

TOTEM TIMES

19 Wing CFB Comox

VOL. 40 NO. 10

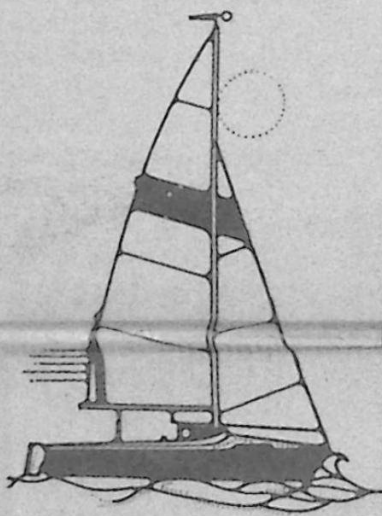
THURSDAY 11 JUNE 1998

COST: FREE

The Comox Valley's Oldest Newspaper



Weekend
getaway
to
Powell
River



see page 5

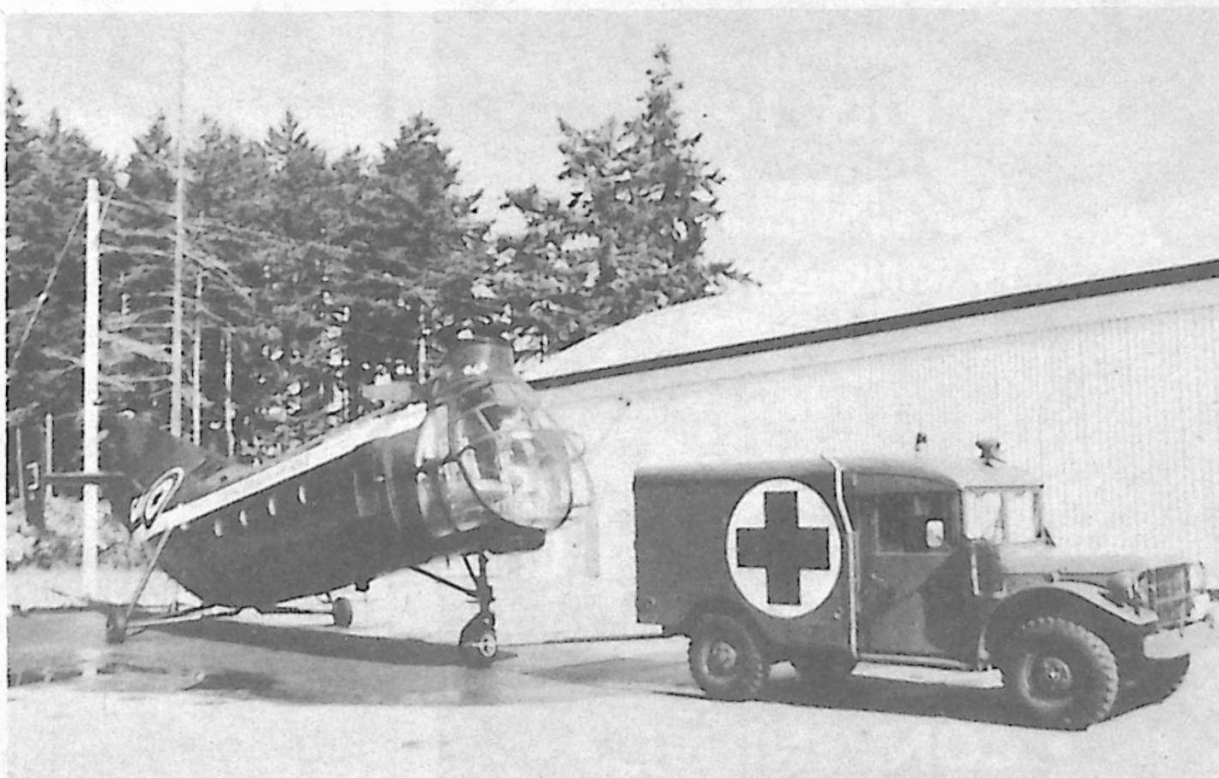
641 is back!



Helicopter H-21A 611 was the first of the Piasecki helicopters to arrive in Comox with the transfer of 121 KU from Sea Island, Vancouver. Shown here over the Comox Glacier, having recently lifted off judging from the snow still hanging off the landing gear. The glacier is now part of Strathcona Park and such excursions are no longer permitted. H-21B 641 (bottom right), the recently restored Piasecki was taken on strength 12 January 1956 and struck off strength 03 May 1973.

Piasecki helicopter 53-4366 departed the State of Alaska, bound for Washington via the Alaska Highway, in the late 1960s and ended up in Comox. Through a series of misadventures and some horse trading the Comox Air Force Museum acquired the helicopter in 1995. The former United States Army Workhorse has been restored in the colours of RCAF H-21B-9641 and will be presented to 19 Wing Comox on Friday 12 June at 11:00 a.m. Acting Wing Commander L/Col Spooner will accept the aircraft from Heritage Restoration Committee Chairman Murray Smith.

Turn to pages 8 and 9 for a complete photo essay of the four year project.



Fathers'
Day



June 21

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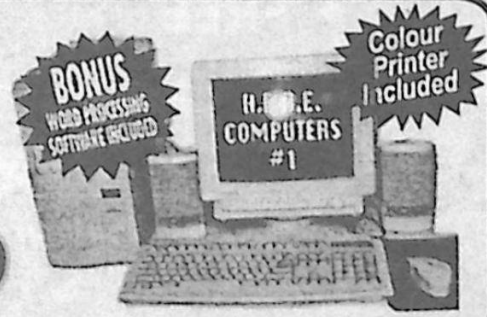
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Posted? Remember the CFCCN goes with you

by Pat Allan, CFCCN Coordinator
Just about now, we begin to see moving trucks rolling up to houses and taking away furniture to new locations and new adventures. While fewer people are on the move this year, we still have people leaving and others coming in. If you are leaving for another base, we hope you take with you many fond memories of Comox and the people staying behind. If you are in a college program, remember that the CFCCN is represented at all major bases in the country. And even overseas, we maintain communication links for those wishing to continue their education. For many students, there is no need to lose credits just because you are moving. Many

subjects transfer quite nicely to other colleges. And if you have completed at least 25% of the program you started here, you can complete that program by finding equivalent courses elsewhere and transferring those credits back. For assistance in this process, you can contact the CFCCN Coordinator either here before you go, or at your new base. We can help you decide which way to move credits, and can determine equivalencies for you through our contacts at the colleges. The procedures can sometimes be confusing, and our assistance is free! If you would like the name and phone number of the CFCCN Coordinator at your new base, call Pat Allan at 339-8211 x 8889. Or, after you get settled into your new

job, look for articles in the local base paper or information posted around the base. Information is usually available through the BPSO office, and most Family Resource Centres. **Share your experiences**
If you have stories of college life you'd like to share, please contact me. Readers like to hear about other people whose experiences they can learn from. How did you decide to become a student and what were your challenges? What difference has college made to your life? Drop me a line c/o the WPSO or call me for an interview. You can remain anonymous if you wish. I look forward to hearing from you.

Army Cadets year end

Under sunny skies the 1726 Canadian Scottish Regiment Army Cadet Corps held their 58th Annual Inspection on the Parade Square at HMCS Quadra at 1400 hrs on 3 May. The cadets were reviewed by Gen Brian Vernon, LCol Terry Leversedge, 19 Wing CFB Comox, and by the Corps' Commanding Officer, Capt Fred B. Maniak, while the pipes and drums of the Scottish Cadet Band played in the background.

The annual inspection is the conclusion to the corps' training year, which reinforces the advanced training they will receive when they attend summer camps throughout Canada. One cadet, WO Rene Roy, is slated to do training this summer in Scotland. Besides promotion and the awarding of proficiency star levels, there were seven awards and two medals presented by the officers and local dignitaries to the

cadets, as follows: Top Green Star Award - Pte Craig Logan; Best Second Year Cadet - Cpl Kurtis Smith; National Star - WO Rene Roy; Citizen Award - Pte Matt McCabe; Training Officers Award - Sgt Sarah Leduc; Commanding Officers Award - Sgt Earl Abbott; Lord Strathcona Medal - Sgt Sara Leduc; Legion Medal of Excellence - MWO Mike Bernas.

Continued on page 15...

NEXT DEADLINES
Advertising: 17 June
Articles: 19 June, NOON

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2. Include your dad/guardian's name and telephone number.
3. Fill in each event you want him to participate in.
4. Your mom/guardian must sign the form.
5. Return to Mall Administration office NO LATER than TUESDAY JUNE 16, 1998. Mall admin. hours 9am - 5pm, Mon. - Fri.)
6. Rules and Regulations must be collected when you drop off your entry form..... It's important that you get these!!

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ENTRY FORM 1998 Hot Dog Olympics at the Driftwood Mall

SATURDAY, JUNE 20...
1st Event starts at 11:30 am

We Wish to Enter:
Name: (Parent or Guardian).....
Telephone #:.....
Authorized Signature (Parent or Guardian):.....
(An authorized signature must be completed otherwise entries will be disqualified)

EVENTS HOT DOG RELAY 3-LEGGED HOT DOG RACE HOT DOG EATING COMPETITION

The more events you enter.....The GREATER your chance to WIN

Deserving staff receive 19 Wing No Retreat awards

by Capt John Lalonde

The WCompt Sqn prepares to bid a fond farewell to its fearless leader (you would agree if you saw her beating up on the WComd on the squash court!) Maj Adele Donaldson will be leaving for a year-long language course in Ottawa in preparation for a year at Norwegian Staff College in Oslo, Norway. One of her biggest decisions is whether or not to sell her "staff car," a slick black Mazda Miata. We encourage the new WCompt, Capt (soon to be Maj on 24 Jul) Carolyn Benninger, to swing a deal for this "staff car" since her present vehicle has seen the ravages of one too many Nova Scotia winters. All the staff wish Maj Donaldson, her spouse Bill and their daughter Kaye, all the best in her new swan... er, posting.

Non-Public Funds Accounts is now Regionalized under Edmonton. The Regional Accounting Manager is Mr. Dick Jackman who relies heavily on the local supervisor, Ms Linda Lewis. Linda is aided by a strong supporting cast comprised of Mrs. Angie Mallette and Mrs. Lucy Sabiston (bad toad, good toad respectively!)

The Financial Management section has been a hive of activity with FMAS training - the replacement system to the Financial Information System (FIS). As well, Milton 98, Business Planning, OPRAM are just some of the

other priorities keeping all the staff hopping. Mr. Vern Prowse, FFC (this is Vern's self-proclaimed designation) has been a most helpful addition along with our return co-op student, Mr. Corey Dowling. Corey's persistence paid off, as he was successful in obtaining full-time employment at an accounting firm in Campbell River. Sgt Lisa Dodd and MCpl Mitch Ogilvie did a fine job training personnel on the Wing with FMAS. Everyone is now getting a chance to show how well they have learned the new system.

The squadron is planning a Sqn Sports Day in Parksville to bid farewell to the WCompt and celebrate the successful closure of another Fiscal Year. We will boogie big time!

No Retreat awards were presented to the core NPF Accounts staff. The award came in the form of gift certificates to their favourite eatery, in recognition of the outstanding supporting role NPF Accounts has provided to such Wing activities as Air Shows, No-Sno Fests and Fincastle, to name only a few.

Also, No Retreat awards were presented to the Invoice section staff for their outstanding work during the re-engineering period. They have had to adapt to the many changes brought on by MILTON, FMAS and AAPP, etc. and at the same time assist customers through these same changes.



Receiving their No Retreat Awards and gift certificates from the WCompt, Maj Adele Donaldson, are the NPF Accounts core staff Mrs. Linda Lewis (supervisor), Mrs. Angie Mallette and Mrs. Lucy Sabiston.



Invoice section staff, Mrs. Dee Holmes (supervisor) and Mrs. Linda Janssen, receive their No Retreat Awards and gift certificates from the WCompt, Maj Adele Donaldson.

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Taking back the community

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

by Ian Lidster, Echo Staff

This is your community. Do you want it back?
The Comox Valley is, on the surface, a picture-postcard, mid-sized bit of semi-urban paradise on Georgia Strait, noted for a relatively laid-back pace of life, a dearth of polluting heavy industry, and a wondrous escape from the hectic pace of the big city.

Our own little bit of heaven. But, is it truly heavenly? More significantly, it is our own?

The answer to the two foregoing questions is "no." The Comox Valley, to a growing segment of the population, is not at all heavenly, and those who assume proprietorship of the community stand in real jeopardy of losing it, or losing much of value in the community unless they are prepared to stand up and do something about taking the place back.

For, while the Comox Valley may be recreation heaven, it is also "recreational" substance abuse hell for more people that we would like to admit, or would even care to know about.

Says a spokesperson for the Courtenay branch of the provincial Alcohol and Drug Service: "This isn't the quaint Comox Valley we all know and love; our streets are the east end of Vancouver. And if we, as a community, don't do something about it, we're going to lose it."

Hyperbole? The service providers of the Comox Valley wish that were so. Overworked to a degree they cannot meet the demands on their services, they have also been meeting overtime recently to mount a strategy that has worked in other communities, and just might work here. Indeed, will work here if we own up to reality, and are prepared to take action.

The service providers represent all facets of the social network that must deal with substance realities in the community, and the offshoots of drug abuse: theft, violence, prostitution, domestic tragedies, traffic carnage, mental and physical illness, and death.

Take a trip to the emergency room at St. Joseph's on a Saturday night, or the RCMP station, if you don't believe that to be so.

Scrutinize your neighbourhood if you believe it has nothing to do with you; for at least some of your neighbours, or their kids, are part of the problem.

Here are some realities - not myths and not exaggerations, but actual situations as observed too often by the service providers:

- The age of drug use is dropping. While it was 16 or 17 only a few years ago, it has now dropped to the 13-14 age range, and sometimes as young as 11 or 12.

- For 13 and 14 year olds, alcohol is the drug of choice.

- The numbers of youngsters who have tried cocaine and heroin has grown significantly.

- Increasing numbers of girls (very young girls in many cases) are prostituting themselves for money to buy drugs. Some are hooking out of their homes; others have pimps. The pimps are often their drug suppliers.

- A recent, and ugly phenomenon involves girls contacting bootleggers to supply alcohol to them. They then go drinking with the bootleggers. The girls, with little tolerance for booze, get drunk, and then are gang raped.

- Students are selling baggies of marijuana, and sometimes harder drugs, on school property. Penalties upon being caught are relatively light, although some schools have taken it upon themselves to suspend on a first offence. However, education ministry guidelines suggest suspension only after a third offence.

"With some there is an embracing of welfare as being an acceptable goal in life. It's genuinely tragic and costs society a lot."

The situations cited are not rarities but are commonplace enough that the resources of those who toil in the area are strained to the maximum.

While the foregoing focuses almost exclusively on juvenile drug involvement, it would be erroneous, the service providers point out, to assume such drug involvement is only the bailiwick of the youthful.

"The issue of addiction is embedded in families," says one provider. "There are homes in the valley that are loaded with drugs. It's not just kids, it's the community in general."

Indeed, many of the kids who are drug-involved, and even addicted, find their first source of supply within the home; in some cases parents are the suppliers of not only marijuana, but also harder drugs.

"There is a generational attitude," says one service provider. "It's not just the kids; it's the community in general. We have parents who grew up in the late '60s and early '70s who still live in the free-and-easy attitudes of the days when they first experienced drugs. And they convey those attitudes to people who were not there at that time. Attitudes that suggest those who use drugs are "good" and those who are opposed to drugs are "bad."

There was a time when drug dealers were the scum of the earth. Now, to many kids, they are seen as heroes; even role models."

That saddest aspect for young people, as was pointed out by a number of those in the field, was seeing kids scuttling their future. Giving up on education. Being intoxicated enough on drugs or alcohol to be unable to hold a job; hence earn a living.

"With some there is an embracing of welfare as being an acceptable goal in life. It's genuinely tragic and costs society a lot."

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Piasecki Pride

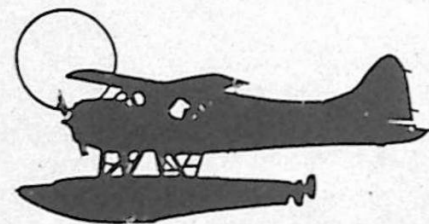
In 1994, the mandate of the Comox Heritage Aircraft Restoration Committee, in part, was to take some of the workload off the base personnel in the maintenance and restoration of heritage aircraft. This was assuming, of course, that the base was going to continue to display its heritage aircraft. In this era of restructuring and cost cutting, that issue was by no means clear. The Committee was therefore charged with carrying out its task with minimal cost and inconvenience to the base.

The restoration of the H-21 helicopter, being presented on the 12th, took about four years to complete. Given that the base has taken down the Voodoo gate guardian and is in the process of painting it in a matter of a month, this time may seem at first excessive. Keep in mind, however, that the Heritage Committee was tasked with completely restoring the helicopter with no facilities, no manpower and no money. With a group of dedicated volunteers, a trickle of funding from the museum and facilities that they themselves had to acquire and build (dirt floor and all) they have managed to fulfill their task and present to the base a first class, fully restored helicopter.

The H-21 project was the first real test of the Restoration Committee. At times it seemed that the project would never be completed. Given that there is also a lot of work to be done in the maintenance of the existing Air Park aircraft, and that there are other concurrent projects, it is easy to see how the few volunteers can be swamped. They pulled it off, however, and now they are becoming the recognized experts in the field of restoration. More power to them, the sky is the limit.

Now, about that Lancaster in Toronto.....

Joel Clarkston



Dreams

Imagine being a child with a life threatening illness and, because of this, little or no hope of ever having your dreams come true.

"There are children in the Comox Valley in this position," says Mark Bell, Courtenay rep for the Dream Foundation of Canada. "Last year, we were able to send a young local girl, Cheyanna, and family to Disneyland. We are hoping to fulfill the dreams of three Comox Valley children this year, with the community's help."

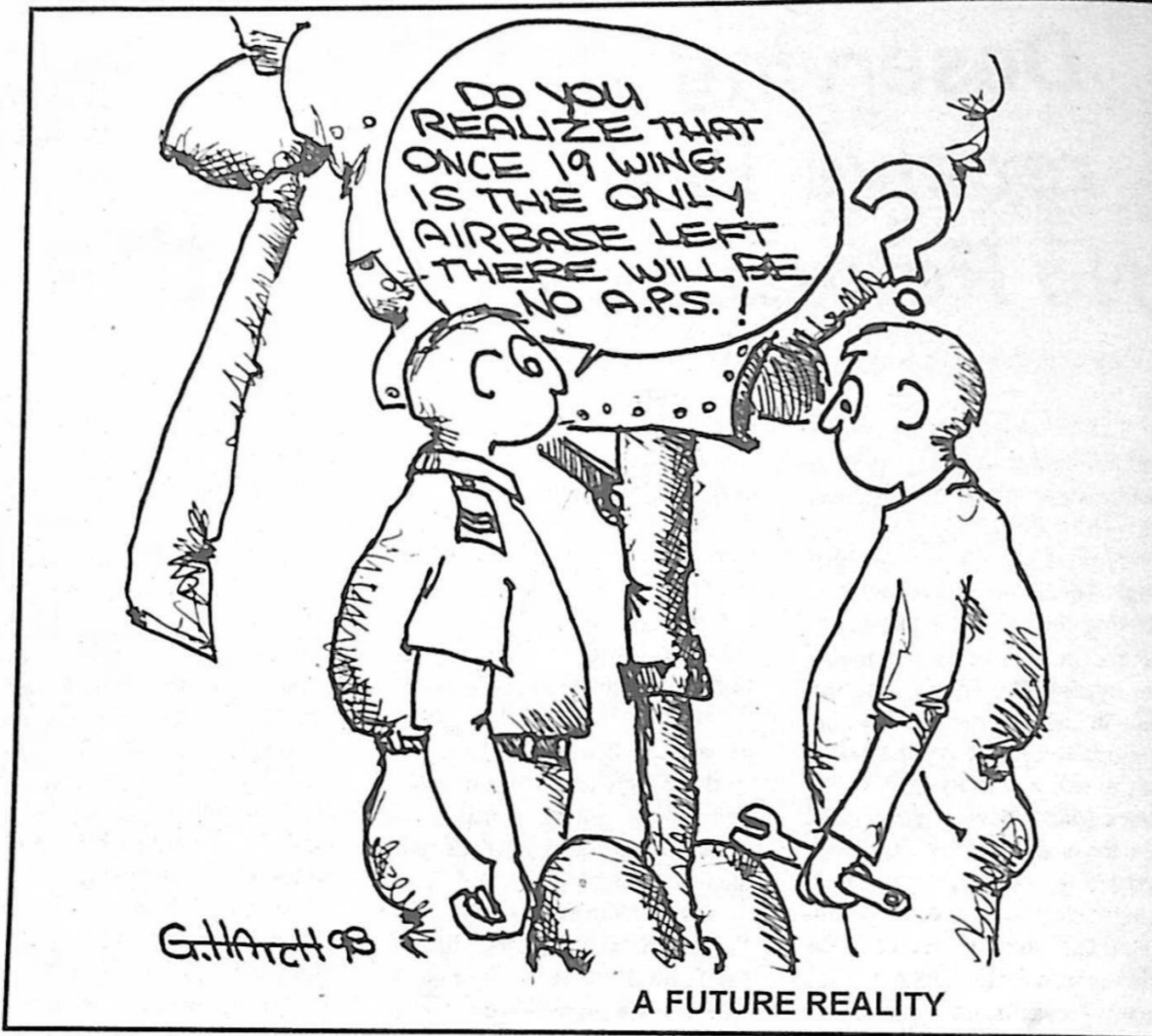
The Dream Foundation is presently conducting its annual fundraising campaign. The average cost of a dream is \$4,000. The happiness is in knowing that a positive difference is made in the life of a child and family.

For more information, call 703-0471.



LCol Leversedge presented CDs to the following WLogO personnel: (front row) Cpl Picken, Cpl McBeigh, MCpl Spence; (back row) Cpl McQueen, Cpl Blake, Cpl Adams, Cpl MacEdward. (Individual photo): Cpl Clairmont. (Photos by Cpl Desrochers, WIS)

NEXT DEADLINES
Advertising: 17 June
Articles: 19 June, NOON



A FUTURE REALITY

The Maple Leaf seeks contributors from the field

The staff of *The Maple Leaf*, the news magazine of the CF and DND, is working day and night to produce its sixth issue. While submissions from the field continue to pour in, *The Maple Leaf* is seeking stories about civilian employees and contractors.

In past issues, *The Maple Leaf* has brought you extensive coverage of major events such as the Ice Storm of '98, the return of CF personnel to the Gulf and major equipment buys such as the Cormorant helicopter and the Upholder-class submarines. And, because readers have demanded it, a more intense focus on hard news, along with popular features and columns like "Pets RRR Us," music reviews and Talk Back.

Upcoming stories include coverage of Exercise Maple Flag at Cold Lake, news from the com-

mands and follow-up to the Maclean's magazine articles about sexual abuse and sexual assault in the CF, including an interview with the Canadian Forces Provost Marshal.

You read *Maclean's*, now see what *The Maple Leaf* has to say. What do you think? We want to know, so coming soon will be a reader survey. It comes in anticipation of a new twice-monthly format that should be ready to hit the streets this fall.

"We are always looking for good copy," said managing editor Capt Mike Fabbro, "particularly when it comes with good photographs." Fabbro encourages anyone who is interested in contributing to contact *The Maple Leaf*. To reach the magazine, look for contact information on page two or call (613) 996-5256.



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

Discover Powell River - again



The view from Mt. Valentine. (Photo by Cheryl Winters)

by Cpl Hans Gassner,
Yellow Bee

If you're planning a weekend getaway by boat from Comox, consider Powell River.

That's right, Powell River. The place with the big smokestacks. When the three of us sailed there on the May long weekend we were pleasantly surprised. Not only is the navigation dead easy, but once you're there time starts passing more slowly. Imagine spending a couple thou on a trip to somewhere sunny, with great facilities, good eateries, and awesome nature - and then just don't spend the money. Get in your boat and sail to the Sunshine Coast, a trip of maybe four hours with a good nor' wester. In low visibility just take a reverse heading from the Royston range markers; they'll take you straight out, past the bell buoy, and eventually just south of Rebecca Rock. If you're coming across on a south-easter, keep your eyes open as you enter Malaspina Strait. The winds there can easily puff 10 knots higher than elsewhere in Georgia Strait.

Powell River is the collective name given to the various small communities clustered more or less around the big mill so visible from the Comox Valley. They include Westview, Townsite, Cranberry and others. There are two marinas at Westview; the southernmost one is for visitors and includes a government dock and fuel float. As with most wharves where fishermen keep their boats, getting fresh fish is not a problem. Facilities include showers which are usually available. There are also washrooms located at the BC Ferries terminal just a few steps from the dock facilities.

If you take kids across, plan on visiting the pool. It's a fair walk up into town (everything in Pow-

ell River is "up"), but what a place! In addition to an adult pool, they've got a sauna, an extensive whirlpool, and a kiddie pool complete with waterfall. And toys! - boy, have they got water toys! I didn't think it was possible to do all that on an inner tube. One thing you learn quickly as the parent of a teenager who has suddenly become a sleek, underwater torpedo, is which water toys offer the most tactical advantage in defense against the popular "sudden death from below" manoeuvre. You essentially need two pool noodles; one to sit on and one to clobber your opponent with.

Apart from the massive recreation centre, Powell River offers facilities of all kinds, including malls, waterfront shops, an airport and many restaurants. Of course, wherever you go, you'll be going up. Be prepared to meet your shins again for the first time.

From the area map displayed at the wharf we decided to hike up Valentine Mountain, which was listed as a moderate one-hour hike. This hill rises quickly from Powell Lake right behind the mill, and from its top we had a breathtaking view of the expanse between Quadra and Texada Islands, including Mittenatch, Savary and the Comox Valley. From here one can see the actual Powell River, which is the shortest river in the world, feeding its raw energy to the mill via power turbines.

On the way home we sailed across on a fresh westerly breeze, which only abandoned us at the bell buoy, as usual. And, welcoming us home from our four day sojourn to warmer climes, was the ubiquitous ten-knot harbour wind.

Would I go again? Absolutely. But not without my very own industrial-sized pool noodle.

Those 19 AMS pirates

On Friday, 29 May, 19 AMS held its first softball tournament of the year. It was another beautiful day on the diamond, the sun was shining, the "sodas" were flowing and burgers were burning. The tourney was a round-robin type with the top two teams playing off for the trophy. There were some winners and there were some losers but Sue Didsbury came out the worst after a skirmish with Owen Reese as to who is allowed to stand on second base. Hope you don't have that cast on for too long, Sue. When the AVS team lit up the bats in the second to the tune of 12 runs. After all was said and done, AVS labs walked away victorious, trouncing ALSE 14-4 along the way, to take home the cup. Congrats to AVS and well done to all who participated.

In the noon-day heat of a blistering sun, the sounds of ten young pirates digging up a long lost treasure chest could be heard on the far side of Goose Spit. Watching with a golden gleam in his eye was a man whose left arm ended in a hook and whose standard bearer held high a devastating ensign - the Jolly Roger. The oc-

casian was the 19 AMS Family Day Pirate Treasure Hunt.

After paddling their Pirate Ship across to Pirate Beach, the youngsters, generally aged between 8 and 12, engaged in a serious battle - a water balloon fight! Even their parents were not immune. After the balloon fight, Captain Hook and his sidekick, Smead, produced a real Treasure Map. The younger pirates used it to follow clues all over Goose Spit. When the chest was finally found, there was treasure enough in it for everyone! Best of all, the pirates got back in time for lunch.

While the rest of the squadron members were having fun on the ball diamond, a crew of about ten people, headed by MWO Donovan, spent Friday morning cleaning up the area and ensuring it was child safe. From the looks on the kids faces it was more than worth the effort. The ten-man life raft supplied by ALSE was a huge hit with the kids as they splashed and played with beach balls. Everywhere you looked were flashes of colour as windmills, punch balls, water balloons and beach balls filled every kid's hand. The craft tent was also a hit with everything from bubbles, colouring play dough and finger painting. A huge thank you goes out to our newest MCpl, Art Gogan, and his

crew for setting it up.

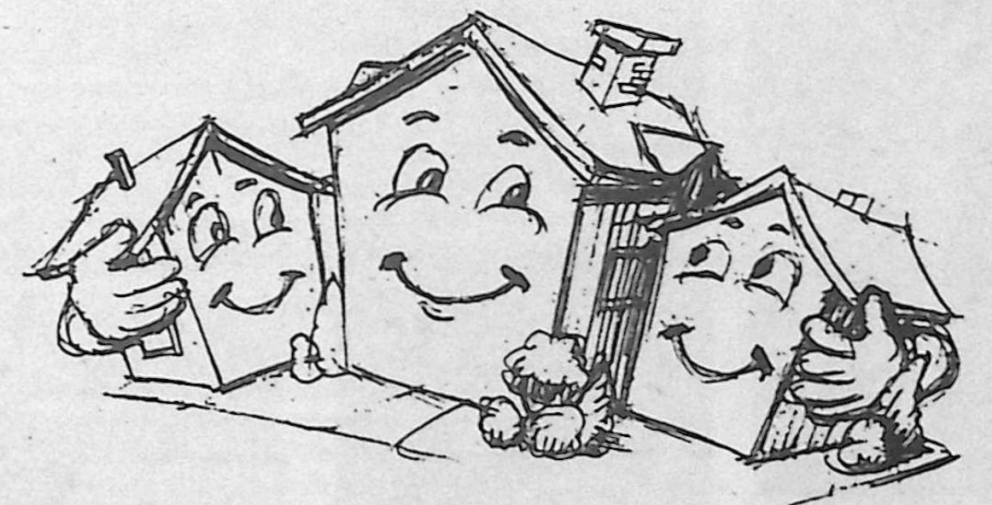
A special thank you goes out to all the helpers that were busy face painting and filling up water balloons. There's a lot of work behind a deceivingly relaxing day. Thanks Terry, Sara, Melissa, Nina and Christine!

At lunch, Steve laid out a spread of barbecued hot dogs and hamburgers that would put McDonald's to shame. With Duffy and the SWO as the chefs, how could we possibly go wrong? Speaking of the SWO, his ideas were invaluable when it came to planning the lunch menu. We simply could not have pulled it off without him.

There were so many volunteers to bring people out on the boats that most got to stay out on the ocean all afternoon. Their wind-burned, smiling faces, when they came back, said it all. "Thanks for the ride, guys, we loved it."

Many thanks to Doug McElwee who volunteered to OPI the event. Doug came up with an idea of a "treasure hunt/sailing day" to be held on a Saturday. This way more spouses and children could attend. Other squadron members pitched in their ideas, time and effort, making this one of the best 19 AMS Family Days ever.

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Tradeswoman and a lady

by Finn

Robert Service called her, "...the lady that's known as Lou." At CE it is, Sue. But there the comparison ends, for Sue Mendonca is everything Lou was not. Sue, unlike Lou, uniquely is a lady.

Uniquely, because Sue Mendonca is also a carpenter - the only one on Base - a woman doing what has been traditionally considered man's work. Uniquely, for she is living the dream, loving to create in wood, flourishing in the freedom to perform at full flight. Uniquely, because her femininity remains unthreatened by boots and workclothes, because her feelings of warmth and tenderness stay unmarred by the surround of maleness, and because her laughter is likely to lighten the workload of her "extended family," all men: her colleagues in Construction Engineering's Structural Team.

Sue Mendonca knows she has found her niche in Life.

"Working with wood gives me a thrill and a pleasure difficult to describe. Just the idea of taking raw material and creating something... you know, sometimes I want to stay in the shop and work

all night, work with my hands, from the heart. For you *must* have love for what you're doing. Often you can see that love in the finished work. I can in mine. I hope others see it, too."

Other loves fill Sue's life: husband Glen (MCpl Mendonca, AEF), animals, gardening, fishing, people - yes, also dirt biking. Nor does she decline a glass of wine, a mug of beer. But working with wood has been a dream come true.

A dream that began in 1978 when, right out of high school, she started work in the kitchen at CFS Kamloops, then three years later transferred into CE's Roads & Grounds as a trades helper. While at Kamloops she met Glenn, married and, upon the Station's closure, moved with him to CFB Comox where she found work at R&G. A transfer to Trenton intervened - luckily! For it was there that she, encouraged by her husband, enrolled in a carpenter apprenticeship. Upon getting her ticket in '93, Sue and Glenn requested transfer back to CFB Comox where she found work, via R&G, in the Structural Shop. Which, according to her, next to falling in love with Glenn, was the best thing that ever happened

to her.

"Not that it's always easy being a woman in a man's trade," she admits. "I've been places where the men seemed to feel threatened by the fact I'm a woman. But not here. The CE tradesmen not only are my friends, they seem genuinely happy that a woman has been able to make the grade. If they see you're competent and not afraid of listening to advice, then they accept you fully. No bad language here, either - unlike some places where profanities would grow louder as I came within earshot."

Sue does not allow the snakes in the grass to loom large.

"Yes, I worry about downsizing and ASD. But I prefer to live in the present, and feel just so happy and lucky coming to the shop and working with wood. It's the feel of it, the smell and the texture - visualizing the final creation from this part of what was once a tree. It also comes from sensing the trust of my team leader, Don Buchan. Not the least, and I'm pretty sure of this, it comes from my self-motivation to perform at the very best of my ability."

"I think of myself as one very lucky lady. And for good reason."



Carpenter Susan Mendonca in CE's Structural Shop - happiest when working with wood. (Photo by Cpl Desrochers, WIS)

CE/AEF AC/DC CFB/BC

CE's Shakers and Mowers

by Finn

Everyone on Base has seen them - the men and women engaged in the war against growing grass: CE's Roads & Grounds crews, some in ditches with trimmers, some on mowers, large or small, scything swatches through the lush carpets of green. No small enterprise, that.

"At the peak, we employ seven full-time employees, just mowing grass," says Carrie Nagel of R&G. She is fully familiar with the task. "Yes, the mowers can give you a good shake and, but for the earphones, or muffs, they may be hard on the hearing as well. But they can also be quite soothing after the more

physical jobs with which R&G abound."

She does not advise daydreaming on the job. "You better pay attention," Carrie warns. "Hazards lurk, particularly garbage and rocks. The latter may easily damage the blades, and even the machine itself. In addition, you'll quite often see snakes and mice in the grass. They try to get out of the way."

Exhaust fumes are not quite the problem one might expect. "Not for the diesels, and the pipes are at the very rear, anyway. The greater nuisance are the cuttings. They really can irritate the skin. So if you see us a bit overdriven on sunny days, it is not for warmth but for protection."

For some, the slowing in grass growth cannot come soon enough. For Brian DeVries, Roads and Grounds Team Leader, the slowing of cost-growth from the contracting out days tells an uplifting story.

"Yes, grass cutting takes a pretty chunk out of my budget, but consider this: a contractor used to cut three smallish areas for \$50,000. Our cost is \$65,000 - for the entire Base. That's what I call pretty good savings! No small bonus either, that we are able to provide summer employment for local students. I don't for a moment believe any outsiders can do a better or cheaper job that CE is now providing. You can quote me."



Mast'Corp'l Carlson dug a trench up from which arose such stench that we learned with quite a wrench which two words Dean (Mast'Corp'l Carlson) knows of French.



Like hair on the floor of a barber's, the shorn grass piles up in bales between the trimmer and the cutter. At left a trimmer in protective suit, while at right student Marcia Erikson gets ready to move her equipment to lushier lays.



RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.

- WEAKNESS**
Sudden weakness, numbness and/or tingling in the face, arm or leg
- VISION PROBLEMS**
Sudden loss of vision, particularly in one eye or double vision
- TROUBLE SPEAKING**
Temporary loss of speech or trouble understanding speech
- HEADACHES**
Sudden, severe and unusual headaches
- IDZINESS**
Unexplained or sudden falls, especially with any of the above signs

If you have any of these symptoms, call 911 or your medical emergency number immediately.



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Cops Corner



by Cpl K.E. LeBlanc

On Saturday, 23 May, the 19 Wing SAMP Flt organized and ran a Bicycle Rodeo for the youth on the Wing. The event began at 0900 hrs and concluded at 1300 hrs.

During that time the children had their bicycles safety inspected and had their skills tested on a number of different courses. They had the opportunity to go through a braking station, weave through traffic cones, practice their road skills at an intersection complete with functioning traffic lights, and completed a short ride to practice their hand signals. At the end of the day each of the children were treated to barbecued hot dogs, freezies, juice and all received a small prize for attending the event.

In addition, the following individuals were the winners of the grand prizes for their respective age groups: Jessica Hale, Ashley Mailhoit, Matt Gillmore, Johnath Pearcoy, Chelsea Martin, Daniel Stahn, Nichol Picard, Vincent Bolduc and Etienne Drapeau.

Congratulations to all the children who came out and made this event a true success. A special thanks must also go out to all the parents who took the time to bring the children to the guardhouse.

At this time the 19 Wing SAMP Flt would like to thank the many community sponsors of this Bicycle Rodeo: Black's Cycle, Simon's Cycles, Forbidden Cycle, Zellers, Super Store, Canadian Tire, Overwaitea, 19 Wing Officers' Mess and the 19 Wing Community Council. Without their support the rodeo would never have made it out of the planning stages.

Finally, of course, I would like to thank all members of the SAMP Flt, both military and civilian, and spouses, who gave freely of their Saturday morning to run the event. Thank you one and all.

Camping out

by Sailor Smokey

This is my last submission - I am posted to HMCS Algonquin. I would like to thank the Totem Times for publishing all my Fire Prevention articles and also thank you, my readers. Don't forget. "Learn not to burn."

When camping out or in the backyard, exercise special care with flammable liquids and open flame near tents. When camping, take the following steps: buy a tent made of flame-retardant fabric - a paraffin coated cotton tent can burn up in a few minutes with someone trapped inside. If possible, purchase a tent with two exits or with a window sufficiently large enough to serve as a second exit. It is also a good idea to have a sharp instrument in the tent. In case fire obstructs the only exit, it can be used to cut out an exit in the walls.

Never use candles or matches in or near a tent. Use flashlights.

Extra care should be exercised when using electricity and lighting in or near tents. When using heaters, keep them well away from walls, pillows, camping chairs, in fact, all contents of the tent.

Build your fire downwind, far away from your tent. Make sure it's out before you go to sleep.

A fire extinguisher is a must in



every campers equipment for it could well be a lifesaver. It is also recommended that a portable smoke alarm (detector) be part of every holidayers equipment. A minimum of one of these devices properly located in a recreational vehicle or a tent, a motel or hotel room, can detect the presence of smoke and may provide those precious extra moments that can mean survival.

Campers who carry fuel for propane or gasoline type camp stoves in the trunk of the car should never leave the fuel in the trunk over the weekend or any longer than needed to transport it. If you are planning a full day's drive to a campsite, take the precaution of opening the trunk periodically to ventilate the compartments.

Never freshen a fire with a liquid starter. Explosions can result. Keep liquid starter away from your tent and children.

All fire laws, ordinances and regulations should be strictly adhered to.

Children burn up in their own backyards experimenting with campfires, candles, tents, gasoline. Supervise learning and play. Make sure your children are safe. A little extra caution is an item well worth taking on any camping trip - whether it be in the backyard or the open woods.

Nightwear can be deadly!

The worst burns usually involve clothing. Skin burns where clothing burns. And the type of clothing does make a difference. Loose sleeves, flowing clothing, ruffles and shirtings are very dangerous around stoves, campfires and barbecues. All fabrics burn but some burn faster and hotter than others. Tightly woven, heavy clothes are safer around fires. Cotton, linen and flannel are the worst.

The Old Lady says to check your children's nightwear now and to buy new nightwear wisely. Check for type of fabric and clothing design. Tailored pyjamas or jogging suit styles are best. Keep your children away from heaters, fires, barbecues, stoves and lighted candles. Store flammable liquids, matches and cigarette lighters out of the reach of small children.

If the worst happens the Old Lady reminds you to STOP, DROP and ROLL! Cover the burn with cold water before going to the Emergency Department.



PREPARE YOUR LOCAL FIRE DEPARTMENT AND THE CANADIAN INSTITUTE OF CHILD HEALTH



Keeping current

(NC) - The United Nations has designated 1998 as the International Year of the Ocean. Celebrations and activities in Canada, and around the world, will focus on raising awareness of the important role that oceans play in our daily lives. If you would like to stay current with the events and activities that are scheduled to take place during 1998, visit www.oceanscanada.com/ IYO on the Internet for details.



Congratulations to Cpl Cayouette for his promotion to MCpl on 6 July. Way to go Cayou!! (Photo by Cpl Desrochers, WIS)

WTIS exposed



by Sgt W. Oliver

In this edition, I'll be introducing the members from RTT/AIS. MCpl Rioux is the 2 i/c; Cpls Stapleton, King and Jordan are the rest of the team. The shop is located on the top floor of #7 Hangar. They are responsible for the maintenance and repair of the Aurora printer and keyboard, all the crypto requirements on the Wing and respond to trouble calls generated from the Help desk for

computer-related problems and the Message Centre.

Now that the new PCs have been handed out, a lot of work is being done to identify and clean all of the old PCs that were returned. Some of these old PCs will be disposed of through Crown Assets, while the rest will be kept for a loaner program and offered to Wing Clubs. The loaner program is being devel-

oped and will handle WIN 95 and the OA suite, but is not ready to be implemented as of yet. Once the program is ready, the word will get out, so please do not come over looking for a loaner.

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 an E-mail.

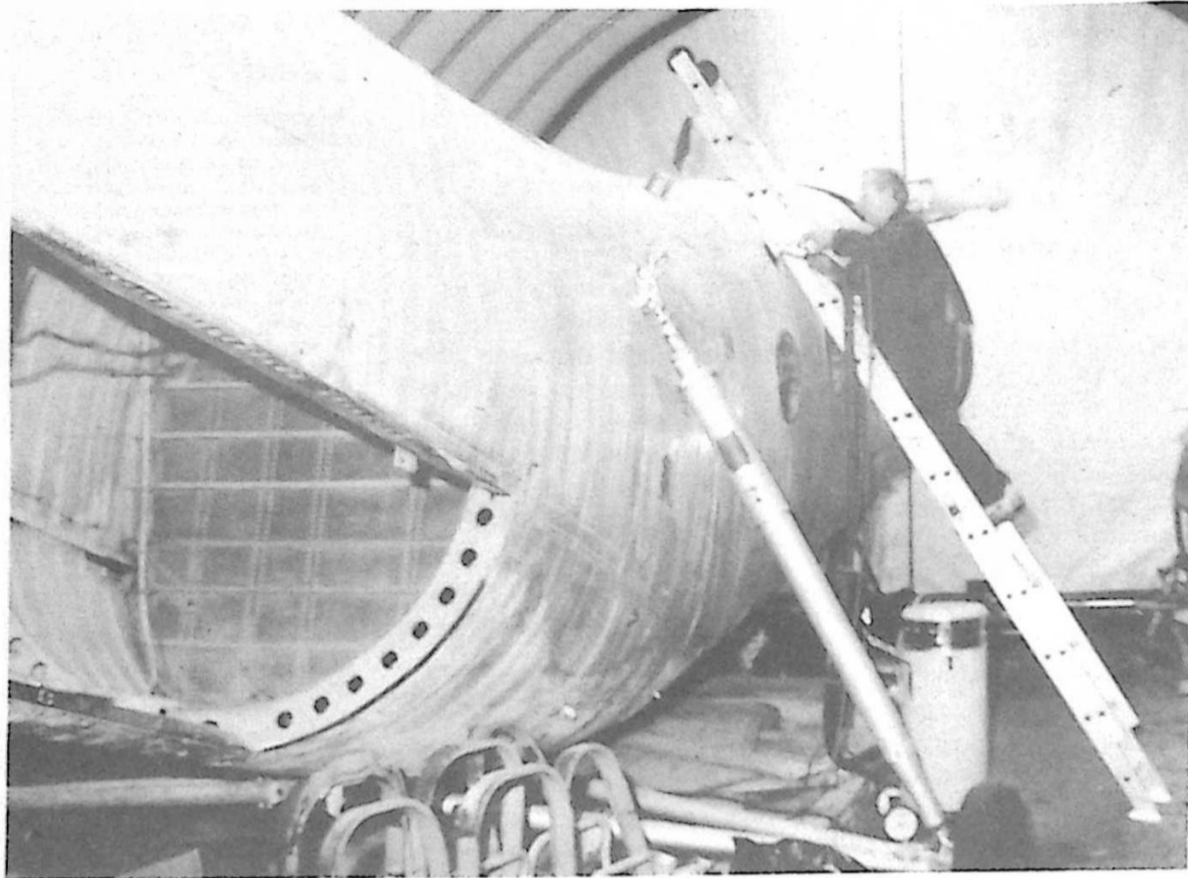


Cpl Ed Paradis works in the AIS maintenance shop. He is one member of a team responsible for investigating and repairing PC problems. Ed was also part of the team that removed 486s and replaced them with new P200s. (Photo by WIS)



Capt Darrel Duckworth is the TIS Ops O and also the Custodian for the Wing Crypto account. He's responsible for the coordination of TIS requirements for the Operations Centre, Emergency Response communication planner and oversees the Crypto and Message Centre along with IT security. (Photo by WIS)

Search And Rescue workhorse saga ends



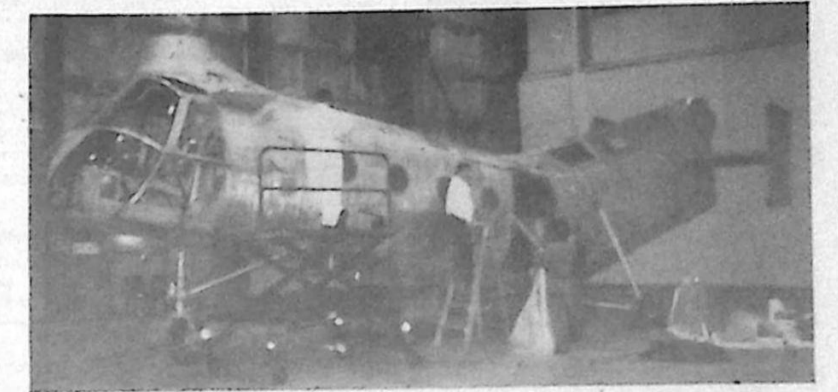
Murray Smith applies bead blaster to remove paint and corrosion.



H-21 on display at the Canadian Museum of Flight and Transportation, Surrey.



Capt Harlin Price, in charge of the recovery of the H-21, turns over the keys to WO Bill Ford on the occasion of its arrival at 19 Wing.



Randy Butler, John Shepherd, Rob Pritchard and Rob Roy prepare the airframe for painting in the 414 Sqn hangar.



With the assistance of a heavy lift crane from CFB Chilliwack, the H-21 is lifted for placement on a transport truck.



Temporary hangar being erected by the Heritage Committee volunteers, with technical assistance provided by Capt Bob Richter.



The restored rotor heads arrive for installation.



1998 Heritage Restoration Committee Restorers of H-21B - 641

(L-R): Herb Lightfoot, Rob Pritchard, Murray Smith (Pres), Ralph Lefley, Randy Butler (Restoration OPI), Ian Davenport, John Shepherd, Ted Dennis, Fred Goldie and Rob Roy. Missing: MCpl Tracy Reid.

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Cpl Ed Morris fits rear landing gear. Wheels and bearings supplied by Garth Walker.



H-21 Recovery team

Back row (L-R): Cpl Glen Jones, unknown (CFMT volunteer); Middle: Cpl Ed Morris, Jerry Vernon (CFMT), George Proulx (CFMT), MCpl Phil Ring, unknown (CFMT), MCpl Kelly Hughes, MCpl Carl Lewis; Front: Cpl Stan Daniecki, Capt Harlin Price, WO Bill Ford.



Freshly painted, 641 awaits finishing touches and installation of blades.



Temporary hangar and restoration facilities are opened by WComd, Col B.B. MacLean.



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Congratulations to the Heritage Aircraft Restoration Committee on the restoration of the H-21 Piasecki Helicopter

HAPPY BIRTHDAY



Let your kids become part of the parade!

July 1st is Courtenay's Special Day! This is Courtenay's day for the great parade down Fifth Street, leading everybody into Lewis Park for fun and frolic all day.

All kids, of any age, who want to decorate their bikes and take part in the Fifth Street Parade are welcome and encouraged to go to Lake Trail School grounds at 9:30 a.m. on Wednesday, July 1st and say "I want to be in the Parade!"

The July 1st Committee suggests that entrants try to decorate their bikes using the theme "Salute to Outdoor Sports" but as kids have great imagination and no one wants to dampen their enthusiasm by limiting free expression, the terrific variety of decorations is always such fun to see. It is especially great when the whole family joins in the fun and rides the parade route! There is no cost or entry fee for this event.

Every child who enters will get a prize and special prizes will be awarded for excellence in each age category.

Don't forget, July 1st is on a Wednesday this year and the parade should be better than ever. If you have any questions about the bike decoration and entry into the parade, get in touch with Jane at 334-2728 or contact Sharon at Courtenay's City Hall 334-4441.



Jake's Trivia Corner

- Which St. Louis Cardinals infielder was the first switch-hitter to collect 100 hits in a season from each side of the plate?
- Who captained the Toronto Maple Leafs from 1927 through to 1937 and coached them from 1940 to 1950?
- What game's North American title did Georges Chenier of Hull, Quebec, hold for 22 years? Answers on page 14

FS&R Gym schedule Spring/Summer (Jul-Sep)

TIME	MON	TUE	WED	THU	FRI	SAT	SUN	TIME
0730								0730
0800	Morning Classes (0730-0830)							0800
0830	Military Training (0830-1030)							0830
0900	Military Training (0830-1030)							0900
0930	Military Training (0830-1030)							0930
1000	Military Training (0830-1030)							1000
1030	19 AMS (1030-1130)			19 AMS (1030-1130)				1030
1100	Noon Hour Rac (1130-1300)							1100
1130	Noon Hour Rac (1130-1300)							1130
1200	Noon Hour Rac (1130-1300)							1200
1230	Noon Hour Rac (1130-1300)							1230
1300	Military Training (1300-1430)							1300
1330	Military Training (1300-1430)							1330
1400	Military Training (1300-1430)							1400
1430	Military Training (1300-1430)							1430
1500		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		1500
1530		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		1530
1600		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		1600
1630		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		1630
1700		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		1700
1730		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		1730
1800		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		1800
1830		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		1830
1900		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		1900
1930		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		1930
2000		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		2000
2030		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		2030
2100		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		2100
2130		WTIS (1430-1500)		WFJIE (1430-1500)		WTIS (1430-1500)		2130



1998 SUMMER SWIMMING PROGRAM

- First Session (6 to 17 Jul 98)
Registration: 2 & 3 Jul 98
Time: 0830-1130 hrs
- Second Session (20 to 31 Jul 98)
Registration: 16 & 17 Jul 98
Time: 0830-1130 hrs
- Third Session (4 to 14 Aug 98)
Registration: 30 & 31 Jul 98
Time: 0830-1130 hrs
- Fourth Session (17 to 28 Aug 98)
Registration: 13 & 14 Aug 98
Time: 0830-1130 hrs

Cost: Level 1 to 6 \$26.00
Level 7 to 9 \$32.00
Level 10 to 12 \$42.00

Lesson: All lessons will be held between 0830 to 1130 hrs, from Monday to Friday at the Basa Rec Centre Swimming Pool.

Registration: All registrations will take place at the Base Recreation Centre.

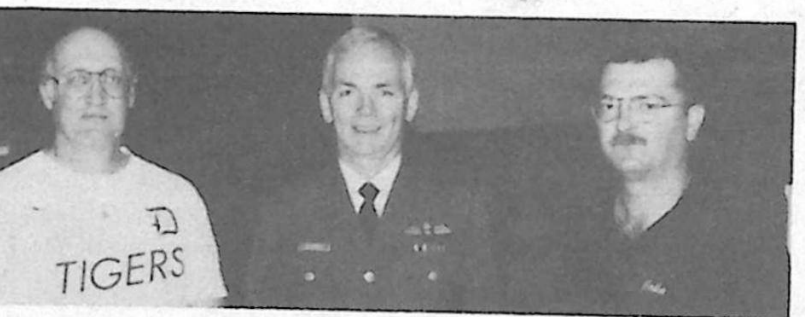
* For more info, contact J.C. Fromont at 339-8211 Local 8315.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN	TIME
0730								0730
0730	CFS&R Pool Maintenance (0700-0800)							0730
0800	CFS&R Pool Maintenance (0700-0800)							0800
0830	CFS&R Pool Maintenance (0700-0800)							0830
0900	CFS&R Pool Maintenance (0700-0800)							0900
0930	CFS&R Pool Maintenance (0700-0800)							0930
1000	CFS&R Pool Maintenance (0700-0800)							1000
1030	CFS&R Pool Maintenance (0700-0800)							1030
1100	CFS&R Pool Maintenance (0700-0800)							1100
1130	CFS&R Pool Maintenance (0700-0800)							1130
1200	CFS&R Pool Maintenance (0700-0800)							1200
1230	CFS&R Pool Maintenance (0700-0800)							1230
1300	CFS&R Pool Maintenance (0700-0800)							1300
1330	CV Nursing (1330-1430)			CV Nursing (1330-1430)				1330
1400	CV Nursing (1330-1430)			CV Nursing (1330-1430)				1400
1430	CV Nursing (1330-1430)			CV Nursing (1330-1430)				1430
1500	Summer Time Open Swim (1430-1500)							1500
1530	Summer Time Open Swim (1430-1500)							1530
1600	Summer Time Open Swim (1430-1500)							1600
1630	Summer Time Open Swim (1430-1500)							1630
1700	Summer Time Open Swim (1430-1500)							1700
1730	Summer Time Open Swim (1430-1500)							1730
1800	Summer Time Open Swim (1430-1500)							1800
1830	Summer Time Open Swim (1430-1500)							1830
1900	Summer Time Open Swim (1430-1500)							1900
1930	Summer Time Open Swim (1430-1500)							1930
2000	Scuba Club (2000-2100)			Scuba Club (2000-2100)				2000
2030	Scuba Club (2000-2100)			Scuba Club (2000-2100)				2030
2100	Scuba Club (2000-2100)			Scuba Club (2000-2100)				2100

407 Sqn wins Commander's Cup bowling



407 Sqn bowled up a storm and then had to sit back and see what 19 AMS would do against Admin. Well, their wait was worth it, 19 AMS, after bowling magnificently throughout the tournament, had the bad game they hoped they wouldn't have. Oh well, that's bowling. Congratulations to 407 Sqn. The old man of the team, MWO Tom Nurse, won the distinction of being the oldest participant, relieving Jake Plante of the award which Plante held for the first three Commander's Cup sporting events. Next Commander's Cup sport is 3 on 3 Basketball.



(L-R): Jake Plante, 19 Wing Sports Coordinator, and LCol Spooner, WLogO, thank Sgt John Naugler (19 AMS), Commander's Cup Bowling Coordinator. John did the stats, the scheduling and, most importantly, ensured that coffee was always ready. Thanks, John, for a job well done.

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19 Wing YANA rep Sgt Al Gallant, 8733.



Glacier Greens

Golf Shots

TUESDAY LADIES CLUB

by Barb Carter

June 2 was our first Field Day of the year. Visiting were Myrtle Point, Sequoia Springs, Sunnydale, Arrowsmith and Storey Creek. All in all, 95 ladies turned up to play. It was a beautiful sunny and hot day.

Results from Myrtle Point: 1st LG tied at 85 with Eileen Milson and Alice Loway sharing the honours. 1st LN Bruna Lopez with 69, 2nd Net Shirley Cole at 71. Least putts was shared by Gail Fennell and Margaret Row with 32.

From Gold River: 1st LG Trudy Annand 102, 1st LN Nicki Hammell 75, least putts went to Shirley Sharpe 36.

Sequoia Springs: 1st LG D.D. Grant 94, 2nd LG Lu Berthiaume 96. 1st LN Coleen Maga 76, 2nd Net was tied at 77 and Trish Roberts and June Weatherstone shared the honours. Least putts went to Rita King with 33.

For Sunnydale: 1st LG Fran Shaw 83, 2nd LG Frankie McCaffrey 88. 1st LN Ann Gardam 69, 2nd Net Peggy Wagenstein 71. Putts went to Sophie Eckroth with 31.

For Arrowsmith: 1st LG Anne McLean 88, 2nd Gross Tena Austin 97. 1st LN Isobelle Trew 77, 2nd Net Dorothy Ball 83. Putts were tied at 38 each Joan Jiggins and Kathy Schwartzburger.

Storey Creek: 1st LG Debbie Hutchinson 85, 2nd LG Nancy Dykje 88. 1st LN Lynn Bentsen 67, 2nd Net Deb Whitfield 72. Putts went to Shirley MacKay with 32.

For the Home Team: 1st LG shooting a terrific 82 was Marlene Hall. 2nd LG was our leader Fran Hume with 90. 1st LN Marie Israel at 63, cut finger and all. 2nd Net Judy Fellbaum 65. Putts were tied with Peggy Cummins, Edna Dodd and Marguerite Fomier each having 31.

KPs on #4 Marie Israel, on #7 Bruna Lopez, #12 Trudy

Lamothe, #15 Pat Everett and #17 Trudy Lamothe again. Longest Drive 0/22 Hcap Sharon Sheldon, 23/41 Gail Casparie. Water holes on #4 Peggy Cummins and Bev Ebert, on #12 Shirley MacKay and Marjorie Sheldon and on #18 Rita King and Barb Carter.

A nice lunch was provided by Steve Dodd and staff. We all thank you as well as Marie Israel and Peggy Cummins for all their hard work. Also Doug Cull for his help. A good job well done.

MONDAY NIGHT FUN GALS

Hidden scores were the order of the day and Heather Feraby had a 55. Hidden Low was our guest Barb with 39. Low putts went to Corrine Ennis 14. Fran Hume had the KP on #4. Till next time, adios amigos.

GG WINS INTER-CLUB

Light winds, clear skies and a well groomed course made conditions perfect on May 30 when a 40-man team from Comox Golf Club arrived for the first half of a home and away inter-club.

A strong performance by Comox member Cam Woods, carding a field LG 74 was not enough to carry his team to the winner's circle. When the last putt had been holed and all was said and done, the match victory went to the host team. Total net scores for the top 25 performers from each club was the method used to determine a winner. Comox 1818, GG 1741, with GG winning by 77 strokes. Top 25 gross would have been Comox 2078, GG 2069 with GG winning by 9 strokes.

A Canadian 2 for 1 pizza went to Bob MacKay for his KP on #4, Andy Clark received a sleeve of golf balls from Scott Fraser Golf Shop for a KP on #12, Jim Sommen received a pizza from Panagopoulos for MP on #17 and Bud Bingham a golf towel from the Pro Shop for a KP on #15. All match participants received a coveted GG Men's Club Ball. The second half of this match will be hosted by the Comox Club on June 28.

GG will be hosting the Eaglecrest Men's Club for the first half of a home and away match on June 27.

RCGA GOVERNOR ATTENDS GLACIER MEN'S NIGHT

by Len Doyle

Light rain and threatening skies failed to deter 57 members and guests from teeing off on 26 May. Mr. Bill Hobbins, RCGA Governor was a special guest.

The format for the evening was Team Scramble with no restrictions. Hobbis must have brought out the best in his team, when the last umbrella had been put away it was the team of Hobbis, John Fader, K.D. MacDonald and Mike Kirkwood in first place at minus 8. Second place went to Mike Slauenwhite and his team of Tom Potter, Steve Shaw, Norm Fellbaum and John Herie at minus 7. Also at minus 7 and countback losers were Dennis Webber, Ted Gibbon, Al Pasanen, Russ Engelmeier and Scott Gallagher.

All winners, as well as fourth and fifth place teams, won Pro Shop certificates. Tom Potter won a Panagopoulos pizza for his second shot KP on #3, Andy Anderson won a Cosmos pizza for his KP on #4, John Fader received a Canadian 2 for 1 pizza for second shot KP on #9. In addition, each team member received a coveted GG Men's Club logo ball.



MENS OPEN '98

by Barb Carter

On a beautiful hot and sunny weekend, 124 golfers came together to play in this event. When the scores were tallied it was Steve Berry with a 2-day total of 144 to take Low Gross honours. Low Field Net went to our very own Willie Oliver with 137. Well done, guys.

"A" Flight: 1st LG on a countback, with 146 Kevin Maxwell, 1st LN Cameron Scott.

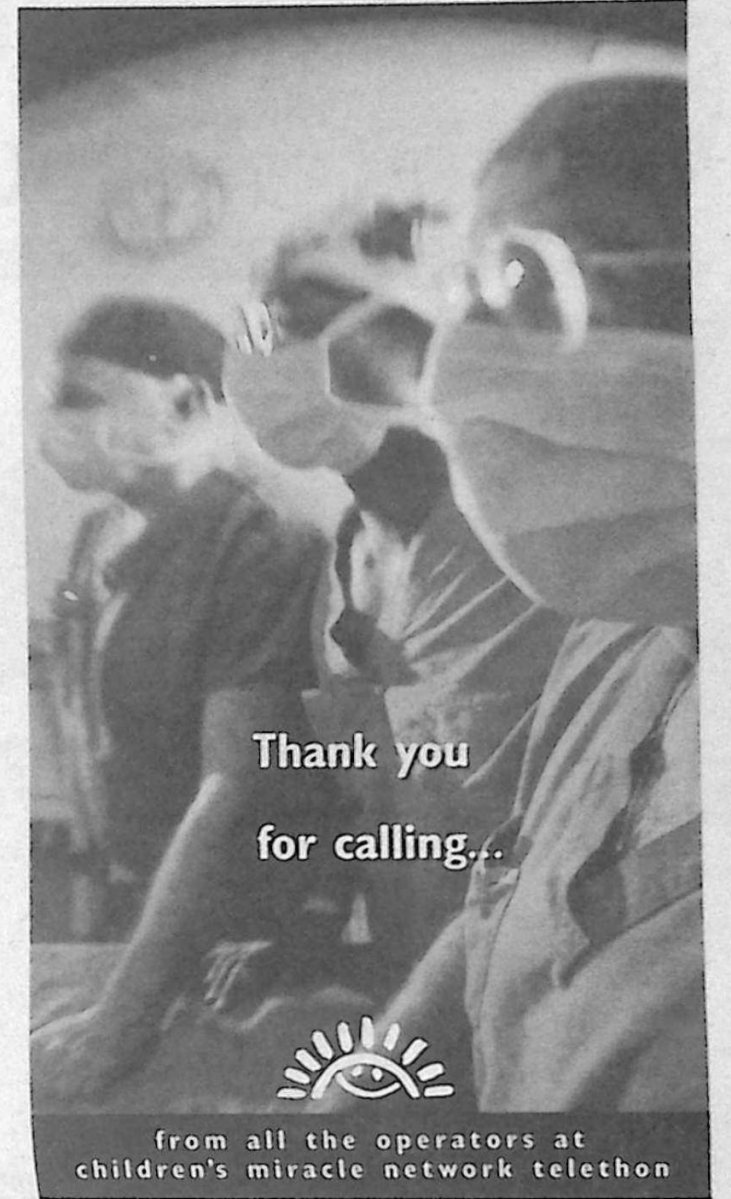
"B" Flight: 1st LG Jerry Misar 156, 1st LN Wally Berger 140.

"C" Flight: 1st LG Bob Edwards 172, 1st LN Terry Doherty 138.

KPs on Saturday: #4 Brian Burns 33", #7 Brad Smith 18-1/2", #12 Larry Rodgers 11-1/2", #15 Dan Fell 30", #17 Don Buchan 7-1/4".

Sunday KPs: #4 Glen Parsons 5'3", #7 Cam Scott 14'5-1/2", #12 Claude Latuillippe 14-1/4", #15 Bruce Hobsenfield 5'7", #17 Paul Butcher 2'5".

Many thanks to all the volunteers who worked so hard the entire weekend.



Thank you for calling...

from all the operators at children's miracle network telethon

LADIES AMATEUR OPEN

by Barb Carter

Plans for our 25th Silver Anniversary being held June 19-21 are in their final stages. We still could use a few more sponsors so, if you are so inclined, call Judy Fellbaum at 339-1064 or Fran Hume at 339-9255.

My deepest apologies to our Head Pro Scott Fraser who, while playing with the ladies on Field

Day, got his first ever hole-in-one on #4. Sorry about that Sweetie Pie. Also apologies to Gussy Pritchard who did all the flower arrangements many thanks - a great job, as usual.

If you haven't got your entries in for the Amateur Open you better hustle your bustle - it's filling up fast.

Save every time you golf!

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INTEL P233MMX SYSTEM WITH 15" COLOUR MONITOR SALE: \$1299.99

- ASUS TXP4 Mb, TX Chip Set, 512K PL Cache
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Wallace Gardens Community Association Newsletter

WALLACE GARDENS COMMUNITY ASSOCIATION CANADA DAY CELEBRATIONS



The next meeting of the Canada Day Committee will be held on Thursday, in Building 22 (First Aid Class Room) on June 18, 1998 at 1900 hrs. If you are willing to give us a few hours of your time please come out.

CANADA DAY POSTER CONTEST

Wallace Gardens Community Association is sponsoring a Canada Day poster contest this year. Children 4 - 15 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;
4. May be entered individually or as a group effort;
5. The name & phone number of each participant must be clearly marked on the back of the entry.

Entries must be received in the Wallace Gardens office no later than the 22 June 1998.

All entries will be displayed at the Canada Day festivities at Air Force Beach, July 1, 1998. The winners will be announced at 1900 hrs.

WALLACE GARDENS COMMUNITY ASSOCIATION YOUTH AWARD

The annual Wallace Gardens Community Association Youth Award will be given out at our Canada Day Celebration - July 1, 1998 at Air Force Beach. We will be giving an award to the youth who has given his time and energy to the Community on a regular basis. If you know a youth from our Community who deserves this recognition, please come to the Wallace Gardens office and pick up a nomination form. Forms must be submitted no later than 15 June, 1998. Our office is open Monday-Friday from 0730 to 1200 hrs.

Wallace Gardens Community Association

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 dependant; 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 1998.

Last Dance
When: 13 June
Time: 6:00 - 8:00 p.m.
Where: Community Centre
Theme: Last Sock Hop until September
Cost: 50 cents members, 75 cents non-members.

TEENS CYBER CITY ADVENTURES IN NANAIMO
Sunday, June 14

Lazer Tag
Go Karts
Paint Ball
Pin Ball Games

\$22.00 for WGCA members
\$25.00 for non-members
Must book in advance: please call Carmie at 339-7696

Mini Golf

The cost of the bus rental for this outing is sponsored by the Wallace Gardens Community Association.

WALLACE GARDENS ADULT CRAFT CLUB

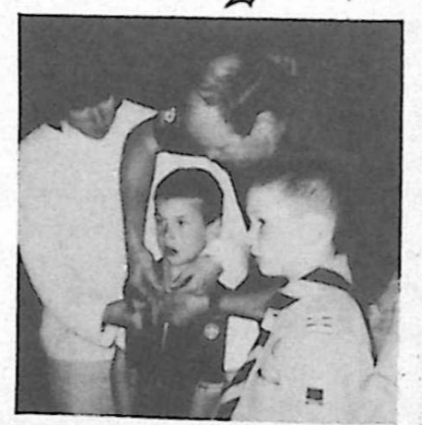
The final meeting of the craft club will be held Jun 14, 98. It will be a potluck dinner, so we'll be starting at 6:00 pm. The craft will be a surprise, so be sure to bring your gluegun & other crafting essentials. This will be the last craft 'til Sep., so 'til then, "Keep on Crafting!"

***Note: The date of this month's craft has been changed from the 21 Jun 98 to the 14th due to "Father's Day"

For more information call Jane Bekus at 339-2355



Service Awards (L-R): Dave Stahn (10 years), Debbie Stahn (10 years), Deb Beise (5 years) and Paul Gilmour (Warrant of Appointment).



New Cub, Coady Curie, has his Necker changed by parents Lesley and Glen as part of the swim-up ceremony.



Kub Karts: Matthew Robichaud (Best Design) and Daniel Stahn (1st Place Racer).

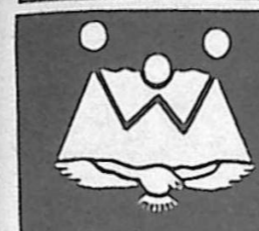
1st Lazo Scouting

On 23 May the members of 1st Lazo Scouting and their families attended the year end barbecue. This gala event signified the end of another successful scouting season. The centre piece of the evening was the advancement ceremonies. Congratulations to new cubs Coady Curie and Joshua Gray who swam-up from Beavers and new scout Justin Schulze who walked-up from Cubs.

The new Kub Kar Trophy was unveiled to rave reviews; the first recipients were cubs Daniel Stahn and Matthew Robichaud. A special award was presented to Shea Tracey as the top fundraiser in the group. District Commissioner

Mel Horsman presented long service awards to Dave and Debbie Stahn (10 years service) and Deb Beise (5 years). Wallace Gardens Mayor, Matt Wappler, was on hand to recognize the many volunteers who generously give of themselves to make the program a success.

Plans are under way for next season. For children between the ages of 5 and 15 years the scouting movement offers exciting challenges with camping and outdoor activities and a wide range of opportunities to have fun and make new friends. For more information call Bill at 339-6225.



COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290



Fête Familiale

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.

venez passer une belle journée rempli de plaisir, jeux, goûter, "bounce-à-mania", prix de présence, spectacles pour enfants, barbe à papa, conteuse d'histoire, et de la musique. L'entrée est par dons.

CMFRC Family Fun Day
Sunday, June 14th
12:00 - 3:00pm
At the Comox Military Family Resource Centre
Call 339-8290

Fête Familiale du CRFMC
dimanche le 14 juin
midi à 3h00
Lieu: le Centre de Ressources pour les Familles Militaires
339-8211 (poste 8655)

The Board of Directors are Pleased to Announce

The Fourth Annual General Meeting

Of The Comox Military Family Resource Centre Society

On the 28th of June 1998 at 7:00pm

At the Warrant Officers' & Sergeants Mess

All Serving and Retired Military Members, Regular and Reserve Force, Spouses and Dependants are Welcome

Refreshments Provided

Agenda Items are to be submitted to the Secretary, care of the CMFRC no later than the 13th June 1998

Child minding will be provided free of charge. To reserve a space contact the Kinnikinnik Child Care Centre at 339-8290 before the 20th of June.

De-hy-dra---What???

It's back! The sun has finally returned to the Comox Valley. Along with the reappearance of natural light, come thoughts of BBQs, beach parties, and bike rides. It's human nature to be more active in the summer and enjoy the great weather. Unfortunately, the combination of sunny skies, hot temperatures and exercise make dehydration, (inadequate fluid levels), a very real and serious problem. Dehydration can lead to fatigue, headaches, muscle cramps and in extreme cases unconsciousness and death. However, by drinking the right amount and type of fluid not only will you be protected from the symptoms of dehydration, but you will feel more energetic. So how much is enough? As a

baseline standard, the American College of Physicians and Surgeons recommends 8 to 12 glasses of water daily. According to the Canadian Council of Sports Medicine, when exercising in warm weather, the average adult can lose up to one liter of fluid in as little as 30 minutes. More significantly, every liter of sweat you lose, translates to an 8 beat-per-minute increase in your heart rate. Simply put, if you do not replace fluids and fast, then you're putting undue stress on your heart.

To prevent dehydration, you have to make fluid loss match fluid intake: the aim is to drink 5 to 10 ounces of fluid every 15

minutes while exercising. That's a lot of water!

Moreover, when you exercise for over an hour, your body consumes 40 to 60 grams of carbohydrates (an energy source) per hour and electrolytes such as sodium and potassium are also depleted. How do we ensure that we are getting enough fluids and carbohydrates? The solution - sports drinks!

As a general rule of thumb, sports drinks contain approximately a 4 to 6 percent carbohydrate concentration. This ration allows for optimum absorption of carbohydrates and fluids into the exercising body. At the same time, drinks containing vital electrolytes, (potassium and sodium) help the body retain fluids. As a final bonus, research has shown that given a choice, athletes will drink more of a flavored drink than they will of plain water. Which means we might get closer to our goal of 5 to 10 ounces of fluid every 15 minutes during exercise.

I would also like to take this opportunity to thank you all for a great experience working with the military community as the CMFRC Counselling Services Coordinator. Coreen Cherry will be returning June 16th, and I am off to pursue new endeavors, taking fond memories with me of the wonderful people I have met here at the CMFRC.

Mary Anne Rolfe

Kinnikinnik Child Care Centre

Summer Day Camp '98

Ages 6-12 years
July 6th - August 28th
To register call the Kinnikinnik Child Care Centre at 339-5051

only \$75/week

News from the Counselling Services Coordinator

For those of you who are not aware of the CMFRC resource library, I would like to extend a warm invitation to you to pop in, browse and perhaps borrow a book or two.

- Recent additions to the library includes:
- Your Money or Your Life
 - Don't Sweat the Small Stuff with Your Family
 - No More Sleepless Nights
 - Understanding Men's Passages
 - Hope and Help with Your Nerves
 - Beyond Grief

Please inform us of any other books which are of interest to you, and we will look into adding them to the library. If you have used the CMFRC library in the past, please look around your home/office/car and determine if any books belong to the CMFRC library. A number of books are overdue at this time. Please feel free to return them. No questions will be asked and no fines will be levied.

I would also like to take this opportunity to thank you all for a great experience working with the military community as the CMFRC Counselling Services Coordinator. Coreen Cherry will be returning June 16th, and I am off to pursue new endeavors, taking fond memories with me of the wonderful people I have met here at the CMFRC.

Au coin des francophones CRFMC Information et Services

- Bibliothèque de documentation: livres, revues, brochures, cassettes vidéo et audio, location de caméra vidéo
- Ordinateur et accès à l'internet et courrier électronique
- Enregistrement des petites entreprises
- Registre d'emplois variés
- Babillard pour garde d'enfants
- Joujouthèque à la Garderie Kinnikinnik
- Service de ressources et d'information de la 19e Escadre et de la Vallée de Comox



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.

Selkirk, MB reunion

In the summer of 1999, Selkirk, Manitoba will be filled with thousands of people of all ages who are coming back to their roots. Anybody who has ever gone to school in Selkirk over the past century has been invited back to the town, whether they live down the street from their old school, in the next city, or halfway across the world.

From July 8 to 11, the 99 Years of Class reunion will bring old and new friends together with exciting activities such as paddle-wheel boat cruises, baseball and golf tournaments, a family picnic, pancake breakfasts, tours of local sites, dances and much more. Organizers have already been planning for more than three years to make this the biggest and best reunion held in Canada or even the world!

Former students are being asked to register in advance for the reunion. For more information, check out the 99 Years of Class website at: www.sor.mb.ca/99yofc or call the hotline at (204) 482-1999.

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.

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 the base mail. No phone ins please.

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>

Executive Duplex, cul-de-sac. 1500 sq.ft., 3 B/R, 2.5 baths, island kitchen, newly carpeted, blinds, 3 appl. garage, large lot, fully fenced, N/S, N/P. \$800 mo. 125A Malcolm, Courtenay. 339-8111/339-4828. <1/2>

Opportunity

Stuff envelopes at home. Earn big dollars. Free supplies available. For info rush self-addressed envelope and three loose stamps to: H. Enterprises, Box 964, Peterborough, Ont. K9J 7A5.

Wanted

Outboard motor between 6-10 HP. Must be in good condition. Please call 334-1937. <1/2>

25th Anniversary

Otter Sqn of RMC will be hosting the 25th anniversary celebration of the UTPNCM program of both the military and civilian universities in Canada from 7-9 May, 1999. All UT graduates should forward their current address and particulars via one of the following to receive further info:

L'escadron Otter du CMR organise une reunion pour célébrer le 25ème anniversaire du programme des PFUNOs dans les collèges militaires et les universités civiles, du 7 au 9 Mai, 1999. Pour plus d'information, tous devraient envoyer leur adresse par la suite:

Phone: (613) 541-6000 ext 6084 or Ocdt Tourond (613) 549-4356.

CSN: 270-5011 ext 6084. E-mail: utclub@rmc.ca Fax: (613) 353-7394

Canadian Cancer Society

24 June: Cancer Support Group - living with cancer, leukemia and lymphoma, will be held at the Courtenay Cancer office at 1:30 p.m.

For Sale

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

Executive Duplex, cul-de-sac, 1550 sq.ft., 3 B/R, 2.5 baths, island kitchen, newly carpeted, garage, large fenced lot. No GST. Private sale. Reduced to \$118,900. 125A Malcolm, Courtenay. 339-8111/339-4228. <1/2>

Garden shed, 8'x12' wood construction w/shelving & metal roof. Movable. PMQ area. Asking \$500. Available July. 339-8111 or 339-4828. <1/2>

Fencing. 80' heavy duty utility wire fencing with posts. Ideal for enclosing pets, young children or critters of any kind. PMQ area. Asking \$75. 339-8111 or 339-4828. <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>

Totally reconditioned push mower. Like new. A steal at \$50. 338-8054. <1/2>

1974 Super Beetle. Ex. running cond. New exhaust system, new clutch, near new tires, new brake shoes. Interior needs work. \$1,200 o.b.o. 338-8054. <1/2>

1991 Eagle Talon, 2WD, new brakes, new battery, tune up, new tires, 120,000 Km, fully loaded, ex-cond. \$6,800 o.b.o. 338-9056. <1/2>

Twin sized white steel fan shaped bed with mattress. Asking \$80.00. 334-0525. <1/2>

Child care

Experienced bilingual child care provider will care for children between 18 mo - 5 years. First Aid CPR trained, references, Puntledge Park area. Jadette 334-0525. <1/2>

Are you looking for a babysitter? I am a very energetic mother willing to babysit in my home. Phone 339-6907. <1/2>

Jake's Trivia answers

1. Garry Templeton.
2. Hap May.
3. Snooker's.

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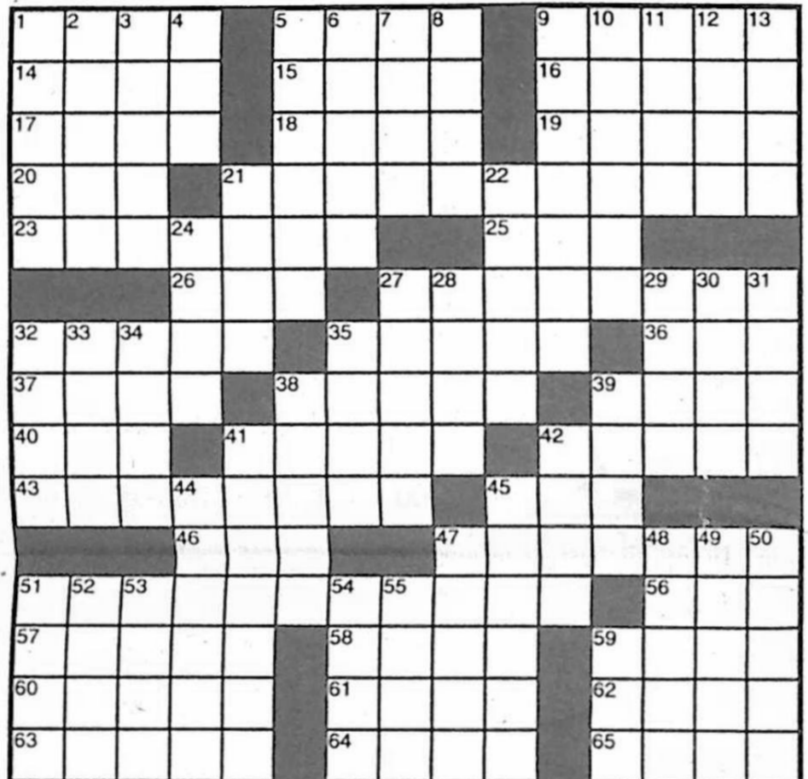
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12 -- of fire
13 Clutter
21 Blab
22 Vitality
24 Uses a Singer
27 Great -- dogs
28 Curves
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30 Cairo's river
31 Virtuuous

32 Electronic reminder
33 Bakery buy
34 "Lonely Boy" singer
35 Enormous
38 Raw rubber
39 African antelope
41 Decorated the walls
42 Wire measures
44 Native range horse
45 Walkways
47 Farmers' places?
48 Gin's companion
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51 Golf scores
52 Leave out
53 Zich
54 Mr. Donahue
55 Disrespectful
59 Alias: abbr.

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The Flying Frogmen Scuba Club

40th Anniversary

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

Special guest speaker: Michael P. Belanger, Oceanographic Environmental Research Society.

All past and present, or want-to-be, "Frogmen" welcome. Come renew old friendships and make new ones.

For more info, contact Shawn Way at 613-965-1747 or 613-392-2811, local 3310. Let us know what your interest is for a reunion dive on Sunday, 16 August. You can also drop us a note or E-mail us at northern.diving.co@sympatico.ca
Mailing address: The Flying Frogmen Scuba Club
Canadian Forces Base Trenton
P.O. Box 1000 Stn Forces
Astra, ON, K0K 3W0

Officers' Mess Ladies Club

Summer's here and that means that the OMLC is holding the final meeting of the 1997/98 year. This festive annual event is everyone's chance to get together one more time before "summer vacation" takes its toll. It's also the time to say goodbye to the old executive and vote in the new, all while enjoying a marvellous meal served at the mess.

The Goodbye Dinner will be held on 17 June, 6:30 for 7:00 p.m. at the Officers' Mess. Dinner will be a choice of a chicken, fish or vegetarian pasta dish, along with two salads, two vegetables and a wonderful selection of desserts. The cost will once again be \$8 for members and \$10 for non-members and guests.

Elections will be held for the new executive - come prepared to volunteer and get involved with a dynamic group on base!

C-V Business and Professional Women

The Women's Business Network had another high energy night of networking at its May meeting, held at CFB Comox Officers' Mess. The growing numbers in attendance, as well as in membership, are proving that we are growing a very successful network of business and professional women in the Comox Valley.

You are not going to want to miss June's meeting which is being held at the new Crown Isle Club House on June 11 at 6:00 p.m. June's meeting is our special general meeting with Dorothy Cline of Dot's Personal Shopping Service as our "In The Spotlight" speaker. The remainder of the evening will be filled with power networking.

Dinner reservations are a must, therefore call our hotline now at (250)338-0115 for more information and to make your reservations. You will not be disappointed that you did, we hear the food is fantastic. Don't forget to bring your business cards.

Food for thought!

Along with eating right, daily physical activity is one of the best ways of reducing the risk of cardiovascular disease.

Sharing a Healthier Future™

PARTICIPATION



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 vous invite à sa vente de garage le 13 juin prochain au 468, 2ième rue à Courtenay de 9h à 14h. Items: chaises hautes, livres, BBQ, etc. Si vous avez des articles dont vous ne vous servez plus et que vous voulez les donner à l'Association pour cette vente, prière de communiquer au 334-8884.

Garage Sale

The Francophone Association garage sale will be held on Saturday, June 13 from 9 a.m. to 2 p.m. at 468, Second Street, Courtenay. High chairs, books, BBQ, etc. If you have any unwanted items, please call us at 334-8884.

Feu de joie de fin d'année (feu de la St-Jean)

Vous êtes invités au feu de joie de fin d'année le vendredi 26 juin à Air Force Beach à Comox. A partir de 15h, jeux pour les enfants, 18h BBQ (apportez votre nourriture et boissons). Vers 21h on allume le feu. Venez fêter avec les francos.

Year end camp fire (St. Jean Baptiste camp fire)

You are invited to our year end camp fire at the Air Force Beach in Comox on 26 June. Starting at 3 p.m. games for kids, 6 p.m. BBQ (bring your food and drinks) and around 9 p.m. we start the camp fire. Come and join us.

Job Opening

Title: Project Coordinator "Entrepreneur"
Place: Francophone Association
Term: 22 June - 28 August 1998
Salary: \$7.15/hr. (35 hours per week)
"Summer Career Placement 98" program
Applicant: Post Secondary student
Open to English speaking person and/or bilingual
Description: Create a network of francophone and francophile "Entrepreneurs." Research and interviewing of target population. Research and development of economical and historical profile. Compiling data and publication of results.
Knowledge and Skills: Organizational, administration, marketing, word processing.
Please send or drop off your resumé between noon and 4:40 p.m. Mon-Fri with your covering letter before 4:30 p.m. on June 12 to the attention of:

Danielle Bernier, Executive Director
Association Francophone de la Vallée de Comox
1491 McPhee, Unit #2, Courtenay, B.C. V9N 3A3

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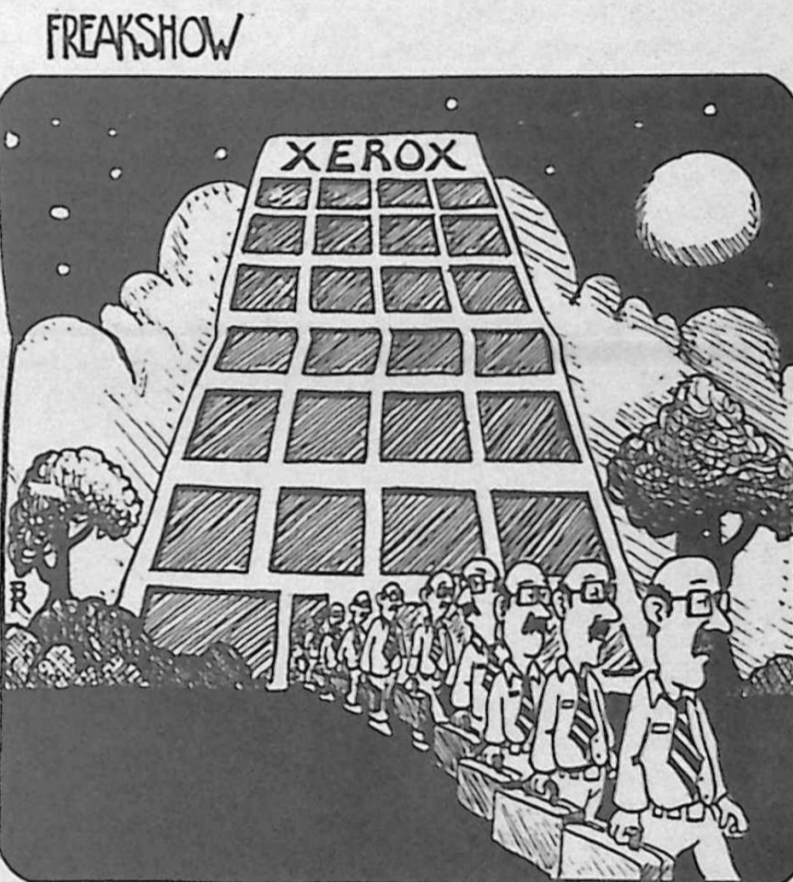
BRANCH 17 COURTENAY 334-4322

DANCES (every Friday, 8:00 p.m.):
12 June ... Easterners
19 June ... Country Cousins
26 June ... Ventura Highway

SPECIAL EVENTS:
Fishing Derby ... 19-21 June
(\$10.00 entry fee includes BBQ)
Fathers' Day ... 21 June
(Entertainment by Fat Man)
GENERAL MEETING ... Tuesday 23 June

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:
Fri June 12 ... Double Play
Fri June 19 ... Alley Cats
Sun June 21 (Fathers' Day) - Ventura Highway
Fri June 26 ... Toe Tappers



Army Cadets

...Continued from page 2

Gen Vernon addressed the troops "It is a golden opportunity for the youth of Canada to participate in the cadet program. The results are rewarding, not only to you but for the community."

With nine weekend exercises, eighteen Sunday training days, three band clinics plus a ten-day band clinic in Victoria, Citizenship Days (i.e. volunteering for community service), it was a very busy schedule for the 50 plus cadets.

"It is gratifying to see cadets excel in the cadet program, the rewards are immeasurable, from parading with the Veterans on Nov 11 to advanced training and international exchange," commented Maj Pierre Dube, the unit's new Training Officer.

The corps will continue to parade on Monday evening until the end of June. They will be recruiting and updating the information for the cadets who will be going to camp.

Operations for the corps will resume the first Monday in September. Registration at Courtenay Legion 1830-2100 hrs and is open to all boys and girls ages 12-18.

The Royal Canadian Legion (Br.17) and the Courtenay Lions in a joint venture, along with the Department of National Defence, are sponsoring bodies for the Comox Valley Canadian Army Scottish Cadet Corps.

For more information call Capt Fred Maniak (339-3199) or Maj Pierre Dube (339-5098).

1998 Canada Day at Airforce Beach

by Sgt Leo Phillips

The Wallace Gardens Community Association and 19 Wing Comox will again be hosting their annual Canada Day Celebrations at Airforce Beach on Wednesday, July 1st, starting at noon.

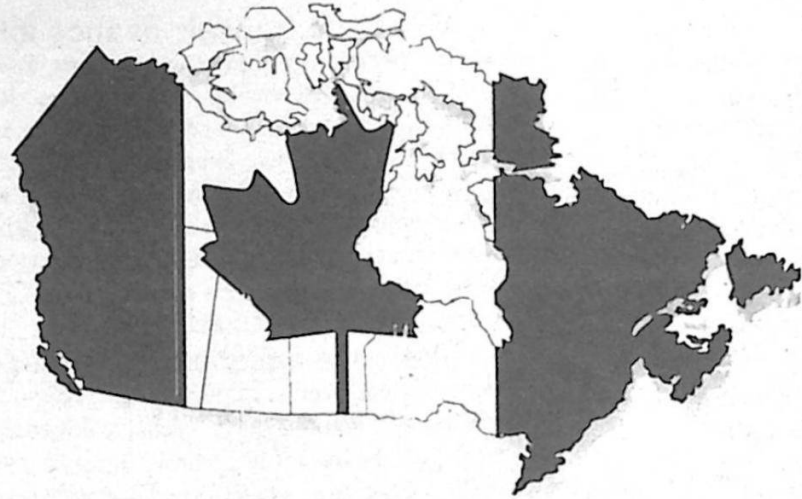
This year's events are promising to be bigger and better. 19 Wing and Wallace Gardens Community Association will be joined by volunteers from the Canadian Military Family Resource Centre. Most of the activities are free admission with a small charge for items being sold.

Family activities are scheduled to begin at noon. There will be an abundance of activities for all ages; Beach Games, Family Fun Bingo, Air Bouncers, Duck Pond, Face Painting, rides on Little Toot, Water Slide. These activities will be held in the afternoon. There will also be a food tent with hot dogs and hamburgers for a minimal price. Other favourites, such as popcorn, ice cream and cotton candy will also be for sale.

The evening activities will

consist of live entertainment from a local duo - Claude and Steve. The highlight of the evening will be the fireworks display, scheduled to start at approximately 10:25 p.m. Jon Scotton, fireworks display coordinator, has promised a spectacular show. Glow sticks will again be on sale for a minimal cost. In an attempt to offset the cost of the fireworks display, we are asking viewers using the parking facility to donate the sum of \$1.00 per car, thus reducing our overall costs. This donation can be made at the entrance to the parking facility. Viewers are encouraged to arrive early as the gates will be closed at 10:00 p.m.

Volunteers are still needed. Positions available include: cooking in the food tent, serving customers, selling glow sticks and other items, supervising children's activities, site setup and site take-down. Volunteers can leave their names with the WGCA office, ext. 8571, or contact Sgt Leo Phillips at 339-8211 ext 8748.



Schedule of activities

12 noon

Gates open to public
Controlled parking
Food tent open
Duck pond open
Air bouncers open
Water slide open
Registration tent open
Face painting
1:00 p.m.
Children's beach games

2:00 p.m.

Family bingo
Little Toot rides
6:00 p.m.
Water slide closes
Air bouncer closes
Face painting closes
Duck pond closes
7:00 p.m.
Live entertainment
Glow sticks go on sale

9:00 p.m.

Welcoming remarks by Wing Commander
10:00 p.m.
Main parking gate closes
Registration tent closes
10:15 p.m.
Live entertainment ends
10:25 p.m.
Fireworks display.

Safe Boating Week June 6-14

Wear your PFD

The easiest and safest way to prevent water related injuries, particularly drowning, is proper use of a personal flotation device (PFD) or life jacket.

This summer, as you head for the water, try and keep the following safety tips in mind:

- PFDs help prevent drowning and should be worn by children when they are in, on and around water.

- PFDs are never a substitute for adult supervision.

- Children learn best from example. When boating, parents should always wear their PFDs too!

- When selecting a PFD, it is important to check for a snug, comfortable fit. And remember, a brightly coloured PFD not only looks cool, it also increases your visibility in the water.

- Don't forget to try it out. In shallow water, try on your PFD, lift your feet up and put your head back. Make sure that your chin is above water and you can breathe easily when you are floating.

"Drowning and water related accidents can be very easily prevented if people think safety first," says Beth Clark, National Coordinator, Water Safety Services for the Canadian Red Cross. "It only takes seconds to put on a PFD."



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