



19 Wing CFB Comox

# TOTEM TIMES

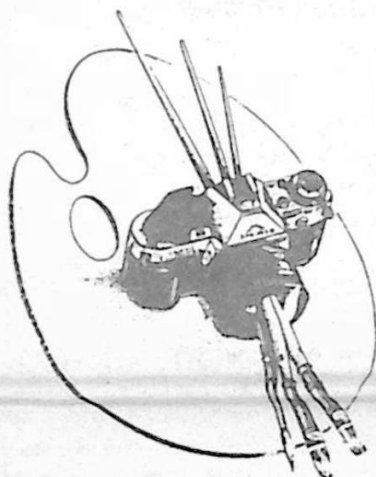
THURSDAY 30 JULY 1998

The Comox Valley's Oldest Newspaper

VOL. 40 NO. 13

## Service Person of the Quarter

(see page 6)



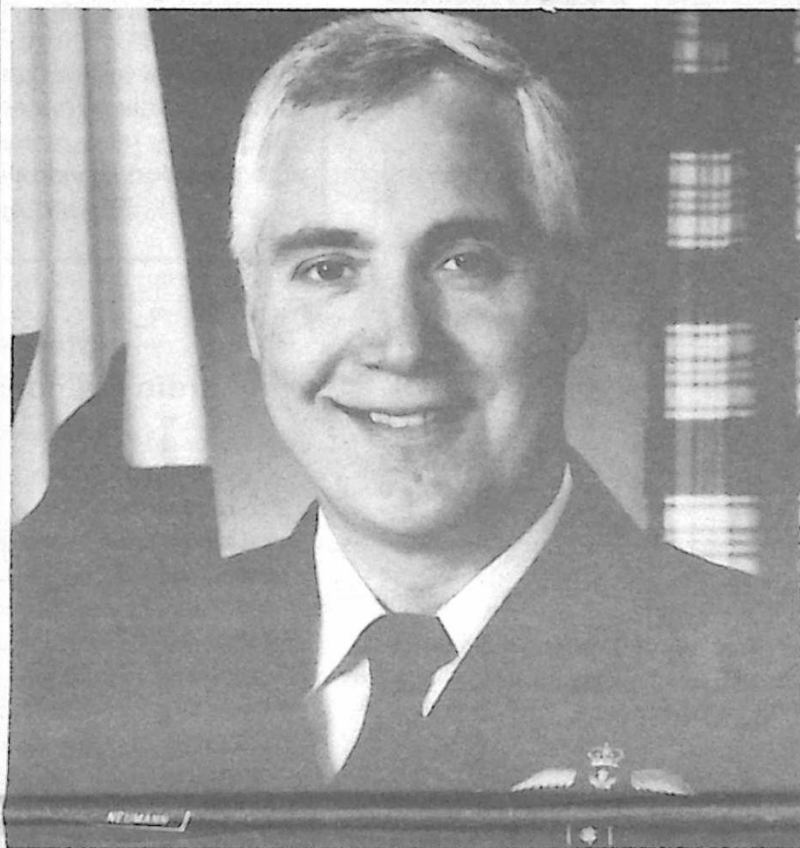
## CF Photo Contest

info on page 5

## 19 Wing Units at Victoria Airshow

page 12

## Meet the new WComd



On Tuesday July 28, Col Bill Neuman officially replaced Col Brian MacLean as the commander of 19 Wing Comox. The Change of Command Parade featured precision drill, encouraging words and allowed the new Wing Commander to address the personnel of 19 Wing for the first time. The parade was presided over by MGen Lloyd Campbell the Commander of 1 CAD. (Photo by WImg)

### Col W.J. (Bill) Neumann, CD

Col Neumann was born in Edson, Alberta on 18 April 1955. He enrolled in the Canadian Forces under the Regular Officer Training Plan in August 1973. In 1977, he graduated from Royal Roads Military College, Victoria, B.C., with a BSc degree in Physics and Physical Oceanography.

After earning his pilot wings in 1978, he was appointed as a flying instructor on the Tutor aircraft at 2 Canadian Forces Flying Training School in Moose Jaw, Sask. In 1981, he was assigned exchange duties with the United States Air Force as an instructor pilot on the T-38 Talon aircraft at Williams AFB near Phoenix, Arizona. On his return to Canada, he attended a year-long French language training course.

In 1986, he joined the maritime patrol community as a member of 405 Maritime Patrol Squadron, Greenwood, N.S., flying the Aurora aircraft. He was promoted to major in July 1987 and remained with 405 Squadron until the summer of 1989 when he moved to Toronto, Ont. Upon graduation from the Canadian Forces Command and Staff College in July 1990, he was posted to Winnipeg, Man., as the executive assistant to the Deputy Commander of Air Command. He was promoted to lieutenant-colonel on 3 July 1992 and assumed command of 405 Squadron on 23 July that same year.

Upon his return to Air Command Headquarters in 1994, he was appointed G3 Operations and Acting Deputy Chief of Staff Operations. In September 1995, he was seconded to the Air Force Command and Control Redesign Team, where he was responsible for coordinating operational level redesign activities. Col Neumann was promoted to his current rank in July 1997 and assumed duties as A5 Operational Development and Policy at 1 Canadian Air Division Headquarters. In 1998 he was appointed the commander of 19 Wing/CFB Comox.

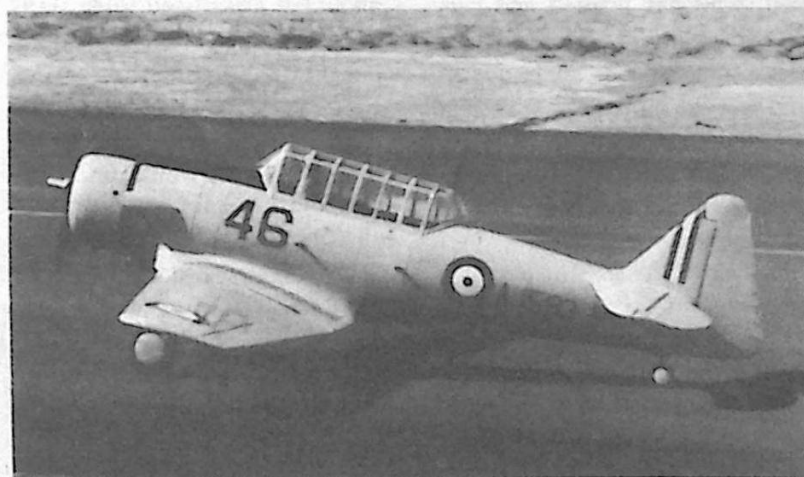
Col Neuman and his wife Maureen have two sons, William and Donald.

## Vintage Harvards visit 19 Wing

Last week two vintage North American Harvards visited 19 Wing. One flew in and the other arrived in the back of a truck. Both received a great deal of attention from aviation enthusiasts. See page 16 for more details on the one that travels by truck.



(Photo by Cpl Martin, W Img.)



(Staff photo)

## Scotiabank

What's right for you?

COMOX (339-1652)  
102-1811 Comox Avenue  
Comox B.C.

COURTENAY (703-4800)  
392 5th Street  
Courtenay, B.C.

### Pick one.

up to **2 1/4%**

Cash back  
on your mortgage

### Pick two.

up to **2 1/2%**

Cash back

invested in a Scotia RRSP\*\*

### Count on Scotiabank for mortgages and mortgage options that put you first.

Get a Scotia mortgage plus up to 2 1/4% of the mortgage amount. We know how costly it is to move into a new home. That's why our 'cash back' offer\* can give you the instant funds needed to help pay legal costs, or buy new furniture and appliances, or maybe even pay for the move itself. However you use it, the 'cash back' money will come in handy at a time like this!

Get a Scotia mortgage plus up to 2 1/2% of the mortgage amount invested for you in a Scotia RRSP. So You'll have your home today...and part of your retirement fund tomorrow. That's the best of both worlds.

### It pays to get a Scotia mortgage.

Check out the chart and see what's in it for you.

Term Selected	Cash Back	Cash Back to RRSP	Future Value of RRSP
7 yr closed	\$2,250	\$2,500	\$17,121
5 yr closed	\$2,000	\$2,250	\$15,409
4 yr closed	\$1,500	\$1,750	\$11,985
3 yr closed	\$1,000	\$1,250	\$8,560

The above example is based on a \$100,000 mortgage. In this example Scotia RRSP investment earns an average annual compound return of 8% over 25 years. \*\*Under present rules, this Cash Back invested in a Scotia RRSP would be classified as a bonus interest payment to your Scotia RRSP and as such would not qualify as a deduction for tax purposes. We are therefore not able to provide a tax receipt for this bonus.



## Nijmegen 98 team marching on

The 19 Wing Nijmegen team completed the 4 days x 40 km marches in an outstanding manner despite sore feet, blisters, and hoarse throats.

They completed the last leg in

a best time of all in order to participate in the Victory March.

The team departed for the Netherlands on 17 July and returned on 26 July. The event took place from 21-24 July.

The selection and preparation of the team involved all units at 19 Wing and the team would like to thank all who provided support which contributed to the success of Operation Nijmegen 98.



Team members (L-R) top row: LS Jennifer Solloway, Cpl Dianne Traill, Cpl Kelly Christensen, Sgt Mike Burke, MWO Art King, LS Ric Holland. Bottom row: Capt Bryan Akerstream, Cpl Frank Unrau, MCpl Billy Ternes, MCpl Jean-Yves Boulay, WO Yvon Benoit and Cpl Lynn Melanson. (Photo by Wimg)



## A success story - returning to college

by Pat Allan,  
CFCCN Coordinator

Many of the people I talk to find the idea of returning to college very intimidating. It's been a long time, they were never avid students in the first place, all those younger flashier kids who are so comfortable in a classroom to cope with. I'd like to share the story of someone very much like you, who has learned and succeeded. She has learned in the classroom, but also about herself and how the limitations she felt in the beginning were ones she created for herself. And she has succeeded in college, but also in becoming more confident, prepared and in charge of her own life.

This student has completed a remarkable 32 courses - all by correspondence - and is only two subjects away from completing a three year diploma in Business Studies. Four colleges have contributed courses to her portfolio of accomplishment. Her experiences included a couple of horror tales of mixed-up registrations, but also several times in which, in her words, "the light came on and all of a sudden I really understood what the course was all about."

She had to really struggle through the math courses required, especially the Statistics course that was the one in which

she received her lowest mark - 62%. But some of the other courses in areas that she had never taken before, like Law and Economics, surprised even her family as she achieved several grades in the high 80s and low 90s.

"What a great feeling to watch her open the letter with the transcript in it, and see that great big 85!" her husband openly boasts about her new-found study skills in front of the children. And her daughter has decided that she now wants to do her homework at the table with Mom. She never thought that she would turn out to be a role model for schoolwork of all things.

The courses started back in 1988 when she took an Accounting subject. "It was just for self-interest, but when I got really good marks, I decided to continue." And she never looked back. Yes, it took 10 years, already, and only two summers were free of study, but she reports that it just became part of her regular week, and she looked forward to bury herself in the books for a couple of hours. Some semesters she took two courses, but only after the kids went to school.

Now, retired and living in the Ottawa area, she thinks she may break the mold and actually attend classes for her last subject. It is scheduled for the September

term, and she looks forward to her graduation ceremony. Her only real concern is to decide what she wants to do next. University courses may be a possibility now that she feels she has proven herself to herself.

This star pupil asked to be kept anonymous, but agreed to let me tell at least part of her story to let others out there know that it really can be done. It was a struggle at times, but the internal rewards made it all worthwhile.

Of course not everyone has the time or other resources to take this many courses over this length of time. But many certificate programs are only a few subjects long, and could be completed in just a couple of semesters. Why not take a look at what is available for you in the world of college education? Classes are available in many subject areas and, of course, there are lots of correspondence programs for those who can't get away to class.

Give me a call at 339-8211 x 8889 if you would like to discuss your thoughts on college courses. I would be happy to let you know what is out there and help you with gathering information. If you have had educational experiences you would be willing to share, I would love to include them in a future column - anonymous or not.

## First Ever Vacation Spectacular Raffle

**First prize:** a 7-day western Caribbean Cruise for two aboard the Royal Caribbean Majesty of the Seas, PLUS \$1,500 cash. (Total value of \$5,984.)

**Second prize:** a 7-day Mexican Riviera Cruise for two aboard the Song of America, PLUS \$1,200 cash. (Total value of \$4,340.)

**Third prize:** a 4-night Mexican Baja Cruise for two aboard the Viking Serenade, PLUS \$600 cash. (Total value of \$2,728.)

**Draw date:** 20 September, 4:00 p.m. at the Butchart Gardens

**PLUS Early Bird Draw for \$1,000 on August 3 at the Filberg Craft Festival, Comox**

Tickets are \$5.00 each for three for \$10.00 and are available from Cpl Bouchard 339-8211, loc 8349.

All proceeds to the Canadian National Institute for the Blind, Vancouver Island Division. They will help the CNIB to pay for counselling services provided to people who are blind or visually impaired.

Thank you for your support

## Standard First Aid and Cardio Pulmonary Resuscitation Level A (One person adult rescuer)

Date: Mon & Tues 17-18 August 0730-1530 hours

### Pre-requisites:

- Minimum age 15 years old.
- Open to all military dependants.
- Maximum number of students per course - 14.
- Books will be issued at commencement of course
- Qualification valid for 3 years.
- Students are to submit their names by telephoning Sgt Leo Phillips, extension 8748.
- Free admission - no financial cost to the students.

Location: Building 22, First Aid Classroom, 19 Wing Comox.

## Cardio Pulmonary Resuscitation Level C (Two person adult rescuer) (Infant rescuer/choking) (Child rescuer/choking)

Date: Friday 28 August 0800-1530 hours

### Pre-requisites:

- Must have taken a CPR Level "A" within the last 3 years.
- Minimum age 15 years.
- Open to all military dependants.
- Maximum number of students per course - 14.
- Books will be issued at commencement of course.
- Qualification valid for 1 year.
- Students are to submit their names by telephoning Sgt Leo Phillips, extension 8748.
- Free admission - no financial cost to the students.

Location: Building 22, First Aid Classroom, 19 Wing Comox.

## Thank you for your support

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

## PLAN YOUR RRSP FOR LIFE

Before you invest, call me for your complimentary copy of our Special Report

RRSP planning for life.

J. Kevin Dobbeltsteyn  
338-7811



Investors Group Financial Services Inc.

TM A trade-mark owned by Investors Group Inc. and licensed to its affiliated corporation.

## Defence Aboriginal Advisory Group (DAAG)

by Capt Monk, WPSO

A DAAG is a voluntary organization of aboriginal military and civilian employees of DND, as well as other interested persons, who form a group to support and advance the relationship between DND and aboriginal peoples. The specific mission of a DAAG is to provide its participants with an opportunity to: support DND employees who are aboriginal; share information on aboriginal issues; and provide input on behalf of its participants and/or feedback to the chain of command. The concerns of a DAAG are issues relating to DND which impact upon aboriginal members or the Aboriginal Peoples of Canada. A DAAG is non-politically oriented.

The DAAG offers an outlet and a means to exchange ideas. Participants meet in an open forum,

network, and discuss aboriginal issues. Its participants can learn from shared experiences, facilitating personal and professional growth. At the Wing level, the DAAG is formed under the authority of the W Comd and operates as an advisory group. A DAAG is accountable for its actions and reflects issues at an aggregate level. The DAAG operates within the chain of command.

At present, the only DAAG currently operating is at NDHQ. As at other wings/bases, it is proposed to form a DAAG at 19 Wing if the need and interest warrants. Need will be gauged through the interest shown in the process by the participation of aboriginal members. To this end, an initial meeting will be held at 1300 hours on 9 September in the ARF Theatre. This meeting will

be co-chaired by Cpl G. Grigg of 414 Squadron, who has been instrumental in the initiative to form DAAGs at the national level, and Capt B.G. Monk, WPSO, who has been appointed to coordinate the initial process and assess need.

All aboriginal military members and civilian employees of 19 Wing are invited to this meeting. The meeting is scheduled to last until 1430 hours, during which time the concept and mission of the DAAG will be outlined and discussed. In addition, the timings and format of future activities will be considered on a preliminary basis. Interested personnel are encouraged to contact either Cpl Grigg (8497) or Capt Monk (8293) if advance information is desired. Supervisors are requested to facilitate the attendance of interested personnel.

## Upgrades for single quarters at 19 Wing

by WO C.E. Vanderheyden

In the past year, 19 Wing Comox Single Quarters have undergone some much needed upgrading. Quality of Life funding (\$100,000) made it possible to improve the condition of Single Quarters for members visiting the Wing. With these funds, 100 rooms have been upgraded and given a face-lift, including window coverings and non-traditional extras such as: colour television on a swivel stand, reclining lounge chair, refrigerator, alarm clock radio and bath towels.

Wall to wall carpeting has been installed in 50 rooms providing a

more pleasant atmosphere as well as reducing noise. New sofas and chairs were purchased to replace the 50 plus-year-old furniture in the quarters.

19 Wing also has eight suites available for single quarters residents, such as separated or divorced personnel with visiting children or family members, or out of town members on leave. These suites are equipped with colour television, refrigerator, alarm clock radio, bath towels and separate bathrooms. Some proposed additions we are working on are new furniture with

hide-a-beds and portable baby cribs.

For those who enjoy the outdoors, picnic tables have been provided adjacent to all the quarters. An information board, located at the Accommodations Office, provides brochures, pamphlets and maps of the surrounding area and Vancouver Island.

A free pick-up service for those who require dry cleaning or laundering is available to all Single Quarters occupants.

These improvements are a positive step towards improving the Quality of Life for our members staying in Single Quarters.

## Special Maple Leaf insert - letters from CDS and D/MND

The July 98 issue of the Maple Leaf contained two interesting inserts on the subject of harassment and general discipline.

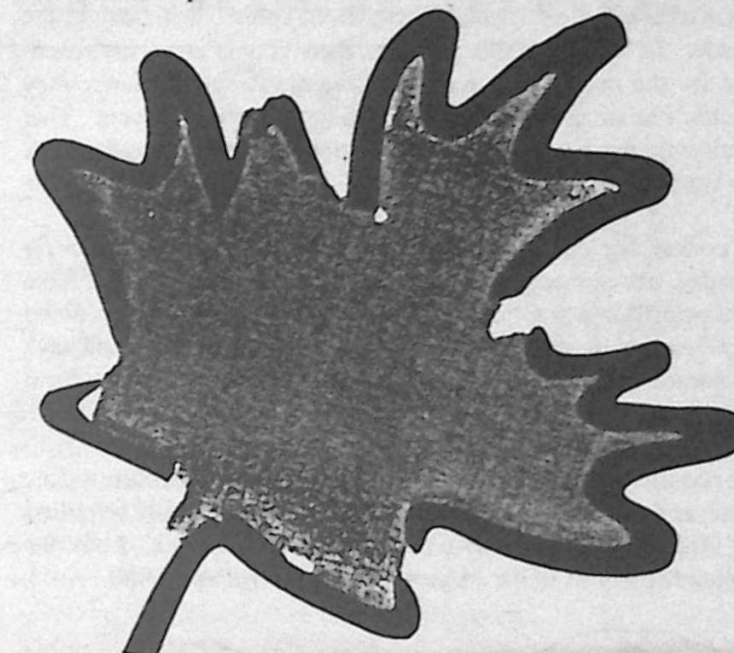
Each insert is a two-page letter, one from the Deputy Minister of National Defence James Judd and the other from the Chief of Defence Staff General Baril.

As Department of National Defence members, all staff at 19 Wing should be aware of the clear directives stated for military personnel in Gen Baril's letter and the reiteration of policies direct-

ing civilian employees in James Judd's letter.

They are too long to reprint at this time but will be available at the Totem Times office for perusal should you not be able to get a copy of the July 98 Maple Leaf.

In addition, that Maple Leaf edition also contains a six-page Special Report that 'spells out the Department's and the CF's orders, commitments and resources that are all part of a vast effort to instil and enforce mutual respect and honourable conduct.'



For all military and civilian base employees who have access to the LAN:

Check out the new  
Totem Times site  
found on the BBS home page  
under 19Wing Info

featuring:

Front Page News  
Articles from the Past

Also includes:

- \* contact information
- \* article submission guidelines
- \* deadline and publication dates
- \* and much more

## Open for your concerns

SHOULD YOU HAVE A PROBLEM WITH YOUR POSTAL SERVICE.

Canada Post has always strived to achieve high standards of delivery

and service with an on-going dedication to customer satisfaction.

We recognize, however, that there may be times when a problem

does arise. Should you have a question or concern with your postal

service, contact your local postal outlet. If you feel your needs

haven't been met, please follow this simple procedure:



Contact: Customer Service  
2701 RIVERSIDE DR OTTAWA ON K1A 0B1  
Tel.: 1-800-267-1177



You may also refer your concerns to the Postal Service Customer Council in your area.  
Tel.: 1-800-204-4189

If you have not been satisfied yet, contact:

**Ombudsman**

855 BROOKFIELD RD SUITE C0081  
OTTAWA ON K1V 1J8  
Tel.: 1-800-204-4198





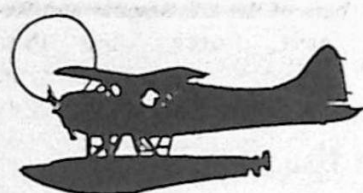
### To Be or not To Be

The big event on the base this week in the Change of Command Parade. You may have noticed that there are no photographs of the parade in this issue of the Totem Times. It's not that we don't want to, it's just that our publishing schedule doesn't permit us to. Unfortunately, the fishwrapper goes to Ladysmith for printing and it leaves at noon on Tuesday and that, of course, is the day of the parade. To compound the problem, there is only one issue scheduled for the month of August so if we did run the pictures, they wouldn't be on the street for almost a month after the event. That would ruin our nearly spotless reputation for reporting base events in a timely manner.

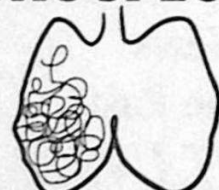
Of course, we could delay the layout of the paper till noon on Tuesday, ask someone to take some pictures of the parade, have them printed at a one-hour processing lab, courier the prints down to Ladysmith, have them put into production as a late item and have the parade pictures on the street exactly one day after the local papers.

The consensus of the editorial staff (two of us) was that haste makes waste, and there was no guarantee that the rush job could be pulled off. And a deadline is only a deadline if you stick to it. Look for the parade pictures in the August issue of the Totem Times.

Joel Clarkston



### HALF-OFF LUNG SPECIAL



See your local tobacco dealer for details...

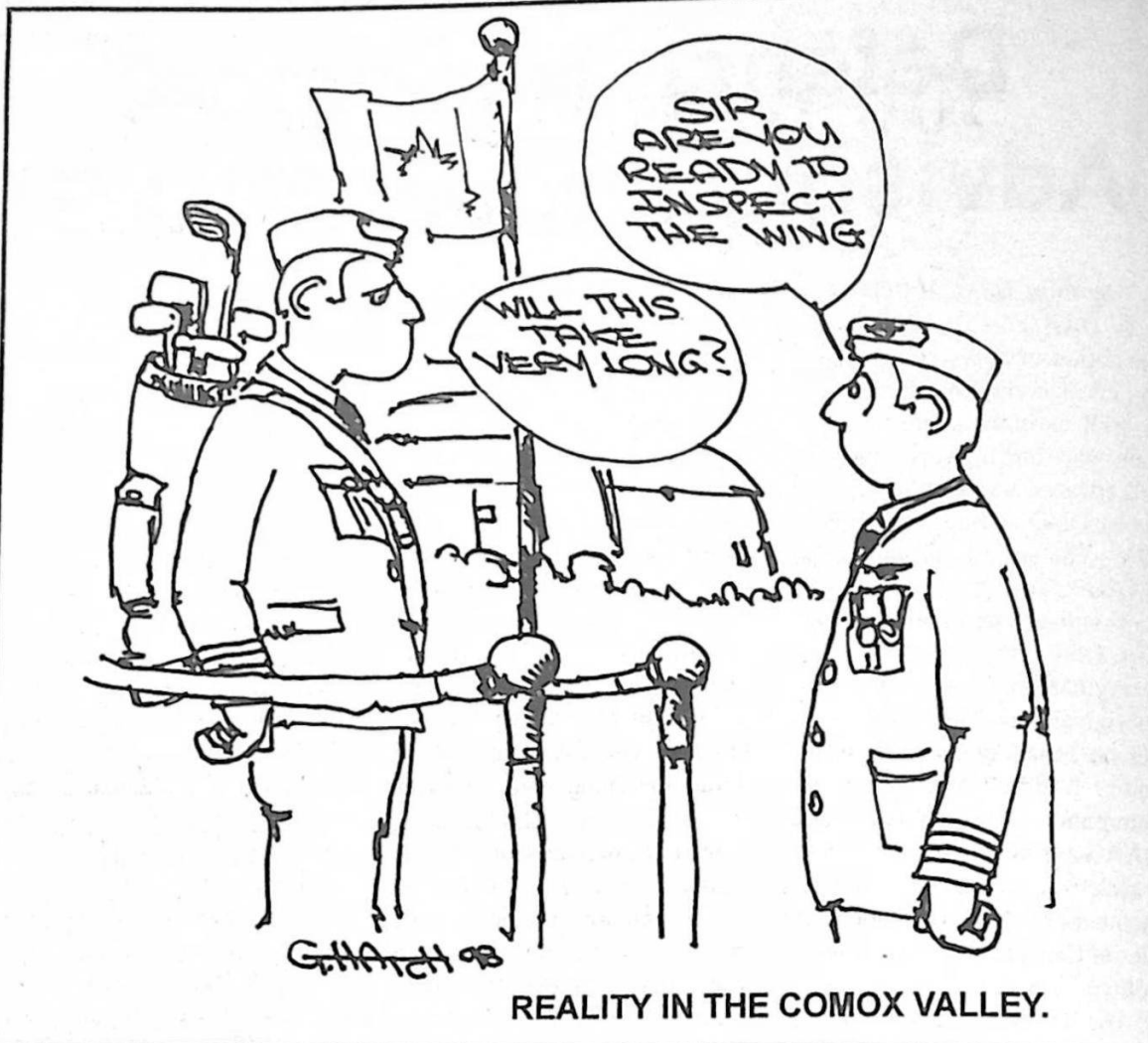
BRITISH COLUMBIA LUNG ASSOCIATION  
Box 34009, Station D  
Vancouver, B.C. V6L 4M2  
Phone: 1-800-665-LUNG

People with kidney disease can't live without you.

Please sign an organ donor card today and discuss your wishes with your family.



THE KIDNEY FOUNDATION OF CANADA



REALITY IN THE COMOX VALLEY.

### New DND Harassment Helpline

English: 1-800-290-1019

French: 1-800-290-0893

Available 7 days a week  
0700 hrs - 2200 hrs (EST)  
(0400 - 1900 hrs Pacific Time)



EDITOR IN CHIEF  
Major Joel Clarkston

MANAGING EDITOR  
MCpl Edith Cuerrier

WING PAFFO  
Capt David Krayden

CARTOONIST  
Gord Hatch

TYPESETTER/BOOKKEEPER  
Jenny Cooper

PRODUCTION STAFF  
MCpl Brenda Trombley

MCpl Pat Dunn  
CIRCULATION  
Jenny Cooper (339-3486)  
Bob Trombley

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

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

SUBSCRIPTION RATE  
\$15.00 per year, GST included.

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

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

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

## Thank You!

for helping us put smiles back where they belong.



## Totem Times

THANK YOU! Grazie 謝謝 Obrigado  
-धन्यवाद Gracias शुक्रिया Arigato सहाय्य thank you

## 500 needles a week going out through exchange

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

by Ian Lidster, Echo Staff

If you've never encountered a hard drug user, you have formed an image in all likelihood. After all, you watch 'Law and Order,' 'ER' and the assorted cop shows that often feature the television archetype of the crazed doper and the sordidness and violence of the drug scene.

He or she is gaunt, wasted, mentally out-of-it, and would be quite prepared to 'off' Granny if her pension cheque would bring in the bucks to feed the habit.

Television druggies invariably live in inner-cities which, the medium will tell us, is where such unsavoury venues as crack-houses are to be found. Pot may find its way to the suburbs and small towns, but the hard stuff is in the darkest alleyways of a metropolis.

All the stereotypes described above are true - but they are not the whole truth.

The whole truth is this same cocaine, crack-cocaine, heroin and all the substances that qualify in the collective 'hard drugs' are just as much a part of the sub-culture of the suburbs, and smaller, more pristine centres - like the Comox Valley.

A recent letter to the Echo offers a figure of 400 drug dealers in the Comox Valley. RCMP North Island drug awareness counsellor Barry Schneider suggests that figure is probably conservative.

The point, Schneider says, is that it is difficult for police to pinpoint the actual extent of hard drug use per se, in terms of numbers of regular users of hard drugs because they deal more often with the related crimes.

They must handle the break-and-enters, the robberies, the sto-

len cars, the street muggings and all the other unsavoury crimes directly connected with the addict's need to feed a habit.

"Rather than offer a specific figure," Schneider says, "we can merely say there is an ongoing increase in the community for all chemical drugs."

Part of the point is, much illicit drug use is hidden, by both adults and minors. Not all users are involved in felonies to pay for their habit. There are other ways.

In the case of females, prostitution is becoming a growing aspect of the Comox Valley drug scene.

Drugs are expensive, but turning tricks pays well. Residents have reported being approached by girls as young as 14, quite prepared to exchange sexual favours for the money they can get. Needless to say, there are Johns willing to provide that money.

If you want some statistics that might give a clearer picture, consider this reality.

The North Island AIDS Coalition's Comox Valley operation reports a weekly needle exchange in this community of between 400 and 500 needles per weekly shift.

"For once a week, that is a lot," says Romaine Pocat-Earl of NIAC.

"In Campbell River it took us a year to reach that level, and we have only been operating here since February."

Pocat-Earl says it is difficult to assess actual numbers of individuals involved with those 400-500 needles.

Equally disturbing is the fact NIAC is also distributing between 1,400 and 1,500 condoms to prostitutes in the Comox Valley. She says she has no breakdown as to how many of those are street prostitutes and how many are in the escort trade.

But, from her end, what is most disturbing is the profound connection between both the sex trade and IV drug use, and HIV transmission.

"I only know that is an enormous amount of condoms we're giving out," she says.

Pocat-Earl says at this stage of the operation, they have been predominantly carrying out the needle exchanges and distributing the condoms, but the program has not yet reached the goal it wants to attain.

NIAC wants people to come in so that they can look at all health considerations of their lifestyles, with a view to change.

"In other communities we have more or less achieved that goal, but here we're doing more deliveries than anything else," she says. "But, we are starting to talk to people, so I'm optimistic."

Another facet of the Comox Valley street drugs scene that many residents may be unaware of is the methadone clinic that operates out of the Nursing Centre. Methadone is, of course, the prescribed narcotic used to wean junkies off heroin.

Then there are the crack-houses. Crack-cocaine use is widespread among users in the community, and many of the young users suffer from the delusion that this cocaine derivative, which is smoked, is somehow not a hard narcotic and, whatever the case, such use does not fall into the same category as shooting up.

And, as we move into the area of IV drug use, cocaine has become much more of an injected drug in recent times. And since the narcotic effect of cocaine is of significantly shorter duration than heroin, coke hypes may turn to the needle as many as 25 or 30 times a day, as opposed to two or three times for the heroin junkie. Hence the big business done by the needle exchange.

But, say service providers, as cocaine IV users get more wasted with the drug, they become less careful about such niceties as not sharing needles. So, the HIV factor becomes a much more significant threat to the health and well-being of the community.



## 1998 CF Photo Contest focuses on military life

This year, the CF Photo contest puts special emphasis on the Military Life and Military Family Life categories to encourage the creation of images that reflect all aspects of life in the military.

Entries may be selected to appear in DND or CF publications, in the Military Family Services 1999 Calendar as well as on posters and displays (with permission of entrant and proper accreditation).

Typical Military Life entries depict service men and women (in uniform) at work and on duty, parade, exercise, training, deployment, and operations, at home and abroad.

Military Family Life shows significant as well as day-to-day events and activities which shape and make up life in the military, such as happy reunions of fami-

lies after deployment or sea duty, children watching mom or dad on parade, family day, Armed Forces Day and so on.

Other categories include Portrait, Special Effect, Sports and Open.

The contest is open to members of the CF Regular and Reserve Forces and their dependants, civilian DND employees and their dependants, military members of other nations attached to the CF, members of Sea, Air and Army Cadets and retired members of the CF. Entry deadline is Oct 27/98.

Contest entry rules are available on the CF Photo Unit website at: [www.dnd.ca/dcds/cfphoto/main.htm](http://www.dnd.ca/dcds/cfphoto/main.htm) or from the Unit Coordinator, Wing Imaging Section, local 8324.

## NEXT DEADLINES

Advertising: 12 August  
Articles: 14 August, NOON

### DRIVE THE BEST BUY



1996 CHEVY 4 X 4  
Step Side P/U, Z71 Off-Road Pkg,  
Pw's, Pd's, Air, Tilt, Cruise etc.  
65,000 kms. STK# 1267A

Price \$24,995.00 To View Call Bill...334-2425

BILL SNOW CDI  
BRIAN McLEAN  
CHEVROLET - OLDSMOBILE

334-2425  
Web Site  
<http://mars.ark.com/chevy1>  
Mon - Thurs: 9 - 6  
Fri & Sat: 8:30  
2145 Cliffe Avenue  
Courtenay, B.C.  
(DEALER number 8379)



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

Upcoming changes will affect the safety of all boaters...  
These proposed changes are expected to be in place in 1998. Need more information?  
1-800-267-6687

FREE  
Now Delivers  
Your Favorite  
PIZZA N PASTA  
N  
SALAD  
min \$12.00, 11 kms  
4pm to closing  
338-1488  
1-450 Ryan Rd. Courtenay



## Demon Doings



Well, summer is in mid-swing here at 407. Of our five line crews, two are currently at Rim-Pac in Hawaii and one crew is on leave. There certainly isn't much to write about! However, I've managed to dig up some dirt on a few people to keep you entertained.

According to a reliable source, Lts Shipton and Cooke had a great time in Calgary. It is rumoured that they "stampeded" through the whole city. Although surprising, our FASM managed to pull himself off the computer for a few minutes to enjoy the great outdoors. Evidently, Paul didn't forget anything about his job though - he was back in the squadron halls this week challenging the world to beat him at Tetris.

As our crew prepared to go to Hawaii, we were warned about the inherent dangers of the ocean.

Most people are aware of the mighty power of the shark-infested Pacific - but Capt Cook isn't most people. This speed Demon, fresh off a P.B. at a recent high-profile track meet, hasn't quite mastered over-running the water yet.

During a beach-ex, Brendan wanted to show the world his expertise at body surfing and somehow managed to get his head slammed by a huge wave. It's a good thing that all those rocks in his head resisted the waves enough only to cause a busted eardrum! Perhaps Capts Byrne and Bouchard could have offered Brendan some advice. After all, they managed to break the aircraft enough to stay for 16 days! How did they do that, anyway?

The squadron would also like to welcome back Capt Gushue, Lt K-11 and Lt Erickson after a short stint at MOAT in sunny Greenwood.

Although I'm sure Len and Gord are truly happy to be back, Brian was heard saying how much he hated being posted here and that he wished that he were still back with his cousins in Goeler Mountain. Don't worry Brian, keep it up and you'll be back in no time!

Well, that's about all I can write for this issue. I'm sure that in subsequent editions more dirt will be dug on the people of the mighty 407. Didi Mao!

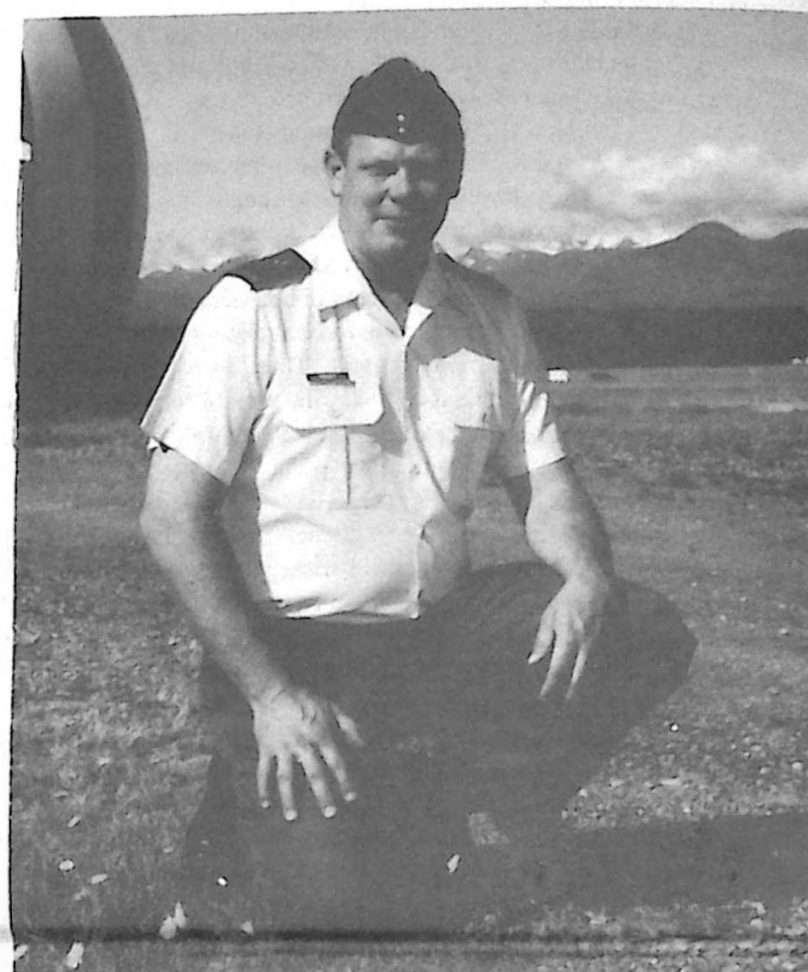
## 19 Wing Comox Serviceperson of the Quarter



During the last quarter, Sgt Tracey has demonstrated outstanding professionalism, initiative and leadership. Sgt Tracey's personal involvement and dedication were instrumental in the planning and timely completion of the annual Instrument Landing System (ILS) maintenance and flight check. While performing preventive maintenance, his staff discovered a major malfunction with the ILS Localizer antenna system. When faced with difficulties in regard to acquiring replacement parts for the antenna system, he took upon himself to contact the NDHQ LCMM on a Saturday to expedite the provision of the needed parts.

Meanwhile, he contacted the NavCan flight check crew to delay their arrival. After the IOR was received and the Localizer antenna had been fixed by his staff, another setback happened. The NavCan flight check aircraft blew two tires on landing and was unable to perform its tasks.

Sgt Tracey arranged the servicing of the aircraft with 442 Sqn and coordinated ramp access for NavCan personnel. The flight check was finally performed on 25 Apr 98, less than one week



after the major fault was discovered.

Without Sgt Tracey's immediate response, the small window of opportunity for the flight check

would have been missed; resulting in a significant ILS downtime and a possible impact on 19 Wing's ability to perform its missions.



Sgt Tracey, a proud member of the Airfield Maintenance Section of WTIS, was recently named Service Person of the Quarter. In addition to being a dedicated service member, he describes himself as a family man and a person who is always ready to help a friend. He enjoys being involved in his daughter's and son's activities. Sgt Tracey is also on the entertainment committee of the WO and Sgt's Mess and involved in the community as a member of the Scouting Movement. (Photos by Cpl Kelley, Wing Imaging)



## Cops Corner

### Cops go the distance for Cancer

Vancouver Island, B.C. - 'Cops for Cancer' embarks on an exciting, new initiative to raise money for research into childhood cancers and support of those living with cancer.

'Cops for Cancer' was established in 1994, in Edmonton, when Sgt Gary Goulet befriended a young lad who was suffering from cancer. Therapy had caused the boy to lose his hair and, as a result, he was teased by other kids. To express his solidarity with his young friend, Sgt Goulet shaved his own head. In recent years, police officers across the country have participated in fundraising, particularly head shaves, for research into cancers that affect children. 'Cops for Cancer' has raised approximately \$1,000,000 since its inception. Victoria area officers raised in excess of \$125,000 in 1997, making it the most successful campaign in the country.

This year the mission of 'Cops for Cancer' is to build upon the tremendous community success of '97. On July 23 the Cops, in partnership with the Canadian Cancer Society, started promoting 'Tour de Rock' - an island wide bike ride from Port Hardy to Victoria.

On September 21, fourteen riders representing various city police, RCMP and military police detachments, will be flown from Port Hardy to Cape Scott for a ceremonial dip of their bikes in the ocean and then will commence their journey down the island. Flown back to Port Hardy, they will start their gruelling ride on September 22 and on subsequent days will stop at Port McNeill, Sayward, Campbell River, Comox, Qualicum/Parksville, Port Alberni, Ucluelet, Nanaimo, Duncan, Colwood, Sidney and end at Victoria's Mile 'O' at Beacon Hill Park. Each of the 'Tour de Rock' team members will ride 1,000 km over 12 days - totalling 14,000 km for cancer research and support.

At each destination, fundraising events such as head shaves, barbecues, community dinners and softball games will take place. Upon arriving in Victoria, on October 3, the riders will make an interim stop at Camosun College's Landsdowne Campus to pick up 2,000 to 3,000 children on their bikes to ride with them to their final destination at Beacon Hill Park. At the park, the team will once again ceremoniously dip their bicycles in the ocean, this time signalling the successful completion of their journey. The whole entourage will be welcomed by the largest social service exposition ever on Vancouver Island. Fire trucks, air ambulance, police vehicles, military helicopters, police dogs and much more will be set up in the park to the enjoyment of all kids and their families. From beginning to end, this ride is all about kids.

Support this exciting initiative by giving generously to 'Cops for Cancer' and encouraging the 'Tour de Rock' team on their journey and congratulating them at the expo.

## Save Those Stamps

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

A.J. Mallendine  
4765 - Ocean Trail  
RR#1 Site 138 C-37  
Bowser, B.C.  
V0R 1G0



2197 Murrelet, Comox

Location!! Price!! New Home!! 5 New Appliances!! New Home Warranty!! These strata units have it all. All units are 2 bedrooms, have 'cheater' ensuite, covered patios, outside storage, and a floor plan that will suit anybody's requirements. Price includes GST with Rebate to the Vendor  
\$87,900 & \$89,900  
for qualifying purchasers.

Jill Hansen & Tom Thomsen  
#121 - 750 Comox Road, Courtenay  
334-3124 (24 hours)  
Coast Country Realty Comox Mall • Driftwood Mall • 2713 Dunsmuir Ave. Cumberland



by Capt Eric Travis,  
ArmPAVO

Hi there and welcome to sports page. A couple of weeks ago, 19 AMS had an exciting and physically taxing adventure-training trip. The expedition took 18 members of the squadron to the mainland to canoe through numerous lakes in a circular route to finish off in Powell River where we began only one week earlier. (And you thought your job was an exercise in futility!)



The first day began with backpacks full of food and energetic personnel, eager to test themselves against nature. With spirits high and energy even higher, a late night game of 'King of the Log' was in order. This game proved to be a definite test of agility, skill and treachery.

The following morning came early for the squad departing that day and, by the time they reached the long portage (2.4 km as the crow flies), half the group decided that it might be easier to hike the backpacks first and then come back and take the canoes up the river.

Note to self: canoes do not like to go upstream, and portages are

there for a reason. Note to Paul: unlike the Son of God, we cannot walk on water and canoes do not surmount waterfalls terribly well. Note to Christine: those were not leaches.

Following the excitement of the river run, we quickly contacted Group 2 by radio informing them that hiking on land is easier than through white water.

Later in the day, our group encountered a couple from Vancouver travelling by kayak; we would see them several times prior to completing our journey. Several lessons were learned from our kayaking friends: when approaching secluded campsites early in the morning, ensure you make a significant amount of noise. This is not only to scare off bears, but also to warn camping couples to ensure decent behaviour upon your arrival. Also, when packing for a trip that will involve hiking and portaging canoes/kayaks, taking three suitcases of clothing and jars of jam, peanut butter, and a 10kg package of trail mix is a little excessive. I

rapped their ankle! (Right Art.)

It was truly difficult paddling through the waves on Powell Lake with the wind howling in our faces to finish the trip but the thought of a cheeseburger, a coke, a salad and a pickle were more than enough motivation. I don't think I have ever seen a yellow clipper canoe glide on top of the water so well as on this trip. Sometimes it looked as though it had a motor!

Some members of the second group decided to pack their fishing poles and take less food. They would live off the land and feast on trout. But, like most fishing trips, all we ever saw were empty ziplock bags that were once overflowing with beef jerky and trail mix. If you are interested in some very exciting fish stories, talk with John Naugler and Glen Currie. (We know Glen, the big one got away!)

I also want to take this opportunity to thank the Army Cadets for the use of their canoes, which did an excellent job of keeping us out of deep water. Without the

must admit though, they did not beg anyone for food, not even fresh fruit (i.e. cherries).

Upon arrival at our final campsite (where we were to stay for a couple of days awaiting the second group), several industrious lads set up a rope swing and began a log surfing competition. In the set-up of the rope swing numerous events took place. The trimming of excess rope to reduce risk of ankle injury, removal of notches on the tree trunk to allow for a smooth enjoyable swing, and removal of skin from Paul Burton's back. Note to Paul: be careful with that axe! In the end, numerous people enjoyed our rope swing, even those who

support you provided, it would have been a very long swim.

For future trips, several questions were asked:

•Should we bring a GPS for the ransom teams that make a wrong turn?

•Is there such a thing as a bottomless beef jerky bag?

•Do the guys in the back of the canoe really paddle?

•Is it possible for Travis to bring enough food to feed himself for a week?


and, since we know for a fact that when a tree falls in the forest we do hear it, a new question arises:

•When a tree falls in the forest, did a BEAR push it down?



**Wayne Gretzky 99 The Great One**

414 Sqn is raffling a  
8 X 10 framed autographed picture of  
**WAYNE GRETZKY**  
to help support our Family Day



\$1.00 a ticket  
Book of 6 \$5.00

Contact Cpl Malone 8445 Draw 21 Aug 98  
A Special Thank You to Comox Photo and Video

## Country Village Kitchen Bin



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

Coffee & Internet  
We Sell Thermo-Pads

Sold over 2 tons  
of coffee last year!

"Our Business is a Grind"  
DON GATES.....339-7313

## Xcalibur Computer Enterprises

Your Comox Computer Centre

339-1347

103-1797 Comox Ave. Comox (behind Credit Union) ~ xcalibur@mars.ark.com ~ FAX 339-1387

Touch P11, ASUS P2L97 Motherboard,  
Intel P11 233, 32 MB RAM, 32Y Panasonic,  
4MB AGP Video Card, 56 USR DF Modem,  
Lansing Speakers Ac543,  
15" Optique (View Sonic), Windows 98,  
MS Home Bundle, MS Works, Encarta 98.  
**\$1979.00**



# WTIS exposed



by Sgt W. Oliver

One of the latest additions to the WTIS flight, the Communications Centre joined us after 740 Comm Det was disbanded and its personnel and resources turned over to 19 Wing on 21 Apr 98. A key operational element of the flight, the Comm Centre provides all units of 19 Wing with 24 hours, 7 days a week secure national communications service via the Automated Defense Data Network (ADDN), processing approximately 72,000 DND messages per year. In addition, it provides a national carrier service, connected to Borden for national mainframe applications such as FIS, CFSS, ADAM, etc., utilizing a digital switching system called the Integrated Data Network (IDN).

Always looking to improve its services, the Message Centre is forever changing the way it does business. Just recently, the aging Model 40 Teletype equipment was replaced with modern Tempest PCs. As a result, the Comm Centre has reduced its monthly operating costs by \$300 and has improved the printing quality of all messages. Soon, we will be processing Protected A and Unclassified messages over the LAN, utilizing the Wing E-mail system to provide expedient and efficient message distribution, thus permitting units to electronically process their messages, reducing paper consumption and expense. By implementing the 19 Wing Electronic Message Distribution (EMD) system, the Comm Centre alone will reduce its costs by another \$150 a month.

Our staff consists of the Comm Centre Supervisor (Sgt McKinney), the Message Centre Supervisor (MCpl Picard) and eight Cpl operators to facilitate our 24/7 operation. All general message queries can be directed to local 8575.



Cpl Mitchell is one of eight Message Centre operators responsible for the processing and handling of DND messages for 19 Wing units. Utilizing Tempest PCs, Message Centre operators are capable of processing messages quicker than ever before with far more reliable service. (Photo by W. Img.)



MCpl Picard is the Message Centre Supervisor responsible for the daily operation of the Message Centre, verifying correct message processing procedures are followed and circuit integrity is maintained. (Photo by W. Img.)

## As the beacon turns... Greetings from 19 Wing ATC

by Capt Norman

After somewhat of a hiatus to facilitate the hand over of the section "scribe" duties, we're up and running again with some long overdue announcements and information.

Let's begin with the announcements. The first half of '98 saw the indoctrination of Sgt Perry Lucas into the officer corps through the CFR program. Perry commenced training at the beginning of February on the Officer Indoctrination Course in St. Jean QB. This was followed by the eight-week Second Language Training course. Lt Lucas is currently lending the unit his expertise as a ground controller while awaiting his Aerospace Controller Course this fall. Congratulations Perry!

While we're on the topic of courses and training, we have had several others also successfully complete various courses. Capt Steve Whyntott and Capt Mike Forbes spent a few weeks in North Bay in an attempt to erase the illustrious "P" attached to their new MOC number of 39.

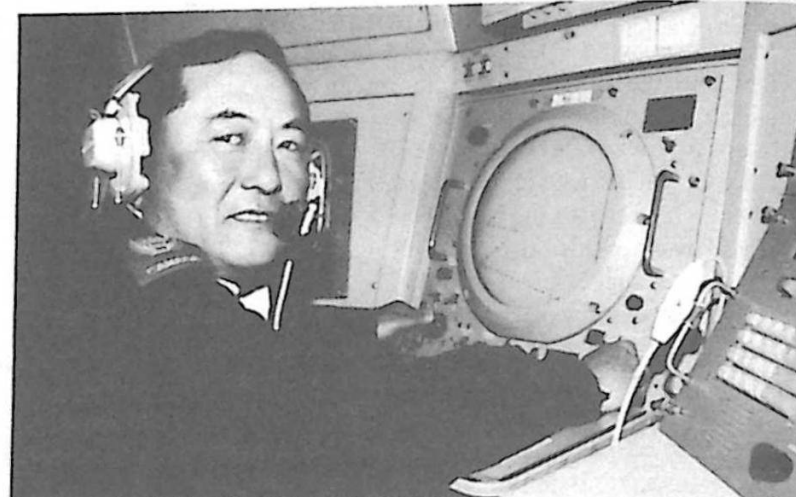
This was accomplished through the two and a half week ATC to AEC conversion course which familiarizes current air traffic controllers with the air weapons control side of the house. Remember folks... you still have to keep them apart!

Cpl Ken Weiss has everyone up in the tower completing small party tasks ever since returning from his JLC course at the end of March. Apparently, leadership skills are not the only things taught on that course. Ken seems to have mastered the art of streamlining the English language with words like "Allogine" which, in his mind, is the combination of "a lot" and "imagine." Just remember Ken, SMESC is not an abbreviation used on a flight plan!

Also in the news is the retirement of MWO Phil Nakashima. Phil graced us with his official presence as the Branch MWO for the last time on 16 April when he completed his 14,500th career PAR run after more than 35 years of dedicated service.

I think it is fair to say that Phil is off to "greener Pastures" and will find himself busier than ever in pursuit of the perfect game. Good luck, Phil, and may all your future endeavours be under par!

by Capt Norman



MWO Nakashima at the PAR scope following his landmark 14,500th approach. (Photos by Cpl Kelley, W. Img.)

On to past, present and future events. This past May, 19 Wing ATC hosted the 19th Annual Aerospace Control Golf Tournament. Once again, a good time was had by all who attended which included retired and serving military ATC/AEC members, Nav Canada employees and civilian special guests.

All in all, there were upwards of 65 registered golfers with a few more attending the meet and greet and banquet. The Bernie Murphy Memorial Trophy was awarded to Capt Nick Van Berket from St. Albert, Alberta for achieving the lowest gross score for a serving military member.

A special thanks to all those who volunteered their time during both the planning and running of the tournament and to all the business and private sponsors who donated prizes. You are the ones who make it such a success!

Speaking of success, the time has come to bid Capt Scott Sinclair a fond farewell. Scott is leaving us after a very successful

six year plus tour, finishing off the last two years as the Chief Controller in the IFR unit. He now gets to take that knowledge and experience with him to the school in Cornwall, Ontario where he will be moulding the young minds of our future controllers. Good Luck Scott and all the best in your new position.

All this hot weather we have been fortunate enough to receive lately is obviously not quite hot enough for Cpl Helen MacDonald. Helen has volunteered for a six month tour in the Sinai Desert this fall and will be leaving this August. As far as I know, it's still BYOB&T (beach ball & towel) as no one has been able to successfully lobby for these items to be added to the kit list. Oh well, at least you still get a bucket of sun screen!

Well, that's about all the news on the personnel front for now. Watch out next time for a report on the technical side of things, including an update on the status of our new control tower and the ongoing MAATS project.



Lt Perry Lucas receives his new rank from LCol Hache.

GENERAL • GOODRICH • DAYTON • ARMSTRONG • FIRESTONE • YOKOHAMA

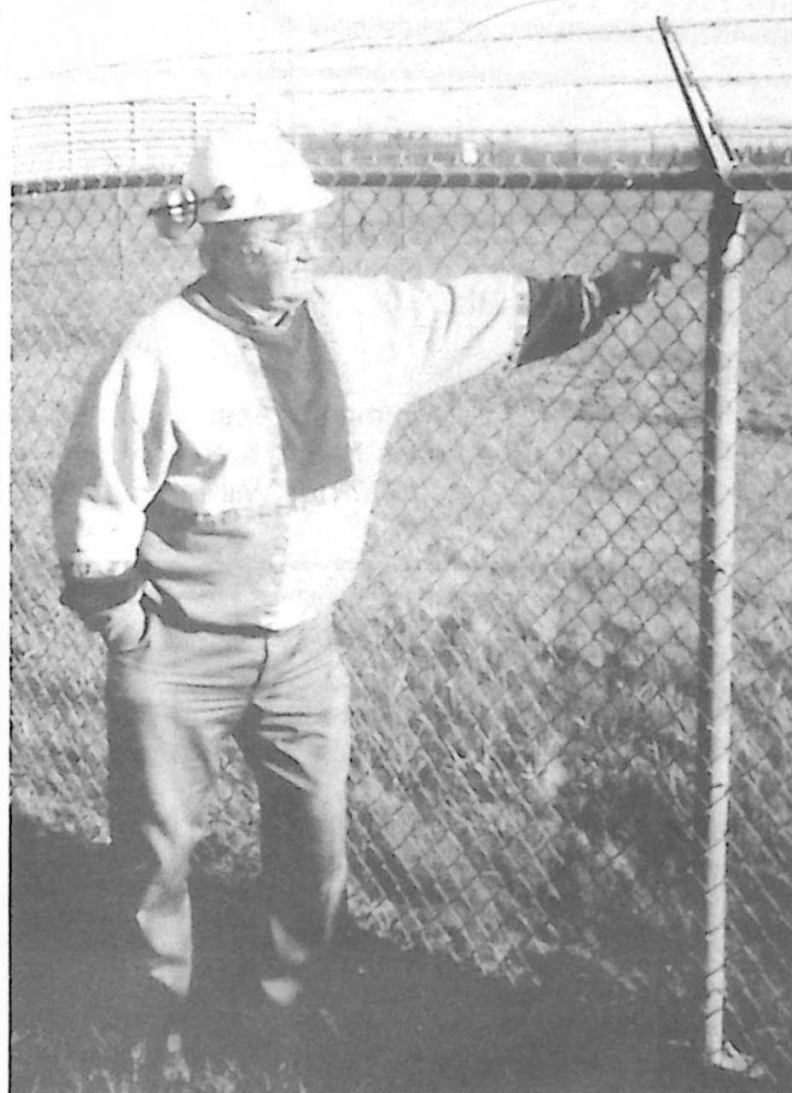
**KINGWAY AUTO CENTRE**  
Serving the Valley for 19 years!

Wheel Alignment • Balancing • Brakes  
Tires • Custom Wheels • Tune-Ups  
Complete Auto Repairs  
Licenced Mechanic  
Batteries

370 PUNTLIDGE RD., COURTENAY PH: 338-6505

CONTINENTAL • UNIROYAL • HANKOOK • PIRELLI

## On a wing and (sorry) a prayer



by Finn

Despite their beauty, birds to the birdmen constitute a hazard to life and limb. Sucked into an engine, splattered through a windscreen, birds of all size's may cause, and have caused, airplanes to crash. Tragic incidents abound.

A flying friend to the pilots is the sparrowhawk, a busy bird of prey. At CFB Comox, this type of hawk on numerous occasions has been observed with interest by CE Contract Inspector Peter Cartwright.

"They may be seen around QRA (Hangers 8 to 12)," says Mr. Cartwright. "And so may the flights of prey they pursue."

Since the prey consist of the sparrow family - which includes finches, grosbeaks, buntings and others - the hawk should have no problem providing for self and dependants. The sparrow family, largest family of birds in Canada, has roughly 90 species identified in North America. Since it is a seed eater, the sparrow, unlike its insect-eating counterparts, is common in this area also during winter.

"They are not so dumb," observes Mr. Cartwright. "The hawk, if he doesn't sing for his supper, surely has to work for it."

The work comes from its size. Though the smallest of all falcons, the jay-sized sparrowhawk is nevertheless a good deal bigger than the biggest sparrow. With its

long, pointed wings and fuller body - reddish-brown on back, tail and crown - this permanent resident of the area cannot squeeze through where sparrows may.

"The sparrows make clever use of the wire-mesh fences around various compounds," Mr. Cartwright explains. "The moment they sense pursuit, they go for the nearest fence, shoot through the mesh, and emerge inside the compound. The hawk must zoom up, loose speed thereby, but is ready for a second go just as the sparrows arrive at the opposite fence. There the performance is repeated, but with the sparrows now standing a good chance of giving the hawk the slip."

The reason is that its wings are designed for speed, not sustained hovering. When it does hover, it is on rapidly beating wings, much like the kingfisher.

No one needs feel sorry for the sparrowhawk, also known as the American Kestrel. His diet consists also of insects, some rodents, lizards and the like.

"He most likely lives either in a tree cavity somewhere close, or up high in the cliff embankment, which gives him quick access to this area. As long as he himself doesn't get a plane in harm's way, he's a great assist in keeping the flocks of smaller birds out of the way. And for that," Mr. Cartwright concludes, "we may all be grateful."



## EME "News"

by Cpl Jeff Hogan

Summer is upon us and here at the EME Workshop we are still under renovation (i.e. new roof, computer and telephone installation, new contracts office, and expansion of our tool crib). We also have our new computer software "PlannExpert" up and running. A few bugs to iron out, but what's new... that's software. Additionally, our software for Mitchell-on-Demand has arrived. For this posting season, we will not incur any personnel being posted out. We would like to wel-

come two MCpls to the Comox Valley. Posted in is MCpl Chris Meadan, Weapons Tech from Ottawa, and MCpl Rod Stolk, Vehicle Tech from Edmonton.

We say farewell to MCpl Doug Smith who decided to call it quits after 20 years of service. Doug and his family are moving to Brandon, Manitoba. All EME personnel wish Doug and his family all the best in their new adventures.

Next month, our shop is going on adventure training: EX Strong Arm, to the Broken Group Is-

lands, where we will be doing some sea kayaking and canoeing. Have a safe and fun summer. ARTE ET MARTE



MCpl Stolk already hard at work. (Photo courtesy EME)

## The boom babyers



Readying themselves to cradle in their arms the boom to Tee Pee Park, a crew from CE's Roads & Grounds finishes with the dismantling that is required before relocation. The boom, so long used to sylvan apparitions - deer, pheasants, campers - will henceforth be privy to marine sights - salmon, seals, sails - as it operates from a new location at Quadra.

"It has already been installed there," says Steve Gosling, R&G, explaining: "The boom went in behind the shipwright building as a safety measure. People can now be prevented from entering when the boats are taken out of the water."

Directed by Team Leader Brian DeVries, out-of-sight Pat Burch in the front-end loader lowers the boom, having pulled it out of its socket. Steve Gosling and Alastair McCrindle round out the crew.

Celebrate  
Canada!

1. If you were at the "Sourdough Rendezvous", you would be at which city's annual winter carnival?  
a) Dawson City  
b) Faro  
c) Whitehorse

2. What is the name of the award-winning weekly half-hour animated series created with 3D computer technology?

3. Where would you find Canada's largest art collection?

4. What colour jackets do the RCMP wear for the Musical Ride?

5. What singer from Québec is the only Canadian artist to have two consecutive diamond (more than a million copies sold in Canada) albums, *Falling Into You* and *The Colour of My Love*?

a) Céline Dion  
b) Lara Fabian  
c) Mitsou

6. Who wrote the music for *O Canada*? NC

Answers: 1. (c) Whitehorse; 2. Reelz; 3. Ottawa (National Gallery of Canada); 4. Red; 5. (a) Céline Dion; 6. Calixa Lavallée

## Green Tip Four summer-time water conserving tips

1. Install water-conserving shower and faucet heads.
2. Put a toilet dam (found at most hardware stores) in your tank to reduce the water used to flush.
3. Avoid leaving the tap running unnecessarily while brushing your teeth or washing the dishes.
4. Keep a container of drinking water in the fridge - so you don't have to run the tap while you wait for the water to chill.

(NC)—If you would like a free copy of "Stepping Lightly on the Earth, Recipes for Responsibility," write: Greenpeace, Information Office, 250 Dundas Street West, Suite 605B, Toronto, Ontario M5T 2Z5.

## The ROLLING PIN BAKERY

STOCK UP NOW!!!

For OUR  
Summer HolidaysClosed  
Aug 30 - Sept 7

Open Tue - Sat 7-6, closed Sun &amp; Mon

339-5636  
1496-C Ryan Road Just outside the base!

## Auto Parts Plus MORE IN STORE

- Huge inventory of parts
- The best known national brands
- Complete product lines including paint and bodyshop supplies
- Parts and components for all vehicles including imports
- Qualified personnel backed by impeccable service



We mean it.

HARTMAN AUTO SUPPLY LTD. 480 Puntledge Rd., Courtenay

**Captain's Seafoods**  
Select Seafood

319-4th St.  
Courtenay  
897-1001

1745 Comox Ave.  
Comox  
339-4331

Custom Smoking  
Captain's Greens & Grocery

**REALTY WORLD™  
THE RESULTS PEOPLE™**

**Mike & Marge Garipey**  
"RELOCATION SPECIALISTS"

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

**334-3124**

res. phone/fax  
(250) 339-7910

**SUPER FAMILY HOME**  
4/5 Bedroom, 2 Baths, loads of  
Space and storage, large lot with  
Garden, sheds, play set.  
Check out this beautifully  
Maintained home.  
\$139,900.

4:19 PM

**You're lost and  
disoriented.**

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



### Commander's Cup Slo-pitch meeting

When: 18 August  
Where: Rec Centre conference room  
Time: 1030 hours

Note: This meeting is for the six (6) reps competing in the Commander's Cup, NOT INTERSECTION. The six reps should be from: 407 Sqn, 442 Sqn, 414 Sqn, W Log, 19 AMS and W Admin only.



### 1998 SUMMER SWIMMING PROGRAM

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.

### National Lifeguard Association course

A National Lifeguard Society (NLS) course is set to run at the 19 Wing Rec Centre pool in late August for those wishing to upgrade or update their qualifications. The course dates and times are as follows:

24 Aug.....7:00 am - 5:00 pm  
25 Aug.....7:30 am - 5:00 pm  
26 Aug.....7:30 am - 4:00 pm  
27 Aug.....7:30 am - 4:00 pm  
31 Aug.....8:00 am - 4:00 pm  
01 Sep.....8:00 am - 4:00 pm  
02 Sep.....8:00 am - 2:00 pm

Course prerequisites are:

-Current CPR "C"  
-Current Bronze Cross qualification

-Proof of age

Course registration can be done at the 19 Wing Rec Centre and the fee is approximately \$204.00 give or take, depending on the size of the group and whether or not you already have the "Alert" lifesaving manual.

For more information please contact Gregg Carr, loc 8946 or Jennifer Zbinden, course instructor, at 334-3745.

### Hockey ice time info

The following ice times will be available for 19 Wing "Flyers" and "Silver Totem" Oldtime Hockey players during the month of September. These times will commence 8 September and go until 5 October, at which time the regular season schedule will be in effect.

### September schedule (1500-1700 hrs)

Mondays, Flyers practice  
Tuesdays, Totems/Flyers practice  
Wednesdays, Totems/Flyers  
Thursdays, Totems practice  
\*\*\*Players with no intention of trying out for the Flyers or Silver Totems are requested not to attend as ice is limited.

### Jake's Trivia Corner

1. How many Olympic Hockey gold medals has Canada skated to?
2. Why did Gordie Howe ask the Detroit Red Wings for No.9?
3. What was Yogi Berra's favourite reading material?

Answers on page 14



**REID'S COURTENAY**

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

**RENT-A-WRECK RENTS**  
334-2060 rent-a-wreck  
Moving Trucks & Buses  
CARS & Pick-up Trucks

**334-3844**  
451 Ryan Rd., Courtenay

### BLACK'S CYCLE



× The Best Prices & Selection in the Valley

× The Latest in Cycling Fashions & Accessories

× Service & Repairs to All Makes & Models

× Rentals



274A Anderton Road, Comox, B.C.

**339-7011**

Like  
it  
Buy  
it

Financing  
Available



Nice people  
who  
lend money.

### Wallace Gardens Community Association Newsletter

### Wallace Gardens Community Association Baseball

When: Tuesdays & Thursdays 0930 - 1200 hours, beginning July 9.  
Where: Airport Elementary School, Elm Street side.



- You MUST be 7-12 years of age to join this activity.
- You must be a member of the Wallace Gardens Community Association (cost \$3.21 per family, per month). This is a fun league and is free to members. If you have any questions please call Linda at 339-8211, loc 8571 or Will Bech at 339-4570.

### WALLACE GARDENS COMMUNITY ASSOCIATION

### PET REGISTRATION FOR 1998-1999



### YEARLY REGISTRATION



WING STANDING ORDERS 27.02 PARA 3 & 4

"no person shall acquire, own, keep, or harbour any pet within 19 Wing Comox resident area unless such pet is licenced."

"the owner of every pet shall each year pay a licence fee"

PLEASE KEEP IN MIND THAT AUGUST 31, 1998 IS YOUR LAST DAY TO REGISTER YOUR ANIMALS AND AVOID A FINE. DROP INTO OUR OFFICE IN CANEX FROM 7:30AM TO 12:00PM FROM MONDAY TO FRIDAY.

IF YOU HAVE ANY QUESTIONS PLEASE CALL LINDA JEFFREY AT 339-8211 LOCAL 8571 OR GIVE THE ANIMAL CONTROL OFFICER "MONA BAIRD" A CALL AT PAGER #703-9009



Our Animal Control Officers are MCpl and Mrs. Baird. They can be reached on their pager at 703-9009. Please leave your phone number or voice mail on the pager and they will get back to you as soon as possible.

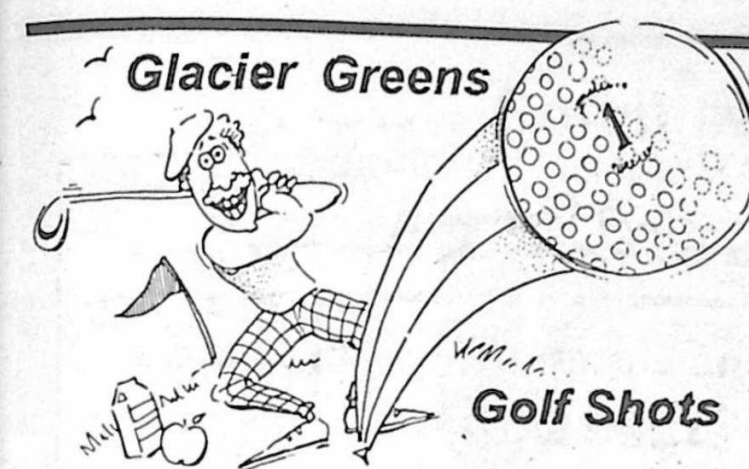
### PET CORNER



### 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



### Glacier Greens

### Golf Shots

### GG MR & MRS/ HIS & HERS TOURNAMENT

by Barb Carter

July 19 and 116 guys and gals arrived to try their darndest to be in the prizes. While cruising the different groups, I observed some interesting shots, some causing body language, and some causing bodily harm, but it turned out to be a nice day and lots of fun was had by all. Although some dicey moments occurred, the divorce lawyer was not called.

Field LG Mr. & Mrs. went to Linda & Jack Picard with 74. Well done, kids!

Field LG His & Hers went to Fran Hutchison & Arnie Mathus with a 78. Super shooters!

Mr. & Mrs. 1st LN to Joan & John Webber (58), 2nd to Anne & Bernie Johnson (58.5), 3rd to Lil & Philip Ryan (59.5), 4th Lorraine & John Courtemanche (59.5 on a countback), 5th Gussy & Gord Prichard (60.5 on a CB), 6th Joyce & Floyd Merrill, 7th Judy & Norm Fellbaum (61.5 on a CB) and 8th to Irene & Bob Marshall.

His & Hers 1st LN to Ellie Nicholas & Stan Froehler (64.5), 2nd Bev Scott & Roy Hagg (65), 3rd Duane Miles & Doug Cull

(65.5), 4th Fran Hume & Rob Carter (66 on a CB), 5th Elizabeth St. John & Gerry Boucher (66 on a CB) and 6th to Betty Fast & Phil Nakashima (67).

KPs on #4 Sue & John Powers, #7 Lorraine & John Courtemanche, #12 Arlene & Bo Bishop, #15 Peggy & Jim Clark and on #17 Anne & Mickey Blake. I'm not sure who made the shots, thus both spouses names.

### TUESDAY LADIES

July 21 and it was the dreaded Irons Only. It was a hot day but Don Kerr was on hand to give us a free clinic on chipping and putting. Thanks, Don.

1st LG with an 88 was Pat Verchere, 2nd with 94 Irene Marshall. Gillian Iddiols was 1st LN with 71, 2nd was Carmel Horochuk with 72. High Net Edna Dodd - not your usual game, gal! Low putts went to Marie Israel.

### MONDAY NIGHT FUN GALS

Heather St. John had a LG of 47, 2nd Net it was Yvette Alley with 35. Yvette also had KP on #1 on her second shot. Jean McRae had longest drive on #9. Low putts went to Betty Pearsol with only 12 - very well done.

### Practice habits: what are yours?

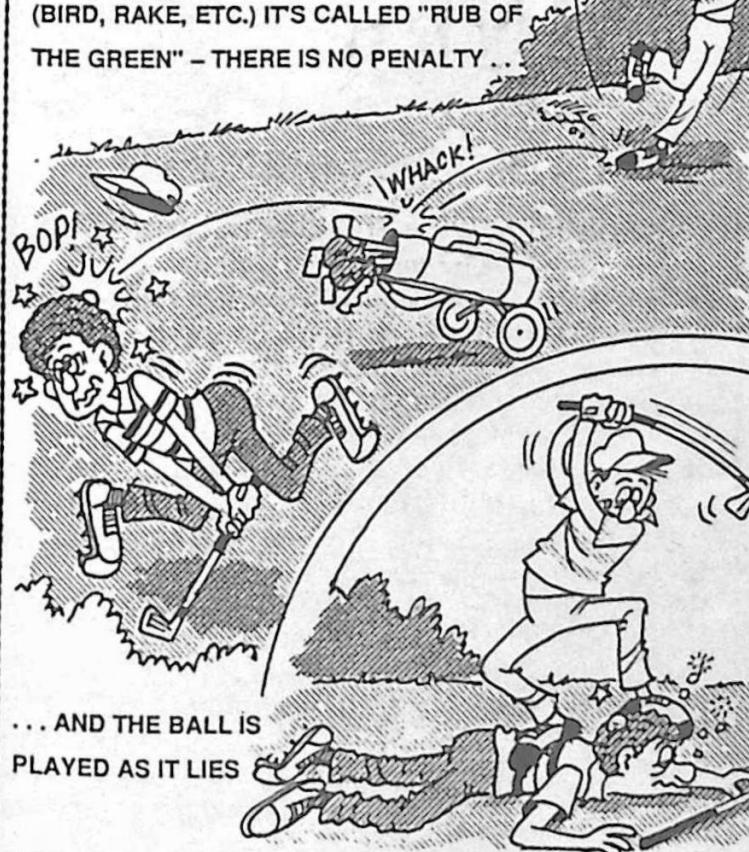
Do you know that over 60% of your shots are taken within 60 yards of the hole? I know that, but it strikes me as strange that the driving range is always busy but the chipping and practice greens almost never are. The next few times you go out, keep track of your chipping and putting. You may be surprised where your strokes are going. I'll know if people actually read these tips by how busy the practice green and chipping area is over the next few weeks.

### RULES OF PLAY

BALL IN MOTION - DEFLECTED OR STOPPED

IF YOUR BALL HITS AN OUTSIDE AGENCY

(BIRD, RAKE, ETC.) IT'S CALLED "RUB OF THE GREEN" - THERE IS NO PENALTY



... AND THE BALL IS PLAYED AS IT LIES

## Reserve your campsite now!

The August long weekend is just around the corner and many reservable campsites at popular parks in the province are already fully booked. In fact, only nine of 50 parks affiliated with the Discover Camping campground reservation service have campsites available from Friday, July 31 to Sunday, August 2.

Most parks also have a number of campsites available on a first-come, first-served basis. The following provincial park campgrounds still have reservable sites left for the August long weekend:

Wells Gray Pyramid Lake in the Cariboo; Barkerville Lowee and Ten Mile Lake Lakeside, both in the High Country; Beaumont, North by Northwest region; Beal-

ton, Charlie Lake, Liard River Hotsprings, Moberly Lake and Crooked River all in the Peace River/Alaska region.

More than 40,000 reservations have been made since the beginning of this year's camping season, an increase of 1,579 over last year. To make a reservation, campers can call 1-800-689-9025. Operating hours are from 7 a.m. to 7 p.m. on weekdays and from 9 a.m. to 5 p.m. on weekends. Reservable campsites must be booked at least two days prior to arrival. (Campsites at Liard River Hotsprings must be reserved at least five days prior to arrival.)

In addition, campers can now check out the new Web site at: [www.discovercamping.ca](http://www.discovercamping.ca) to obtain general information on poli-

cies, participating campgrounds and reservable campsite availability.

"The new Web site enables campers to plan their trip before they pick up the phone," said Hugh Milchem, managing director of interactive applications at BC TEL Interactive. "This enhancement is timely given the popularity of Discover Camping. By going online, campers can learn about the entire service prior to booking and soon will also be able to make reservations."

Introduced in 1995, Discover Camping Campground Reservation Service is a partnership between BC Parks, Parks Canada and BC TEL Interactive. The service is supported solely through fees charged to campers who use the service.

## Mini Air Show

continued...



Many people took advantage of the opportunity to sit in the cockpit of the CF-104 on display.



Comox Military Family Resource Centre provided the concession. Hot weather and good food made this a popular stop.



Most popular aircraft at the event, as voted on by the public, was this AVRO Arrow built by Rob Pritchard, a member of the Heritage Aircraft Committee. The ducted fan model was very impressive in the air and on the ground.



Control Tower view of the flight line.



## What is a reasonable Fire Dept. response time?

### Major fire in 3 minutes

by W.O.R. Gosteau  
(from article "Building Construction for the Fire Service" by Francis L. Brannigan.)

The National Bureau of Standards conducted tests of fires in typical residential basement rooms but the "basement" could be dropped from the title as immaterial. The room could be a living room, a motel room, a fire station recreation room, a doctor's office, a reception lobby, on elevator lobby in a hotel, or wherever.

The purpose of the tests was to demonstrate the need for a revision of the widely accepted standard time-temperature curve used in many fire resistance tests. The significance of the tests, however, goes well beyond its stated objective in the author's opinion. For one thing they lay to rest the comfortable concept that "15 minutes

can elapse before the fire is serious." For another, the "advantages" of fire extinguishers in many occupancies appear to be open to question. There is such a short time between ignition and unbearable conditions in the extinguisher-operating zone that the probability of a person being able to use an extinguisher effectively is greatly reduced.

Consider Test #14 in the report: the test room was 3.3 by 4.9 meters in size (10.7 by 15.9 feet). The furniture consisted of a sofa, an upholstered love seat, an ottoman, two end tables, a coffee table and two bookcases. The carpet was olefin pile with foam rubber backing. The walls were plywood. The ceiling tiles were wood fibre with a 200 flame spread rating. The fire was started by matches in about a pound of newspaper on the couch.



The Fire Chief, Capt Asmis, is retiring from the military to take on the position as Fire Chief in West Carleton, Ontario. MWO Armstrong, who will be assuming the duties at 19 Wing Comox Fire Chief, is presenting Capt Asmis with a farewell plaque.

#### Flame Spread

0:58 min: Back rest cushion of sofa burning.  
1:33 min: Flames reaching almost to ceiling.  
2:12 min: Wall panelling next to sofa burning.  
2:25 min: Heavy flames out of the doorway.

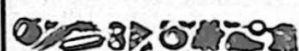
2:30 min: Olefin carpeting ignites.  
2:38 min: Hot flaming zone extends down to 2 feet from the floor.  
3:55 min: Flames out the doorway down to 5 1/2 feet below the ceiling.

#### Support Your Local Foodbank with BC Products

Look for BC SHARING certificates at your grocery retailer now. The \$2 certificates are a convenient way to contribute to your local food bank.

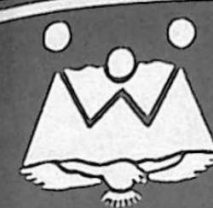
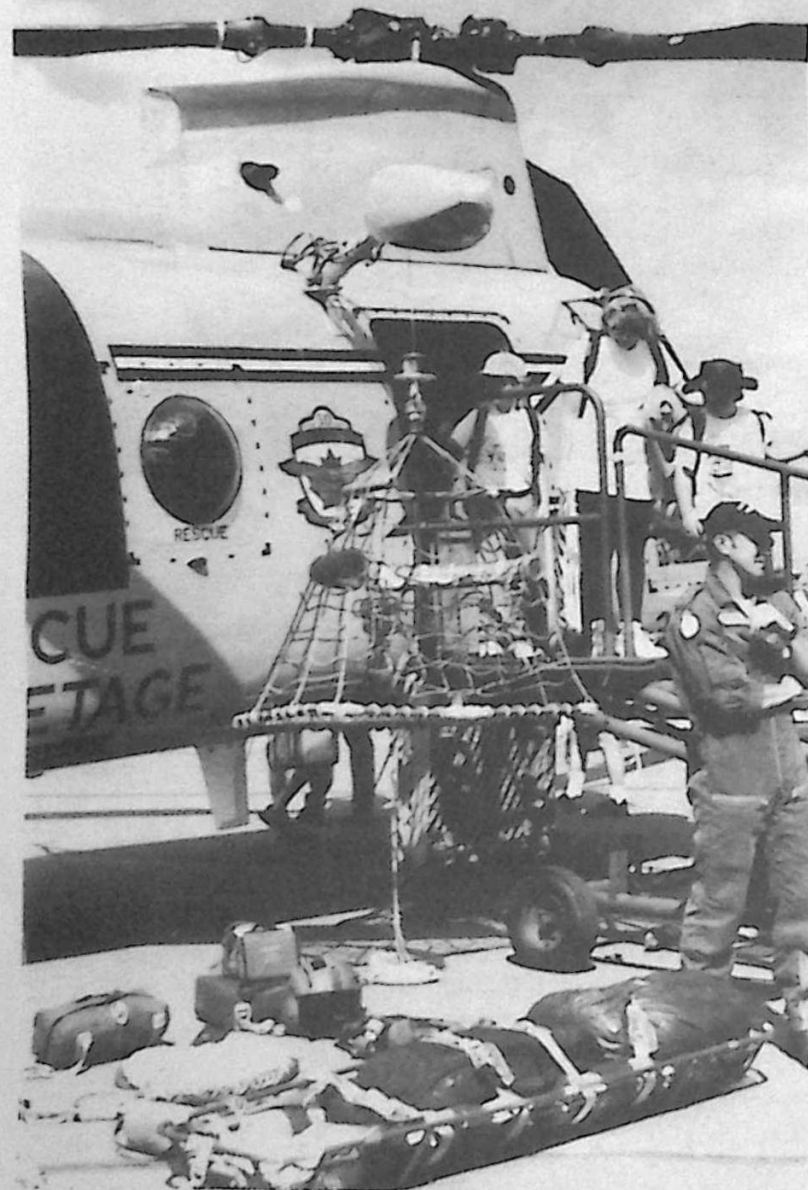
100% of all contributions will be used to purchase fresh produce or other foods for those in need. Products will be selected from BC grown and processed foods.

Ask for BC SHARING certificates at your grocery check-out counter, and promote BC foods while you contribute to your local community. Thanks for sharing!



## 442, 414 and 407 at Victoria Airshow '98

Clockwise from top left: 1) SAR techs from 442 Sqn displayed their specialized equipment as visitors toured the Labrador helicopter; 2) a Harvard, a T-33 from 414 Sqn and a Snowbird tutor follow each other in a display of training aircraft; 3) Capt Major, of 407 Sqn, describes the extensive features of the Aurora aircraft behind him; 4) a 414 Sqn T-bird performs some air manoeuvres for the crowd. (Photos by Susan Quinn, courtesy of the Comox Valley Record.)



## COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

### Day trips with the CMFRC

Be a tourist in your own town! Come out and join the CMFRC as we discover some of the main attractions in the local area. This will be a great chance for those new to 19 Wing to meet new friends and discover some of the many beautiful sites the area has to offer. Contact the CMFRC at 339-8290 for additional information!

#### Miracle Beach Mini Golf Adventure

Come out and practice that golf putting of yours as we head up island for mini-golf and a BBQ at Miracle Beach!

Date: August 12th

Time: 9:00am - 2:30pm

Fee: \$6

Lunch: Pot Luck BBQ at the beach  
Limited free child care available

#### Explore Historic Cumberland

Once Canada's smallest and western most city, Cumberland remained a bustling mining community from 1888 to 1966. Miners came from Europe, China and Japan, establishing distinct ethnic settlements. Cumberland became the main centre for local trade and commerce. Discover some of the fascinating history as we visit the Cumberland Museum and take a walk through the past!

Date: August 26th

Time: 9:00am - 3:00pm

Fee: \$3

Lunch: Pot luck picnic at beautiful Comox Lake  
Limited free child care available

bibliothèque du CRFMC  
Nouveaux livres disponible en françaisLa

#### Développement personnel

Les quatre clés de l'équilibre personnel: Quand il faut soigner sa vie - Jacques Lafleur et Robert Béliveau

Devenez une personne d'influence: Comment jouer un rôle positif dans la vie des gens - John Maxwell et Jim Dornan

Je suis aimable, je suis capable - Jean Monbourquette, Myrna Ladouceur, et Jacques Desjardins-Proulx

Les gens qui en font trop: Souffrez-vous de démesure compulsive? - Bryan Robinson

Les pouvoirs de la pensée positive: Comment transformer positivement sa vie - Bernard Baudoin,

### So You Want to Quit Smoking?

Butt Out, a smoking cessation program provided jointly with 19 Wing and the CMFRC, is designed to help you kick the habit for good! Facilitator: Mara Pungente

Dates: August 31st (information session), September 8th, 14th, 21st & 28th, October 5th, 19th, November 16th & December 7th

Time: 6:30-8:30pm

Fee: No Fee

Registration: Call 339-8290

Location: CMFRC Program Building.

### Are We Having Fun Yet? - Day Camp at the CMFRC

The Summer Day Camp programs at the KCCC are off to a great start! In the past few weeks we have been on many great field trips. Some of our exciting August events include: camping at: Gilwell Scout Camp, Elk

Falls, Miracle Beach, and a fossil dig with the Courtenay Museum.

The programs also include weekly themes i.e. mini Olympics, swimming at the base pool, arts

and crafts and lots of interactive games. For more information call 339-8290.

Jennifer McDonald  
Day Camp Coordinator

## CMFRC Pre-Teen Summer Activities

August 1998

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

## CMFRC Teen Summer Activities

August 1998

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31





### HARBOUR WOOD

Aitkin Rd. & Comox Ave.  
Comox

Conveniently located close to shops, schools and services, Harbour Wood is a residential complex offering 3 and 4 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.

### For Sale

Queen size waterbed, dark stain finish, 12 baffle mattress, bookshelf headboard \$150. Bedroom furniture, 6 drawer dresser w/mirror, 4 drawer dresser, 2 drawer night stand \$200. Contact Darin 897-0367 <2/2>

1994 17-ft Maxum, 115 Merc, bow rider for water skiing or fishing, like new. Contact PO2 Tom Harrison loc 8792, evenings at 337-8162. <2/2>

1983 Yamaha Maxim 400, runs good, new chain/rear tire, 26000 km, \$425. Contact Al at 8373 or 338-2813. <2/2>

\*85 Terrel 5-speed \$2,800 o.b.o. Loc 8783 or 339-5783. <2/2>

Courtenay Flight Center, Inc.  
"The Best in Flying Training"  
recreational - private  
commercial  
338-9814

Call us for Scenic  
Tours and Rentals  
All training on C-172 aircraft

### Accommodation

Room and board with home privileges for n/s male. \$350.00 per month. Phone 338-4599.

### Business

Find true health and financial freedom with an established but growing nutritional products company. For more information, without commitment, call toll free now 1-800-299-5001 ext 39639. <1/2>

### CONSUMER CREDIT COUNSELLING

B.C.'s Most Experienced  
Credit Counselling Service  
Let Us Help You Get Out Of Debt With

One Easy  
Monthly Payment!!  
Stop - Stressful Collection Calls!!  
Avoid Bankruptcy - Rebuild Your Credit  
Manage Your Monthly Cash Flow!!  
Don't Delay - We Can  
Help You TODAY!!!

Licensed and Bonded  
Evening & Weekend Appointments  
Free Confidential Consultation  
201 - 1290 Broad St. At Yates  
VICTORIA  
338-3644  
CALL TOLL FREE  
1-888-522-3555

### 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.

### 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.

### 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 Ocd Tourond (613) 549-4356.

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

### 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>

Little Bear licensed family daycare. Clean safe, smoke/pet free. Subsidies welcome, receipts, flexible hours, Puntledge area, First Aid/CPR certificate, excellent references. 897-0174. <1/2>

### Jake's Trivia answers

- Six.
- He wanted a lower sleeping berth on the train.
- Comic books.

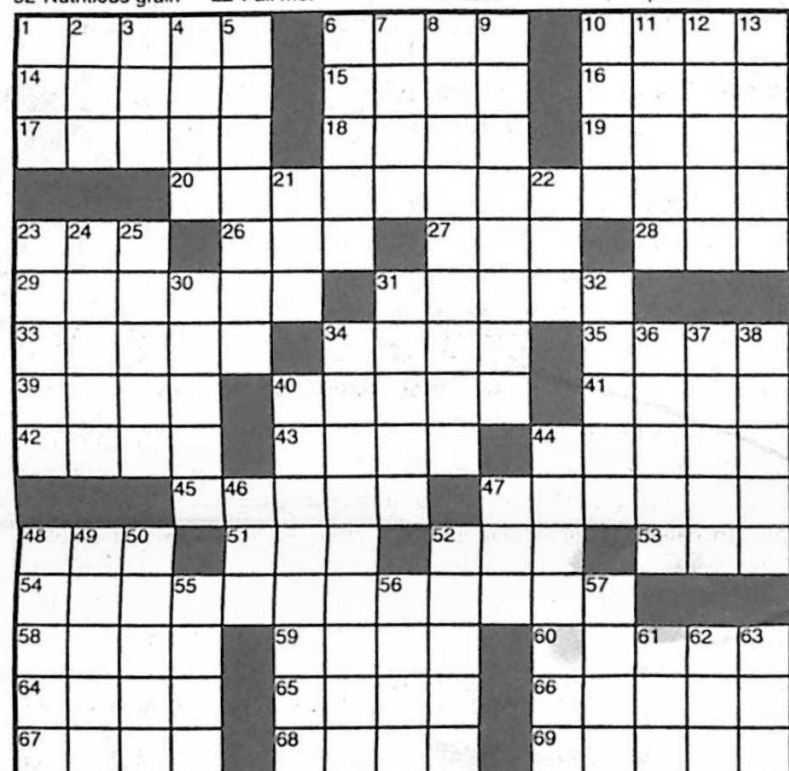
### You & Your Boat

- Know your limits.
- Know your boat.
- Know the "rules of the road".
- Make sure you can get back. NC

## TODAY'S CROSSWORD PUZZLE

ACROSS  
27 Leg part  
6 Mexican coin  
10 Type of cake?  
14 Video's companion  
15 Certain newspaper pg.  
16 Ear part  
17 Scho'rship of a sort  
18 Pleasant  
19 "Called Horse"  
20 Loving  
23 Fall behind  
26 "Miss Brooks" game  
27 And so on: abbr.  
28 Party fabric  
29 In --- together  
31 Makes sweaters  
33 Factory worker, perhaps  
34 Cheese lovers  
35 Every  
39 Concept  
40 Teams  
41 Frolic  
42 Rolltop ---  
43 Common connectors  
44 Scottish landowner  
45 Cher's ex  
47 Puzzle deer  
48 Greek letter  
51 Fruit drink  
52 Nutritious grain

DOWN  
1 Children's  
2 "Ben-"  
3 Apple-cider girl  
4 Ms. Lolloloprida  
5 --- it skeddadle  
6 Hearth tool  
7 Heroic story  
8 Parts of a paragraph  
9 Curiosities  
10 Scottish household  
11 Speaker of Latin  
12 Slacken off  
13 "The Devil and Daniel Webster" author  
21 Employment  
22 Fall mo.



### PREVIOUS PUZZLE SOLVED

ACROSS  
1 BOUTS  
2 ISNT  
3 BET  
4 ADMIT  
5 NEAR  
6 BONE  
7 TOPSY  
8 TURVY  
9 SPONSORS  
10 HIVES  
11 SONS  
12 CURTEST  
13 FAKIRS  
14 MOPES  
15 EXALT  
16 BELOW  
17 ALL  
18 KORAN  
19 PRAY  
20 TEE  
21 DELIS  
22 PUTUP  
23 BENET  
24 SECEDE  
25 ACCENTS  
26 MARK  
27 SHADE  
28 AUMENTS  
29 TOLL  
30 BRIDGE  
31 ROUT  
32 OKLA  
33 ARTIEL  
34 ETNA  
35 REAM  
36 PATSY  
37 DEAR

4-6-98 © 1998, United Feature Syndicate

**Water Gardens**  
Enhance your Garden with a Water Feature!

**LITTLE RIVER GARDEN CENTRE**  
LANDSCAPE CONSULTATIONS AVAILABLE

It's Easy Fun & Inexpensive

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

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

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

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

### Reunion

The Rainbow Youth Theatre reunion, celebrating 10 years in the Comox Valley, will be held on Sunday, 16 August starting at 2:00 p.m. in the Old Church Theatre on Harmston Street, Courtenay. There will be a potluck supper in the evening. Old programs, posters, videos, etc. are needed for the reunion. Please RSVP Wendy 339-3715 or Laurel 338-2216.

### Reunion

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.

## Raise some HDL a Ride with Heart

On August 15 and 16, doctors, pharmacists and supporters from across Vancouver Island will set out on a two day bike ride from Campbell River to Victoria to raise their HDL, awareness and funds for the Heart & Stroke Foundation of BC & Yukon.

The focus of the ride will be to emphasize the relationship of physical activity and HDL (good) cholesterol as modifiable risk factors in the prevention of heart disease. All pledge proceeds from this event will help fund vital research and health promotion programs in our communities and throughout the province.

Preventing Canada's #1 killer of men and women of all ages is a priority for all health professionals so come out and join them in pursuit of fun, health and a great cause!

Call the Victoria office at (250) 382-4035 for registration and information.

## Comox Valley Business Women

The Women's Business Network held their 6th annual summer BBQ at the Kingfisher Inn on July 9. Over 50 women enjoyed a beautiful evening on the patio while the chef barbecued a fabulous steak and chicken dinner outdoors with more than all the fixings.

We enjoyed our meal overlooking the majestic ocean view and then were invited to tour the new "Beach Resort" accommodations. The evening was casual

with lots of laughs and networking among friends and business associates. Near the end of the evening we watched two cruises pass by as the sun was setting.

The Women's Business Network will not hold a meeting in August, but please feel free to call our hotline number at 338-0113 for more information on our group and for the location of September's meeting. Have a nice summer.

### Bad Breath: Clearing The Air

A question-and-answer guide by Dr. Howard E. Strassler, DMD, FADM

Q. We have been trained to think that unless a breath product delivers a "sting" or tastes bad, it's not killing the odor-causing bacteria. Is this true?

A. In most cases, the breath products with a "sting" or bad taste are no more effective in combating bad breath than mild, minty refreshing mouthwashes and breath sprays or drops. The "sting" may be an ingredient, such as alcohol, which is thought to be unnecessary in breath products.

Q. Is it possible to use mouthwash too often to ensure that your breath is fresh smelling?

A. Overuse of any good thing may not necessarily be best or more effective. Once you have the bad breath under control, follow the recommendation of your dentist as to how often you need to use a mouthwash or breath spray and drops. Using an alcohol-free mouthwash like Rembrandt Refreshing Mouth Rinse three times a day is enough.

For breath freshening tips call (905) 678-2521 or visit Rembrandt's Web site at [www.rembrandt.com](http://www.rembrandt.com). NC

### Oral Care

## Xtra! Xtra!

There has been some excitement over at the Comox Canex with the introduction of Club Xtra! To celebrate there was a 4-day party, with local radio station CFPC doing live broadcasts, Air Force Association selling Coke and hot-dogs (proceeds to the Air Force Museum). There

were various prize draws, plus the big balloon drop on Saturday, July 11.

Winners of Canex gift certificates for \$50.00 were R. Stallard and Connie Lefebvre. Tracey Hietanen was the big winner of a Goldstar 19 inch combination TV/VCR. Congratulations to all

of you.

Watch for the big sign-up draw for 100,000 Club Xtra points worth \$1,000 to be announced in the next issue.

Come in and check out Club Xtra at your local Canex.



Darlene Dervelle presents a \$50 CANEX gift certificate to winner Connie Lefebvre.



R. Stallard receives a \$50.00 gift certificate from Donna Chapin.



Tracey and Terry Hietanen receive their prize from Trish Johnson.

## Prevent "Hamburger Disease"



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

For a free brochure on steps to prevent "Hamburger Disease", call The Kidney Foundation of Canada, B.C. Branch, toll free: 1-800-567-8112

### St. John Ambulance First Aid and Safety Tips

### Don't bug me

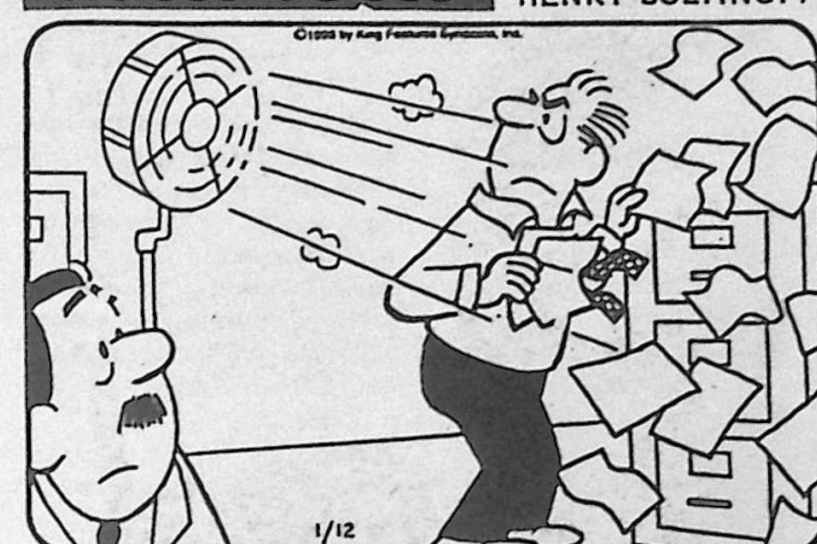
(NC)—If you're heading into the bush, some simple preparation can help keep biting insects away. Avoid wearing perfumes or attractive scents, including hair styling products or scented shampoos. If you discover a nest, give it plenty of room. Teach children not to panic if a bee or wasp comes near them. Instead, wait calmly for the insect to leave, or gently brush it away.

If you discover a large nest of stinging insects near your home, have it safely destroyed as soon as possible. Delaying will only give the nest time to grow.

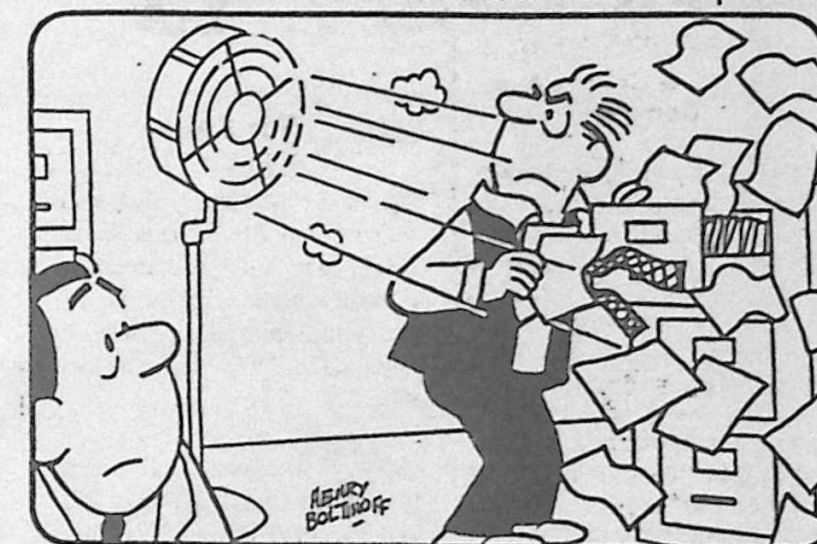
You can learn what to do in an emergency with some first aid training. For information about first aid and safety, contact your local St. John Ambulance office.

## HOCUS-FOCUS

BY HENRY BOLTINOFF

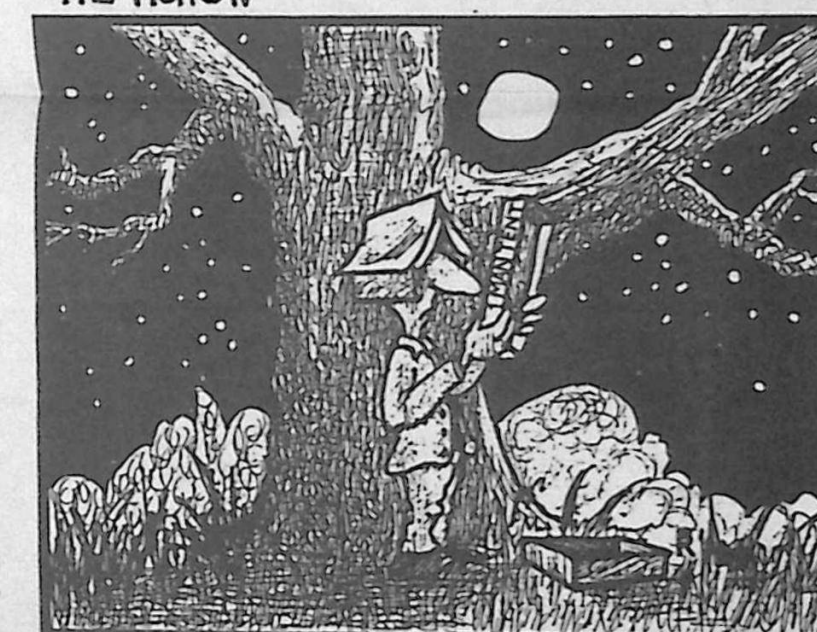


Find at least six differences in details between panels.



Differences: 1. File cabinet is missing. 4. Vest is missing. 5. Tie is added. 6. Drawer is opened. 7. Fan is longer. 8. Fan is moved. 9. Mus-

## 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.):

31 July	...	50th Parallel
7 August	...	Ventura Highway
14 August	...	Country Cousins
21 August	...	Eldorado
28 August	...	Rob Petrie

### BRANCH 160 COMOX (339-2022)

### ENTERTAINMENT:

Fri July 31	...	Eldorado
Fri 07 Aug	...	Easterners
Fri 14 Aug	...	Alley Cats
Fri 21 Aug	...	Ventura Highway
Fri 28 Aug	...	Country Cousins

Branch Picnic: Airforce Beach, Sunday Aug 23, 1:00 - 6:00 p.m.





by Maj Joel Clarkston

Despite the fact that yours truly managed to publish in the Totem Times the wrong date (last year's) for the museum's scale model event, the public participation was quite good on Sunday. The purpose of the event is to introduce the public to the military models on display and, because of that, it is a good thing when members of the public actually do show up.

This is the third year that this

event has been sponsored by the museum and the organization and volunteer participation was extremely good. The programme went very smoothly, beginning on Friday evening and finishing at 3:00 p.m. on Sunday. A total of 18 models participated and about 12 of those were detailed military scale aircraft.

Volunteer support was the highlight of the event with the scale judging being done by members of the Museum Heritage Aircraft Committee. They also brought over a CF-104 from the

air park and their vintage ambulance and fire truck. Many long hours were spent in the hot weekend sun by these dedicated individuals and their support was greatly appreciated. The staff of the museum, Corky Hansen, Shirley Hansen, Jason Connors and Ellian Harrington, also put in many extra hours with some giving up personal commitments to support the event. New to the event this year was the volunteer support of the Comox Military Family Resource Centre. They provided the concession stand

and this proved to be an essential support item due to the many hot and hungry people. The St. John Ambulance Brigade volunteers were also on hand to provide emergency first aid services. Parked beside the museum's vintage ambulance, the first aid station was highly visible and accessible.

The operation of the scale model flying continues to improve each year. Excellent support from the tower controllers and Bird Man ensured a safe, orderly and expeditious flow of

model and full scale air traffic. And Captains Bob Richter, Mike Forbes, Gary Woodroffe and Brian Statham, all members of the museum committee, worked very long hours throughout the weekend coordinating operations. They were supported by members of the local Radio Control Aeronautical Association who provided the essential manpower and knowledge to keep the aircraft flying.

As much fun as this event was, I'm glad it's over. Till the next time.



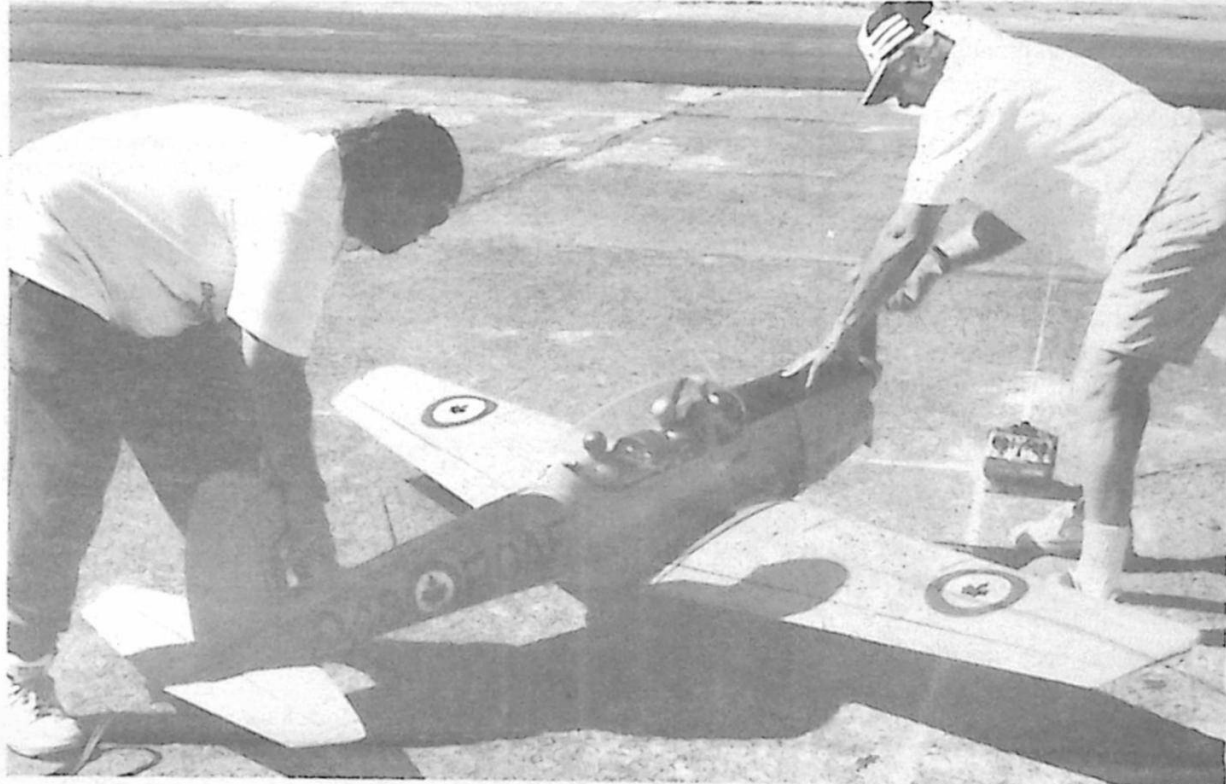
Roy Hilman of Courtenay unloads the DeHavilland Beaver model made by Ivan Galloway, also of Courtenay. Model is a faithful reproduction of the actual utility aircraft used by the United States Army.



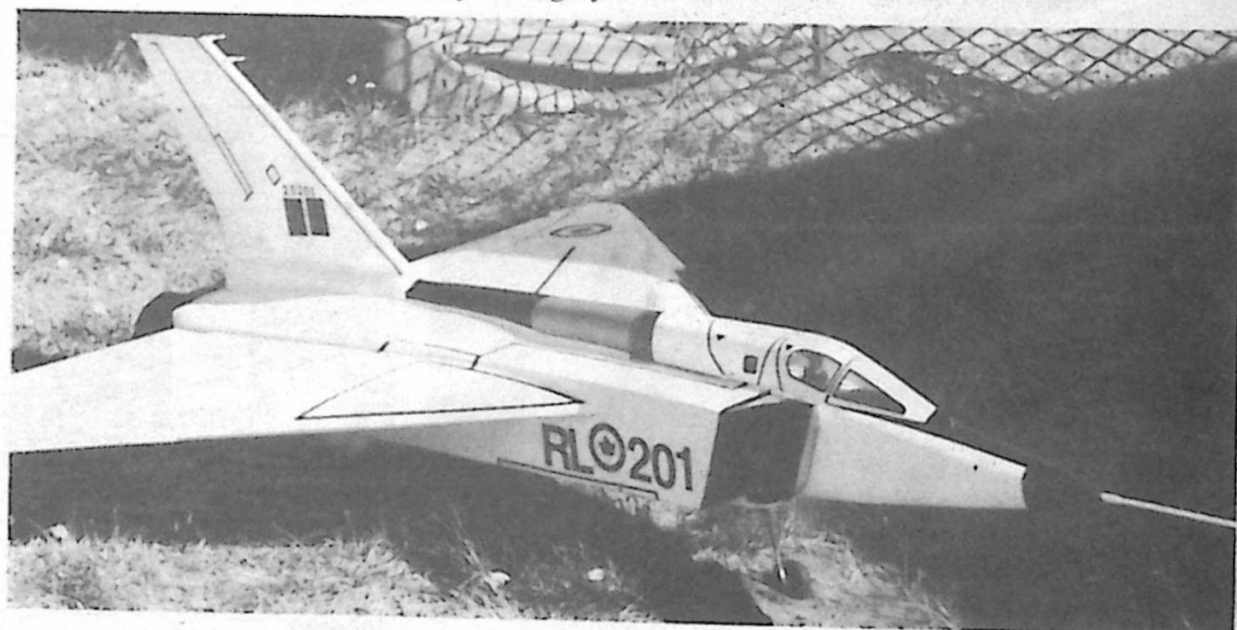
(Staff photos. More pics page 11)



Museum's Boulton Paul Defiant on the landing approach. It survived this one!



Mark Wald of Nanaimo built and flew this beautiful model of a DeHavilland Chipmunk. Model was judged to be the top of the builder/flyer category.



AVRO Arrow RL 201 flew very well at the hands of Mike McCrindle of Merville.

### To the many volunteers who supported the Comox Air Force Museum Scale Model Event

- Heritage Aircraft Committee
- R/C Aeronautical Association
- St. John Ambulance Brigade
- Military Family Resource Centre
- Tower controllers & Bird Man
- Mobile Support Equipment
- Supply Flight

## Thank you

### COMOX AIR FORCE MUSEUM

Located at the entrance to CFB Comox

Open seven days a week  
10:00 a.m. till 4:00 p.m.



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

Dedicated to the preservation of  
West Coast Aviation Heritage