forces
Astra, ON, K0K 3W0

Book Reviews

by Gerry Gerow

Boosting your Pet's Self Esteem

by Michael Dowling

(Howell Book House, New York. US\$13.95)

This is a small, 85 page, coffee table book containing an equal number of illustrations by Sarah Buell Dowling. It is a humorous, tongue-in-cheek book which would make a perfect gift for that friend who talks about his pet all the time.

Many problems are discussed, such as a "species identity crisis" being suffered by a canary or a "drinking problem" affecting your fish.

What can I say? A humorous bunch of nonsense for that pet loving friend. I predict it will have a long life on my coffee table. It came out last year, but if you can't find it on the bookstore shelf they can order it for you.

Beagles Today

by Andrew H. Brace

(Howell Book House, New York, US\$41.95)

Breed books are always interesting. The last one I am aware of on the beagle was about eight years ago. The part on the history of the breed is particularly interesting. To my mind, nothing is missing in this book except that only the USA and UK standards are shown and not the Canadian. However, Canada is covered in the section on beagles in North America and many of the prominent breeders are listed.

If you own a beagle, are thinking of getting one, or are just plain interested, this book is for you. If you have a friend or family member who owns a beagle, it would make an excellent gift. This is a hard cover, 176 page edition with a beautiful full colour jacket. It contains around 100 black and white photographs and 50 photographs in full colour.

The author is an internationally renowned dog judge, writer and breeder of beagles. This one is highly recommended for all beagle fanciers.



CLIP COUPON
We're Celebrating The Purchase of Our New Environmentally Approved Drycleaning Machine With This Coupon

ITEMS FOR \$19.98

WHITE HAZ CLEANERS
"Your neighborhood drycleaner"

221A Church St.
Comox
890-0235

Not valid on leathers, area rugs, heavy winter coats, bedding, sleeping bags or repairs. Other restrictions may apply. See in-store details. (Coupon must be presented with incoming order. One coupon per visit). Expires May 15, 98.

Airport School jumps off

by Denise Potvin,
Parent Coordinator

On 1 May, 535 students of Airport Elementary School joined together for the best Jump Rope for Heart event they had ever seen. The day was hot and sunny and the students were encouraged to jump their hearts healthy by the jumping tunes of local DJ Leo Phillips.

They also enjoyed a Karate demonstration by the 19 Wing Comox Meibukan Goju-Ryu and were visited by the A&W Root Bear. After two hours of jumping, the day was topped off with over 200 prizes kindly donated by local businesses. Special thanks go to Leo Phillips, Lots of Laughs Productions, Pizza Hut, Super Valu, A&W, Superstore, Reitmans, Simon's Cycles, Overwaitea, Blockbuster, Footlocker, A Buck or Two, Happy's Sources for Sports, Burger King, Zellers, Comox Dollar Store, Subway, MacDonalds and Wonderworks.

In the weeks prior to the Jump Off, the students collected pledges from their friends, neighbours, businesses, and family for the Heart and Stroke Foundation



(Photo by WIS)

of B.C. and the Yukon. This year they raised \$7,764.56 which will help the foundation continue to fund heart disease and stroke research as well as health promotion here in B.C.

All in all, it was a wonderful day to celebrate fitness, fun and a healthy lifestyle which, after all, is the best medicine for your heart.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Handle is longer. 2. Signs are inverted. 3. Papers are missing. 4. Lampshade is larger. 5. Chair back is lower. 6. Drapes are wider.

Legion Log

BRANCH 17 COURTENAY 334-4322

REGULAR EVENTS:

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

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

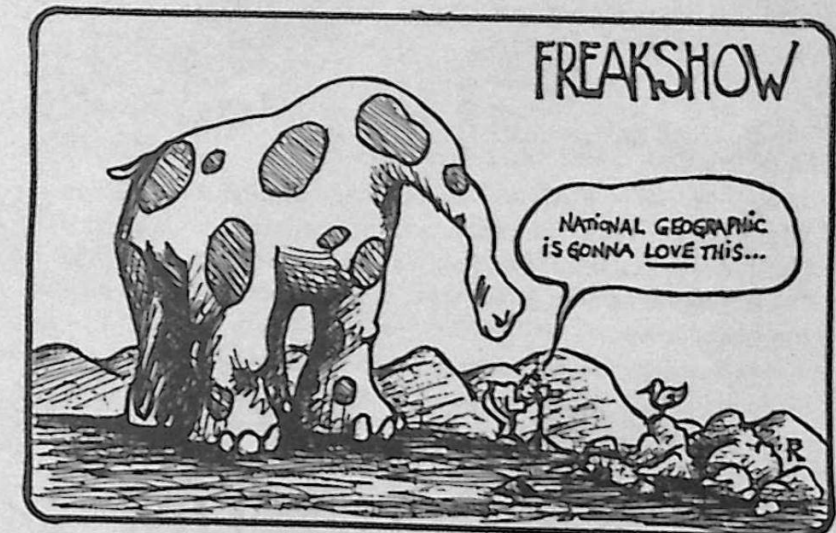
BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri 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 ec. Mtg. Upper Hall, 7:30 pm
1st L.A. E ecutive 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.



BLACK'S CYCLE SALES SERVICE & RENTALS



274A Anderton Road, Comox, B.C.

Like
Buy
Financing
Available
Nice people
who
lend money.

339-7011

Steamer's COFFEE HOUSE
Bring in this coupon for 10% off your purchase
Valid until June 15, 98

Espresso, Cappuccino, Latte & Mocha
2082 Comox Ave., (at the Port Augusta Inn)

Heritage Happenings

by Maj Joel Clarkston

In July 1949, a DeHavilland Dragon Rapide, CF-BND, owned by Queen Charlotte Airlines, departed Seal Cove near Prince Rupert headed for the Queen Charlottes. Just after departure the starboard engine quit, followed shortly by the port engine. The Rapide glided to a controlled crash among the trees on Digby Island, ripping off the four wings and the two engines in the process.

The hulk of the wreck has remained at its point of demise relative undisturbed since. In the 1970's the Western Canada Aviation Museum acquired the rights to salvage the Rapide and did some extensive surveys of the area by air and ground. The exact location was also plotted and recorded. The museum was, however, unable to complete any salvage work due to the costs involved.

The Comox Air Force Museum has had a good working relationship with the Western Canada Aviation Museum ever since the restoration of the Argus at 19 Wing in 1992-94. Several major Argus components, including landing gear truck assemblies and engines, were transported out from their storage facilities in Gimli, Manitoba for use or storage at Comox. Their only request for payment was a favour in kind should they come up with a worthwhile project. That project turned out to be the salvage of the Dragon Rapide on Digby Island

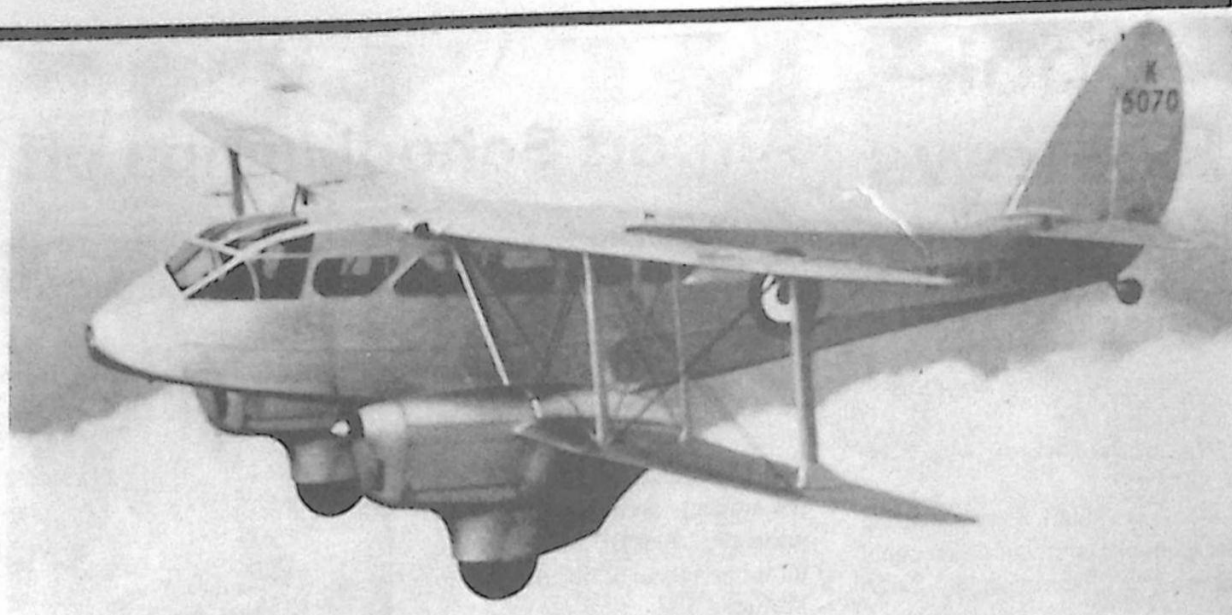
and the Heritage Aircraft Committee volunteers were only too eager to help.

441 Sqn conducts annual refresher training with the Canadian Coast Guard stationed at Seal Cove near Prince Rupert. Labrador Flight Engineer Sgt Ian Davenport will be proceeding to Prince Rupert during the last week in May to conduct hoisting exercises on the Coast Guard Sikorsky S-61N. As a convenient training aid, the hulk of the

Rapide will be hoisted clear of its resting place and taken to a more convenient location so that land transport can be used to ship it back to Winnipeg. Two Heritage Aircraft Committee volunteers from Comox will be proceeding up to Prince Rupert via the inland ferry. They will meet up with Sgt Davenport on 26 May to assist in the loading of the cargo nets and the transport of the hulk to Winnipeg. The committee members participating have not yet been named.

H-21 Presentation

The H-21 Piasecki helicopter recently restored by the Heritage Aircraft Committee will be officially presented to 19 Wing on 12 June at 11:00 a.m. There will be an official ceremony in the Heritage Air Park, followed by a reception at the VPI building. The public is welcome to attend the presentation ceremony. An invitation is required for attendance at the reception.



D.H. 89A "Dragon Rapide"

Shown here in prototype markings, the Rapide was a twin engine light transport aircraft designed and manufactured in Great Britain. Powered by Gipsy Six engines, it had a top speed of 157 mph and a cruising speed of 132 mph. The payload capacity was 1452 pounds and the single engine service ceiling at all up weight was a paltry 3,100 ft. This must have made for some interesting flights in mountainous regions as the reported reliability of the Gipsy Six was not all that great.

"Surcouf" and its mysterious end

by "Whychbowl Eight"

In the wonderful days of mid 1943, for those of us serving in North Africa, flushed with the joy of the first real victory of the war, we looked forward to the possible chance of becoming "Tour Expires," and perhaps returning to the U.K.

Alas, for we of the RAF. Had we remained in Britain, it is likely that we would have had the "extras" which most operation aircrew enjoyed - extra leave (five days or so, every five weeks, extra leave pay (thanks to Lord Nuffield) and all the comforts of home.

In North Africa, not bloody likely!

Instead, some kind person(s) conceived the ideas of "Rest Centre" for "Tour Ex" aircrew. A well intended plan, but with many flaws. (No history or study has ever been carried out, or if there were such studies, the results were never published.) I digress, and ask your pardon.

When my turn came, I was posted from an Aircrew Transit Camp near Fort d'Leauy in Algeria to a Rest Centre some 30 miles from Algiers. This was in a small quiet village and was a large, holiday type bungalow, built with care on a site carefully chosen, halfway down a 150 foot cliff, overlooking a sandy beach. What a great place to live and we were fed the best of food. So where were the flaws, you ask?

We had no duties, no routines, no "work" as such, in fact *nothing* was required of us and no direction was given. Just imagine, some of the "Restees" had the old operational twitch, some were still suffering from the results of injury or sickness, though I was thankful that no "trick cyclists" bothered us.

Fortunately, most of us survived, the twitches stopped, the luxurious living ceased and we were returned to the reality of RAF service.

Why did I bore you with all this? The name of the village was Surcouf - the first time I ever heard the name. Now, read on...

This notorious French submarine, and one of a kind, sailed to Devonport, U.K. following the withdrawal of France from the war in June 1940. Surcouf was a large sub and was equipped with a single large calibre gun and, at times, carried a small aircraft.

The political situation at that time was somewhat uneasy since many French naval units wished to stay with the Vichy Government and sail under Admiral Darlan. In Devonport, on 3 July, all seemed friendly though the ratings had left the ship. Two RN officers and two armed guards went aboard and the officers tried to persuade the French officers to stay with the British and continue the war. One of the French officers excused himself and went below. He armed himself with a revolver and started shooting. Both RN officers were badly wounded, one guard shot in the face and the other was killed. A French officer was also killed - bayoneted, the French claimed.

As a result of sabotage by the Surcouf ratings, 136 were sent to a POW camp and some officers were interned. Commandant Louis Blaison became the captain, though the future of the submarine was uncertain. The actions of the Royal Navy against the French naval vessels at Mers-el-Kebir near Oran, made relations with Vichy even worse.

Thus the wartime career of Surcouf made its start, later to become subject to doubt and suspicion. She was sent to Halifax and was to serve as a surfaced convoy escort since she could make a speed of 18 knots. However, on 10 April 1941 whilst serving with convoy HX 118, she was ordered to Devonport "with utmost dispatch." No reason for this is known but reports from a Polish destroyer gave fuel to the rumour that the sub had been torpedoed some of the ships she was supposed to be protecting.

She was sent to Bermuda in July 1941, with a RN liaison crew on board, but this did not make the situation better. All this time there was still the suspicion that

Vichy was somehow influencing the crew. The RN personnel were withdrawn and from then on things went from bad to worse. The rumours that Surcouf was sinking allied shipping grew, so did the rumours that she had been caught and either sunk by ramming, torpedo or gunfire.

Eventually, a message was received by the Director of Naval Intelligence, U.S. Navy, from J. Edgar Hoover, FBI. Dated 12 March 1942, it stated that "A highly confidential source reports that Surcouf was sunk off St. Pierre (Miquelon?) on 3 March 1942."

This could be true. The radio station on the island, which was French and thus Vichy, had been suspected of aiding the Germans. What really happened we will never know but, at least, we have one person in the valley who saw the sub many times.

Grant McConnell, a hard working volunteer in the Comox Air Force Museum, was an aircrew member in Stranraers of 5 Sqn RAF operating out of Dartmouth in 1941/2. Grant notes that the last time he saw Surcouf, not long before it disappeared, they were on patrol about 50 miles east of Halifax. The sub was submerging and the pilot said that, according to his information, Surcouf should have been on *surface exercises inside Halifax harbour*. They did not take action, other than to mark the location with smoke and flame floats, and call up a nearby destroyer.

This action, and following reports, he considers, helped put Surcouf on the "hit list."

The full story of this fascinating fragment of WWII history can be found in the Geoffrey Rowe Memorial Library - a part of the Comox Air Force Museum. The book, by George Young, is titled "Who Killed Surcouf?"



Dragon Rapide CF-BND as it looked shortly after its demise on Digby Island, 1949. The engines disappeared shortly after this photo was taken but the majority of the structure, including the floats, remain on site. Recovery is scheduled to take place near the end of May.

COMOX AIR FORCE MUSEUM

Promoting West Coast Aviation History & Heritage



- * Main Display Museum
- * Heritage Air Park
- * Reference Library
- * Gift Shop

Located at the entrance to CFB Comox

Open Sat, Sun & Holidays
10:00 a.m. till 4:00 p.m.