



19 Wing CFB Comox

TOTEM TIMES

THURSDAY 25 JUNE 1998

The Comox Valley's Oldest Newspaper

VOL. 40 NO. 11

HAPPY BIRTHDAY



July 1
Schedule
of
activities
see page 15



SCONDVA
final
hearing

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Next issue:

photo
highlights
of
WComd's
tour

From Comox to Cairo

by Capt David Krayden,
WPaffo

You look around this Wing today and much has changed in the past three years. Construction will soon begin on a massive complex that will house a new base pool, recreation facility and community centre. There's a new wash hangar for the Aurora. Every day, the men and women of 19 Wing communicate with each other using E-mail over an advanced computer system. Future SAR Techs from across Canada are now coming to 19 Wing for all their primary training at the Canadian Forces School of Search and Rescue, which opened last February. Cadets conduct their summer gliding training from our runways now that Chilliwack has closed.

Ahead, the Wing Commander anticipates good things for the Wing with the arrival of the new Cormorant SAR helicopter in July 2000 and the possible move of 443 Sqn from Pat Bay to Comox.

This is the Wing that Col Brian MacLean is leaving next month, after he hands over command to Col Bill Neumann on July 28. It is not the same Wing that he arrived in July 1995.

Yet, despite all the changes and improvements that have occurred at 19 Wing during his tenure as Wing Commander, Col MacLean says his paramount goal when assuming command was to "inspire teamwork and provide a focus for all the changes that were taking place and that were going to take place. And to have fun while we did the job."

He says he achieved this goal and considers the renewed sense of direction and purpose to be the accomplishment of which he is most proud.

And regrets, he hasn't a few. "I have no regrets," he says with a deadpan expression, but then smiling, he adds, "except to have stayed here longer."

The colonel is a relatively relaxed man these days as he prepares for the July 28 Change of Command Parade and his posting to the Canadian Forces Language School in Ottawa for a year of Arabic. There is an easy humour

in his exchanges with office staff, a bouncy enthusiasm to his step that has not always been so pronounced. On this peaceful day in June, he nestles into a chair for an interview with local journalists and speaks confidently but almost quietly to the small group of reporters who have been ushered into his office for an opportunity to hear the Comox Valley's "fourth mayor" reflect on three years of command.

He has just over a month left as commander of the only Air Force base in B.C. and the burden of that command is noticeably lifting. It is not for nothing that commanders are said to be "relieved" by their successors. The mantle of authority is heavy, ponderous and omnipresent.

But, as Col MacLean notes, it can also be a real joy, an opportunity to demonstrate leadership.

"The cutbacks and reductions have been difficult over the past three years. But the higher headquarters have also devolved a lot of the decision-making powers. I used to be given a pot of money and told to spend it as directed; I didn't get to manage the money," says Col MacLean.

He was also tasked with managing change in 1996 when the commander of Air Command, LGen Al DeQuetteville, announced the formation of Flight Plan '97 to train personnel to accept and adapt to the dynamics of corporate and institutional change. Col MacLean aggressively marketed both the principals and the execution of re-engineering, a word and concept that annoyed some other senior officers to the point of distraction. No other Wing reacted so swiftly and so enthusiastically to the demands of Flight Plan '97 Ground School. The Wing Commander just got on with the job and told personnel to adjust to the new reality: military personnel of all ranks were going to have to start working together and listening to one another.

"I think we have set things in place for the future to ensure better command and control."

Continued on page 8...



The future looks bright

by Col Brian MacLean,
WComd

As I pen this article, the realization of how short my time here at 19 Wing has become is starting to hit home. It gives me cause to reflect upon how we as a Wing in our Air Force have done over the past three years while the grown-ups in NDHQ have wrestled with massive reductions in personnel and budgets, Somalia and now the latest bonfire, harassment a la Maclean's magazine (no relation). While all of these issues have no doubt continued to have negative impact on morale (yours and mine), I continue to be optimistic about the future of the CF and our Air Force. My optimism is based on you, the men and women of 19 Wing. During my tour, I have been impressed with

your loyalty and dedication to our mission as well as your spirit of teamwork. Throughout, I have received strong words of high praise from our many visitors concerning your enthusiasm, energy, camaraderie and teamwork. Their words reflected what I already knew as you have indeed been leaders in our Air Force in many respects, including change and operations. As you can imagine, I am extremely proud to be part of this team and I am definitely not looking forward to leaving; however, duty calls, but not for another month.

I am envious of those remaining at 19 Wing. You have much to look forward to, including the new community/recreational/family resource centre (a.k.a Base

Continued on page 10...

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The first three Centres will open this fall in Courtenay, Abbotsford and Cranbrook, and more are planned for Campbell River, Fort St. John, Victoria, Nanaimo, Vernon, Terrace, Quesnel, Kamloops, Prince George, Prince Rupert, Williams Lake and in the Lower Mainland.

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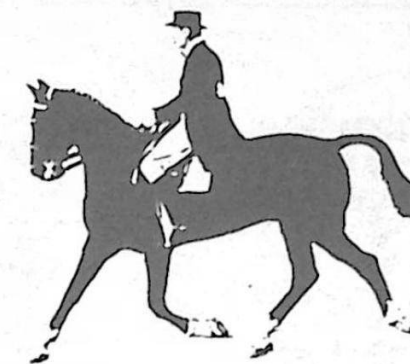
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Riders support therapeutic riding program



Over 20 riders from Courtenay, Campbell River and Quadra Island raised almost \$3,000 at the seventh annual Comox Valley Therapeutic Riding Society Pledge Ride on 31 May.

This year's ride saw a date change from the fall to the spring, which was a hit with the riders. "It was so nice to be riding in the sunshine instead of the monsoons that we've had in previous years when we've held the ride in October" said Rosemary Webber, trail boss for the ride.

This year's ride started at 10:30 a.m. at the Comox Valley Fairgrounds and ended there at 12:30 p.m. with a lunch for the volunteers and riders. All participants received commemorative T-shirts, as well as being eligible for numerous door prizes.

Ride organizers are extremely pleased with the response from the community to the pledge ride. "Every year the community gets behind this event - the businesses that donate prizes, the people who

pledge the riders, the riders themselves, and the volunteers that make it all happen. We thank them all" says Sarah Schmidt, organizing committee member.

One of the therapeutic riding horses, Tiny, collected over \$500 in pledges and was ridden by Terry Searl. Terry is the parent of one of the therapeutic riding program participants and this was his first time ever on a horse. "This is way harder than it looks, but worth every saddle sore I'm going to have. CVTRS is a wonderful organization and it was really great to be a part of this fundraiser. It was a real privilege" he said at the end of the ride.

Riders have until June 30 to collect their pledges and turn them in. At that time prizes will be awarded to the three riders which have collected the most money and the three riders with the greatest number of sponsors.

For more information about the CVTRS call 338-1968.

Marijuana Valley kids are starting to smoke pot at younger age, with serious results

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

by Ian Lidster, Echo Staff

Few are those even well into middle age who haven't at least once tried pot.

Many, in their 40s or even 50s were regular tokers during the 'scene' of the late 1960s and early '70s - you know, 'Summer of Love,' Woodstock and Monterey Pop, and all that good stuff.

That was also the era in which some justifiably negative attitudes arose about the enforcement of drug laws, especially as they dealt with marijuana - a recreational drug believed to be borderline innocuous, non-addictive, and certainly superior in every respect to alcohol, the 'legal' drug, embraced by the establishment of that era.

Many can recall heads being busted (literally as well as figuratively); friends being sent to jail for simple possession, and the paranoia that surrounded a quiet, at-home pot-party.

And some of the partakers of that time never really moved past that mindset. Of course, they say, the 'authorities,' especially the cops, will tell you pot is bad; they always did.

Unfortunately, the exponents of marijuana on the contemporary scene are wrong. The cannabis of today barely resembles what was around two decades (or even five years) ago.

But, aside from the THC strength of contemporary crops of the stuff, some myths might just as well be dispelled.

While marijuana was widely

believed to be non-addictive (the same belief surrounded cocaine not that many years ago), it has been discovered to be quite the opposite. Research, and the experiences of those who deal clinically with abusers, show it to be hugely addictive.

As is the case with all drugs, users are beginning at a much earlier age in the Comox Valley than they did in the past.

According to Valley Service Providers, pot smoking now begins about the same age as the first indulgence in alcohol, 11 and 12 years old for some, and certainly 13 and 14 for many others.

Substance Abuse Intervention Program staffers from St. Joseph's Hospital have dealt with incidents of emergency ward and psychiatric ward admissions of very young males and females who have gone into various distressed states as a result of marijuana (or marijuana laced with other drugs) use.

Acute paranoia is just one such manifestation; especially for the very young or inexperienced.

As it stands, marijuana burn-out outnumbers all other pediatric, adolescent and young adult diseases combined.

And always those who deal with such drug involvement in the front-line are faced with either denial from those in authority, or misinformation that, to a degree, calls into the question the drug habits of those who should know better, as far as service providers are concerned.

Attitudes that ranged from a Vancouver judge who, according to RCMP drug awareness coordinator Barry Schneider, made the statement in a courtroom while

rendering a judgement on a drug dealer, that there was no proof that pot is harmful; to a District 71 secondary school administrator who opined to one of the service provider groups, that there was no problem with drugs at his school.

"It's infuriating," says the provider. "How can we effectively deal with the issue when we get such blindness on the part of teachers, parents and people who administer the law? Schools are loaded with drugs, including the one in question."

One of the most significant aspect of marijuana, is that it is a 'gateway drug.' That is, those who never use marijuana, rarely if ever try harder drugs. Those who have used, in vastly greater numbers move on to harder drugs.

For example, 90 per cent of those who have used cocaine, started with marijuana. Among students who use marijuana before the age of 18, follow up research has shown that 43 per cent go on to use cocaine.

Again, as with other stories in this series, the demand from the service providers is not for more personnel at the various levels to deal with this crisis in the Comox Valley, but for residents of the valley themselves to become proactive and find some ways of bringing about change in 'our' community.

Service providers only deal with symptoms - that's all they can deal with.

The baton has to invariably be passed to a community that is prepared to empower itself. Otherwise, the situation will not stay the same, it will deteriorate.

HAPPY BIRTHDAY CANADA

Pow Wow June 26 - 28

Sponsored by the Upper Island Women of Native Ancestry
Location: Rotary Bowl on Headquarters Road, Courtenay.

Entrance is by donation.

There will be concession stands and crafts.

Friday 26 June

13:00 hrs. Mini-parade from downtown Courtenay to Lewis Park
19:00 hrs. Grand Entry at Rotary Bowl

Saturday 27 June

08:00-10:00 hrs. Pancake Breakfast (\$3.00)

13:00 hrs. Grand Entry

17:00 hrs. break for supper

19:00 hrs. Grand Entry

Sunday 28 June

08:00-10:00 hrs. Breakfast

10:30 hrs. Crowning of Pow Wow Princess

11:30 hrs. Grand Entry

20:00 hrs. Retire Colours.

All are welcome - aboriginal and non-aboriginal, all ages. Please no pets, alcohol or drugs on grounds.

Wing contact: Gary Grigg, loc 8479

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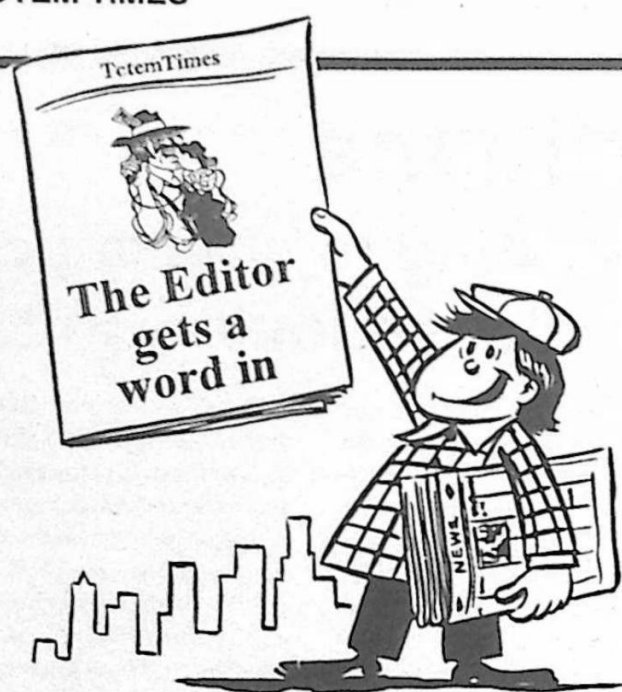
Under the new rules, you can now donate up to 50% of your taxable income. Each year to your favorite charity, and up to 100% of your taxable income in the year of death. (This is compared to only 20% under the old rules.) Individuals with no surviving spouse can make some financial planning changes and gift their RRSP or RRIF assets to a charity to reduce or almost eliminate tax payable. For people with surviving children or family, they can transfer other assets to them, or create new funds through life insurance. Estate Planning and tax reduction strategies could benefit more than just the surviving family.



Kim Vogel
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Driver beware

It has been several years now since the mandatory helmet rule came into effect governing bicycles. The reasons given for bringing in the helmet rule were that it would be common sense on the part of cyclists and the cost of medicare to all of us from unnecessary head injuries. There were a substantial number of accidents each year between bikes and motor vehicles and the resulting damage to the cyclists was no doubt more severe to those not wearing helmets. One was given the impression that the cyclists were minding their own business and, through no fault of their own, poor visibility, poor roads, etc., they were being mowed down by cars.

Okay, that may be partially true. I was even willing to accept the logic that the good for environment cyclists were being hammered by motor vehicle traffic until I was assaulted by these same cyclists for the umpteenth time. Has anyone ever noticed the number of cyclists that don't follow the rules of the road? And I'm not talking about teenagers cruising down the road on the way to the corner store. These are dyed in the wool, I'm more cool than you, rocket ship riders in spandex clothing.

After witnessing cyclists failing to stop for stop signs, riding against the traffic, cutting across several lanes in the blink of an eye and darting out from side streets into mainstream traffic, I began to doubt that the rules of the road even applied to cyclists. A quick call to the local RCMP confirmed my original suspicions; they are required to follow the same rules as motor vehicle traffic.

The helmet law was extremely unpopular when it first came out, but it was a response to a public need and it was generated by a large number of injuries. As surely as night follows day, there will be further restrictions on cyclists if they don't start obeying the rules of the road like everyone else.

Joel Clarkston

Good luck



Lt Hogan presents MWO Phaneuf with plaque donated by the AEF.

by Lt Mike Hogan

AEF would like to thank MWO Phaneuf for his hard work and dedication throughout the past two years. His vast experience and knowledge have kept 191 AEF on the cutting edge with respect to Airfield Engineering matters across Canada. In the past year, MWO Phaneuf was the superintendent for Ex Winged Beaver (an Air National Guard deployment to Selfridge, Michigan), he was the squadron Sgt Major for the Airfield Engineers

at Op Assistance in Winnipeg and also participated in Ex Silver Flag at Tyndall AFB in Florida.

Fortunately for 191 AEF, MWO Phaneuf has not gone far. He is now the Construction Engineering Facility Development Officer. In his new appointment, he will carry out many functions, including long term planning for 19 Wing.

Best of luck from all the engineers at 191 AEF.

CHIMO!



Standing Committee on National Defence and Veterans Affairs final hearing

by Gen J.M.G. Baril, Chief of the Defence Staff

On 4 June, I appeared before SCNDVA for their final quality of life (QOL) hearing. In my remarks to them, I highlighted the five pillars that make up the CF QOL package: Compensation and Benefits, Accommodation, The Military Family, Care of Injured and Retired Personnel, and Work Expectations.

For each of these pillars, I stated the principles, offered examples of what is already being done and offered examples of where the committee can specifically help. My remarks can be found on the DND Internet site and the ADM (PER) Intranet site.

At the end of my presentation, the members of the committee expressed their gratitude to all the people at bases from coast to coast, in Germany and in Bosnia, who arranged their visits. The committee appreciated the excellent hospitality that was shown to them at every stop.

The committee members also extended a special thanks to the CF members and spouses who ap-

peared before them during public hearings. They admired the courage with which you were able to speak publicly about very personal and emotional issues. They are grateful for your input, and they were highly impressed by the professionalism, talent and commitment demonstrated by the participants.

The SCNDVA members expressed their commitment to concluding the study with a report that would make a difference. As a result of your input, they have a solid understanding of where improvements are needed. Their final report should be tabled soon after parliament resumes in October and will be followed by the government's response.

In closing, I would like to thank all of you who have participated in one way or another in SCNDVA's QOL study. The MND and senior leadership of the CF/DND have appreciated your frank and open testimony. Without it, we would not be in a position to move forward.

Local business comes to our rescue

The Totem Times was on the verge of a crippling situation when a drive cable broke on the copy camera used to produce the photographs for the newspaper. This camera is very old and the manufacturer is now non-existent.

The staff, using their ingenuity and imagination, went looking for help. It came in the form of a person by the name of Ted, of Northern Ropes and Industrial Supplies in Courtenay. When approached with our problem, without hesitation he said "Come with me." After some well-applied hammer blows, glowing sparks flying from the grinders and several crunches from a large cable crimper, Ted, with a big smile, handed back our cable which looked no worse for wear.

Without Ted's help, the newspaper would have been very hard pressed to meet the deadline.

From all of us here at the Totem Times and 19 Wing:

A BIG THANK YOU!!

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OFFICE HOURS - Mon to Fri

7:30 - 11:30 a.m.

1:00 - 3:30 p.m.

Just posted in and just promoted



WCompt, Maj Adele Donaldson presents Lt Luce Gilbert with her present rank.

by Capt John Lalonde

The WCompt Sqn would like to welcome our newest addition, Lt Luce Gilbert. It was an eventful time as her promotion message arrived the same week she reported in! Her new rank will ensure Lt Gilbert is accepted as staff rather than dismissed for a student on summer phase training. Luce has been there and done that, as she recently graduated from l'Université du Québec à Hull. She was a participant in the University Training Plan Non-Commissioned Member (UTPNM) program. Rumour has it her major was in VOLLEYBALL, but we could be wrong.

Actually, Luce is a high-calibre volleyball player, having travelled to other countries competing for our Canadian military team in CISM volleyball competitions. If

the popularity of volleyball seems to increase at 19 Wing, you can bet Luce will have had something to do with it.

Luce did not want me to go into too much historical detail, so in a nutshell: Luce was born and attended school in St. Georges de Beauce, joined the CF as an 831 Admin clerk, played lots of volleyball, got married, went to university courtesy of the CF and got posted to 19 Wing Comox effective 15 June 98.

Luce's spouse, Luc, is an RMS clerk who will be working with Wing Supply, and is moving with their move from Ottawa under way. He will be reporting in on 6 July.

Though we are a small squadron, we are game for a sports challenge from other squadrons. Volleyball, anyone?

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A Special Thank You to Camera Photo and WDG

Harassment under control, Base says

(The following excerpts of the article which first appeared in the The Comox Valley Record on 10 June 1998 are reprinted with permission.)

by Susan Quinn,
Record staff

CFB Comox has been affected by past charges of sexual harassment, but officials there are working to ensure history doesn't repeat itself by implementing the Sexual Harassment and Racism Program (SHARP).

While the national media has been roiling with sensational cases of sexual harassment and abuse in the military for the past few weeks, SHARP coordinator Capt Barry Monk and facilitator Capt Mel Bush have been methodically training 19 Wing personnel in the eight-hour (one day) SHARP program.

The SHARP program has two goals, says Monk: to teach personnel to follow the rules for appropriate behaviour and to offer them every opportunity to discuss and look at different forms of harassment in an open forum "so they can see with humanity and logic that these rules are fair."

The program focuses on identifying harassment policies, talking about the way certain behaviours could be construed as harassment, and how to go about reporting harassment.

Part of the program includes role playing, which is an eye-opener for some, says Bush, who graduated from harassment complaint advisor to facilitator while at 19 Wing.

Bush and Monk have put more than 900 people through the program so far and have about 300 left.

"Every complaint is significant for the person making it," says Monk. "SHARP is proactive, and by far a better way of dealing with this issue."

Sexual abuse, abuse of authority or harassment won't be tolerated at 19 Wing Comox, says WComd Brian MacLean.

Harassment is dealt with seriously at the base and punishment is meted out according to DND policy. That could include something as simple as an apology and rises in scale to disciplinary action (including military jail time), a demotion in rank, counselling for complainant and harasser, a transfer for the harasser, or disciplinary or administrative action against a superior who was aware of the harassment but failed to take appropriate action.

There are two avenues for resolving harassment complaints: informally and formally.

Informal resolution involves one person gathering information about the incident and resolving it quickly.

Formal resolution involves a committee appointed by the Wing

Commander to conduct an internal investigation.

There is also a formal grievance procedure within the Canadian Forces, although it is not usually used for harassment issues.

Col MacLean says the military has been thrust unfairly in the spotlight for incidents that happen just as frequently in the rest of society.

In the past year at 19 Wing, Monk says he has only had a couple of formal complaints. Regarding informal complaints, "I can count them on my fingers and not use all of them."

In the Comox Valley, the RCMP detachment had 105 reported cases of sexual assault in 1996, 106 cases reported in 1997 and 31 reported since 1 January of this year, according to Staff Sgt Paul Giffin.

Col MacLean also says that open lines of communication are crucial to the success of SHARP training at the base - people have to talk about harassment in order to deal with it.

"You've got to talk to the person who is harassing you right away, so the person who is harassing knows it," he adds.

Both Monk and SHARP trainer Mel Bush agree. "You can't make people think something, but you can appeal to their judgement, their logic, their sense of fair play," Monk says.

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Courageous and dynamic

**CE Team Leader
MWO Zella Baran,
Fin Admin Team**

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

"I've been blessed with a staff that embraces change and challenge in an effort to make things better for our clients." So says MWO Zella Baran, CE Financial Administration (FA) Team Leader.

Calling her team "courageous and dynamic," she adds, "we're currently in the process of realigning administrative responsibilities by dedicating an FA staff member to specific shop teams. This provides new learning opportunities for the team, promotes teamwork, and affords an appreciation of tasks performed by other team members."

MWO Baran believes that the degree of success her team has had in responding to the challenges of the past six months is testimony to the effectiveness of each team member and their willingness to work together. She also emphasizes that it is important to remember that in the concept of teamwork, one should not forget the individual. Each team member brings a part of themselves into the working group.

"It is that diversity of perspective and experience that enhances the team," she emphasizes. "In highlighting the FA team, it seems fitting that each member be accorded space and applauded for their efforts, both individually and collectively."

As Training Coordinator, Security Officer, Canadian Forces Engineering Management System (CFEMS) Functional Manager, and Assistant FASM, our "Jill" of all Trades, Sgt Dale Nielsen, has been kept very busy of late. CFEMS came on line at 19 Wing Comox in March 98 but had not been updated to reflect the cost accounting changes that came about as a result of FMAS. Tasked with bringing the system on line, getting computers upgraded to accept the system, training team leaders on its use, and troubleshooting, Sgt Nielsen is successfully meeting all challenges. Her calm and even temperament in handling a myriad of ADP, Training and Security issues lends credence to her professionalism as a Snr NCO.

The CE Works Controller, Safety Rep, and Assistant CFEMS Functional Manager, Mrs. Norma Hanson, has been equally occupied in bringing CFEMS on line and addressing problems on the front end.

In the CE world she is a frontline veteran - first to get the calls and start the work process, last one to clear the paperwork, putting it to rest. Norma's well-rounded knowledge of the Engineer Work Process and her no-nonsense dedication to her job keeps us all toeing the line.

She was instrumental in coordinating recent changes in the office setup to make the work area more open and client friendly. We all benefit by her willingness to initiate change and to promote better ways of doing business.

Mr. Finn Schultz-Lorentzen, Timekeeper, Continuous Improvement Committee (CIC) member, FA Supply rep, and CE Correspondent, has been instru-

mental in promoting the welfare of CE employees with photo collages and 19 Wing articles portraying life in CE. His easy-going nature and sense of humour provides a good balance to the FA team. Finn embodies a go-with-the-flow manner to which change becomes a matter of fact and not an obstacle to overcome.

Ms Judy Donaldson, General Office Clerk, provides valuable team feedback to new ways of doing business. She gives us a reality check and keeps us from going off track from the common sense approach. Judy is always ready to learn new skills and take on new assignments. Her positive attitude toward change is an important attribute to moving forward.

ward.

Mrs. Yvette Ally, the newest member of the team, is the Admin Coordinator. She is responsible for coordinating administrative requirements for CE and providing executive administrative support. Yvette's comprehensive administrative knowledge keeps us in line with current procedures and again provides the FA team with valuable feedback.

Ms Shaunna Lee provides specialized administrative support for Engineering specifications and briefs. Her exceptional skill in software manipulation and her ability to teach others has enhanced the FA team's capability to keep current with new software applications.



CE's Admin Team (L-R): Finn Schultz-Lorentzen, Sgt Dale Nielsen, Norma Hanson, Judy Donaldson, Shaunna Lee and MWO Zella Baran. Missing: Yvette Ally. (Photo by WImg)

A major brendaiqui

by finn

You may work without let
with your jaws firmly set.
Your brows shine with sweat,
from the tasks that you get
- but when comes your birthday
it's marked in the worst way:
The day you turn older
they make you feel colder
by soaking you wet
- you bet!
like a freshman cadet.



WCEO, Maj Wayne Gauthier, receives a birthday hosing, courtesy WFH, put up to it by his spouse, Brenda.

Cleaning up: The Inside Story

by John Stoll,
CHP Chief Engineer

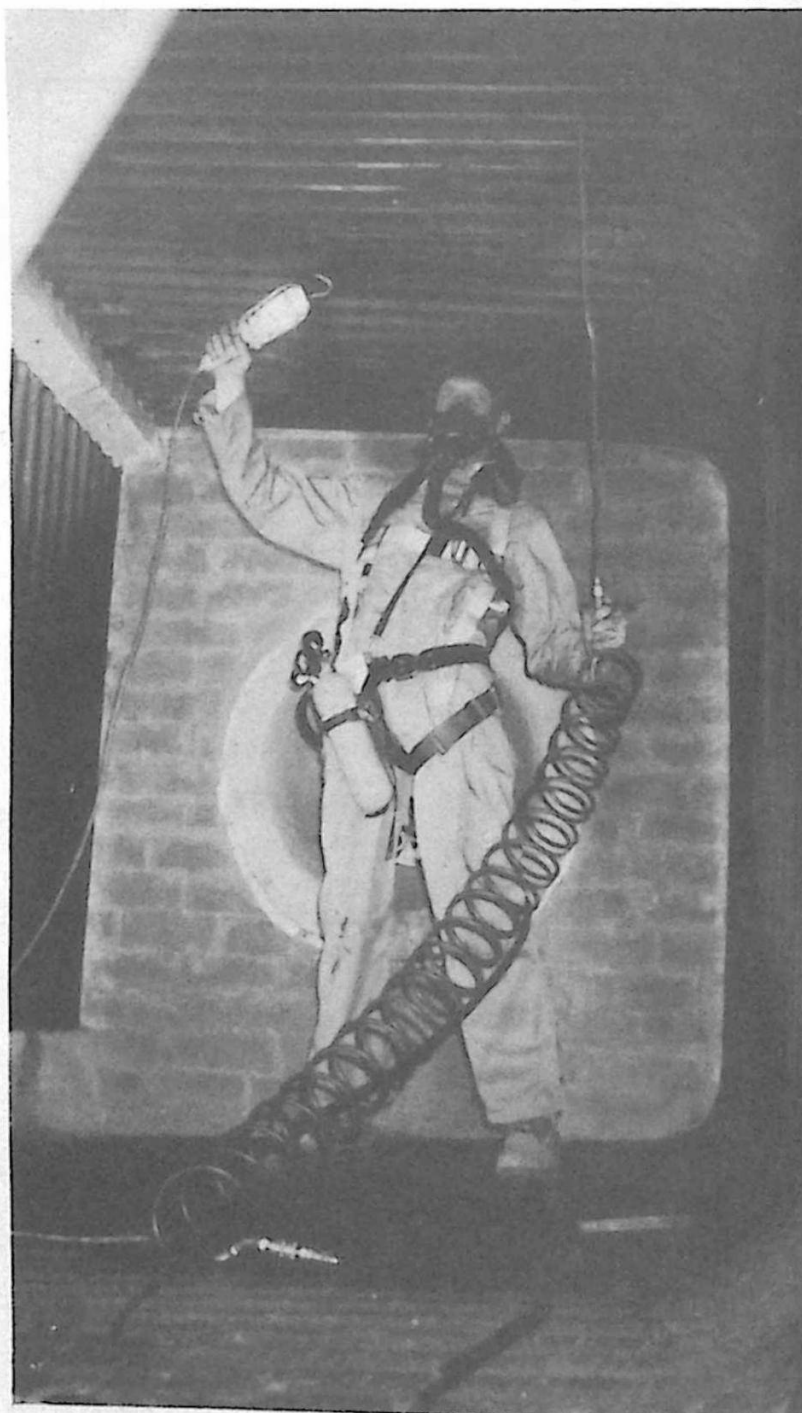
There is a lot more activity in the Central Heating Plant these days. It is time for the annual cleaning, inspection and overhaul of the boilers and associated equipment. If you noticed, some familiar people are back; they are Norm Luzney, formerly a Master Corporal and now a Power Engineer, and Gerry Cummings, a man of many talents, one of which is also a Power Engineer.

There is also a new kid on the steam block. She is Karen Lepack, formerly of Ontario and now our first female Power Engineer in the CHP. Karen is not the first female in the trade but she is the first here.

In a male dominated career, she has done very well at all of her jobs. The rest of the guys in the CHP have been great at making her feel welcome and I do note that the expletives have almost disappeared.

With this experienced, knowledgeable work force, the summer maintenance will be a breeze and we might even have time for a barbecue or two. One of the boilers has already been inspected and both the fireside and water-side look good, the result of conscientious water treatment and good equipment. If you remember the old CHP it had its share of dirty jobs. That was the result of burning heavy oil and the lack of a water softener.

Continued on page 9...



Norm Luzney in the boiler belly.



Cops Corner

by Sgt Claude Blake

On 7 June, 14 members of our SAMP Flight departed the Wing for exercise PROVOST UNITED, conducted by Capt Grayling, Michigan, USA from 13-27 June. The exercise objective is to train and expose Canadian and U.S. MP personnel to coalition doctrine and tactics in a field environment as well as to foster a cooperative, meaningful and lasting relationship between CFMP units and 177th MP Brigade.

Pre-deployment training for 140 Canadian MPs, both men and women, was conducted at CFB Kingston 10-13 June. Although an Army-based exercise, most of the training and tactical scenarios will mirror skills needed to successfully accomplish our new Airfield Security role. Our MPs will acquire driving qualification on the American version of our Ilits vehicles (the Hummer) and they will experience firing a myriad of light and heavy defensive weapons in support of the exercise. Good luck to our members; no doubt they will proudly represent our Wing and Canada.

On a different topic, I have been asked to remind personnel of entry procedures at 19 Wing. Wing Standing Orders (1-07) state that all Military personnel entering the Wing through a controlled access are subject to identification checks and must produce a valid CAFIB 20. Civilian personnel must produce valid identification. This information is not new. Most of the Wing's personnel are well known to main gate security and entry is expedited but, on occasion, we do ask for identification in order to confirm employment or when we conduct random vehicle and ID checks. We solicit your cooperation and thank you for your patience in this matter.

As always, we do invite and appreciate your questions. Feel free to call on us at any time.



Kit in hand, 14 members of 19 Wing SAMP Flight board the bus for the U.S.

EME Sports Day

by Sgt Jean

On 22 May, all EME types from Comox migrated down to Esquimalt to get together with our cohorts for some sports and an afternoon barbecue. Our fellow maintainers laid out a great feed, planned right down to the traditional cake. Following the barbecue and beer call, we got down to the serious issues such as who has the best ball team and volleyball team. One thing about being in the Army and being a maintainer is that you have to be very competitive. Anyway, everyone had a good time and it was nice to see old friends. We had a chance to meet people from Vancouver, Chilliwack and Esquimalt.

Next year, we will be entertaining the EME horde in Comox. Till next year...



Cedric says...

414 has several events coming up in the next few months. August 22 is the squadron Family Day and will prove, by the looks of the planning, to be one of the kids and family will remember. There are numerous activities in the works that will bring together a lot of kids with a lot of fun. More to follow as things solidify.

Closer is the squadron Sports Day, to be held on June 30. It looks as though 414 will be whacking golf balls and baseballs all over the place. But don't look for that ball in the woods for too long because there will be plenty of "hot eats and cool treats" to be had afterwards at Airforce Beach.

The squadron has, amongst its members, two soccer players who travelled to Holland to compete in the 30th running of the World Amateur Football Cup tourna-

ment. The CISM team won seven games and tied three to be the first Canadian squad to bring the trophy home. Totis Viribus to Kenny Roy and Johnny Waugh for playing a big part in the victory.

A note of interest: there were 60 teams from over 20 different countries competing for first place...not today boys and girls, the CANUCKS are in town.

Maple Flag is ongoing and many personnel are enjoying a cool swim in Cold Lake. The third period is just flashing up, bringing the total number of 414 members to 37. Great work done again by the Black Knight Squadron.

For all those who don't know, Cedric is the almighty Black Knight of 414 Sqn. He has a few words for all those who need a

smile. Cedric says:

Demons are Red
Yellow is 442
414 Knights are Black
The Air Force is Blue

The sun rises in the east
And it sets in the west
It's not the "Big 2"
That in the west is best.

Meteorologist says
Sunny and 25 today
It could be worse
It could be Goose Bay

So when things are down
And your blue Bird doesn't
sing
Look left as you pass the gate
And be happy you see 19 Wing
(It could say Welcome to
NDHQ).



Hangar 7 - one last lane to finish before ramp was complete.

Champ ramp ready

by Finn

Eight months after work was initially commenced, the 7 Hgr west side ramp has been finally completed. Delays occurred, but magnitude of the job played a major role in the time consumed. Contract Inspector Peter Cartwright, CE, puts the project in perspective.

"You say 'ramp,' many people may think 'access for handicapped.'" This ramp, built to last,

is so large that it might qualify as Canada's largest free-standing structure were the concrete slabs, 100 feet wide, to be stacked one upon the other. That surely would irk those so proud of Toronto's CNE Tower!

"Put another way, the same concrete facts, so to speak, would produce a 30-storey, 100 sq.ft. structure with walls 12 inches thick. (This may make it easier to

visualize the volume of concrete poured.) No doubt the squadrons, 19 AMS and the rest are happy no longer having to suffer the dust and general mess."

Completion of the work will also spell less overtime for the contract inspector, whose duty mandated his intermittent presence to ensure concrete was poured according to specifications.



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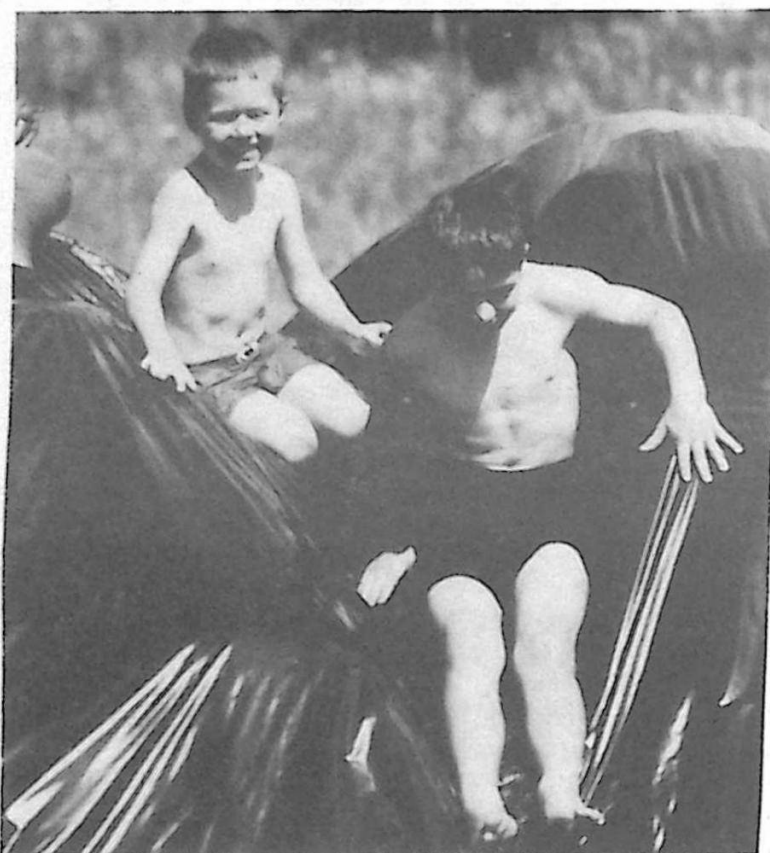
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19 AMS Pirates



The Treasure Island theme was a hit with the children and a great time was had by all who took part in the 19 AMS Family Day at Goose Spit on 30 May.



- Guy Laliberté is the creator of what world-renowned circus?
 - Name one of the following jazz musicians who is not Canadian?
a) Oscar Peterson
b) Miles Davis
c) Oliver Jones
 - In the late 1800s, what was known as the national game of Canada?
a) hockey b) la crosse c) football
 - What internationally known puppet theatre group uses the "black light" technique?
 - What Inuit singer and Juno award winner received rave reviews for her album called *This Child*?
 - What Canadian skater won both a silver medal at the 1994 Olympics and a gold medal at the 1994, 1995 and 1997 World Figure Skating Championships?
- ANSWERS: 1. Cirque du Soleil; 2. (b) Miles Davis; 3. (b) la crosse; 4. Famous People Players; 5. Susan Aglukark; 6. Elvis Stojko

From Comox to Cairo

...cont'd from front page

"We've gone through the Somalia Inquiry and the fall-out from all that, which was bigger than I thought it was going to be. The allegations of sexual assault and harassment in the military are disturbing because if you ask people around here they look at you and say that they haven't seen that sort of thing going on."

Operationally, as well, the world continues to be an uncertain place. "The challenges are bigger than ever before," he says. "In this post-Cold War world, we never know where the next source of concern is going to be. It's not a bi-polar world anymore with countries belonging to one club or another (U.S. or Soviet). Contingency operations are causing stress amongst personnel."

He also acknowledges the ef-

fect upon morale that low pay has had. "We have older recruits with families today."

Though the colonel will be departing for Cairo, Egypt in another year, where he will work in the Canadian Embassy and begin a two-year tour as the Canadian Forces Attaché, he leaves Comox reluctantly.

"It has been a real pleasure for Mary (MacLean) and I to have been here. The three communities are all a nice size and it's easy to get to know the people. The Valley is definitely on my short-list for retirement areas," he says.

Col MacLean joined the Royal Canadian Navy in 1965 and 33 years later is poised to begin another adventure.

"I joined the military to see the world. I've certainly done that."

Saltchuck Fishing Derby

by Eric Travis and Duffy Donovan

The sky was blue and the seas were calm. It was a good day to go fishing. **NOT!** The 19 AMS annual fishing derby was scheduled for 12 May, but due to severe wind conditions the few brave souls who did venture out were soon blown off the old salt chuck, so the derby was rescheduled for 5 June.

June 5th dawned overcast and the water was calm. It would be a good fishing day - "for some." About eight boats put in between Campbell River and Comox - all areas were being covered; the salmon didn't have a chance. At day's end we all gathered at a favourite watering hole to tell our tall tales: what was used to catch the big one, or how the big one got away. Talking about getting away, if anyone has seen a marker buoy with some prawn gear attached floating around the ocean, please call WO Al Gavel; it seems he misplaced his prawn traps.

And now for this year's winner - (yes, we did catch some fish!). Second place goes to WO Stan Bekus who utilized JM Naugler charters. Stan landed an 8lb+ Spring. First place goes to Master Fisherman Lawrence Goble who

landed a 14lb+ Spring. It was give and take there for a while, but the SWO pulled rank. Nice fish Lawrence. A good day of fishing was had by all. "The worst day's fishing is still better than the best day at work."

Now for some more serious news. On 26 May, three squadron members were praised for their accomplishments. Cpl Albert received his CD from Maj Bourget, proving that he also has more time in than Capt Travis. MCpl (soon to be an AESOP) Boulay was awarded a certificate for his achievement in aerobic fitness and an extremely well deserved promotion was presented to MCpl Gogan. Congratulations to all! I look forward to seeing a few more.

Included with this article are several photographs of the 19 AMS Family Day which was held at Goose Spit on 30 May. Due to unforeseen technical difficulties with the picture scanner and my inability to draw any kind of likeness freehand, the pictures have been delayed by one edition. Once again, thanks to the organizers, the volunteers and to all those who attended with a positive attitude and energy to spare.

Three cheers!

(Photos by Wimg)



The inside story

...cont'd from page 6

The personnel who operated and maintained the old plant deserve a lot of credit for holding it together for as long as they did.

Under that freshly painted parking lot lies the ghost of the old CHP.

My feelings are "Thank goodness it's gone." The new CHP produces steam that is environmentally friendly, dolphin friendly, and not tested on animals.



Not much room to get in - or out!

There are strange things done in the island sun by the men who foil the cold.

At CHP you may even see a man in the boiler's hold.

It's CE's Norm, not Sam McGee, and dirt, not gold, he'll free.

He's very bold, and far from cold but! strike a match? He won't grow old.



MCpl Bill Johnston is a lineman who works for the Tel/Data Services section. He is the 2i/c responsible for all external tele-communications media, including copper cable, fibre optic and antennae supporting 19 Wing and HMCS Quadra.

(Photos by Wimg)



Sgt Mark Kalbfleisch (alias K10) is the supervisor of the Tel/Data Svcs section, which consists of nine highly professional personnel. Sgt K10 is responsible for all internal and external cable plants at 19 Wing and HMCS Quadra. This also includes all aspects of leased facilities (voice or data), PBX maintenance and operational specialty circuits.

19 WING COMOX...
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8 JULY 1998

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Demon Doings



MWO Simard gets the special close-up as LCol Reaume presents him with his 5000 hour certificate. (Photos by Wimg)

Greetings from the land of the Trident. It is a brave new world around here now that the squadron has switched over to the 5&2 schedule. It is now a crowded place around the crew spaces during the week - morning briefs are full - information is passing quickly, and little Billy is getting Dad out to more of those weekend ball games.

Our deployment schedule has been pressing on and we wonder whether we are becoming better practiced at hunting subs and driftnet boats or at crisis management and the logistics of distant aircraft repairs. Our illustrious Moosemen marked their twilight deployment to Midway with tenacity and good humour, achieving a portion of their deployment patrol objectives, despite some critical unserviceabilities. Capt Martin has somehow managed to extend his single overnighter parts run to Hawaii into a record breaking two week sojourn having landed there with a very broken aircraft. Our heartfelt thanks to the US Navy for all of their assistance in getting that aircraft fixed up with loans of tools, parts and facilities.

Thankfully, Crew 5 has arrived safe and serviceable in Chile where they have already continued the squadron's skilled reputation with a couple of very successful sorties against the exercise submarine. The Crew 3 Dawgs, fresh back from their stellar performance in the O'Brien sub hunting competition off Nova Scotia, have just returned from a

week of sovereignty patrols over our high arctic, photographing select sites, deploying scientific sensors and even getting to do a bit of search and rescue...and actually managed to catch their tail (and a big fish) in the process. "Good Doggie!!" Yes, here is a fish story for the books, according to some "reputable" crew members. During one day of crew rest in Yellowknife, these able fellows did the Huck Finn thing and headed down to the pier with a heavy stick, a few yards of line, hooks and worms then amazingly managed to seduce a nice 5lb pike to bite (gets better). Having landed this trophy they avoided any hint of mediocrity and went for the gusto, depositing pike and line back into the chilly surf then...erg. grunt, pft...muscle in a 30lb pike that decided to make lunch of the five pounder. "Hey, ya gotta believe it - you read it in the paper!"

Capt Wenzel is excitedly/nervously awaiting the news of her request for pilot training and the dates of her UN duty to Africa, ears picking up at the latest news of regional strife and Boeing sales. Oh yes, those handsome smiling faces in the accompanying photo are some of the latest recipients of Aurora pins/certificates commemorating graduated thousands of hours CP140 flying time. Despite the cutbacks in hours, some of these eager beavers are still fattening their log-books at an impressive rate.

Well done, Demons.



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- Where was Canada's first Chinese community founded in 1858?
a) Vancouver, British Columbia
b) Montréal, Québec
c) Barkerville, British Columbia
- Jacques Cartier arrived at the Iroquois village of Hochelaga in 1535. What city is located on that site today?
a) Montréal b) Québec City c) Hull
- In what year did women gain the right to vote in federal elections?
a) 1918 b) 1930 c) 1950

ANSWERS: 1. (c) Barkerville, British Columbia; 2. (a) Montréal; 3. (a) 1918

Black Belt seminar



Last January, Martial Artists CF13, Comox Black Arts Society, attended a seminar in Vancouver hosted by Russ Blonski and Edwin Lau. The featured instructor was Grand Master George Dillman, from Pennsylvania, Nine Degree Black Belt Ryukyu Kempo. Two days of training with Kempo techniques and pressure points was the weekend focus.

(L-R): Maggie Lucas, Grand Master George Dillman, Sensei Bob Martel, Capt Martin and Cpl Dobson.

Commanders Cup
3 on 3 Basketball

The Commanders' Cup 3 on 3 Basketball starts 29 June at 0830 hrs. All teams will be playing at once on three courts. This will be a 2-day tournament with the finals being played Tuesday 20 June, at 1300 hrs.

CF Hockey Officials
courses '98

Most of you have already seen the message about the '98 courses for hockey officials. If you are interested and willing to give up your free time to officiate in our Inter-section program, our Commanders' Cup program (for free) and possibly our Regional and National programs, then submit your name to the Sports Coordinator, Jake Plante, at the Wing Rec Centre or call local 8783, or send an E-mail.

Do Not send your name directly to Borden or Kingston. So, read this again and, if you are willing and able, follow the instructions above.



Jake's Trivia Corner

1. What's the nickname of the Dalhousie University basketball team?
2. What hustling New York Islander's threat was the MVP in the Stanley Cup playoffs in 1981?
3. What American Hockey League city did Don Cherry leave to coach the Boston Bruins?

Answers on page 14

Bright future

...continued from front page

Commander's pool) and the new ATC aircraft control tower, both of which start construction in the Aug/Sep time frame and which are part of the Base Infrastructure Development Plan. For those who may be unaware, this plan was put together in the last couple of years and should unfold over the next 15 years. As well, we have new helicopters on the way with the news of the CORMORANT which will enhance our SAR capability and, more recently, the Aurora Life Extension Program (ALEP) was announced as being approved and funded. This latter news is thanks mainly to the superb effort of an ex-19 Winger, LCol Lewis. This program will definitely enhance the capability of Canada's only strategic air platform, the AURORA.

And if that isn't enough to get you the least bit excited, then we still have pay raises to look forward to and the SCONDA report. As you know, we have a pay raise which will be retroactive to 1 Apr 97. It's amount will be based on what the public service will receive when their negotiations with the government are completed. Need I say for whom we should be cheering? With respect to SCONDA, they are now compiling their report and will soon be presenting it to parliament. I think it will have a very positive effect on the quality of life for each of us and, more importantly, our families.

All in all, the future looks quite bright with new equipment, new



facilities and the strong potential for enhancements to our quality of life. Add all of that to the fact that we live in the most beautiful spot in Canada and we get to work alongside fellow professionals on the best Wing in the Air Force and you, like myself, will have to be optimistic.

ONE KEY
TO HEALTH —
STAY COOL!

No doubt about it — life in the CF is stressful. How you react to stress and how you handle it will have an influence on your health.

Stress does have a bad reputation, but a certain amount of it is essential to well-being. Some types of stress are actually good for us. Anticipation of a positive event, excitement, and extreme happiness are positive "stressors." On the other hand, fear, anger, and guilt, are negative ones.

Regardless of the nature of stress, the body responds to it in a number of ways. There is an increased release of adrenaline into the blood stream, muscles tense, breathing, quickness, and heart rate and blood pressure rise. This reaction, known as the "fight or flight" response, was important in primitive times when physical activity was crucial to survival. People did, in fact, fight or flee.

This innate physiological response to stress is still within us, but now we are more often denied the opportunity of having a fight or taking flight. Repeated stress, if unresolved, can lead to serious problems.

Early signs of unresolved stress include sleeplessness, headaches, irritability, depression, and fatigue. When poorly managed over a long period of time, stress can lead to health problems such as high blood pressure, ulcers, and heart disease.

The way to prevent problems is not to avoid stress entirely (which isn't possible anyway, especially in the CF), but rather to harness it and know your limits. This means identifying the negative stressors in your life, and learning how to cope with them effectively.

There are many things you can do to help manage stress. Here are a few suggestions:

- Balance work and recreation.

Enjoyable leisure-time pursuits help restore energy and enthusiasm.

- Accept what you can't change. Find things in your life that you do have control over, then pursue them in ways that suit you.

- Set priorities. Don't rush. Try to accomplish things in a logical manner and in a reasonable length of time. If your position in the CF means you have subordinates, be sure your demands on them are realistic.

- Give (and receive) feedback. Provide feedback to members in your charge. Recognize their efforts and their accomplishments. And, ask for feedback on your own work. You can then gauge your performance and know where you could improve.

- Discover coping strategies that work for you. These may include regular physical activity, meditation, and various relaxation techniques.

- Prepare yourself for stressful situations. Overseas missions and extended periods of time away from home can be particularly stressful. Learn more about these experiences by talking to CF members who have gone through them. This will help you deal with them more effectively yourself.

For other practical tips on dealing with stress, pick up a copy of the CF booklet, *Stress and You*. You can get one through your unit medical staff.

Problems always seem worse when you keep them to yourself, so be sure to discuss things that trouble you with a trusted friend or relative. And don't hesitate to talk with CF medical personnel if you feel professional counselling would help.

STRENGTHENING THE FORCES

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)

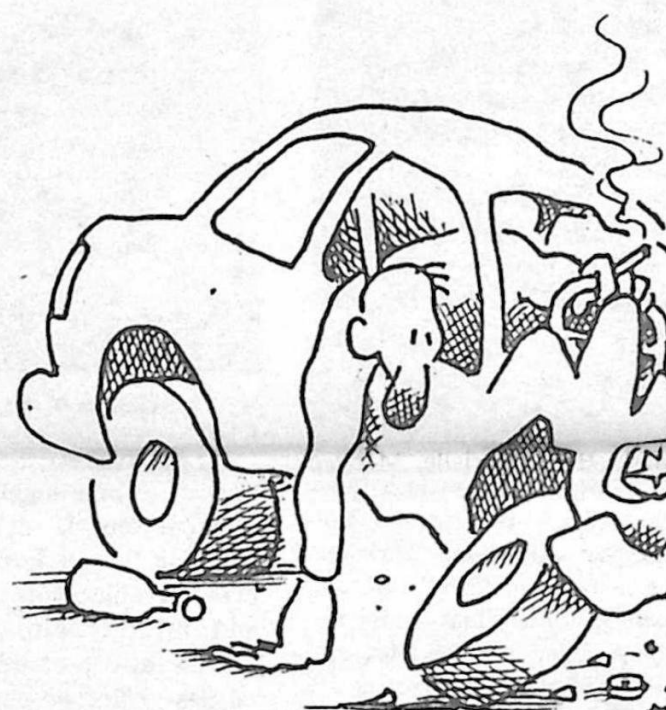
Registration: 13 & 14 Aug 98
Time: 0830-1130 hrs

Cost: Level 1 to 6 \$28.00
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 Base Rec Centre Swimming Pool.

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

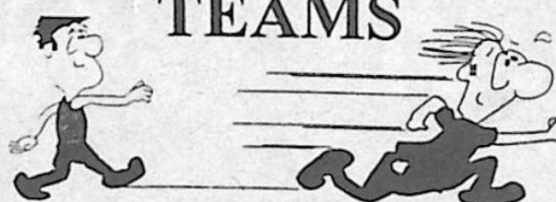
* For more info, contact J.C. Fromont at 339-8211 Local 8315.

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ne font pas bon ménage avec la route.

Strengthening the Forces is a campaign to promote health as a fundamental value in the CF and to ensure that our working environment supports healthy lifestyle choices. For more information on this topic, or others, please contact Lt(N) Shelley Combs at the Wing Hospital - drop in, E-mail, Fax 339-8169 or phone local 8647.

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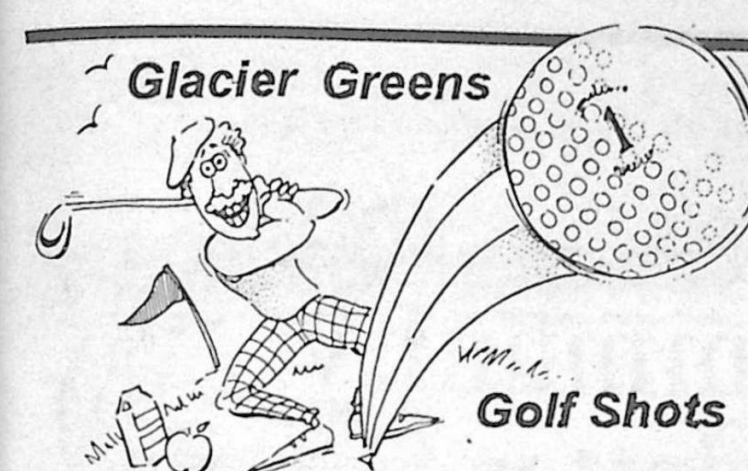
All proceeds to YANA (You Are Not Alone), supporting the fair lives of sick children of School District #71.

FOR MORE INFORMATION, CONTACT YANA at 334-0511

Fax: 338-9755

YANA CIBC COMOX VALLEY

19 Wing YANA rep Sgt Al Gallant, 8733.

TUESDAY
LADIES CLUB
by Barb Carter

June 16 and the play of the day was KPs and putts. It was sunny and bright and 50 ladies came to play - that's a real turnout.

KP on #4 went to Anne Patterson, on #7 to Pat Everett, on #12 to Arlene Bishop, on #15 Sharon Warne and on #17 Charlene Wadelius. Charlene also came in with least putts at 28, sharing the honours with Marlene Hall. A few days ago Charlene also broke 100 for the first time. Well done, Charlene, you've had a few good weeks. Most putts with a big bunch went to Pat Black but Pat recovered after winning the 50/50 draw which put a smile on her face.

We now have 102 entries for the Amateur Open and all committee members are working, as well as other members, behind the scenes.

Steve Bailey welcomes to his crew Katerina and Steve. Steve Dodd and staff - Michele, Justin, Mark, Barb, Marielle, Moralee and Christie - are all geared up to give us great food and service for this special weekend.

MONDAY NIGHT
FUN GALS

The Fun Gals had a good turnout, with 16 from the home club and 16 from Comox, for their first inter-club.

When the scores were tallied, the results from Comox: 1st LG Roxanne, 1st Net Betty Lund, Low Putts Leslie Worel, on the other side it was Madge Bower.

For the Glacier Gals: 1st LG Fran Hume, 1st Net Lorna Billings. Low Putts went to Heather Feraby and Jean Maxwell had a big bunch. Caryl Dievert was KP on #4 and Irene Perry had the longest drive.

Many thanks to Mark for a wonderful buffet and to Christie for her happy, cheerful smile.

Thanks to Mary Hanson of Ardbordale Nurseries for the lovely baskets and Martha Washington geraniums.

RULES OF PLAY —
RULES 4 & 5 CLUBS AND THE BALL:

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FOURTEEN CLUBS...



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vehicle purchased from me...

(Please mention this ad before the sale!)

Brad Wood C.D. Sales/Leasing

A Glacier
Greens
character -
Who's
your
golfing
partner?

Born & educated in
Bournemouth, England.

Royal Air Force for duration of hostilities, firstly as coxswain on Marine Craft at various bases: England, Wales, Ireland, Karachi in India. Took part in evacuation of Dunkirk, the Battle of Britain, sighting of the Bismark, convoy duties during the Battle of the Atlantic.

Transferred to radar intelligence HQ New Delhi, S.E. Asia Command.

Returned to civilian life as an architect. Emigrated to Canada in 1955 and worked with Public Works Department, Ottawa, then Edmonton, covering Alberta, N.W.T. and parts of the Yukon. Then Chief Architect for the City of Edmonton.

Retired early and took up piano tuning and repairs. Hobbies include playing organ and piano.

Helped Wayne Gretsky and the Edmonton Oilers win the Stanley Cup. Also assisted Warren Moon and the Eskimos in winning the Grey Cup.

Moved to Vancouver Island in 1991 and retired last year.

Guess who?...

answer page 14

Farewell to GG mayor
Don't forget your sand wedge!

by Len Doyle

On 16 June, 70 members and guests attended Men's Night to say farewell to 19 Wing Commander, Col Brian MacLean. Team Scramble was the format with player's handicap deciding which tee was to be used.

Col MacLean was on the "Dream Team." He was joined by Club President Ted Gibbon, Head Pro Scott Fraser, Greens Director Larry Lott and Men's Director Len Doyle. Unfortunately, when the last putt has been holed, the dream was more like a nightmare. Lots of fun, some good golf and no shortage of laughs.

Members of the evening's winning team, at minus six, were John Fader, Jim Brown, Roy Hagg, Dave Carmichael and Bruce Horochuk. In second place winning a countback at minus five were Serge Rivard, Wayne Ogilvie, Claude DuFault, Glen Caslake and Ken Doll. Also at minus five were Roy Downey, Ross Brown, Chuck Kennedy, Rudge Wilson and Crosby Cole. Three other teams received gift certificates for their efforts.

by Caroline Chartier, D.L.P.

For the past several years, the media has been full of messages stating that there is a direct link between a high fat diet and health problems such as heart disease and some types of cancers. Surveys and studies have demonstrated that the content of fat in the North American diet remains well over the recommended 30 per cent. The food services industry has been developing products that have a lower fat content, but a question remains: why do food items require fat?

First, fat cannot be totally removed from food items without compensating for its various properties. For example, fat gives dairy products their rich and creamy texture. It lends crispiness to fried foods and helps retain moisture. The creaming of fat - butter, margarine or shortening - as the first step in baking traps air in the batter so that cakes, cookies and other baked goods rise and have a light texture and creates a pleasant moist "mouth feel." Doughs and crusts are flaky when fat has been used to separate layers of flour. But, due to the negative impact that a high fat diet may cause, manufacturers have come out with fat replacers, which enable products to be lower in fat or fat-free.

A wide variety of ingredients are used by the industry to replace fat. Water is one of the oldest fat replacers and is still commonly used in salad dressing. Carbohydrates (sugars), starches and

gums also have a long history of use (see guar gum on ingredients list). Other popular fat replacers are apple sauce and other fruit purees. Using purees will not work well with pastry, but with other baked goods such as cakes, cookies and muffins the results can be satisfying. Also, because of their sugar content and their own flavour they can have an attractive browning effect.

Finally, if you have been travelling to the States recently, you may have noticed some products with "Olestra." This new fat replacer is a synthetic fat. Procter & Gamble, which markets this product, states that it doesn't have any calories because its molecules are too large to be digested and so they travel all the way through the digestive tract. Because it is not digested, it can cause abdominal cramps and severe diarrhea. This product required FDA (Food and Drug Administration) approval before it was marketed in the United States. Due to the potential health effect, a number of groups are pressing the U.S. Department of Health and Human Services to have the FDA withdraw this new product. Olestra is not yet approved for sale in Canada.

Fat replacers can be a very good tool to help reduce fat in our diet but one aspect remains: fat-reduced or fat-replaced food should be used within the context of a healthy diet, as described in the Canadian Food Guide.

his support during his tour of duty at 19 Wing. He was presented with a GG golf shirt from the Men's Club, a dozen golf balls with the new Ladies' Club logo, from the Ladies' Club and a golf shirt from Scott Fraser's Golf Shop.

Congratulations to Seniors Director Jim McCaffery for his hole in one on hole #10 at Sunnydale on Saturday, 20 June.

Col MacLean was thanked for

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RRSP planning for life.

J. Kevin Dobbeltstein
338-7811

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Wallace Gardens Community Association Newsletter

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



CANADA DAY MEETING

When: June 29
Time: 7:00 pm
Where: Building 22

This meeting is open to all persons interested in volunteering their time to help out with this year's Canada Day Celebrations. For information, please call Linda Jeffrey at 339-8211 ext 8571.



WALLACE GARDENS COMMUNITY ASSOCIATION BURSARY CONGRATULATIONS

THE FOLLOWING PEOPLE WILL BE RECEIVING A BURSARY FROM THE WGCA

MONA BAIRD
CHAD BENOIT
WENDY REYNISH-KING
MEREDITH TENBRUGGENCATE

Campers' best bets



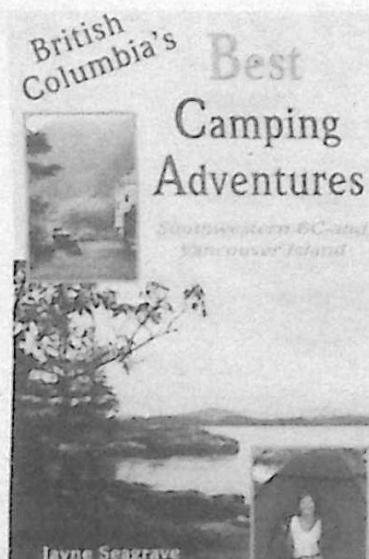
"Provincial and National Park Campground in British Columbia, A Complete Guide," by Jayne Seagrave. (Heritage House Publishing, Surrey, B.C. \$16.95)

This is a 224-page book, illustrated with maps, diagrams and black and white photos, written as a firsthand account of the many provincial and national parks campgrounds in B.C.

Jayne Seagrave describes each campground with up to date details of location, facilities offered, recreational activities available in the vicinity and additional information of interest. The chapters correspond to nine tourist regions within B.C. which makes the book easy to use.

The information is both interesting and practical for those who camp in tents as well as those who

use recreational vehicles. A section on the camping experience suggests 7-day, 14-day and 21-day camping tours. Facts and figures on B.C. Parks round out this very useful campground guide.



"British Columbia's Best Camping Adventures, Southwestern B.C. and Vancouver Island" by Jayne Seagrave. (Heritage House Publishing, Surrey, B.C. \$14.95)

In the book's foreword, the author states: "This book is written to encourage the exploration of almost 40 provincial, national and forestry service campgrounds in the most populated area of the province."

The book is divided into seven categories of camping experiences: Family campgrounds, Hiking campgrounds, Beach camp-

grounds, Island campgrounds, Coastal Marine campgrounds, Romantic campgrounds and Free campgrounds.

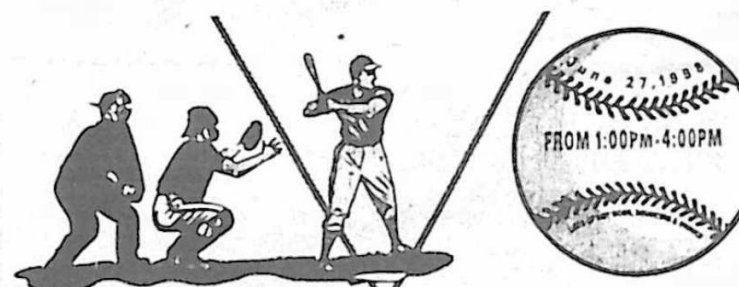
Information is provided not only on each campground but its history, development and the recreational opportunities provided both within and adjacent to its boundaries. Black and white photos illustrate each campground mentioned.

This book, Jayne Seagrave's second, is of particular interest to Comox Valley readers since several of the campgrounds described are within travelling distance for even a weekend trip with lots of time left over to explore and enjoy.



Everything for the Builder
334-4416
610 Anderton Ave., Courtenay

Tee Ball Wrap Up



COME ON OUT
AT THE COMMUNITY CENTRE NEXT TO CANEX

Captain's Seafoods
Select Seafood 319-4th St. Courtenay 897-1001
1745 Comox Ave. Comox 339-4331
Captain's Greens & Grocery Custom Smoking

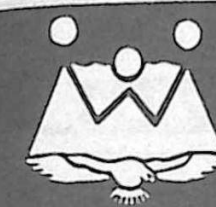
REALTY WORLD™ THE RESULTS PEOPLE™
Mike & Marge Garipey
RELOCATION SPECIALISTS
339-7910
REALTY WORLD
Coast Country Realty
#121-750 Comox Road, Courtenay, B.C. V9N 3P6
334-3124

Want affordable space for your family? Then this extensively updated 4/5 bed, 2 bath home with loads of extras, woodstove in family room, sunny dining room, jacuzzi tub, fully fenced yard, sheds & kids play set.

\$139,900.

res. phone/fax (250) 339-7910

334-3124



COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290



Summer is a perfect opportunity to spend quality time together as a family. Celebrate being together by taking advantage of the long lazy days of summer. Here are a few ideas to get you into the summer mood:

- ◊ Swing on a tire
- ◊ Launch giant bubbles with dish soap and a large wand
- ◊ Organize a treasure hunt in your local area
- ◊ Take great pictures of all the summer fun and organize them in a scrap book
- ◊ Make a tent out of clothesline and have an afternoon tea party in the shade
- ◊ have a corn boil and invite the neighbours
- ◊ Finger paint
- ◊ Visit a farmers market

Making Memories

- ◊ Race through an obstacle course set up in your back yard
- ◊ Organize a block party
- ◊ Lay on the grass and star gaze at night
- ◊ Have an ice-cream social
- ◊ Hold an art fair
- ◊ Go to the West Coast and see the big surf
- ◊ Make a wind chime
- ◊ Open up a lemonade stand and help the kids exercise their entrepreneurial spirit
- ◊ Curl up out side on the grass with the kids and read them a great book
- ◊ Fly a kite
- ◊ Play tourist in your own town for a day and visit:

Comox Lake
Filberg Lodge
Kitty Coleman Beach
Miracle Beach
Airforce Beach
Anderton Park

Comox Marina
Goose Spit
Point Holmes
Forbidden Plateau
Mount Washington
Hornby Island
Denman Island
The Courtenay Museum
The Air Force Museum
The Cumberland Mining Museum

Phone the Comox Military Family Resource Centre at 339-8290 or the Comox Valley Chamber of Commerce and Tourist Information Center at 334-3234 to get directions to these attractions and to discover more about Vancouver Island.

Have Fun!!



Thanks for your generous contribution to the CMFRC Family Fun Day

CELN Tool & Garden Rental

Good's Groceries

Bill's Country Meats

The Rolling Pin Bakery

McDonalds

Overwaita

Zellers

Military Police

Base Fire Hall

Combined Mess

Family Fun Day



The Picards relaxing at the CMFRC Family Fun Day

On Sunday July 14th the CMFRC held their annual "Hello to Summer - Family Fun Day." This event is an opportunity to celebrate families, say goodbye to old friends, and welcome new arrivals. Approximately 400 people played games, laughed and were entertained throughout the day. The Kinnikinnik Child Care Centre was turned into a mini Expo with an emphasis on science, culture and play for small children. Outside children made giant bubbles, painted a mural, and were transformed into lions, butterflies and dogs by a group of talented face painters. The older children unleashed their endless energy reserve on the Bounce-a-mania, organized races, and were physically and mentally

challenged by the many games that were available. While parents snacked on hot dogs children were mesmerized by Lawrence who shaped hundreds of balloons into animal figures. Young and not so young alike enjoyed visiting with the Military Police and Fire Fighters, and learning more about their vehicles.

The staff and board members of the CMFRC would like to thank all the volunteers for their time and energy. We would also like to take this opportunity to say a big thank you to all the generous sponsors:

The Board of Directors are pleased to announce
The Fourth Annual General Meeting
of
The Comox Military Family Resource Centre Society
on
June 28th 1998 at 7:00pm
at
The Warrant Officers & Sergeants Mess
Refreshments will be provided
Child minding will be provided free of charge
Phone: 339-5051



Tim Naaykeens at the Sponge Toss

Wanted

Are you unemployed and looking for work? Are you thinking about starting your own business? Or are you wanting to explore educational opportunities? If you answered yes to any of these questions the Comox Military Family Resource Centre (CMFRC) has the program you are looking for:

Starting this fall the CMFRC will be offering a comprehensive program called "Charting Your Future" for those seeking employment, thinking about self employment and/or interested in exploring educational opportunities. "Charting Your Future" is a series of workshops and includes the following:

First Things First

A Personal Search, Growth and Discovery workshop

Who's Driving This Bus?

A Community Orientation & Career Exploration Workshop

Building the Basics

A Resume Writing & Job Search Workshop

Entrepreneurial Adventures

A Workshop For Those Wishing To Pursue Alternative Employment Opportunities

Limited space is available in all workshops. For more information call the Comox Military Family Resource Centre at 339-8290.

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
- Joujoutheque à la Garderie Kinnikinnik
- Service de ressources et d'information de la 19e Escadre et de la Vallée de Comox

Summer Camp at the KCCC



Children's Day Camp '98

Ages 6-12 years

July 6th - August 28th

To register call

the Kinnikinnik

Child Care

Centre at 339-5051





HARBOUR WOOD

Aitkin Rd. & Comox Ave.
Comox

Conveniently located close to shops, schools and services, Harbour Wood is a residential complex offering 3 and 1 bedroom duplexes for rent. Completely renovated, the one level units offer new kitchen appliances, thermal window, separate laundry room, gas furnace and hot water tank, new kitchen and bathroom fixtures. Some lawn maintenance included. One small pet permitted per household. One year lease. Please contact the Resident Manager at 339-1110 for more details. Ask about our washer/dryer rentals and discount for military personnel.

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. <2/2>

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

Wanted

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

Dog carrier for large dog. 338-2787. <1/1>

For Rent

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. <2/2>

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

Banff Cadet Camp to hold reunion

The Banff National Army Cadet Summer Training Centre will be holding a reunion for all graduates, former military and civilian staff July 24-26. The Training Centre, which began as the Special Dominion Cadet Camp in 1948, has also been known as the Banff National Army Cadet Camp and has seen over 10,000 cadets and staff pass through its program in 50 years.

For further information:

Internet - www.banff.net/bnac
Mail - Dann Oliver, BNAC Brigade Major, Box 99630, 1095 O'Connor Drive, Toronto, Ontario, M4B 3M9 or

BNACC Reunion, Banff National Army Cadet Summer Training Centre, Banff, AB, T0L 0C0.

For Sale

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. 339-8111/339-4828. <2/2>

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

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. <2/2>

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

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. <2/2>

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. <2/2>

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



1988 MAZDA RXZ 5 speed, sunroof, ex.cond. 87,000 Km \$9,500. Brian or Mary 339-5210. <1/2>

16" youth bike for boy or girl. Dark purple/black. Nathalie 897-1080 or loc 8557. <1/2>

Portable Westinghouse dishwasher, white, 3 yrs old, purchased at Trenton Canex. Still has protective plastic. Asking \$300. Tracy 334-4581. <1/2>

White Crosley fridge, 18 cu.ft. large freezer compartment, lots of storage, 3 yrs. old, \$500 firm. (\$950 new.) 338-2787 <1/1>

Sears Kenmore heavy duty dryer, less than 1 yr. old, (\$450.00 new), \$300 firm. 338-2787 <1/1>

1973 MGB - ANSA exhaust system, WEBER carburetor, mag rims, roll bar, many new & spare parts. \$4,500 invested - all offers considered. 339-1984. <1/2>

1978 28-ft. Security 5th wheel, 2-way fridge/stove/furnace, full bath w/shower, loads of cupboards, deep cycle battery. \$4,100 o.b.o. 337-5844. <1/2>

Going away on vacation this summer? Do you need someone to care for your pet, in your home, while you are away? Norma 339-0875. <1/2>

TODAY'S CROSSWORD PUZZLE

ACROSS

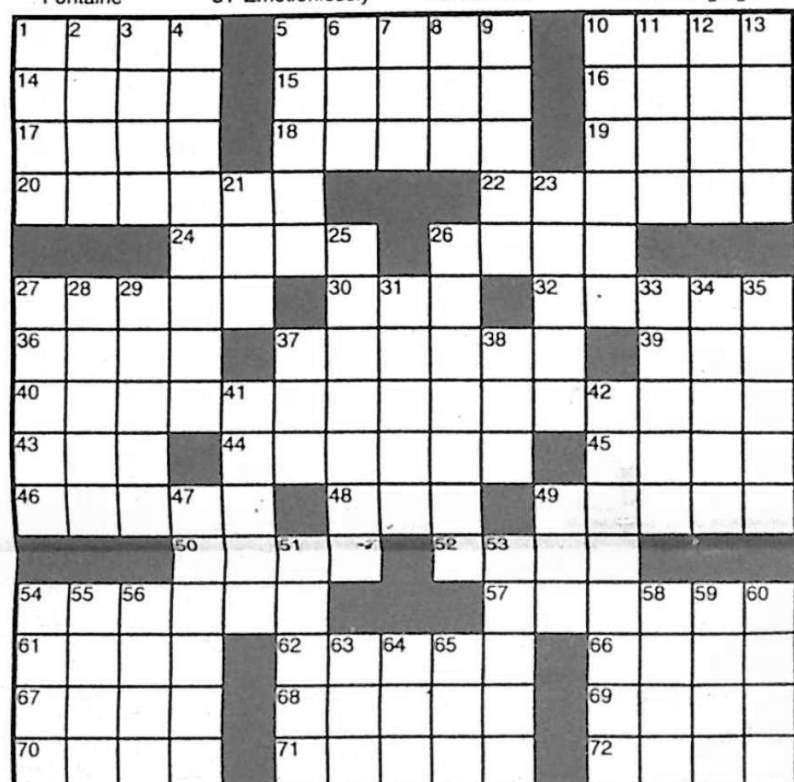
1 Sumptuous
5 Synagogue
10 Heavy book
14 Singer Guthrie
15 Alpine heroine
16 Singer Burl
17 Conceited
18 Type of renewal
19 Profound
20 Certain nut
22 Delicate
24 Defeat
26 Tempt
27 Happen again
30 Uproar
32 Wash away
36 President's — Office
37 Asian headress
39 Alphabet letters
40 Reassuring object
43 Period
44 Aviator Earhart
45 River to the Seine
46 Inventory
48 Gaze at
49 Loamy soil
50 Flock
52 Bridge
54 Fleet
57 Urge
61 Address
Fontaine

DOWN

1 Mollen rock
2 Russian river
3 Slender
4 Oahu port
5 Heavy sounds
6 Above, to Keats
7 Type of roast
8 Palindromic name
9 Indian native
10 More like Felix Unger
11 Baker's need to
12 Be introduced to
13 Glimpse
21 Neither here — there
23 Sports complex
25 Fried lightly
26 Theater areas
27 Fragrant flowers
28 Turn inside out
29 Chocolate tree
31 Emotionlessly

PREVIOUS PUZZLE SOLVED

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Water Gardens
Enhance your Garden with a Water Feature!

LITTLE RIVER GARDEN CENTRE
LANDSCAPE CONSULTATIONS AVAILABLE

1782 Ryan Road (Near the Air Base) 890-0213

It's Easy Fun & Inexpensive

- Preformed & Flexible Pond Liners
- Pumps & Filters
- Pond Plants

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 réunion 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 Tournon (613) 549-4356.

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

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.

Comox Valley Business & Professional Women

Our June meeting was held at the beautiful Crown Isle Clubhouse, where we all enjoyed a beautifully served meal in fantastic surroundings.

Dinner meetings are held every second Thursday of each month from 6:00-9:30 p.m. Call our hotline at 338-0113 for more information on the next meeting which will be held at the Kingfisher Inn. This could be your first step to becoming more successful in business and/or personal growth.



Canada Day at Air Force Beach

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.



TECHNO CULTURE PRODUCTS 250-336-8525

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

ASUS TXP4 Mb, TX Chip Set, 512K PL Cache
Intel 233MMX CPU & Fan
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Fujitsu 8725 Win95 Keyboard
Logitech 2-button Mouse w/pad
19" Med Tower, 230w Power Supply
33.6 Internal Fax/Modem
Aculas 15" Monitor Pin SVGA
Two year Parts & Labor Warranty
No operating system

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CUMBERLAND'S PC SOURCE!



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.

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

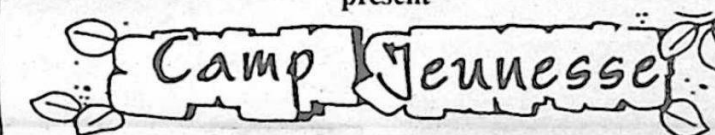
Vous êtes invités au feu de joie de fin d'année le vendredi 26 juin à Air Force Beach à Comox. A partir de 15h, jeux pour les enfants, 18h BBQ (apportez votre nourriture et breuvages). Vers 21h on allume le feu. Venez fêter avec les francos.

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.

TOWN OF COMOX RECREATION DEPARTMENT and THE FRANCOPHONE ASSOCIATION present



In conjunction with the Comox Valley Francophone Association we are proud to present Camp Jeunesse 1998, a recreational summer daycamp en Français. This is a wonderful way for your French immersion child to enjoy some summer time fun, while continuing to utilize their French language skills. A variety packed week, filled with games, crafts, field trips, kitchen activities, music and sports. Is what your child will experience in Française. *Daily Drop ins are taken with 24 hours advance notice and payment at time of booking. Drop ins are welcome, when space is available.

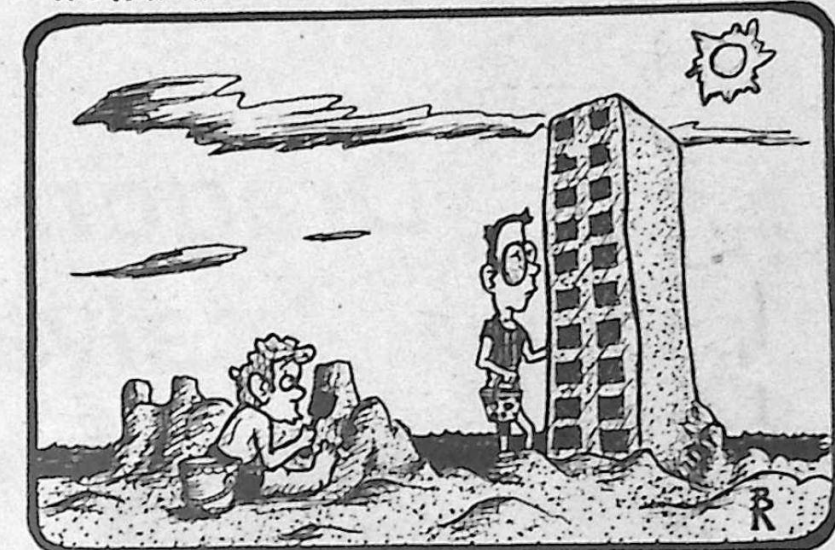
\$65.00/5 Sessions
\$15.00 Drop-in
6 - 10 years
1 year French Immersion or French as mother language
Monday - Friday
10:00 am to 2:00 pm
CCC Room A

SU 102 July 13th - July 17th
SU 211 July 20th - July 24th
SU 212 Aug 24th - Aug 28th
SU 213 Aug 31st - Sept 4th

Register NOW
at the Town of Comox
RECREATION DEPARTMENT
1855 Noel Avenue, COMOX
339-2255

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

FREAKSHOW



Legion Log

BRANCH 17 COURTENAY (334-4322)

Fax: 334-3613 Service Officer: 338-2153
Members & bona fide guests welcome

DANCES (every Friday, 8:00 p.m.):

26 June ... Ventura Highway

BRANCH 160 COMOX (339-2022)

ENTERTAINMENT:

Fri June 26 ... Toe Tappers
Fri July 3 ... Ventura Highway
Fri July 10 ... Norm's Combo
Fri July 17 ... Country Cousins
Fri July 24 ... Nite Life

NEXT DEADLINES

Advertising: 8 July

Articles: 10 July, NOON

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Umbrella stand is lowered. 2. Rug is different. 3. Necklace is removed. 4. Arm is missing. 5. Lampshade is changed. 6. Picture is added.

Heritage Happenings

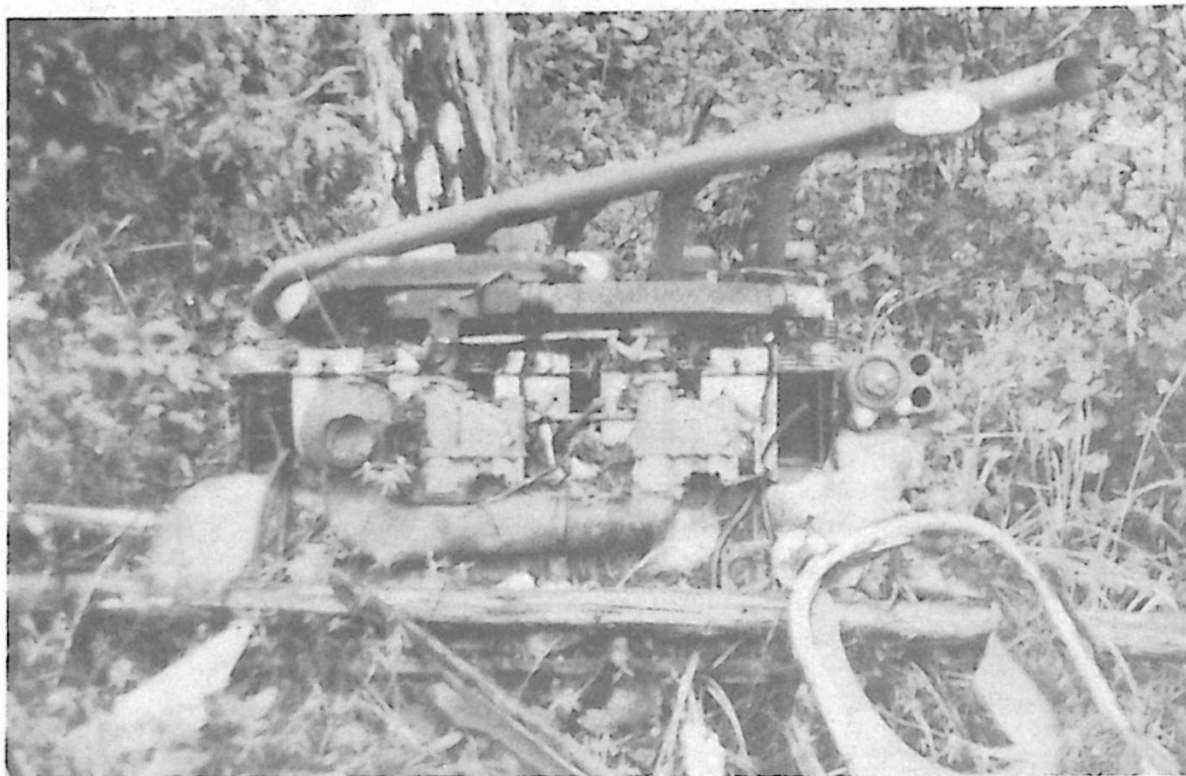
Dragon Rapide salvaged

by Maj Joel Clarkston

The reports are coming in on the Dragon Rapide salvage operation and it succeeded beyond expectations. The Dragon Rapide was lost in a flying accident in the late 1940s and has been languishing away on Digby Island, near Prince Rupert, ever since. As reported in the Totem Times two issues ago, the Air Force Museum sent a team up to work with the Canadian Coast Guard to salvage the wreck for the Western Canadian Aviation Museum.

The story of the Dragon Rapide's demise is detailed in the book "The Accidental Airline" and according to the information received by the museum prior to the operation, the Gipsy Six engines that powered the aircraft were supposed to have been salvaged long ago. Rob Roy and Ralph Lefley of the Heritage Aircraft Committee went to Prince Rupert to help in the salvage operation and were flown into the site by a Coast Guard MBB-105 helicopter. After arriving, they poked around the wreckage and one of the first things they discovered was an intact Gipsy Six engine. Both engines were eventually located and recovered. They had previously been rigged with long poles for removal over land but had been abandoned on site for some reason.

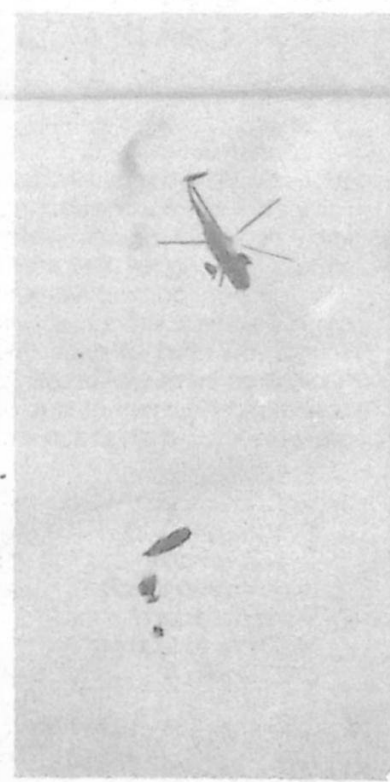
The entire salvage operation went very smoothly with the Air Force Museum providing the ground support element and the Canadian Coast Guard supplying the air lift. A Sikorsky S-61 was used to lift the entire Dragon Rapide out in one lift. It now sits at Seal Cove in Prince Rupert awaiting ground transportation to the Western Canada Aviation Museum.



Intact Gipsy Six engine. Note the poles attached (many years ago) to the crankcase for manual transportation.



Ralph Lefley, Heritage Aircraft Committee volunteer, on site at the Dragon Rapide salvage.



Sikorsky S-61 of the Canadian Coast Guard takes the entire Rapide salvage in one lift.

Now that's
what I call
heritage!

by Tet Walston

A recent article in the Winnipeg Free Press, written by Val Werier, who completed a "tour" of operations with Bomber Command in WWII has good news for some of our readers.

Some years ago, a long-time medical study was instigated, comparing the cardiac health of some 2000 ex-aircrew (whose average age is now 78), with the mortality rate of the male Canadian population at large. The results show that the rate of mortality in the Study Group was 25% less than the equivalent age group.

Funding for this study was withdrawn in 1983, but the "guinea pigs" continued the funding themselves to keep this important study going.

The Veterans of this group are holding a reunion in Winnipeg on July 12 to mark the 50th anniversary of this, the longest running medical study of its type in North America.

Now you know why we old time air crew claim that our youthful appearance, vitality and good health are the result of clean living when we were young. The statistics prove it!!

HAPPY BIRTHDAY

CANADA

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"Hamburger Disease"



Be Aware...
Cook all ground meat until
there is no pink and the
meat juices run clear!

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

Dedicated to the preservation of
West Coast Aviation Heritage

July 1st Events in Courtenay

Get up early and
Have Breakfast with us!
Kinsmen Breakfast
on 5th St. @ 7:30



The great one mile
Downhill Fun Run
"Timed run"

Just before the Parade!
(Organized by Comox
Valley Roadrunners)



5TH ST. PARADE
WED JULY 1ST AT 10:30
SEE The Exciting Fire Engines
CHEER The RCMP's 125th Year!
PEDAL Your Bike in the Parade
ENJOY All the Marching



Wow!!! What a
Birthday Party



Come to Lewis Park July 1st!

12:00pm Opening Day Ceremonies
12:30 - 4 Music all Day on Two

Todd Butler on centre stage with CVD Band,
The Valiants, Westwind, The Loney Guys,
the Mutts, Rhubarb Rhubarb!!!

2nd Stage with Alpa Kelpa and Strike it Rich!

1:00pm Ducky 500
Food Booths & Craft Booths
Bounce Mania
9:30am Horse Shoe pitch
2:00pm Parachute Jumping
Dog Trials
3:15pm Ladies Nail Driving Contest
4:00pm Bike Draw for 4-12yr

