

TOTEM TIMES



19 Wing CFB Comox

VOL 40 NO 9

THURSDAY 28 MAY 1998

COST: FREE



The Comox Valley's Oldest Newspaper

Charity
Golf
Tourney

Sat.

June 6

11 a.m.

to

4 p.m.

see page 11



CREDIT

How

do

you

rate?

see page 3

MND speaks out against sexual abuse

by The Honourable Art Eggleton, Minister of National Defence

I wish to state, unequivocally, that the Canadian Forces is no place for people who abuse, sexually harass and assault their colleagues.

The incidents reported in this week's edition of Maclean's magazine are disturbing. The conduct, behaviour and attitudes described in these articles are disgusting and unacceptable. They are counter to the core values of Canadians including those of the men and women of the Canadian Forces. This type of conduct also undermines the morale, discipline and cohesion that is vital to the success of any military unit.

Action has been taken in recent times, and will continue to be taken, to counter harassment and sexual abuse. New harassment and anti-discrimination training is under way. Since 1995, harassment advisors exist in all CF units to assist in the resolution of com-

plaints. Since last fall, a new military police unit, the National Investigation Service, has been put in place and is independent of the operational chain of command.

In addition, in the near future, changes to the grievance system including a new Grievance Board, will be established. A Canadian Forces' Ombudsman will also be appointed. These positions will be occupied by civilians working outside the chain of command to offer complainants alternate avenues for redress.

To be a victim of crime, particular a crime so personally intrusive as one involving sexual misconduct, must be horrendous. I am determined to see to it that we have a Canadian Forces where women and men can work safely, side-by-side, in a climate of dignity and mutual respect, free from harassment and abuse.

Cairn dedication

ESTABLISHED IN MEMORY
OF THOSE MEMBERS OF THE
ROYAL CANADIAN AIR FORCE
AND CANADIAN ARMED FORCES
WHO GAVE THEIR LIVES IN THE
SERVICE OF THEIR COUNTRY.

On Tuesday, 26 May, at 10:00 a.m. a cairn was dedicated to those members of the Royal Canadian Air Force and Canadian Armed Forces who gave their lives in the service of their country. The service was attended by the Wing Commander, Colonel B.B. MacLean and Wing Chief, D. Dupuis. Also in attendance were representatives from 888 Wing Air Force Association of Canada and the Town of Comox. The service was presided over by Protestant Chaplain L/Cdr C. Mury and Catholic Chaplain Capt G.H. Brown. The actual brass plaque on the cairn is shown in the photo above.



Capt Bob Richter, the mastermind behind the new cairn at the Heritage Air Park, strikes a blue collar pose on the Monday before the dedication. The Totem Times went to press the day of the dedication and thus was unable to present photos of the ceremony. A picture of the man who actually spearheaded the operation was thought to be the next best thing. Capt Richter spent many months and many long hours coordinating the construction, placement and dedication of the cairn. He, along with Wing Chief D. Dupuis, did an excellent job in bringing this project to completion.



Operation Nijmegen

by Capt Bryan Akerstream

The 19 Wing Nijmegen team continues to train for this challenging event. During training, the team will cover a total of 800 Kms with a 10 Kg pack. So far, they have covered 275 Kms and will complete the rest by mid-July. The team is coming together extremely well and is actually marching in step. Shortly, we will begin singing marching songs - just a warning!


Eleven lucky members will eventually go to Nijmegen, Holland. The training started on 30 March with 22 members, 17 re-

main. Competition for the final 11 positions is fierce; however, everyone is having fun and team spirit is excellent.

Overall, support from the Wing and response from the community has been extremely positive; we have received many words of encouragement. The team would like to thank all of those motorists who have slowed to pass and given a friendly honk.

A special thanks goes to Joyce Kitching who volunteers her time Thursday afternoons to spoil team members in need of an amazing foot massage.

Per ardua ad astra

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A banana after each training session?!?!



by Caroline Chartier, D.L.P.



Yes, I am still here. Plans have changed, so I will continue writing!

This month, we will talk about potassium. We have all heard it, one banana after each training session is required in order to replenish the potassium we lost. True or false?

Let's define the role of potassium first. Potassium is an electrolyte and therefore plays a role in the transmission of electrical impulses through the central nervous system. It has been linked to nerve impulse transmission, muscle contraction, and glycogen storage (energy that comes from sugar). A deficiency of potassium is associated with muscular weakness and fatigue. There are also a number of studies that have demonstrated that with higher intake of potassium the blood pressure rate drops. But not all the results support this theory, and more research is required in order to define the relationship between blood pressure and potassium.

Nutrition recommendations from Health and Welfare Canada are suggesting that an adult looses approximately 546 mg of potassium daily, but they do not provide clear recommendations.

In the United States the minimum daily requirement is 500 mg to a maximum of 5.6 g. Food items, taken from dietary habits from four different Canadian cities, have been analyzed and the average adult intake was estimated at approximately 1200 mg per day. Also, in contrast to popular advertising, potassium losses in sweat are negligible, except under the most extreme conditions, (such as long and intensive exercise and hot temperatures) and can be replaced easily by food after a training session. Potassium supplements are usually unnecessary and can be dangerous and could cause cardiac dysrhythmias.

The following are dietary sources:

- 1 banana 450 mg; 1 avocado 1480 mg (and lots of fat!); 1/2 cantaloupe 825 mg; 1 slice watermelon 427 mg; 1 glass orange juice 460 mg; 1 glass milk 398 mg; 1 ground beef patty 288 mg; 1 chicken leg 281 mg; 16 oz Gatorade 60 mg; 16 oz All Sport 100 mg.

So, if you want a banana after your training, go ahead, but a healthy diet and lifestyle would be perfect.

Small business and English courses

by Pat Allan, CFCCN Coordinator

The key to success in your college career is planning. Although we are all looking forward to taking time this summer to enjoy this beautiful valley, give a thought to your plans for fall.

Entrepreneurship and Small Business Start-up. Sound interesting? I talk to many military members who plan to start their own business as a second career, and to many spouses who would like to start a small business instead of trying to find a job working for someone else. There is a lot to learn, including writing business plans, marketing, financing and basic record-keeping. Studies have shown that people who succeed in their small business tend to be those who are well-prepared. If there is enough interest at 19 Wing, we can offer this course on base through North Island College in the fall. It takes quite a bit of lead time to set it up, so call me soon to indicate your interest.

Effective Writing. An English course is often a requirement for credit programs at a college. And there are many people who would like to improve their writing skills to be more effective at work. If we have enough interest, we will run a special English course on base which can offer the flexibility of a correspondence course combined with the motivation and support of a classroom. This course would focus on effective organizational writing, including presentations, reports and correspondence.

Technical Math. Many people who seek civilian accreditation find that they need a technical math course. If this is in your plans, we can bring you the opportunity to complete the requirement without having to leave your current job first. The specific course may depend on your trade, but it's a path many people choose.

Other courses. The Community College Network can draw on the resources of 21 community colleges across Canada to provide 19 Wing civilian and military personnel and their families with the education opportunities you need. If there is a course you would like to take on base, give me a call. And talk to your friends and co-workers about your idea. We need enough students to make the courses viable: 10-15 students, depending on the course.

And, finally, a reminder about the last Management Development Program (MDP) course of the season. Communications will begin at 1800 hrs on Friday, June 12 and run all day Saturday and Sunday, June 13-14. This is an interesting, packed course covering the whole spectrum of speaking, listening, presenting, reading and writing. There are no assignments or exams, but lots of role plays, exercises and 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 Co-ordinator.

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. To talk about courses for the fall, the MDP course or any other educational matters, please call Pat Allan, CFCCN Co-ordinator at 339-8211, local 8887.

Le Centre des Ressources pour les Familles Militaires de Comox
R.C. des Femmes-Communauté francophone militaire présentent...

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Animé par une Femme qui poursuit sa quête de développement personnel

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Service de garde francophone (LF/PMQ) - \$ 5.00/enfant: Les Chérubins...
s.v.p. réserver 24 hrs d'avance en téléphonant : Nathalie 339-7369

DATE Le jeudi 28 mai 1998

HEURE 19:00 - 21:00 hres (2 hres)

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ANIMATRICE Lyse Clément, animatrice d'ateliers

PRIX DE SOIRÉE Surprises...

FRAIS Gratuit: membres de R.F.C.F.M. et 1 invitée / \$5.00: non-membres

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Animé par une Femme d'affaire, cheffe de famille monoparentale

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Atelier : informatif et éducatif sur les différentes sources d'investissements et les avantages/désavantages de s'impliquer ou non aux décisions qui touchent \$\$\$
Service de garde francophone (LF/PMQ) - \$5.00/enfant : Les Chérubins...
s.v.p. réserver 24 hrs d'avance en téléphonant : Nathalie 339-7369, merci.

DATE Le jeudi 11 juin 1998

HEURE 19:00 - 21:00 hres (2 hres)

LIEU 120 Kinnikinnik (C.R.F.M.C.) de biais à l'entrée de la Base militaire

ANIMATRICE Ninon St-Denis, Consultante financière (Credit Union-Courtenay)

PRIX DE SOIRÉE 1 adhésion gratuite pour devenir membre de R.F.C.F.M./Surprises...

FRAIS Gratuit: membres de R.F.C.F.M. et 1 invitée / \$5.00: non-membres

INSCRIPTION Nathalie Chevrette 339-7369 / Michelle O'Neill 339-8211 (8656)

Les places sont limitées pour 15 femmes (priorité aux membres de Réseau-Femmes)

Military Travel Club circles the globe

Retreat & Reveille International, the Military Travel Club started in 1992, has now extended its horizons to five of the seven continents with the addition of Meg Cowper-Lewis' Southernmost B&B in Agulhas, South Africa and Angel (Angel is a former USN Reservist) and Norma Gandullia's Hostal Tradiciones in Lima, Peru. The club now offers over 400 havens in all 50 states and 25 other countries.

Club membership is open to all veterans (and families) of military organizations of any nation. It offers economical lodging through low-cost stays with members who open their homes only to their fellow members, as well as at B&Bs owned by other military personnel. (Members are not required to host.) It also includes commercial B&Bs and inns which offer discounts to club members. As examples, there are 22 Canadian listings in seven provinces, 21 places in Merrie Olde England, and 19 pieds-à-terre in La Belle France.

Members are treated like honoured guests, sometimes given personal tours of cities like Asheville, San Francisco, or Paris. There's someone to call a doctor when the baby gets sick, as Ted Phillips did in London. Military people of all countries have common backgrounds and stories to share. Travellers' experiences

are shared in the host directory and quarterly newsletter.

For yearly dues of \$25, members receive the host directory with a membership card, as well as a quarterly newsletter, *The Bugle Call*. The directory is updated each year with new facilities. One third of the place descriptions include recommendations of members, based on their stays at the location. New listings that come along during the year are featured in the newsletter. An Internet web site, www.ret-rev.com/ret-rev/index.html, includes additional information on the club.

To join, send your military affiliation information and a cheque for US\$25 to Retreat & Reveille International, 3106 Military Road, Arlington, VA 22207-4136. Further information is available by phone at 703-525-3372, by fax to 703-525-0520, or E-mail at RetReville@aol.com.

The club was started by Len and Jan Stoehr of Arlington, VA as a means of keeping involved and busy during their retirement years. Len is a retired US Navy officer and Jan worked as a teacher and graphic designer. Retreat & Reveille International is a way of sharing their enjoyment and interest in the bed & breakfast experience and a means of expanding their group of military friends.



Reserve units get new name

The title *Air Reserve Augmentation Flight* (ARAF) is now changed to *Air Reserve Flight* (ARF)

Prior to the Total Force concept, the ARAF was used to provide assistance to the Regular Force, when required.

Now that Total Force is a reality and all Air Reserve establishments have been melded into their respective wings, it was time to remove the connotation that the word "augmentation" implies. The Air Reserve Flights are now integral to the Total Force. This decision was made at the Flight Commanders' Conference back in late April and is effective immediately.

CREDIT

by Capt John Lalonde, Wing Financial Counsellor

Today, I would like to talk about CREDIT - What do we really know?

For starters, how is your credit rating? To find out more about your credit standing, why don't you take a moment to call (toll free) to Equifax Canada and ask for a free copy of your credit report/history. The number to call is 1-800-465-7166. They will inform you that you must make a request in writing and provide a photocopy of two picture ID's. This is to ensure you are who you say you are, as they are protecting your privacy.

The credit report will tell you what is your current address and previous addresses on file. If they are incorrect, you have the opportunity to have them corrected. Then the credit report tells you when and who has made credit inquiries on your file. As well, the credit report gives details of your credit history and/or banking information that is updated every 30 days from most credit grantors.

Lastly, the credit report tells you what retention periods they must follow for your data. The purge rules are in compliance with provincial legislation governing consumer reporting agencies and are used as a standard across Canada. The following are a few of the Purge Rules for Consumer Personal Credit File:

- Credit Enquiries to the file are automatically purged three years from the date of the enquiry. The system will keep a minimum of five enquiries.

(The following is the first in a series of drug related articles, reprinted with permission, which appeared recently in the Comox Valley Echo)

by Ian Lidster, Echo Staff

Did you know...
•that there are several operating "crack" houses in the Comox Valley?

•that local youngsters as young as 13 have experimented with heroin?

•that many kids of junior high school age have used crack but weren't aware it was cocaine?

•that hydroponically-grown marijuana can have THC (the psychoactive chemical) levels up to 1,000 times higher than the stuff that was around in the 1960s and '70s?

•that young people hang around the liquor store parking lots on a Friday night (or whenever) until they spot individuals they know will bootleg for them?

•that the penalty for such bootlegging (if it is imposed at all) is a scant \$150 fine?

There are many more grim facts in the lexicon of juvenile substance use and abuse in the Comox Valley, such as admission to psychiatric wards, jail time, crime, violence and premature death - all related to drugs, and easy access to illicit drugs. For a minor, alcohol must be included in this context as an illicit drug.

The foregoing are the brutal facts that agonize the consciences and present a nearly impossible burden for the service providers of the Comox Valley. And their burden is rendered more onerous because of the general ignorance of the community at large about this scourge.

In other words, the apparent consensus in the community is such a seamy underbelly may exist in the east end of Vancouver or some of the rougher street-kid sections of Victoria, not in the Comox Valley.

That is simply not so, say valley service providers, including: personnel from assessment and referral services, CFB Comox, the Comox Band, the Comox Valley Nursing Centre, the Comox Valley Recovery Centre, Courtenay Alcohol and Drug Services, the John Howard Society, the RCMP Drug Squad, St. Joseph's Substance Abuse Intervention Program, and schools drug and alcohol counsellors.

"Right now we're just pulling bodies out of the river," says Barry Schneider, RCMP drug awareness coordinator for Northern Vancouver Island. "What we want is to keep the bodies from going into the river."

What the service providers have come to increasingly realize is that without the public's support, the problem can only get worse. Indeed, what the group would like to see is for the public to take the situation in hand, and to suggest workable solutions for the community.

The first part of the process will be to increase the public awareness of the true picture.

The second, and most important, aspect of the project is public involvement. To that end, a special phone line has been provided. The line is operated by Citizens on Patrol (COPS), and if anonymity of the caller is desired, that will be guaranteed.

The number, if you have ideas leading towards possible solutions, or if you want to be actively involved, is 897-1703.

If nobody is available to take your call, leave a message and number on voice-mail, and it is guaranteed you will receive a return call for any serious message.

Continued on page 15...

19 WING COMOX...
SOMETHING VERY
SPECIAL IS COMING
YOUR WAY STARTING
8 JULY 1998

AT



YOU WILL HAVE TO BE
THERE TO GET IT...

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19 Wing Lady Bug



(Photo by WIS)

Cpl Mimi Prevèreau is the proud owner of the first new Beetle to be sold in the Comox Valley. She has been enjoying her new vehicle immensely.

On a few occasions, she has even had fun with the remote "panic button." When curious onlookers come within touching distance, the car has been known to sound an alarm and blink its headlights.

Mimi is a Resource Management Support Clerk (formerly Fin Clerk) in the Wing Comptroller Branch. If you have a problem with the Milton program, Cpl Prevèreau is the person to see.

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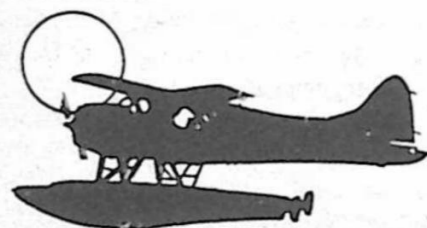
I don't know what we ever did without them. Computers, I mean. Every time I turn it on there's something new and different about it. There's always something new to learn. Computer Science must be the only degree that you can earn from a university that's obsolete before the ink is dry on the diploma.

Steven Jobs and Steven Wozniak must have been quite prophetic when they chose the "one bite out of an apple" logo for their new company. The story goes that they chose the apple logo while at the patent office because one of the Steves happened to be eating an apple when they came to that question on the application form. Absolute genius. It's really forbidden fruit.

Ironically, there's just been a very interesting presentation at the base theatre during NAOSH (North American Occupational Safety and Health) week. It was about stress and how to cope with it. Well presented, very appropriate to computers. Very appropriate because the upgrades come so fast and furious that it's very stressful for us old folks trying to keep up. We just learn to use one programme, sort of, and the upgrades are unleashed upon us. Equally disturbing is that the mean time between upgrades is becoming less and less, so that in the next ten years we can expect one per week, maybe even one per day. Try running on that treadmill. Stress? Forbidden fruit? Just wait for the millennium bug, it's expensive too.

What would we ever do without them?

Joel Clarkston



Letter to the Editor

Dear Sir:

In response to "A proud cat owner," I was really surprised to find this article in the Totem Times this morning. I would think that the person who wrote it would have come to Community Council with their concerns. The newspaper editor really has no way of answering their concerns, so I will.

As the Animal Control Officer, it is my job to see to the safety of all animals in the PMQ area, and that includes cats. Cats that roam the neighbourhood can come in contact with other strays that may not be from the PMQs and may be carrying diseases such as feline distemper, feline leukemia, feline infectious peritonitis, rabies and round worm, that can infect your animals and possibly your children or yourself. So if you feel that setting live cat traps is in my best interest, you are wrong. When I bring a sick animal into my home, I am possibly exposing my family and pets to some of the above-mentioned diseases, without recourse to hold the unknown owner of the animal or Wallace Gardens liable. I do not receive any money for cats that have been trapped and re-

turned to their owners so what other reason would I have for setting traps, if not for the safety of the animals and families that live in PMQs?

As far as registration being voluntary, it is not. Wing Standing Orders (2-07, 27.02, par 3) state that "No person shall acquire, own, keep, or harbour any pet within 19 Wing Comox resident areas unless such pet is licensed." I know that there are many pets in the PMQ area that are not registered, however I do not have the right to enter homes and search for signs of animals living there. Unless I am told by someone that a certain PMQ has an unregistered pet, I have no right to approach them as to why their pet is not registered. As far as suggesting for you to go into Wallace Gardens and tell them that you don't have a pet anymore to avoid paying the fine, you are mistaken. What I told you was that other people tell Wallace Gardens that they do not have pets so that they do not have to pay the registration fees. If a person chooses to lie about this, that is up to them. But be assured that I will eventually catch up with them.

In regards to scare tactics,



NEW REC CENTRE ON SCHEDULE AND ON BUDGET

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

Position	Name	Location	Phone
Wg Fin Counsellor	Capt John Lalonde	WHQ/WCCompt	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

Save Those Stamps

Please clip and save any used stamps you receive in the mail. They are needed to raise funds to assist cancer victims. This insert is designed to appeal to all of you to put aside as many as you can, to support us in this project. Ask your friends to save as well. Every stamp is important. Please clip the stamps with a minimum of a quarter inch of paper surrounding—do not peel the stamps from the envelope or parcel. Send the stamps to the address below. Please include your name and address. Thank you.

A.J. Mallendaine
4785 - Ocean Trail
RR#1 Site 138 C-37
Bowser, B.C.
V0R 1G0

most people do not have their pets tattooed and I applaud you for having done so. I think it is a good idea for the simple reason that if your pet was not tattooed, I would not have been able to return your cat to you because it was not wearing any Wallace Gardens tags. If your cat had been wearing tags, it would not have taken so long to return the cat to you. When I picked up the cat at 0630 hrs, I was not aware that the cat was tattooed and, being new to the job at that time, I didn't think to look for one. Later that day (1730 hrs) it was brought to my attention by the SPCA to look for a tattoo. When I found it, I immediately called the Comox Valley Animal Hospital to find out who the owner was, and returned the cat to you.

You should be happy that you are allowed to keep any pets in your PMQ because in Winnipeg's row housing you cannot have any pets at all. If you are found with a pet in a row house there, you are ordered to vacate the MQ immediately.

Regarding non-registration for cats in the town of Comox: this is their policy and, as we are part of the Canadian Military, we fall un-

der Wing Standing Orders, not community by-laws. The laws on pet registration are set down by the Wing Commander and, if you have a problem with them, you can bring your concerns to the Community Council and they will forward them to the Wing Commander or you can address this problem directly to him yourself.

The money that is received for pet registration and fines is directed to NPF. They, in turn, give the money to Wallace Gardens to run the many activities and functions that all of the members of Wallace Gardens seem to enjoy. The money also pays for pet food that I must have to feed the animals that come into my care, sterilization of the kennels that the animals are kept in, and transportation costs to and from the SPCA.

If you, or anyone else, have any questions I would gladly try my best to help you find the right answers.

Sincerely,
Mona Bird
Animal Control Officer
Pager: 703-9009

RCAF Station Comox

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

740 Comm. Det. transferred to 19 Wing

On 21 April, a piece of 19 Wing Comox passed into history. 740 Communication Sqn CO, Maj Dufour, signed over the personnel assets and responsibilities of 740 Communication Detachment Comox to WComd, Col MacLean.

After 27 years, the prodigal offspring came home. In truth, the detachment has always remained a part of the Wing, participating in exercises, activities, functions, teams and messes; working and squabbling with sibling sections; and training side by side with other Wing personnel throughout the years. But, for 27 years, they were officially part of Communications Command (CFCC), later referred to as the Defence Information System Organization (DISO). To witness the event were LCol Gemmill from 1 Canadian Air Division; CWO Budgell from 740 Comm Sqn; Maj Drapeau, WTISO; Capt Levesque, D/WTISO; Capt Duckworth, TIS Ops O; MWO Rodgers, TIS TMO; Sgt McKinney, the last Det Comd and new Message Section Supervisor; and PO2 Garrah, Crypto Section Supervisor.

In 1965, CFCC was formed to provide, coordinate and support strategic communication systems for the Canadian Forces. The Base Telecommunication Officer (B Tel O) retained the message and custodial services until March 1971 when CFCC assumed full responsibility for Comox message and COMSEC account services. 740 Communi-



As part of the national DISO devolution process, the CO 740 Comm Sqn signs over the personnel, facilities and responsibilities of Comm Det Comox to WComd. After 27 years, it is Air Force communications again.

(Photo by WIS)

cation Detachment Comox was then created with its Commander answering to the CO of 740 Communication Sqn Esquimalt.

For 27 years, the detachment personnel served both CFCC and Comox proudly and loyally. Now, with the DISO restructure and the upcoming replacement of the Automated Defence Data Network (ADDN), the people, assets and responsibilities of the detachment are being returned to their Air Force roots. The Line Section continues to provide for the installation and maintenance of all communication cabling, antennas and towers at the Wing, but has gained a high-tech edge with the introduction of fibre optics. The Cryptographic Section continues

the arduous task of providing and accounting for cryptographic material and equipment at the Wing. And, the Message Centre continues to provide ADDN message services to the units, though in a new way. Gone, at last, are the faithful but tired old teletypes. New secure personal computers were brought on line just two days before the detachment was signed over. In addition, to improve quality of services, the new equipment will soon provide the means for delivering Unclassified and Protected A ADDN messages electronically to unit Orderly Rooms.

So, to the people of the Crypto, Line and Message sections - welcome back to the Air Force.

WTIS exposed



As an organization, we've been extremely busy for the past few months upgrading the cabling infrastructure, replacing the majority of 486 PCs, installing and upgrading a new Wing-wide PA system and upgrading the cable vision network for the Wing. We've also installed a non-secure video conferencing system in B45, increased the capacity on the

Meridian Telephone Switch, upgraded the Precision Approach Radar, and are in the process of preparing for the Military Automated Air Traffic system and the new control tower. With Contingency Support Training, annual re-qualifications and trades training we've managed to stay afloat pretty darn well.

In this, and future editions of the Totem Times, we plan to introduce some of the many members of our flight who perform their duties behind the scenes without much fanfare and will try to keep you apprised of the many developments occurring in the TIS world.

Reminder to everyone: if you experience any communication equipment failure, including data and voice circuits, PCs or software application problems, please call the Help desk at 8841 or send them an E-mail.



Cpl Rod Russel works in the FM/Audio Video section. He is one member of a team responsible for the maintenance of Non-Tactical communication equipment. He also responds to trouble calls related to audio, video and PA systems.



MCpl Andy Euteneier is from the Tel/Data Services section. He is the 2 I/C, responsible for all data and voice telecommunications and the Public Branch Exchange switch maintenance on the Wing.

Basic Sailing Course

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

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

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

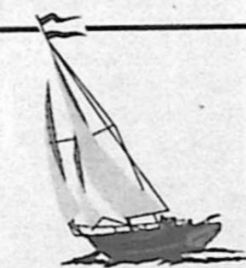
Instructions will be provided by a certified instructor from Canadian Yachting Association. Upon completion, you will be knowledgeable with the sport of Sailing and also be awarded a certification from CYA.

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

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

The wind is free, why not use it?

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

For more information, call Ed Goski at 339-5401 (home)



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"I take this stuff pretty seriously"

CE Team Leader
Don Buchan - Structural Team
(Seventh in a series on CE team leaders, their staff and services)

by Finn

"Socio-Tech works at Comox because it came in when the climate was right. Everyone could see what was wrong, from the shop floor and up."

Feisty. The word leaps to mind when listening to Don Buchan, CE's Structural team leader. No mincer of words, Don gives voice to his opinions without fear or favour.

"As a paint shop supervisor in Winnipeg, I found my ideas and suggestions time and again somehow stalled, whatever their merits. I came to Comox in '91. Went easy at first, just listening and learning. I'm sure folks thought I was a SIU plant! Having seen enough, I made suggestions. It was like day after night. For example, I had seen how the PMQ painting could be improved upon. My suggestion was instantly acted upon. Same with the airfield markings - why, CE could do it not only as well, but better than the contracting jobber! We've been doing it to this day. See what I mean? Bosses here are receptive to ideas. At Quadra, we did a building - Q73 - for half the anticipated cost.



Structural Team

(Rear): Joe Albert, maintenance. (Standing): Ken MacKenzie, painter; Susan Mendonca, carpenter; Don Buchan, Team Leader; Al Oelke, maintenance; Tim Prad, painter; Donald Nesbitt, roofer; Dave Gallagher, project carpenter. (Sitting): Glen Hendry, painter. (Missing): Craig Lafontaine, project carpenter; Peter Senior, roofer; Tammy Thornton, roofer; Charles Williams, roofer; Tom Revie, carpenter; John Stokes, cabinet maker. (Extreme right): Don Buchan: "Worry? Who, me?"

"That was before Socio-Tech, most of it. And that explains why the system of power devolution has been a greater success here than anywhere else. Everyone knew things were wrong, had been telling the higher-ups for years. The time was ripe. I mean, money was being wasted - a plane on a pedestal - well; let me just say \$100,000 was blown moving that thing back and forth. Funny now. Sure wasn't then. But that's perhaps where the difference lies. If

they came for the same thing today, CE would say "No!" Higher priorities must prevail."

Don Buchan, ex-Army (18 years in Service), has himself become politicized. Four trades are represented in his shop - carpentry, painting, roofing, cabinet making, as well as the trades helper group. He holds, in addition to his Team Leader duties, the position of First VP in Local 1007 of Union of National Defence Employees.

Don Buchan is firmly wedded to the every-man-a-leader concept. "I take this stuff pretty serious. I'd really like to talk about everyone on my team but, I know - no space! So let me say this: Everyone on the team decides for him or herself - the planning, the tools, material, the time, even the effort. With that privilege goes accountability. My job essentially is to see we stay within budget, and that my people get what they need. I'm blessed with a great, if pretty assertive, group. No one is afraid to address issues, including the perception, true or false, that someone may be slacking off a bit. We're not talking discipline here - that's my responsibility. We're talking peer discussions. Believe me, it can get pretty loud at times..."

The Structural Team has just completed a number of major projects, the re-siding of B101, for instance. Also, renovations to B3, the Officers' Mess. And, of course, the emergency repairs to the sagging timbers at the gym (B28). Currently, a lot of re-roofing is taking place. "The plan," says Don, "is to secure the outside of as many buildings as possible - roof, windows, sidings. Then there'll be time to do the interior, a less urgent matter."

The Team Leader reflects back in time. He was in the Infantry, then remustered to Engineering "You know, I've been posted many places - among them: Petawawa, Edmonton, Germany, Winnipeg. By far the best base has been Comox. For many dif-

Sign of the times...

...and the time, for the sign will reveal the correct time any hour of the day of night - if turned to that particular program. Located atop the Commissionaires' Hut at the main gate, at the request of W Admin O, its recent installation permits messages to be flashed to oncomers. "You are late" may not go over well, but "Observe Speed Limit" or "Exercise in Progress" could be reasonable samples of what may be expected.



(L-R): CE electricians Simon Carty and Isaac Lucas, carefully observed by Commissionaire Nigel O'Brian, check out their handiwork. Incidentally, the time flashing on the screen was incorrect. But then, false starts are supposed to be omens of better things to come.

ferent reasons, true. But the flexibility, the receptiveness to new ideas is certainly a major reason. And you know what? Let me put it this way: That receptiveness has saved the base a whole lot of money."

Overhead door to - the heavens?

In the same way that Heracles took from Atlas the heavens on his shoulders, thus Keith Clarke of CE withstood heavy pressure from above - if, like Heracles, just for a while. Keith, a member of CE's Refrigeration and Mechanical Team, had to hold up one of the overhead garage doors at Wing Fire Hall, so his colleague, electrician Daryl Owen, could complete some work.

Keith and Daryl installed three new panels in the damaged overhead door. Emergency vehicles may now expect smooth exit from the hall, unimpeded by the risk of faulty mechanism.

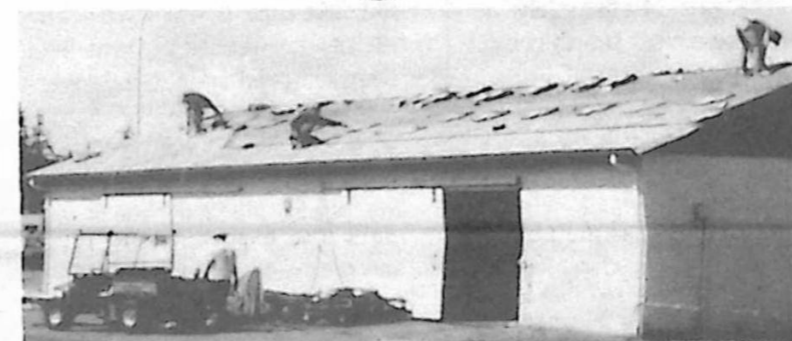
Keith Clarke has other accomplishments to his name, but one that ranks high is his recent receipt of a \$735.00 cheque. Together with R&M Team Leader Mike Konschak, he received a suggestion award (see *Puny Puck scores big*) for an item, the re-

placement of which, has saved air bases across the country many thousands of dollars.



Keith Clarke, CE R&M - recipient of Suggestion Award for device saving CF thouSand\$. (see Puny Puck scores big)

The checked shingle life



Roofers atop the GSE storage building (B133).

The roofers are here, the push is on. Nine base buildings will have their roofs wholly or partially recovered during spring and summer, thereby hopefully preventing any leaky-condo syndrome. Many shingles may also have a checked look.

"We're trying to use two-tone, interlocked asphalt shingles," says Structural Team's Peter Senior, who both works with the crew and keep an eye on things. "The idea is to get away from the colour black, which seems to be less durable. Absorbing the heat the way they do, the shingles tend to break down faster."

Roofing is a physically difficult job. Sloping, slippery roofs

make safety a primary concern. Peter Senior, though, is satisfied with progress. "With all the precautions we have taken, work still is moving ahead very nicely. It also helps, in spite of the difficulties, to have a good-natured crew, which is the case here. Some are trades helpers, one is a student, so for them the roofs may take a little getting used to. For the professional roofers, of course, it is a different matter. They know the hazards and the importance of putting safety first. But we all aim at completing the roofs without any accidents occurring."

Up to seven Structural employees will make up the roofing crew.

Congratulations!



Mr. Norm Rowland, a member of CE's Refrigeration and Mechanical team, receives his 25-year service plaque from WCEO, Maj Wayne Gauthier.

Quake quandry quashed

A quake supposedly destroyed the Tower of Babel. To forestall any such hazard to the Wing Fire Hall Hose Tower, an AEF crew, lead by Sgt Ernie Linden, prepared the way for a severe paring-down of tower height. The tower - built "some 15 years ago and obsolete the day after," according to MWO DFave Christie, WFH - was "delidided" with the help of a crane, the job requiring 8,400 pounds of lift.

"A roof that small weighing over four tons obviously was solidly built, with concrete on both sides," observes MCpl Glen Bairs, AEF. "As we worked inside the tower getting things ready, it became evident that the structure was still sound."

The problem, MCpl Martin Percy, AEF, points out, was that "the tower was not earthquake-proof." Besides requirements being more stringent today, the tower was also built immediately adjacent to the Fire Hall itself, adding to the risk. Its dismantling proved a bit dicey, too. Any falling masonry might plunge through the solar panels on the roof below. But the operation came off without any hitch other than a slight delay.

"The tower was used to dry hoses," explains MWO Don Armstrong, D/WFC. "But the hoses have for years been all-rubber and don't rot as was formerly the case. What remains of the tower will be levelled at roof height of the Hall. It will contain two storeys - the upper to be used for general storage, the lower for cleaning material."

If feasible, efforts will be made to save as many of the bricks as possible.

Puny Puck scores big bucks



R&M Team Leader Mike Konschak is presented his Suggestion Award by WCEO, Maj Wayne Gauthier.

When WCEO, Maj Wayne Gauthier, congratulated Refrigeration & Mechanical Team Leader Mike Konschak, while presenting him with a certificate to go with his \$735.00 cheque for an excellent suggestion, it was the culmination of a quest for alternate means that began over two years ago.

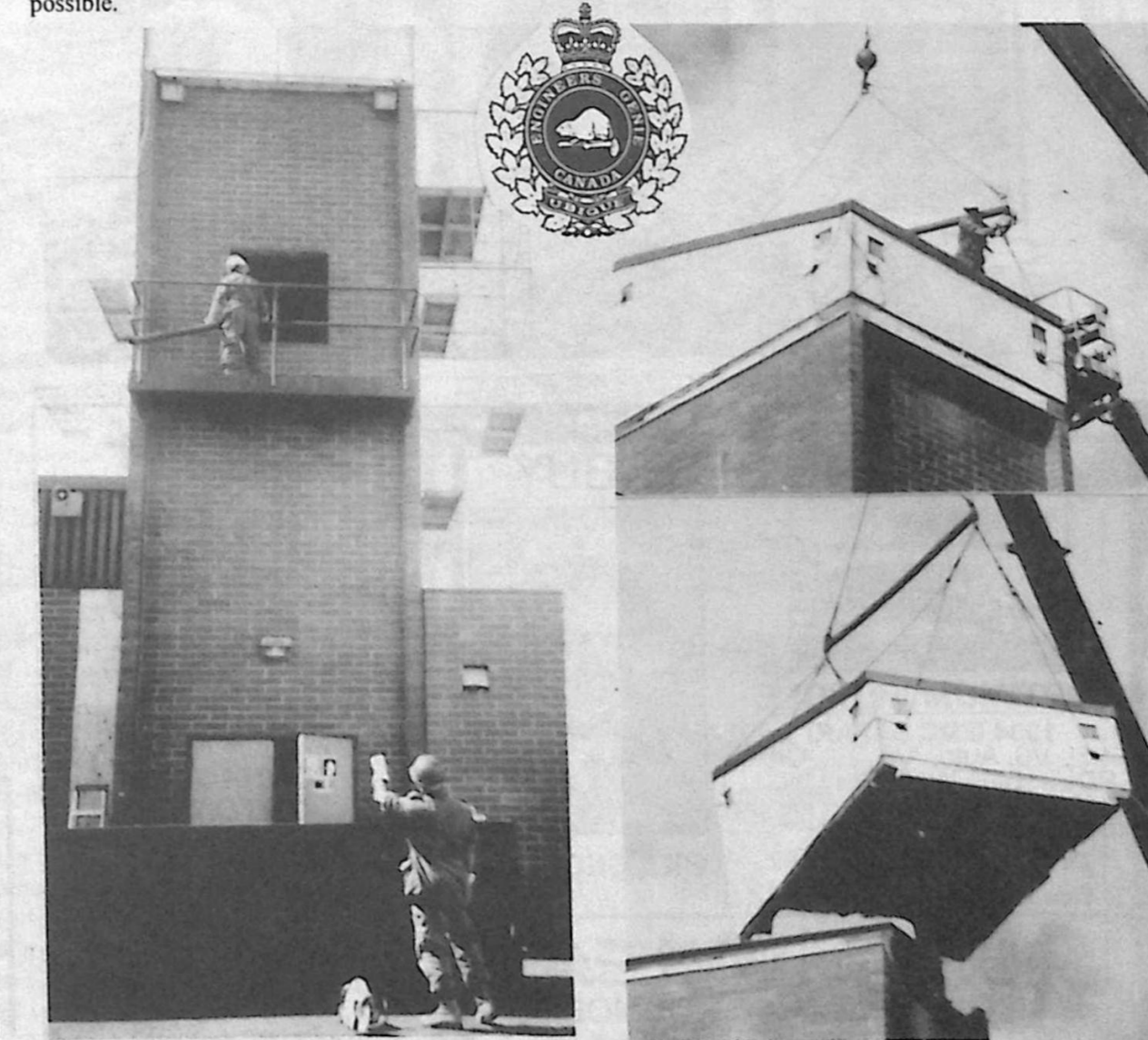
Mr. Konschak and mechanic Keith Clarke, also of R&M, had cast about for some way to substitute the very expensive push bumpers that absorb some of the shocks as the panels come together when hangar doors are used. A small push bumper, as used at Hgr 1, costs \$750.00 while the larger ones then in use at Hgr 3 came to \$875.00 - each. With a total of 32 push bumpers, the Base was out of pocket approximately \$22,000 annually.

Both men looked around without result. Then their collective eye fell upon a hockey puck -

precisely the type of thing they were looking for! It was small, sturdy, made of rubber, inexpensive, built to cushion shocks.

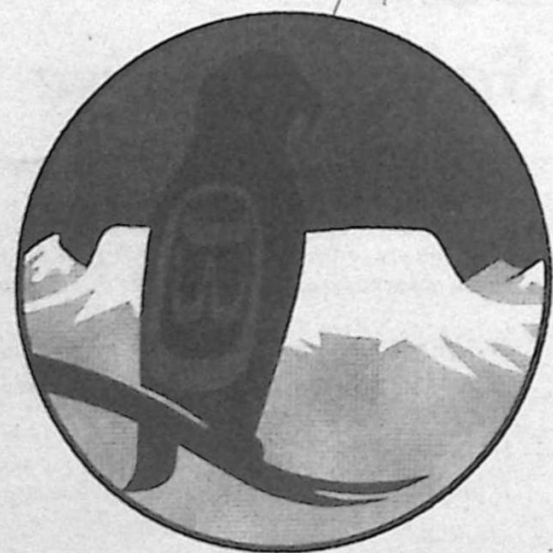
Between then and the subsequent paperwork, Air Command, experimenting further, came up with a different type of the same thing, only a bit more expensive. But at \$33.00 still a steal compared with the old price. And the alternate method is applicable to any hangar door using the same system as at CFB Comox.

"Yes, the money was nice, and it was nice to be recognized," admits Mr. Konschak, Mr. Clarke concurring. "But it'll be even greater if our efforts and success serve as an example to others, not only with regards to modification of existing equipment, but also when it comes to better ways of doing things. Sometimes some ideas lurk in the mind. This may be a spur to putting thought into action."



Cpl Mark Parker on ground points towards Sgt Ernie Linden, both AEF, while preparing the tower for dismantling; Sgt Linden readies the roof for removal; off came the roof, looking light, in fact weighing four tons.

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Safety Week highlights



Above: Mr. Valentine (UNDE Safety Officer) along with Capt Wappler (WGCA mayor), LCol Leversedge (WLogO) and Mr. Ihniski (WGSO) viewing CANEX display. Top right: Coast Guard booth at Officers' Mess. Right: First Aid training. Below: Fire Department display their safety equipment. (Photos by Cpl Kelley, WIS)



(Photos by WIS)



Safety



Fire Prevention Garage Sales

Aieeow!! My children are barbecuing!

Children actually burn up in their own backyards—experimenting with campfires and gasoline, accidentally knocking over burning barbecues. Take a tip from the Old Lady. Never allow children to play near lighted candles, barbecues, outdoor fires. Supervise them at play and make sure they're safe!

The Old Lady and your Fire Department have lots of other hints on how to prevent fires, how to make your home fire-safe and how to deal with arson, burns and getting out of a fire safely. For these hints, simply contact your fire department.



© Fire Prevention Canada and your Fire Department

Summer has arrived; a time for picnics, time at the beach, time for camping and time for the fair weather experience: the Garage Sale.

Recent information published by Canadian Standards Association questions the value of buying used electrical appliances, tools, or entertainment equipment powered by electricity.

One example is an electric blanket purchased for an eight year old child. The first time it was used it caught fire. Luckily the boy escaped injury. Investigation revealed that the blanket was 28 years old and the internal wiring insulation had severely deteriorated.

Another case involved a 12 year old coffee maker purchased for a low price. It, too, caught fire the first time it was used. The thermostat, regulating heat, had been removed and the unit overheated.

A deep fryer was purchased and it caused a fire from overheating, again, the first time it was used. The fryer was 18 years old and not regulated by laws requiring modern safety features.

There are many such examples but these serve as a warning that you may save money at a garage sale but is it worth it if a fire results?

Unless you have access to a qualified person who has knowledge to inspect appliances before use, it is recommended that you not buy electrical equipment offered for sale at garage sales.

NEXT DEADLINES: Advertising: 3 JUNE Articles: 5 JUNE - NOON

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.

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407 Sqn



Demon Doin's

Welcome to another edition of the World According to the 407 Sqn Maintenance Flight. I didn't think that El Nino could have an effect on postings but it seems that posting season has come early this year, along with the early summer. So here are the "good-byes" and "hellos" that have happened so far.

Capt John Klatt is leaving us for an Imaging Systems post grad in Rochester, New York. Within a couple of weeks I'm sure he'll be speaking like a regular Yank. He left early to take a summer course, picture taking 101. After

he finishes, he will be going to Ottawa and working for Intelligence...oh no, that information is classified, now I'll have to kill you! John, I hear they are still looking for someone to take over as WCOL in Cold Lake. Good luck.

Lt Chris Orrey is joining us straight from the AERE course in Borden. He got a wonderful first impression of the squadron when, within the first two weeks of being here, we sent him on a five-week course in Winnipeg. Not only that, but he left on Easter weekend and returned on the May long weekend, so he missed two long weekends in a row. At least we didn't send him in winter! Amazingly enough, he still thinks that 407 Sqn is the only place to be.

WO Andy Devries will be leaving shortly for a Cadet Liaison position in Toronto. Although not a typical MOC 500 position, it sounds like a great job. When he leaves, the UGSO position will have to be filled. I know it is a greatly sought after position but I think WO Jim Lowdon is the

perfect candidate. Of course, WO Frank Russo has been taking an awful lot of safety courses lately. Will he be put in the position? Either way, I think that whoever doesn't get the position will be really disappointed. I hear they are also looking for an AVN WO in Ottawa.

Sgt Kurt Patrick is being promoted to WO. With the posting freeze on this year, he will be staying in the squadron. Congratulations Kurt.

Now that the nice weather is here, a certain WO and a certain Sgt are taking frequent trips to the smoking area (more frequent than usual that is) to check the wind. At the first sign of a good wind, they hit the water. Good sailing to you both.

Just a quick update on the Wash Hangar - the Buffalo will now fit through the doors!

The O'Brien team is off in Greenwood right now. They are working hard to win a trip to Fin-castle 98 in Australia. Good luck to you all.

Well that's all for now. Stay tuned for the next episode.

Environment Week May 31 - June 6 '98

Regular car maintenance: good environmental and financial sense

Paying for regular vehicle maintenance may, at first, seem an unnecessary expense. In the long run, however, it's an investment that pays financial and environmental dividends.

Whether you are driving a brand new sports car or a battered pickup truck, preventive vehicle maintenance has proven rewards: improved efficiency, lower repair bills and a higher resale value.

In B.C., the exhaust systems of older vehicles are formally inspected; vehicles that fail the emission test must be brought up to standard. These inspections have reduced exhaust emissions and have increased average fuel economy by almost 15%, representing savings of \$200 per year for an average vehicle.

With 16 million cars on Canadian roads, which account for about 15% of the country's carbon dioxide emissions, the potential environmental benefits of proper vehicle maintenance are significant. For every litre of gasoline a vehicle consumes, about 2.5 kilograms of carbon dioxide is released into the atmosphere. That means a typical vehicle will produce up to four tonnes of carbon dioxide each year - more than twice its weight!

Your car owner's manual is the best reference for maintenance. If you bought your car used and don't have an owner's manual, your local car dealer can obtain one for your car's model year. Another resource for car owners is Natural Resources Canada's AutoSmart Guide, which contains guidelines for maintaining all your car's major systems and offers tips on setting out a preventive maintenance plan, dealing with a mechanic and trouble shooting.

As part of your car's regular maintenance, check fluid levels, inspect your tires for damage and check your tire pressure with a quality tire gauge. Your vehicle also requires a tune-up approximately every six months or 10,000 kilometres.

Properly maintaining your car's oil, oil filters and tires is particularly important to its fuel efficiency. In general, changing your oil regularly is the most cost-effective maintenance you can do; it protects your engine and helps keep it in top operating condition. A well-lubricated engine uses fuel efficiently and produces the lowest emissions. Oil changes are typically required every three months or 5,000 kilo-

metres, although this can vary from vehicle to vehicle. Check your owners' manual for recommended intervals.

Dirty air filters also reduce fuel efficiency. Something as simple as a clogged \$15 air filter can increase your car's fuel consumption by as much as 10%. Change your filters when you change the oil.

It also pays to monitor tire pressure. Keeping your tires properly inflated is a simple and effective way to maintain fuel efficiency. Under-inflated tires increase rolling resistance between your vehicle and the road, which forces your engine to work harder and consume more fuel. For every 5% your tires are under-inflated, your car consumes 1% more fuel. Chronically under-inflated tires also wear out faster and can compromise road safety. It is good practice to check tire pressure once a month.

Improper tire alignment can also reduce efficiency and cause premature tire wear. Have your car's alignment checked, especially if you have hit a big pothole, bump or curb. It also pays to have your tires rotated every six months or 10,000 kilometres.

When buying tires, consult a professional dealer and choose quality all-season tires with long projected tread life and low rolling resistance. Generally, a 10% reduction in rolling resistance results in a 20% reduction in fuel consumption.

For publications on all aspects of vehicle maintenance, call the toll-free Energy Publications Line at 1-800-387-2000 or visit the AutoSmart web site at <http://autosmart.nrcan.gc.ca>

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Cops Corner



Hello again from the Security and Military Police Section. We are the primary investigating agency for 19 Wing, including the Private Married Quarters area, Quadra and surrounding Cadet/Reserve Units. If you have any knowledge or questions concerning criminal activity in your area, or if you would like information on public safety, please do not hesitate to contact our Community Relations Section at 339-8236. The Military Police Emergency number is 339-8888. For those of you who reside off the confines of 19 Wing and who are in need of police services, you can contact the Courtenay RCMP information line at 338-1321. Emergency services can be reached by dialling 911.

Your questions and concerns are welcome and appreciated by all law enforcement agencies. By working together we can make our community a safer place to live.

The Military Police have investigated a wide variety of criminal and traffic offences and so far this year we have had incidents of assault, property theft, property damage, sexual offences, impaired driving and 24 hour driving suspensions due to drinking and driving. We have also responded to several traffic accidents as well as issued traffic violation tickets, notice and orders and have given numerous verbal warnings to offending drivers.

In closing we would like to remind you that to better serve our military community we need and welcome your input.



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SAY "YES" TO RESPONSIBLE DRINKING

It might start with casual, social drinking. Then, ever so slowly, heavier drinking and even weekend "blow outs" become all too common.

The pattern develops for all sorts of reasons, and continues unchecked until it's as if a light snaps on in your head. Something triggers the ability — or the desire — to say, "This is wrong. It's got to stop."

Many CF members have overcome problems with their drinking and now live happier, healthier lives because of it. One member finally accepted that he was an alcoholic because drinking had caused all sorts of personal problems and ultimately led to the breakup of his marriage.

Another member came to a similar, abrupt realization. Partying and a real attitude problem led to difficulties in her job performance. A fellow member had the strength to confront the issue and ask her if she had a drinking problem.

The great majority of CF members drink responsibly or don't drink alcohol at all. Health surveys now show that one CF member in twenty is a heavy drinker down considerably from 1989 when the figure was one in ten.

From a personal health standpoint, heavy drinking is very troubling. Individuals who have several drinks a day or go on occasional binges risk real physical harm.

Whether you have a serious problem requiring residential treatment or more modest concerns, all individuals must be ready to make — and stick to — changes. As one member put it, you have to get to the point where you say, "It's time to wake up and smell the coffee."

partly the macho thing for him. "You're rough. You're tough. You're John Wayne," as he so aptly put it. Another member said long periods of separation from his family when his children were young was a factor. A third says cost and availability played a part. "With the price of alcohol on the base," he remembers, "a dollar could go a long way."

These members are all forever grateful for the help they received from the CF to tackle their problem. Whether through educational sessions organized under DAPP, an opportunity to talk individually with medical personnel, or the Addiction Rehabilitation Program, there's something for anyone who is concerned about his or her approach to alcohol and has a genuine desire to change it.

There are other ways to make sure little problems don't become big ones. "There's more to the military than the mess life," says one 25-year member who overcame problems with alcohol. "With sports, various crafts, and other activities, there are so many positive things you can do."

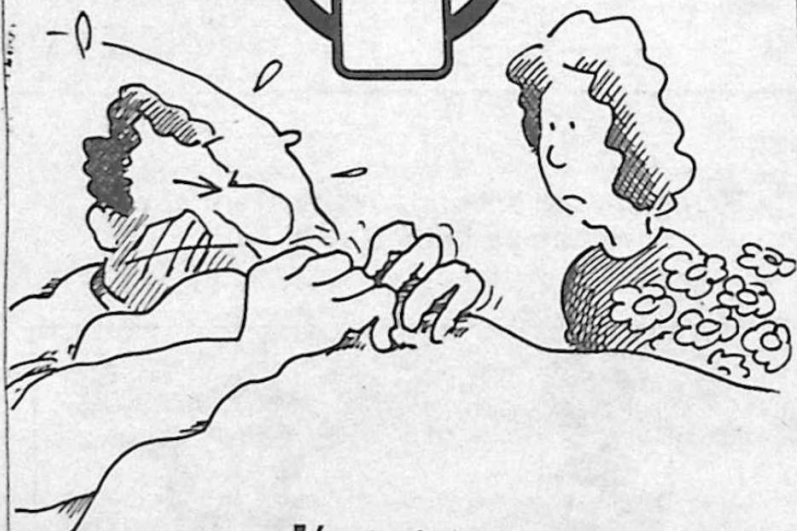
At more and more social functions, soft drinks and non-alcoholic punches are available, making it easier to make the healthy choice. And as one member said, "If you're out socializing, you don't have to be the last one to go home."

To be part of the solution, all members can help by drinking responsibly, being careful not to drink and drive, and providing support to other members who need help.

Whether you have a serious problem requiring residential treatment or more modest concerns, all individuals must be ready to make — and stick to — changes. As one member put it, you have to get to the point where you say, "It's time to wake up and smell the coffee."



Heavy drinking can cause you serious physical harm.



L'excès d'alcool peut avoir de graves conséquences.

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.

Health is a leadership issue

KINGSWAY AUTO CENTRE advertisement with services like Wheel Alignment, Balancing, Brakes, Tires, Custom Wheels, Tune-Ups, Complete Auto Repairs, Licenced Mechanic, Batteries.

W Log wins Commander's Cup floor hockey



Hockey Championship in fine fashion, going through the round robin, semis and, of course, the finals, without a loss. The scoring force of the team came from all three forward lines and their defense but Scott "Shooter Tutor" Klein was the driving, saving force of the team, kicking out shots from every angle.

Commanders' Cup standings

- W Log.....14 pts
407 Sqn.....13 pts
442 Sqn.....12 pts
Admin.....10 pts
19 AMS.....8 pts
414 Sqn.....5 pts

Pacific Region ball hockey

19 Wing Comox will be hosting the '98 Pac Region Ball Hockey Championship 3-6 June. Volunteers are needed to run the clock and keep score.

Inter-section slo-pitch

The '98 inter-section Slo-pitch season is under way. This year's league has 12 teams, playing from Monday to Thursday on the Wing diamonds.

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Ball diamond schedule

Table with columns for Day, Time, and various teams/locations. Includes a section for INTER-SECTION PRACTICE TIME RESERVE THRU SPORTS COORD.

Jake's Trivia Corner

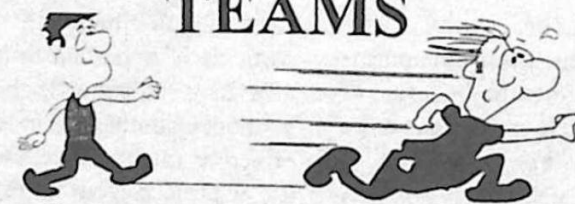
- 1. How many Canadian Armed Forces National Championships has Comox won?
2. Who is Chatham, Ontario's gift to major league baseball?
3. Who is the only manager to win divisional titles with four different teams?

Answers on page 14

Third Annual Comox Cup Road Hockey Tournament

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

WANTED TEAMS



Walking, Running or any Combination

Walking, Running or any Combination Lots Prizes Lots of Fun Hot Tubs YANA Food Booth 24Hr. DJ Hourly Prizes

July 4 & 5 1998

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

For more information, CONTACT YANA at 334-0511 Fax: 338-9755 19 Wing YANA rep Sgt Al Gallant, 8733.

Glacier Greens



TUESDAY LADIES CLUB by Barb Carter

May 19th started out cool but turned out much nicer in the late morning. What a great turnout - 44 gals showed up to play.

This day was the NCTC qualifying round, it was also Pin Day. It will be Carmel Horochuk and Judy Fellbaum to represent GG at the next level. Congratulations gals. Big congrats to Helen Williams who won Pin Day with a super Net 66; Lori Cameron and Lorraine Courtemanche both with 76s; Patti Beachey 68; Jean Maxwell and Inge McArthur with 69s.

We wish to welcome Maralee and Christie back to Steve Dodd's staff.

Interclub Match Play kicked off the season with a visit to Myrtle Point on May 20. Next play will be on June 3 at Pacific Playgrounds.

Edna Dodd is burning up the course, last week breaking 100, and recently breaking 90. Well done.

One of our pets has passed on to Turtle Heaven. He will be missed. The 50/50 draw was won by Sonja Famulak.

Kay Banks, Margaret Johns and Ellie Nicholas - we wish you all speedy recoveries and return back to the fold.

MONDAY NIGHT BUSINESS LADIES

High Gross Jean Maxwell, High Net Betty Persall, High Putts Marion Carmichael. Jennifer Holt had a chip in.

REID'S COURTENAY

- In Province Vehicle Inspections
Engine Steam Cleaning
Exhaust Systems
Truck & Auto Repairs
Auto Propane & Repairs
Propane Key-Lock

RENT-A-WRECK RENTS

334-2060 Moving Trucks & Buses CARS & Pick-up Trucks 334-3844 451 Ryan Rd., Courtenay



3rd Annual BC Children's Hospital Charity Golf Tournament

Saturday, June 6, 1998

Lots of FUN!!

Lots of PRIZES!



Mulligans Golf Centre 4985 Cotton Rd., Courtenay, BC

Time: 11:00 a.m. TO 4:00 p.m.

\$25/Per Person

(INCLUDES: Green Fees, Beef on a Bun & Soft Drink)

Alternate Shot

Junior & Adult Players

(Juniors MUST be accompanied by an adult during play)

Call now. Operators are standing by.

1-888-663-3033



children's miracle network telethon Please watch May 30-31

Glacier Greens Men's Open June 6 & 7 Entries still available Call 339-6515

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

TAKING CARE OF THE COURSE

NEVER EVER PLACE YOUR GOLF BAG ON THE PUTTING GREEN...



... IT COULD DAMAGE THE PLAYING SURFACE

Fore! DAD.

Golf Privilege Club

Play 900 Golf Courses for only \$32.10 including GST

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

BRITISH COLUMBIA LUNG ASSOCIATION

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

Wallace Gardens Community Association Newsletter

M.Q. Yard Sale Saturday, 6 June 8:00 a.m. - 2:00 p.m.

Bins for leftovers from the M.Q. Yard Sale will be placed in the Airport School parking lot on Friday, 5 June, after school hours, and will be picked up on Sunday, 7 June. They will be marked as follows:

- Scrap Metals & Appliances bin**
Refrigeration units will be accepted ONLY if they have been PURGED and are clearly marked as EMPTY OF ALL REFRIGERANTS. Propane bottles MUST be EMPTY, DEVALVED and PURGED.
- Cardboard bin**
Please EMPTY and FLATTEN all cardboard boxes - put contents of boxes into Leftovers bin.
- Furniture & Clean Wood bin**
- Leftovers bin**
This includes everything else i.e. books, magazines, stereos, T.V.s, pots, pans, etc.
Please note:
TIRES & BATTERIES WILL NOT BE ACCEPTED.
• We regret there will NOT be a bin for hazardous materials, paints, or wastes. Please contact the W Env O at 339-8187 or Terry Hide at 339-8721 if you wish to dispose of any hazardous materials.
• Empty dry paint and aerosol cans are considered garbage. Paint cans with leftovers may be returned to the supplier.
• Unsold items may be donated to St. Michael's & All Angels Chapel. A clearly marked vehicle will be in the parking lot from 2:30-5:00 p.m. on Saturday, 6 June.
• We require the co-operation of you all to make this event a success.
For more information, please call Mr. P. Cartwright at 339-8185.

CANADA DAY POSTER CONTEST
Wallace Gardens Community Association is sponsoring a Canada Day poster contest this year. Children 4-18 years are eligible. Requirements are as follows:
1. Entries must be on white poster-size bristol board.
2. Any materials may be used.
3. Must reflect the Canada Day theme. All entries will be displayed at Canada Day festivities.
More information will be forthcoming!

TEEN NEWS

Our Teen events have come to a close for the summer. Thank you to Carmie & Garry Dixon, Lee-Ann, James & Tony, as well as all the other volunteers. Without their hard work & constant support, our events would not have taken place. On a sad note, Carmie has made a decision to stand down as the teen coordinator. Special 'Thanks' to you Carmie for all the years you've given us, and all the best in your future endeavours!!!

JUNE SOCK-HOP

WHEN: 13 June 1998
TIME: 6-8 pm
THEME: Last sock-hop 'till September
WHERE: Community Centre
COST: 50 cents members
75 cents non-members
For more information call Pat Taylor at 339-1400

BURSARY

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

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

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 thank to the coordinators of the event Kathy & Yvon Bertin and Liz Bech. Have a wonderful summer and we will be seeing you in September.

FAMILY BINGO BLOW-OUT

When: 07 June 1998 from 1:30 pm
Where: Community Centre
Cost: 25 cents for members
50 cents for non-members
This is the last Bingo unit! September
Lots of prizes, lots of fun!!!
For more information call Pat Nicholson at 339-1966

PET CORNER

CATS, CATS, AND MORE CATS!!!!
New ruling in Wing Standing Orders Section 2-07.03 para 14. a and b:
(a) No owner shall allow any pet to be at large and where any pet is found to be at large shall be deemed to be so with the consent of the owner;
(b) Pets must be kept on a leash at all times when off the owners property.
The word pets in all WSO now includes cats as well as dogs; therefore, any cats found at large are subject to the same penalties as dogs. So, take care to make sure that if your cat is outside, it is secured properly.
For more information, please call ACO Mona Baird at pager # 703-9009

WALLACE GARDENS COMMUNITY ASSOCIATION CANADA DAY CELEBRATIONS
If you would like to volunteer a few hours of your time please contact Jane Behus at 339-8211 ext 8571

TEENS

CYBER CITY ADVENTURES IN NANAIMO
SUNDAY, JUNE 14

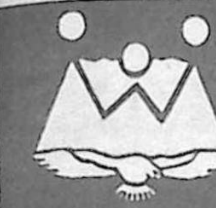
Open to all teens 13-18
Bus leaves Canex at - 10:00 a.m. --- Returns at 6:00 p.m.
Cost: \$ 22.00 if a C.C. member
\$25.00 if a non-member

MUST BOOK IN ADVANCE AND PAY A DEPOSIT OF \$10. TO SAVE YOUR SEAT ON THE BUS.
To book, call Carmie at 339-7696 or come to 49 Oak.
PLEASE BOOK NO LATER THAN SUNDAY, JUNE 7

\$22.00 FOR 5 TICKETS, A SAVINGS OF \$18.00
Below is a list of what tickets will get you:
1 ticket for Laser Tag
1 ticket for Go Karts
1 ticket for Mini Golf
1 ticket for Paint Ball
1 ticket for Bullseye Blowguns (plus \$3. for mouth piece)
Pin Ball Games -- Bring your own money
*IF YOU WISH TO PURCHASE MORE THAN 5 TICKETS, PLEASE LET ME KNOW IN ADVANCE AND I WILL TRY TO BUY EXTRA AT A CHEAPER PRICE. SINGLE TICKETS AT THE DOOR, COST \$7.99 PLUS GST.

LUNCH - Bring your own or buy your own.

The cost of the bus rental for this outing will be covered by the WALLACE GARDENS COMMUNITY ASSOCIATION.



COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

Tame the Dragon

"Those of us who are locked into ineffective expressions of anger suffer as deeply as those of us who dare not get angry at all."

Anger is as natural as any other human emotion and is nature's way of empowering us to "ward off" our perception of an attack or threat to our well being. The problem is not anger, the problem is the MISMANAGEMENT of anger. When our anger (or the anger of others) is mismanaged and used wrongly, the results can be catastrophic in both terms of dollars and waste of human potential.

Mismanaged anger and rage is the major cause of conflict in our personal and professional relationships. Domestic abuse, road rage, workplace violence, divorce, and addiction are just a few examples of what happens when anger is mismanaged.

Anger is energy. We feel it and it makes us want to do something! Hit someone, break something, throw a fit, smash a fist into the wall or sometimes into another person! Uncontrolled and mismanaged anger is the number one cause of divorce and all estrangements! The problem most people are having in their personal relationships is anger. Actually, the problem is not

per se, the problem is the "mismanagement" of anger. Conflict in our personal relationships is inevitable. There is bound to be conflict from time to time simply because we are each so unique in terms of our background and the values we bring with us into our relationships. These differences are bound to lead to occasional or even sometimes frequent conflicts and disputes. When we do not know how to handle the anger of these conflicts appropriately, we will mismanage them every single time. Eventually, the accumulated disgust from our failed attempt to "resolve" our conflicts ultimately leads to the deterioration and end of our relationships.

There is a clearly identified process of anger management. The process begins with identifying the situations that trigger those anger attacks that are way out of proportion to the reality of the situation. Someone's failure to remember your birthday is not grounds for a divorce! You are angrier than the situation calls for and must

investigate why your reaction is so drastic. One common cause of these types of over-reactions is the result of suppressed anger from the past! Most people have a pattern of suppressing their anger (wimping out) until the pressures, tensions and stress become intolerable.

At this point, they usually "erupt" like a volcano! They find themselves doing things they don't want to do, things they know they'll regret in the morning. But they do it anyway. They don't know how not to over-react! However when we begin to identify the feelings behind these behaviours we can begin to explore ways of making anger work for us and not against us. Beginning June 1st the CMFRC will be sponsoring an anger management workshop designed to help participants identify productive and non productive ways of expressing anger. For more information on this workshop call the CMFRC at 339-8290.
(Article written by Leonard Ingram of the Anger Institute of Chicago - <http://www.angermtg.com/relationships.html>)



June 14th
12:00 - 3:00pm
at
The CMFRC

Come out and join us for a great day filled with fun and games, yummy food, Bounce-a-Mania, prizes, entertainment, candy floss, music and door prizes. Admission is by donation and everyone is welcome.

Kinnikinnik Child Care Centre Summer Camp Children's Day Camp '98

July 6th - August 28th
To register call the Kinnikinnik Child Care Centre at 339-5051

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

Réseau-Femmes

Atelier de Connaissance de soi - Animatrice: Lyse Clément
Animé par une Femme que poursuit sa quête en développement personnel.
"Vous désirez vous découvrir par des outils de développement personnel?"
Atelier: Initiation au développement personnel. Présentation des bienfaits d'apprendre à se connaître pour mieux s'accepter; s'améliorer; se comprendre; se découvrir et ce, dans le but d'améliorer notre qualité de vie.
Date: Le jeudi 28 mai
Heure: 19h00 - 21h00
Prix de soirée: Surprises...

La Planification Financière \$\$\$ pour Femmes Autonomes
Animé par une Femme d'affaire, cheffe de famille monoparentale
"Êtes-vous une femme qui se dit: je veux comprendre \$\$\$ sans me faire juger!"
Animatrice: Ninon St.Denis, Consultante financière
Atelier: informatif et éducatif sur les différentes sources d'investissements et les avantages/désavantages de s'impliquer ou non aux décisions qui touchent \$\$\$
Date: Le jeudi 11 juin
Heure: 19h00 - 21h00
Prix de soirée: 1 adhésion gratuite pour devenir membre de Réseau-Femmes

Les 2 Ateliers auront lieu au:
120 Kinnikinnik (Centre de Ressources pour les Familles Militaires de Comox)
Frais: Gratuit: membres de Réseau-Femmes et 1 invitée (les places sont limitées pour 15 femmes)
\$5.00: non-membres
Inscription: Contactez Nathalie Chevrette 339-7369 (Représentante - Réseau-Femmes) ou Michelle O'Neill (Coordinatrice Programme Français - CRFMC) 339-8211 (poste 8655)
Possibilité de service de garde pour vos enfants à un prix abordable.





Overseas Base Brats Reunion

A reunion was held in Aug 97, in Calgary, for all service brats who attended high school overseas in the 50s, 60s and 70s. They came from Zweibrücken, Lahr, Baden, Metz, Marville, Hemer, Soest, Werl, etc. Most of those attending were from the 60s and 70s.

I attended this reunion and have now received a "Book of Memories" with all the names, pictures and reunion shots of those who attended. If there is anyone who did not know of the reunion and who wishes to see the book to try and recognize old classmates, they may contact me at Central Registry in HQ, or call local 8654.

There is another reunion plan in the works to be held in Ottawa in the year 2000.

Mammogram screening

Are you missing out on a life-saving test? Screening mammograms can detect early breast cancer, often two to three years before a woman can feel any changes. Early detection means the cancer is more likely to be small and less likely to have spread. This can mean simpler treatment and a better chance of a cure.

If you are a woman in your 50s, 60s and 70s, a mammogram once every two years is your best defense against breast cancer. There is no charge for this test and you do not need a doctor's referral. If you have never had a mammogram or it's been a while since your last one, please call the Screening Mammography Program of BC toll-free at 1-800-663-9203 to book an appointment.

Celebration Singers

Invite you to an evening of spiritual music on Monday, 8 June, at St. George's United Church, 505 Sixth Street Courtenay commencing at 8:00 p.m. Donations accepted. A reception with refreshments will close the evening.



Free Classified Advertising for members of 19 Wing and their families. Ads must be 25 words or less, legible and either hand delivered or dropped in via base mail. No phone ins please.

For Sale

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

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

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). <2/2>

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. <2/2>

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

REGAL - Baby toys to vitamins. Do yourself a favour. Call Nancy 339-3710. 8:00 a.m. - 8:00 p.m. daily. <1/2>

1979 26ft. Triple E motorhome. 80,000 Km, sleeps 6, good cond. \$7,500. 339-6413 <1/2>

Wooden picnic table, good cond. \$50.00 o.b.o. Call John or Norma 339-0875. <1/2>

For Rent

Condo in downtown Comox. 2 Bdr, 2 baths, large patio, good view, freshly decorated, washer/dryer, fridge, micro. 1 yr contract \$800.00 per mo. Cecil 1-604-324-4008. <1/2>

A Special Thank you

I would like to thank the ladies from CMFRC who have become foster parents to the four small kittens that were found abandoned on 15 May. Thank you for giving them a second chance. Mona Baird Animal Control Officer

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.

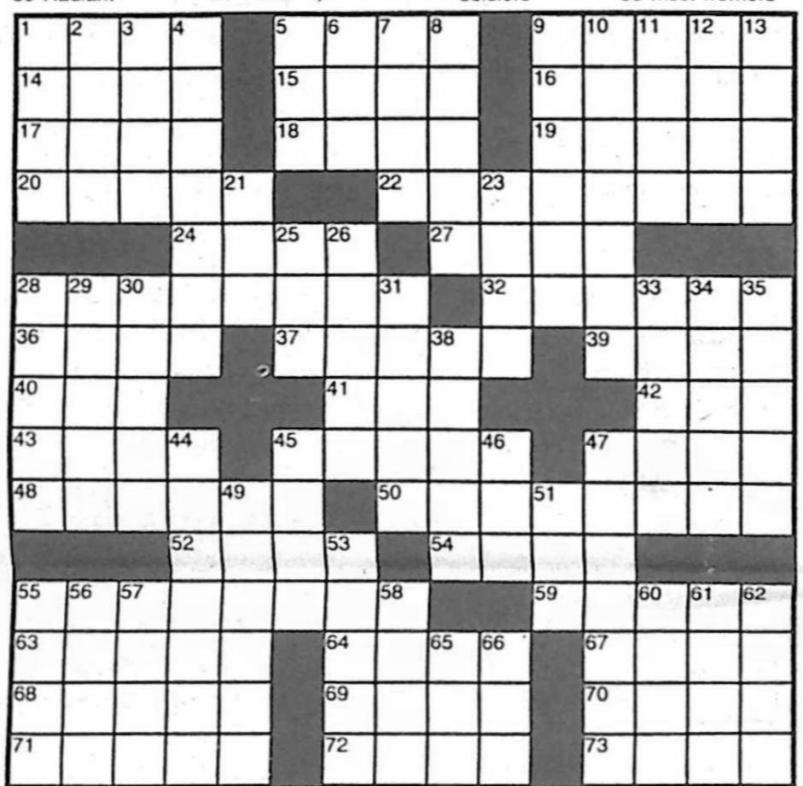
Reunion 507 Sqn RCAirC

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 Placed, 5 Departs, 9 Florida city, 14 Roof part, 15 German car, 16 Violinist's need, 17 Tel —, 18 Claim on property, 19 Constructed, 20 Tropical fruit, 22 Steer, 24 Elbow grease, 27 Tad, 28 Magnificence, 32 Where, 37 Chairperson, 39 Collier Sam —, 39 Truck's rig, 40 Yankovic and Molinaro, 41 Shade tree, 42 Slate VIP, 43 Onion's cousin, 45 Stumbles, 47 High-flying toy, 48 Weiridly, 50 Purified, 52 "Cheers" name, 54 Abominable, 59 Snowman, 59 Member of a boys' group, 59 Radiant, 63 Luau greeting, 64 Location, 67 Greek goddess, 68 Symbol of slowness, 69 Sleigh, e.g., /0 Diplomacy, 71 Canvas covers, 72 Positive votes, 73 Tiff, DOWN: 1 Sewing line, 2 Do a road job, 3 Bad, 4 Loyal, 5 Liquid meas., 6 "Yes, Pierre", 7 Utopia, 8 Red Sea peninsula, 9 Planets' paths, 10 Mountain li., 11 Largest continent, 12 Cheerful tone, 13 Star a poker, 21 Miss Piggy's negative, 23 Null and —, 25 Psyche parts, 26 One who likes solitude, 28 Oil-bearing rock, 29 Point —, 30 Surgical tool, 31 Object from the past, 33 Sponsorship, 34 Overact, 35 Dwell, 38 Generously, 44 Affinity, 45 Novice, 46 View, 47 Medieval soldiers, 49 Some trains, 51 — loss for words, 53 Rumbled, 55 Acting group, 56 Arm bone, 57 Razorback, 58 Floor piece, 60 Pounce, 61 Fierce whale, 62 Electrical unit, 65 Afternoon party, 66 Mss. workers

PREVIOUS PUZZLE SOLVED: SHAG PAUSE ARNO, TOGA HIKED NOUN, TILES OREAD TOLL, RESORTS LIGHTLY, LAO LERE, DEBIT ASP ERASE, ALAN AGHAST MEN, TIKETORLEAVEIT, TIE STREET ANNE, MEDAL ADD ORDER, CAM ARM, LEGUMES AFRICAN, ADAM SKIRT NAME, BILE AERIE TRIO, STAN SWEAR SEEN



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: 3 JUNE Articles: 5 JUNE - 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 5th Forces
Astra, ON, K0K 3W0

Money Matters

...Continued from page 3

Terms of Sale

Open Account (i.e. account which the balance has to be completely paid at the end of the month).....O
Revolving or Option Account (i.e. regular credit card).....R
Installment (i.e. all types of loans).....I

Usual Manner of Payment

Too new to rate; approved but not used.....O
Paid within 30 days of billing...1
Paid in more than 30 days but not more than 60 days or one payment past due.....2
Paid in more than 60 days but not more than 90 days or 2 payments due.....3
Paid in more than 90 days but not more than 120 days or 3 payments past due.....4
Account is at least 120 days overdue but is not yet in collection...5
Account paid through an Orderly Payment of Debts or a Consumer Proposal.....7
Repossession.....8
Bad debt; placed for collection..9

Now for some examples:

If you had a VISA credit card that you took 70 days to make the appropriate payment, your Term of Sale would be "R" and your rating would be "3" or, in their terms, your VISA rating would be "R3." Another example: if you had a corporate or government Individual Travel Card (ITC), such as AMEX, the Terms of Sale are "O" and, if you had not made a payment for over 95 days, you would be rated a "4," thus your AMEX would have a "O4" credit rating.

So, as you see, your credit rating varies on the various Terms of Sale you have for your various forms of credit. You can be an R1 with your VISA (if you pay on time) and an R9 with your Sears card (if you are seriously delinquent with this account).

Well, I hope now you know a bit more about CREDIT. Credit can be a useful and convenient tool PROVIDING you use it wisely.



www.pitch-in.ca

NEXT DEADLINES Advertising - 3 JUNE Articles - 5 JUNE, NOON



Cours de français avancé intensif

Afin de répondre aux besoins du corps professoral et de ceux et celles qui désirent perfectionner leur français écrit et parlé, l'Association francophone offrira un cours de français avancé. Ce cours sera présenté d'une manière intensive. Les classes seront réparties comme suit: les mardis et les mercredis de 9H00 à 14H00, du 20 juillet au 14 août 1998 au coût de \$120.00 pour 40 heures. Inscrivez-vous dès maintenant car les places sont limitées. Composez le 334-8884 du lundi au vendredi entre 12:00 et 16:30 ou passez au 1491 McPhee, Unit #2, Courtenay.

Intensive advanced French course

Due to a great interest in our French classes, the Francophone Association will be offering an intensive advanced French course. The course will be from July 20 until August 14, 1998 and is divided up as follows: Tuesday and Wednesday from 9:00 a.m. to 2:00 p.m. at a cost of \$120.00 for 40 hours. Please register now as the space is limited. Phone 334-8884 Mon-Fri between 12:00 and 4:30 p.m. or drop in at our office.

Vente de Garage

L'Association francophone planifie une vente de garage le 13 juin. A cet effet, nous aurons besoin d'un garage et de vos articles dont vous ne servez plus. Alors, si vous avez un garage à nous prêter et des articles, composez le 334-8884, du lundi au vendredi, de 12:00 à 16:30, ou 338-2193 après les heures de bureau.

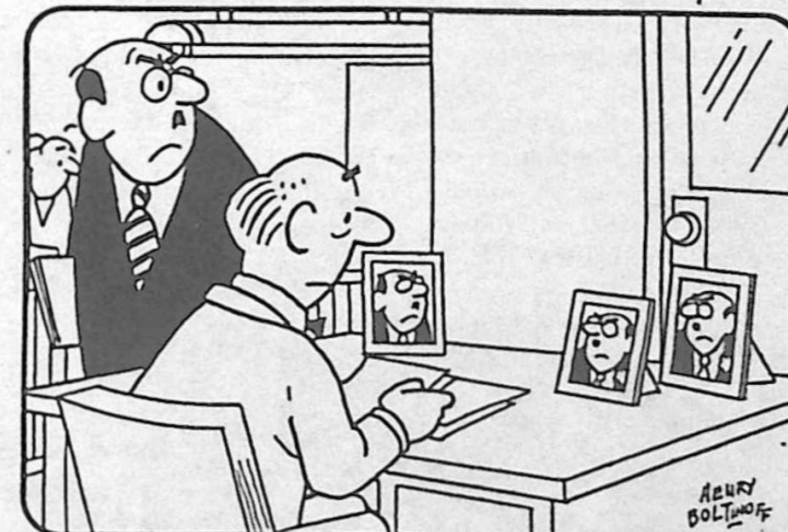
Garage Sale

The Francophone Association is planning a garage sale for June 13. We are in need of the use of a garage and also your donations. If you have a garage we can use, or any unwanted items, please phone 334-8884, Mon-Fri, from 12:30 to 4:30 p.m. or 338-2193 after office hours.

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Light is lowered. 2. Boutonniere is removed. 3. The tie is different. 4. Picture is added. 5. Phone is missing. 6. Doorknob is changed.

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

June 5 Softwinds
June 12 Easterners
June 19 Country Cousins
June 26 Ventura Hyway

GENERAL MEETING - Tuesday, 23 June

SPECIAL EVENTS:

Fishing Derby ... 19 - 21 June
(\$10.00 entry fee includes BBQ)
Fathers' Day, Sunday 21 June
Entertainment by "Fat Man"

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

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

BRANCH 160 COMOX 339-2022

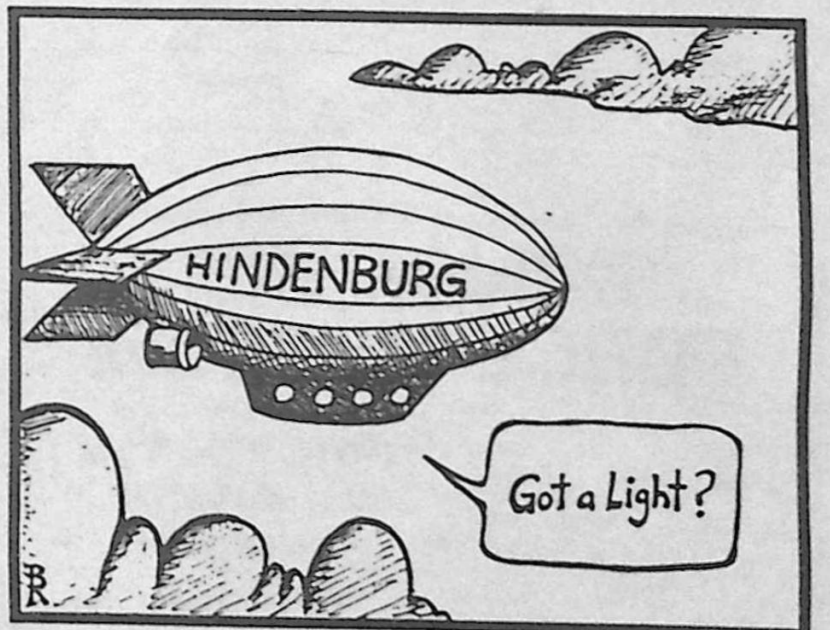
ENTERTAINMENT:

June 5 Eldorado
June 12 Double Play
June 19 Alleycats
June 21 (Father's Day) ... Ventura Highway
June 26 Toe Tappers (easy listening)

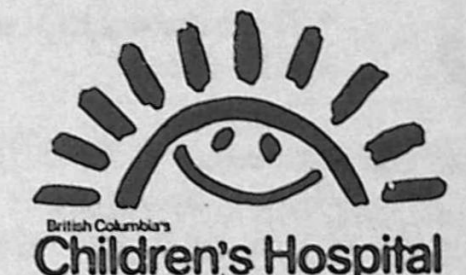
REGULAR EVENTS:

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 pm
MONDAYS.....LA Drop-In Bingo, Upper Hall, 7:00 pm
Monday night Men's Dart League - reg. 8 Sep, start 15 Sep
TUESDAYS.....Mi ed Dart League - reg. 9 Sep, start 16 Sep
Ladies Crib League 7:30 pm in Lounge
WEDNESDAYS.....Navy League Drop-In Bingo, 7:00 pm
THURSDAYS.....*1st Br.160 E cc. Mtg. Upper Hall, 7:30 pm
1st L.A. E. 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.

FREAKSHOW



Got a Light?



Children's Hospital

Heritage Happenings



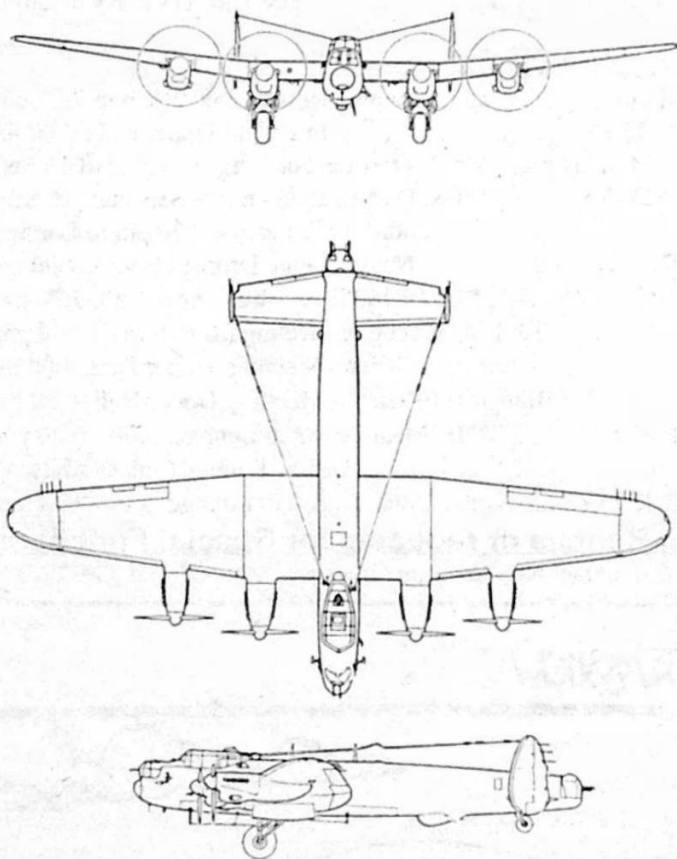
by Maj Joel Clarkston

The Comox Air Force Museum has now formally applied for the Lancaster bomber at the CNE grounds in Toronto, Ontario. The Toronto city council decided late last year to dispose of several artifacts in its' collection, including the Lancaster bomber (FM104) that currently sits atop a pedestal at the CNE. The staff of Heritage Toronto were then given the task of seeking out interested museums and institutions that could, or would, be capable of receiving the artifacts and caring for them properly. The Comox Air Force Museum was contacted by both the Canadian Museums Association and the Air Force Association of Canada to ensure that the information was passed on. The executive of the Comox Air Force Museum unanimously agreed that an application should be made since the Lancaster has a strong historical connection to CFB Comox.

The Lancaster KM 10 was used in the maritime patrol and the search and rescue role when it was stationed at CFB Comox. The first arrived in July 1952 and was assigned to 407 Sqn. A total of 15 Lancaster aircraft served with 407 between 1952 and 1959.

The Base Commander, Col B.B. MacLean, signed off on the proposal on 22 May, giving the green light for the museum to proceed with the application. The deadline for submissions is 29 May and it is anticipated that many other Canadian museums are also applying. It is felt, however, that CFB Comox has a strong case because of the historical connection to the base and the ability of the base and museum to commit resources to retrieve the aircraft on relatively short notice.

If the museum is successful, the project will no doubt require many thousands of manhours to complete and involve the absolute commitment of all the museum's financial resources.



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.

Terror in the Starboard Seat

by Dave McIntosh

This book is a second hardcover edition and is a skillfully woven story of service life in wartime England with the exhilaration (not to mention stark fear) of combat operations in one of the most dangerous fighting venues of the Second World War - low level intruder operations over Occupied Europe.

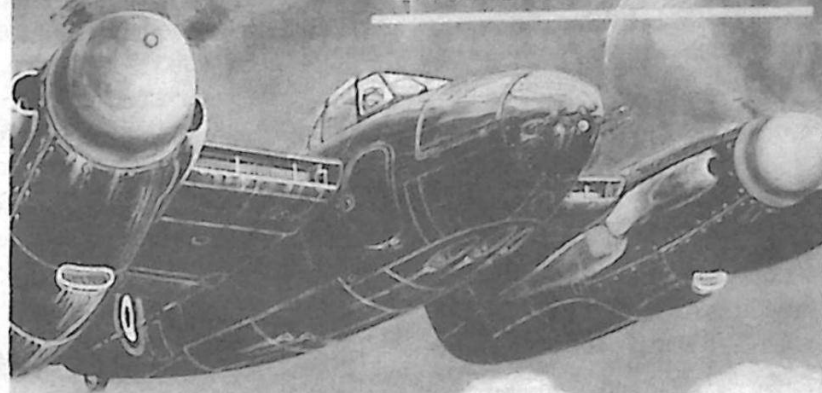
Throughout the book McIntosh's irreverent wit and spine-chilling experiences as a navigator bring the world of Mosquito flying with 418 Sqn into sharp focus. Even his bitter moments and somewhat anti-British comments make the whole book more true to life. For those interested in Canadian aviation history, this book is a must have.

Dave McIntosh, along with his pilot Flying Officer S.P. Seid, won the Distinguished Flying Cross for his services. He passed away in 1995 after a long and courageous battle with cancer.

(Published by Stoddart - \$22.95/176 pages, including photos. ISBN 0-7737-3089-3)

TERROR IN THE STARBOARD SEAT

DAVE MCINTOSH



41 TRIPS ABOARD A MOSQUITO

A TRUE STORY OF 418 SQUADRON

SECOND EDITION

WITH A NEW FOREWORD BY DAVID L. BASHOW

Bomber crew reunites in the Senate

Crew members from the World War II Royal Air Force Heavy Bomber Sqn got together in Ottawa recently to witness the swearing-in ceremony of Archibald Hynd Johnstone to the Senate of Canada. The ceremony, which was held 17 March, 1998, reunited Senator Johnstone and two of his former crew mates for another "mission."

Senator Johnstone, with his welcoming smile and friendly disposition, said "It all started about a month ago," as he leaned back in his chair, remembering the event. "My wife and I had gone to visit the "Skipper," (Pilot) Lawrence T. Welch, whom we had not seen for a while. When word of this (being appointed as Senator) broke out, the Skipper wasted no time and got in touch with the old crew members right away." Most of the crew would have liked to attend, but unfortunately could not make it. The two

that were able to share the Senator's special moment were: Flying Officer, Lawrence T. Welch of Cornwall, Ontario and Dr. Robert McAllister of Salt Spring Island, B.C. Lawrence T. Welch was the pilot of the Halifax Bomber in which the Senator was a crew member on #76 Royal Air Force Heavy Bomber Sqn, Yorkshire, England, during World War II. Dr. Robert McAllister, Flight Lieutenant (now retired as a doctor) was the crew's navigator on #76 Sqn.

The Senator, who is a member of the Royal Canadian Legion, the Royal Canadian Air Force Association, the Air Crew Association of London, England, and a life member of the Bomber Command Association of London, England, said he was proud to have his old friends and colleagues by his side once again. "It meant a lot to share this special moment with my former crew

members, we've been through a lot together."

The Speaker of the Senate, the Honourable Gildas Molgat, the Honorary Colonel of the Royal Winnipeg Rifles Regiment (Little Black Devils), says he is glad to have another military serviceperson as part of the Senate. "It's a pleasure to have another fellow veteran amongst us. With the addition of Senator Johnstone, there are now 10 Senators who have formerly done military service," he added.

The appointment to the Senate took the Senator by surprise, as he said in an interview with a New Brunswick reporter. "I had no idea whatsoever. This came right out of the blue."

As Senator Johnstone works hard to get things settled, he is looking forward to his future in the Senate. "It is a great honour to be a part of the Senate of Canada," he stated.

Senator Archibald Hynd Johnstone was born to Lieutenant Colonel E.W. Johnstone, E.D., II.D., and Jane Montgomery (MacEwen) in Prince Edward Island on 12 June, 1924. He followed in his father's footsteps to later become an air crew member on a Royal Air Force Heavy Bomber Squadron in World War II. He was discharged with the rank of Flight Lieutenant.

Senator Johnstone has served as President of the Prince Edward Island Federation of Agriculture and as National Director of the Canadian Federation of Agriculture. The newly appointed Senator is also experienced in the tourism industry, since he was Director of the Tourism Industry Association of Prince Edward Island and is currently a Director with the Travel Industry Association of Prince Edward Island.



Senator Archibald Johnstone (centre) and former crew members, (L) Flying Officer (ret) Lawrence T. Welch of Cornwall, Ontario and (R) Flight Lieutenant (ret) Dr. Robert McAllister of Salt Spring Island, B.C., at the swearing-in ceremony, 17 March, 1998.

(Photo Michael Bedford, Ottawa)