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19 Wing gets a new air traffic control tower

work to finish by Oct '99

by MWO D. Phaneuf

On 23 July our former WComd, Col Brian MacLean, turned sod at the new location of the ATC tower to be built during the next 15 months.

The old tower, located near the IFRCC building, was originally built in 1956 and only had a viewing height of 8.9 meters, adequate for those days but well below current Transport Canada regulations.

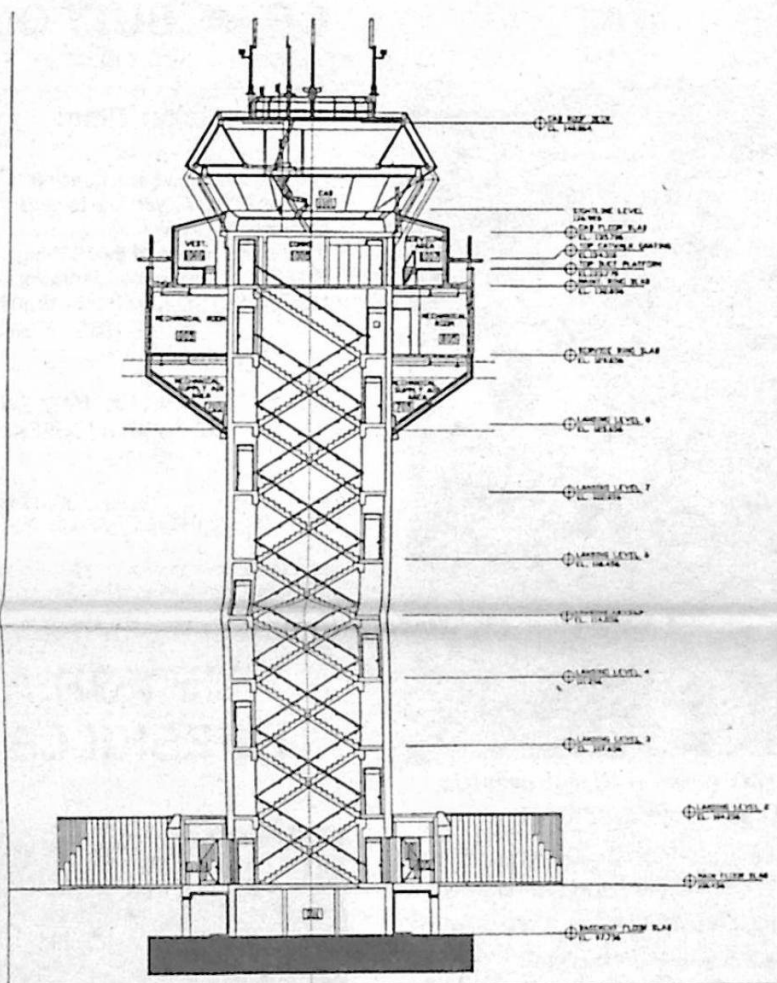
In addition to not being high enough to meet current regulations, the location of the old tower was totally inadequate as it left numerous blind spots in the aircraft holding patterns, the aircraft approach routes and of the airfield itself - a condition that ATC personnel could no longer tolerate. To add to the list of deficiencies, the new MAATS equipment is to be installed in the office space held by the chief controller and NCM I/C, leaving them no office space in the tower, and let's not forget that the tower leaked like a sieve!

The construction of the new ATC tower will address all of these deficiencies and more. The new tower is located just off the Glacier Greens golf course fence on the south side of the Wing.

It will be 46 meters high, or about 11 storeys high. It will have an office and maintenance ring at the top under the observation cap that will house a maintenance area and have office space for the chief controller and NCM I/C of the tower.

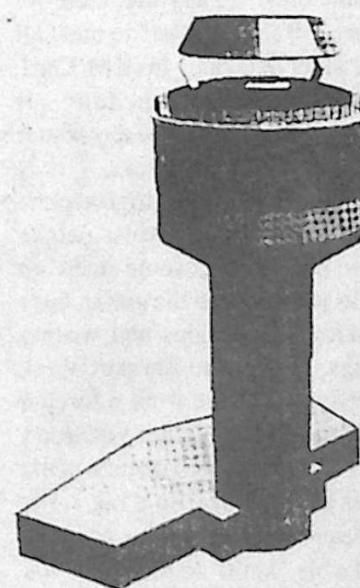
There will be an administration area at the bottom of the tower and the entire structure will be air conditioned. Most important of all, it will afford air traffic controllers a clear and unobstructed view of the total airfield area, the holding patterns and the aircraft approach routes.

Construction of the new tower is already under way with the contractor having completed the surveying portion. The total structure should be completed and operational by October 1999 or earlier.



Sod Turning Ceremony

(L-R): LCol Hache, WOpsO; Maj Gilles, D/WLogO; CWO Dupuis, WCWO; Col MacLean, former WComd; Maj Gauthier, WCEO; Capt Roy, WATC; LCol Leversedge WLogO. (Photo by WImg)



Computer generated exterior view.

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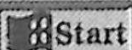
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France revisited: World Youth Day to World Cup

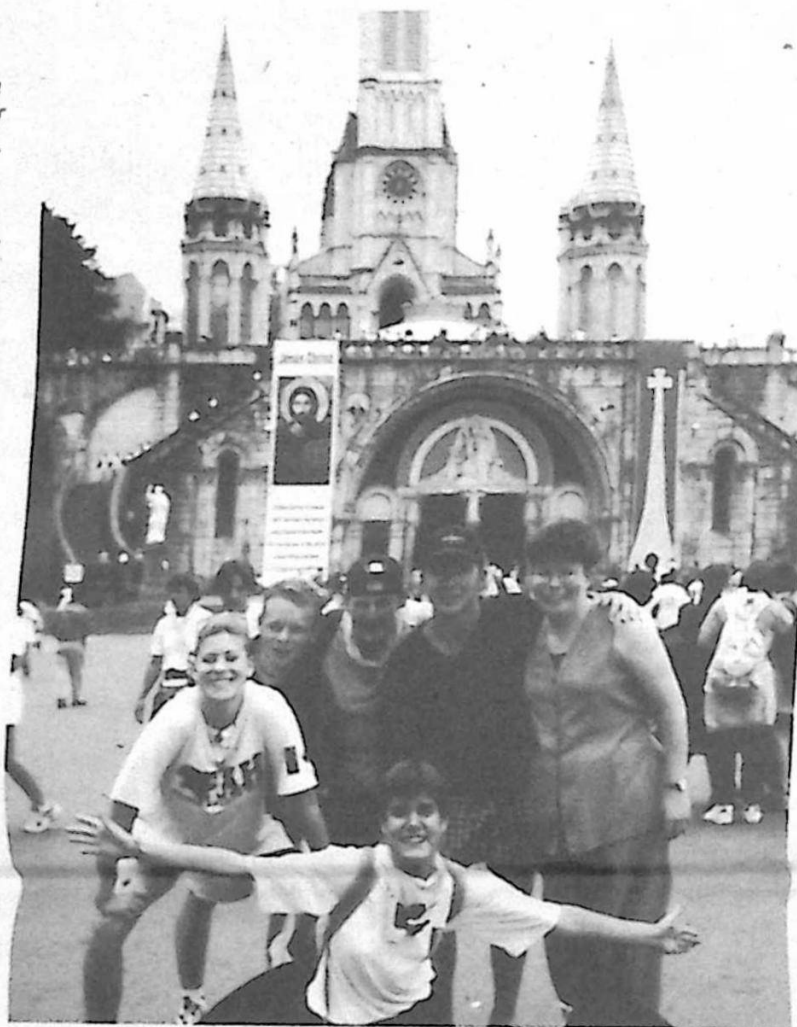
by Margaret Peeren

In July last year, a delegation from the Military Ordinate of Canada comprised of Regular and Reserve military members and dependants from bases across Canada attended World Youth Day and saw Pope John Paul II in Paris, France. Three women from 19 Wing attended: Capt Leslie Wenzel, Capt Jean Trainor and Margaret Peeren. Margaret recently sent us the following thoughts on that memorable trip.

July 15/98. Were you one of the billions of people tuned in to World Cup Soccer? I had some time on my hands so I joined in the fan fever and cheered for my favourite team, Holland. It made me mad that in a semi final match, after 120 minutes of play, the winner is decided by a penalty kick. I will go on record as saying: "Holland, you are the best!" Plus, they have the best looking players.

It was this time last year that Jean, Leslie and I were busy packing for the trip to France for an even bigger celebration: World Youth Day. An international gathering of some of the brightest stars on the planet: young people. I'm not saying that the older you get, the more dim you are but you know, hormones have a way of making you do crazy things sometimes. So anyway, there we were, off to "the East" to meet all the other delegates from M'Lord. What an active schedule. It seemed like only three days but it was actually three weeks.

The drive down to Bayonne was a long haul. Most people were trying to get some sleep but I was jammin' on the guitar, busy making connections and writing songs. That's the fun part about meeting someone from a foreign country. Even though you don't speak the same language, a smile goes a long way. So a big smile to Jean-Francois and his momma and a big "hello" to Murielle, you crazy Acadian chick, thanks for all the translating. (Without her I would have been stuck drinking red wine and going to the bath-



Margaret Peeren (standing on right) poses with enthusiastic youths in front of Notre Dame de Lourdes, France.

room the entire trip.) By the way, now I know why you took so many pictures of those people on the beach at Biarritz - half of them were naked! Hope they had their sunscreen on.

Yes, we will always have Paris. Now that was a total workout: walking the Metro and up and down all those stairs. I lost a few pounds I'm sure. No, I did not see the Pope either. I chose to truck on back to the comfort of the Hotel Imperial and catch the closing mass on TV. Which brings me back to my original point: soccer fans. Soccer players: some of them are pretty religious. Crossing themselves before, during and after each play. As if God Almighty had anything to do with whether or not a little white ball gets past this or that goalie. He probably doesn't even give a hoot. Did I say that?

My favourite part of the trip to the south of France was Lourdes. Cool place, excellent music at mass and a stroll through "grotto

central." That was a whirlwind tour if I ever had one. Got just a little upset that we were delayed getting back to Bayonne by a couple of Argentinians so I got on the next bus with a lot of loud, enthusiastic Italians. I wanted sleep but they were the non-stop party crew. Oh well, you can't have everything you want.

Paris, ah Paris. All I can say is whoever has my camera, I hope you enjoyed all the pictures from the Arche de Triomphe. Now we've started a Peeren family tradition. When my husband was in Europe for the anniversary of D-Day, he too left a camera in Calais.

So I may not have a lot of pictures, but I have many memories. This is, until I am old and dim and all I care about is where my glasses are and what's on the front page of the Globe and Mail. So be young, have fun and hopefully I'll be writing about Rome in 2000.

Ciao baby.

Design a millennium coin

What do 20,000 Canadians varying in age from 1 to 94 and living in every corner of the country have in common? Well, according to the Royal Canadian Mint, they are all marking the millennium in a special way by participating in the nation-wide "Create a Centsation!" Coin Design Contest.

The caribou on the 25 cent coin is taking a break for a couple of years. He's making room for 24 new designs, 12 of which will appear in 1999 to commemorate

the past 1,000 years, and another 12 in the year 2000 to celebrate the future. This means 24 creative Canadians will soon see their designs on a 25 cent circulation coin.

"It is safe to say that the contest is an overwhelming success," says Danielle Wetherup, President of the Royal Canadian Mint. "To date, we have received over 30,000 designs from Canadians across the country. Many have included elaborate descriptions of pride and love for our land, our

cont'd on page 15

CF BUTT OUT PROGRAM

Descision Time:

Are you interested in a healthier lifestyle? Would you like to stop smoking?

If so, come to one of the 19 Wing BUTT OUT information sessions on Mon 24 Aug 98 from 1300 - 1500 hrs @ bldg 22 Rm 9 1830 - 2030 hrs @ CMFRC at # 120 Kinnikinnik

WHO: 19 WING MILITARY, DND EMPLOYEES, AND THEIR SPOUSES/SIGNIFICANT OTHERS

NOTE: TO TAKE THE BUTT OUT PROGRAM, YOU MUST ATTEND THE INFO SESSION

FOR MORE INFO CONTACT: SGT BRIAN BUTTNOR @ 8789, PO2 Mitch Scott @ 8478, Cpl Dawn Meier @ 8487, Cpl Rob King @ 8190 or Mara Pungente @ 8556

TIME FOR A LIFESKILLS COURSE

WHEN:

15 - 18 Sep; and
24 - 27 Nov 98

The course runs 3 1/2 days and covers a wide range of topics using presentations, discussion and interactive exercises. Topics covered include: boundaries, risk taking, values, stress, goals, anger, communication, self-esteem. A main component of this Lifeskills program is that it is solution focussed.

WHERE: Bldg 22, room 11

Military members and DND employees must submit a registration form with Section head consent (on Reverse side of poster, or phone to have a copy sent)

WHO CAN ATTEND: Military personnel and spouses, and DND employees and spouses

FOR MORE INFORMATION CALL:
Sgt Brian Buttnor at 8789, or
Mara Pungente at 339-8290

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No holiday for 442

Military personnel from 19 Wing's 442 Transport and Rescue Sqn successfully completed two dramatic rescue operations in one day on Monday, August 3. While the province enjoyed the fun and festivals of B.C. Day, crews from 442 rescued a hiker near Abbotsford and a fisherman off the Queen Charlotte Islands.

The hiker, who had a broken ankle, was located at an altitude of 7,100 feet at the peak of Mount Judge Howay. He was hoisted off the top of the mountain by SAR Tech Sgt Paul Fleming after a su-

perative bit of flying by aircraft commander Maj Tom Mitchell. The hoist at this level was made possible by using the maximum power of the helicopter in conjunction with favourable winds.

Meanwhile, near the southeast corner of the Queen Charlottes, SAR Techs MCpl Dale Robillard and Cpl Dave Cooper administered first aid to an injured fisherman. The man had a severe arm laceration and required immediate attention. The pair parachuted from the back of a Buffalo aircraft to reach the fishing vessel.

Weather summary for July

July was drier and warmer than normal. A new record maximum temperature of 32 degrees was set on the 26th, exceeding the previous record of 31.1 degrees set on that day in 1960 and 1971 respectively.

Highest temperature.....	32° on 26 July
Lowest temperature.....	11.3° on 13 July
Total monthly rainfall.....	26.8 mm
Heaviest 24 hour rainfall.....	9.0 mm
Average monthly rainfall.....	29.6 mm
Number of days with 0.2 mm or more rainfall - 8	
Total hours of bright sunshine.....	331.6 hours

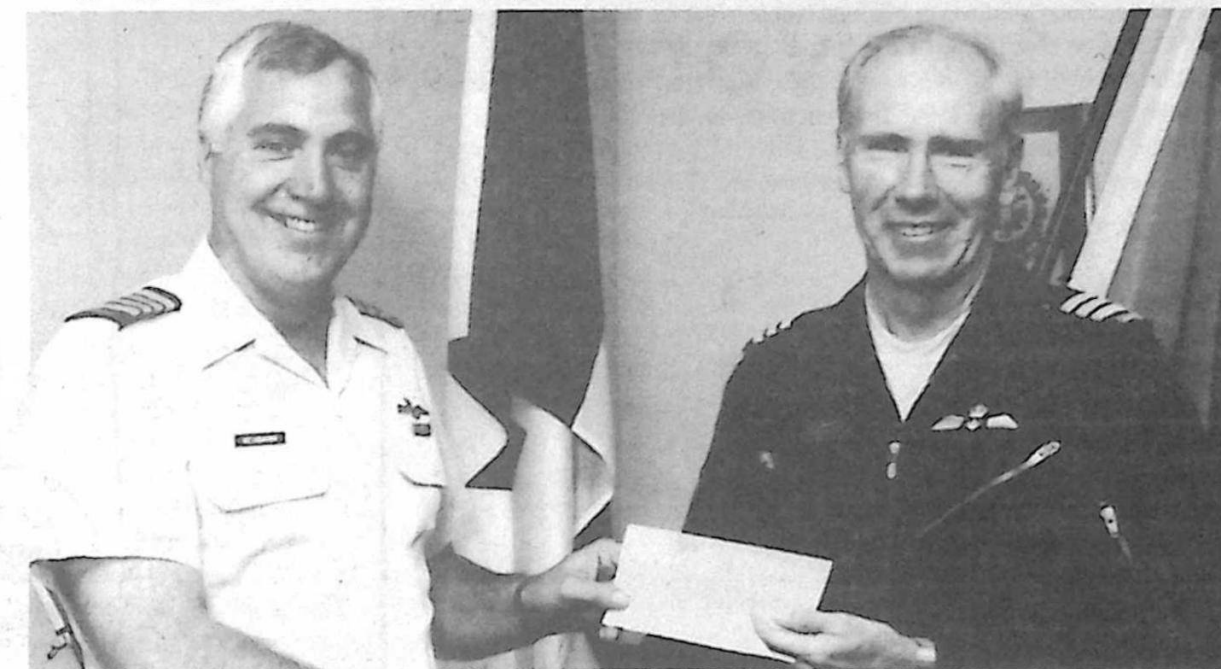
(Information provided by Weather Service Centre, CFB Comox.)

What's "giddy-up" in Arabic?



Col MacLean took a test run on a camel at his farewell mugout.

Hatch catches No Retreat Award



LCol Hatch, cartoonist extraordinaire, receives a \$50 gift certificate, which accompanies his "No Retreat" Award, from our new WComd, Col Neumann. (Photo by Wimg)

It seems very fitting that our WComd's first action photograph in the Totem Times would show him honouring someone for outstanding work at the Totem Times. We are talking about our very own Editorial Cartoonist, LCol Gord Hatch.

LCol Hatch was awarded a 19 Wing No Retreat Award which reads as follows:

"LCol Hatch is the D/CO of the Regional Cadet Air Operations (Glider School). However, in his own spare time, he has been

drawing the editorial cartoon for the CFB Comox Base Newspaper, the Totem Times, since mid-1993. His creativity is under strict deadlines and yet he has not missed one issue in five years.

He does not get any remuneration for this service other than the satisfaction of using his talent for this art form to benefit the 19 Wing military community and the simple pleasure of bringing a smile (or sometimes a groan) to the Totem Times newspaper readers.

The recognition of his faithful contribution to the Totem Times Base Newspaper and consequently to 19 Wing is long overdue. His noteworthy perseverance exemplifies the base motto, "No Retreat," and therefore makes him, in our eyes, an ideal candidate for a 19 Wing No Retreat Award.

The award was initiated by the Totem Times staff to give LCol Hatch the recognition he deserves. From all of us at the Totem Times, congratulations!

Nisga'a Treaty Information

PHONE
1-800-880-1022

- To leave a recorded comment
- To order your copy of the Final Agreement and other background materials
- To speak directly with a Ministry of Aboriginal Affairs staff person (from 8:30 am to 8:30 pm until August 14, from 8:30 am to 4:30 pm after August 14)

A Final Agreement to resolve the Nisga'a land claim has been initiated by British Columbia, Canada and the Nisga'a Tribal Council.

This treaty will bring greater self-reliance to the Nisga'a, and greater economic certainty and opportunity to all British Columbians.

It's time to resolve aboriginal land claims.
It's time to agree - to a better future.



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Winds of change

There are many interesting changes in the works here at the Totem Times. The most significant of these is that we will finally switch to complete desktop publishing in our next issue.

The new computer equipment has been installed on our new workstation desks and the staff have taken some computer training. To the uninitiated, "desktop publishing" means that we will use articles submitted on disk, we will scan photos and graphics, and we will perform the layout of the newspaper entirely on computer. The results may not look all that different to the readers but the process will be very different for us. We have been preparing for this transition for some time and are very excited about it.



The newspaper office was overtaken by empty boxes when Linda Hill, of Panic Computers, delivered and installed our new computers and support equipment. We certainly made good use of the nearby recycling bin.



Another change, which is visible to all, is our new sign above the door, one that can actually be seen from the road. It was made and installed by CE and looks great.

The next issue of the paper will include a reader survey which we encourage all of you to fill out and return so that we can continue to improve and provide information which you would like to see.

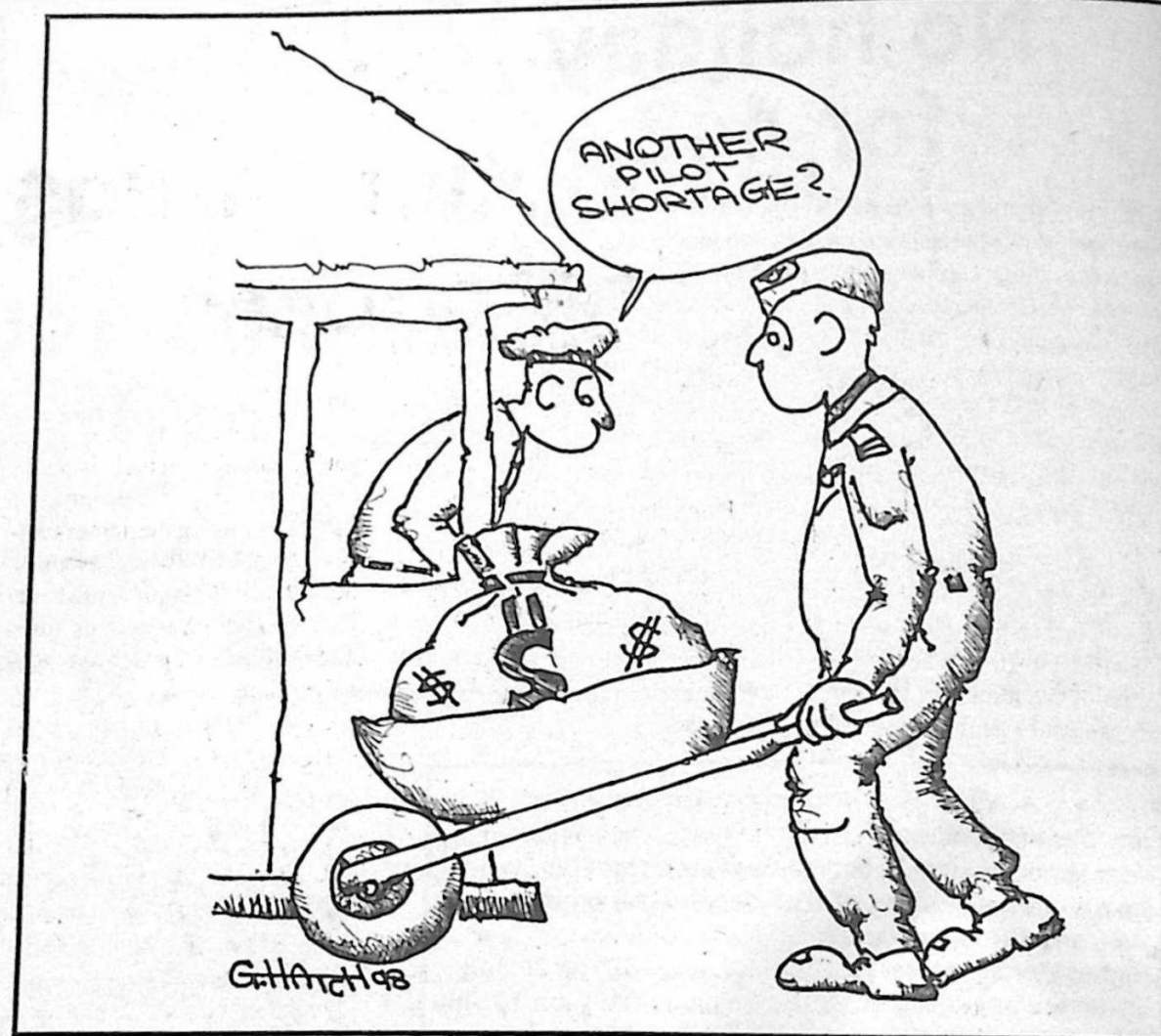
The Totem Times staff wish to congratulate this year's winners of the Canadian Community Newspaper Association's Best Canadian Forces Base Newspaper Competition. Our colleagues at the CFB Esquimalt Lookout earned first place while the CFB Halifax Trident and the CFB Borden Citizen took second and third respectively. With all the improvements we are making, we hope to be among the finalists next year...

Edith Cuerrier
(Photos by Cpl Kelley, W Img)

Letter to the Editor

Dear Editor,
I am trying to locate my birth brother who was adopted at a young age. I have been told he joined the Armed Forces and am requesting your assistance in passing on the following information, sparse as it may be. I am hoping that somehow the information will reach him and we will be reunited and he will, once again, be part of my life.
My name is Kristy-Mae Lichty (nee McKenzie). My address is 40 Bexley Street, Woodstock, Ontario, N4S 5X7. I was born 20 Dec 1971.
My brother's name was Kirby Joe McKenzie (we used to call him JoJo). I am unsure if his

name was changed after he was adopted. He was born 15 April 1967 in Woodstock, Ontario. I believe he was adopted somewhere between 1972 and 1975. I think it was 1975. Our birth mother's name was Gail Cherie McKenzie (maiden name Taylor). She was born 26 August 1946. Our birth father was William (Bill) Harry McKenzie and his birthdate is 20 May 1942. We also have a brother named William (Billy) Harry McKenzie, born 2 October 1965.
If anyone has any information that could assist me in my search, please write to the above address. Sincerely,
Kristy-Mae Lichty



Neu-man takes over



On Tuesday, 28 July, command of 19 Wing Comox was handed to the new Wing Commander, Col Bill Neumann. Pictured at the official signing ceremony are (L-R): Col Neumann, MGen Lloyd Campbell, Commander 1 CAD, and Col Brian MacLean, outgoing WComd. (Photo by Cpl Martin L'Ecuier, W Img.)



The new WComd inspects the men and women in blue. (Photo by Cpl Martin L'Ecuier, W Img.)

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



Deadly combo: prescription drugs and booze

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

by Ian Lidster, Echo Staff

She'll go running to the shelter of her 'Mother's Little Helper,' was the way the Rolling Stones, many years ago, expressed sentiments about the first wave of pharmaceuticals prescribed for the frazzled and stressed individuals in our society.

Uppers and downers; Benzedrine and Dexedrine, or Valium and Librium first gained vogue in middle-class society in the 1950s - in the days when hard drugs were relegated to use by 'dope fiends,' and marijuana was only partaken of by jazz musicians of dubious morality and beatniks, and such lamentable (and unintentionally screamingly funny) films as 'Reefer Madness' were still accepted at face value.

Throughout the decades since that time, tranquilizers like Valium were readily prescribed to patients who were having difficulty coping.

Originally intended to help patients deal with life situations of the most unnerving sort; family tragedies, major illnesses, etc.,

downers came to be taken like candies by otherwise upstanding citizens, many of whom would rail at the use of street drugs.

Painkillers are another class of drugs, certainly important for their intended purpose, but all too often abused and leading to major addictions.

There have been many stories of painkiller addicts finding they are left with a monkey on their backs much more difficult to kick than booze, or even heroin. Country singer Hank Williams died at the age of 29 (looking 59), hideously cross-addicted to painkillers and booze. Singer Johnny Cash has fought painkiller addiction most of his adult life. Elizabeth Taylor went to Betty Ford to get off both booze and painkillers.

And so the story goes on. But it doesn't go away.

The streets and homes of the Comox Valley are riddled with prescribed pharmaceuticals, and lots find their way into the illicit market.

One valley counsellor notes how the use of prescription pharmaceuticals has been taken up by former street drug abusers, because they are 'legal,' but continue to fulfill the same function.

Pharmaceuticals are often taken in combination with alcohol, leading to major cross-addi-

tions.

It is remarkably simple for young people to get their hands on psychoactive pharmaceuticals, simply by raiding the home medicine cabinet. Likewise, it seems to be remarkably simple for patients to have such prescriptions filled and re-filled over extensive periods of time.

The current vogue is, of course, for anti-depressants. Again, these are drugs with an intended purpose, and that purpose is never recreational. Singer Stevie Nicks noted in a recent article that kicking cocaine and alcohol was, for her, easy compared with kicking anti-depressants.

And so it goes with our cornucopia of drugs. "We can't consider we've honestly looked at drug abuse in the community if we don't consider over-the-counter drug abuse," says one of the valley service providers. "And in the dynamic of families, the addictions issue is embedded. 'Prescription drugs are abused, and alcohol is abused, and that is the pattern seen by young people at their most impressionable age. Consequently, we see a lot of unhappy kids. We estimate 65 per cent of parents are regularly using a drug of some kind, so what is the message? What support are they offering their families?'"

WLog reorganization



Capt Bryan Akerstream and LCol Terry Leversedge complete the handover certificates with Capt Akerstream accepting responsibility for Wing Supply from the previous WSupO, Maj Dan Carroll. (Photo by WImg)

Upcoming changes will affect the safety of all boaters...

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How you can become part of the solution

by Ian Lidster, Echo Staff

This is the last in a series of often grim stories outlining the growing drug scene in this community.

There is lots more that could have been considered, but the purpose of the articles, from the viewpoint of the Comox Valley service providers who made available so much of the material, is that the community, if it chooses, must take the ball and run with it.

The question that has been voiced to the service providers' number is, justifiably, what can we do? There are no easy answers - there never are for difficult questions.

However, here are some suggestions based on the experiences of other communities in Canada and the United States.

• **Get to know your neighbours.** Organize a block party and talk to one another about areas of shared concern.

• **Schedule meeting with officials** in the community, and your MLA and find out about any plans to address levels of substance abuse, such as improving prevention and treatment services.

• **Lobby to get increased penalties** for selling alcohol to minors, or for providing alcohol to minors.

• **Find out where substance abuse prevention fits into the school curriculum,** and work to support such programs in the schools as CODES and the kids and volunteers who are involved. And give active, rather than nodding support. Demand zero tolerance for drug possession on

school property.

• **Work with others to encourage community meetings** on substance abuse and addiction.

• **Accentuate the positive.** Praise your kids when they show positive behaviours. But, exercise absolute tough love if issues of use or abuse arise in your home. Demand zero tolerance of all substances, which means not closing a blind eye to such seemingly relatively harmless behaviours as underage alcohol use.

• **Set an example within your home.** Question your own use of alcohol or pharmaceuticals. Hold a family meeting. Ask your kids to honestly state how they feel about your use of substances. Do not make excuses. If your child sees something as a problem, he or she sees it as a problem. Address it, don't attempt to rationalize.

Fighting back campaigns in other communities have involved assembling citizens' task forces of community leaders, health professionals, school officials, parents, clergy, law enforcement officers and others.

In communities where this has worked, those involved have put aside their differences to work together to reduce the demand for alcohol and drugs.

If you have ideas of approaches, please do not hesitate to share them.

The service providers exhort you to call 897-1703 with ideas of questions. All information will be kept strictly confidential. Leave your message with the voice mail provided, and be assured somebody will get back to you.

Joint ladies clubs project



Joan VanderHolt, Director Comox Valley Transition Society (centre) receives \$1,000 cheque from (L-R) Barb Pattison, OMLC and Carla Calmes, WOs & Sgts' MLC.

We did it! Just six weeks ago, the ladies from the executive of the Officers' Mess Ladies Club and the WOs' and Sgts' Mess Ladies Social Club organized a campaign to raise money for "Lilli House" - the shelter for abused women and children.

Both clubs would like to thank all the people involved who donated both time and effort to sell their cookbook.

Last week the AFAC 888 Wing "gobbled" up 15 books over drinks and a barbecue. The Air Force Museum has replenished its stock twice. Canex has been the big seller with books flying out

like hotcakes. We are doing great!

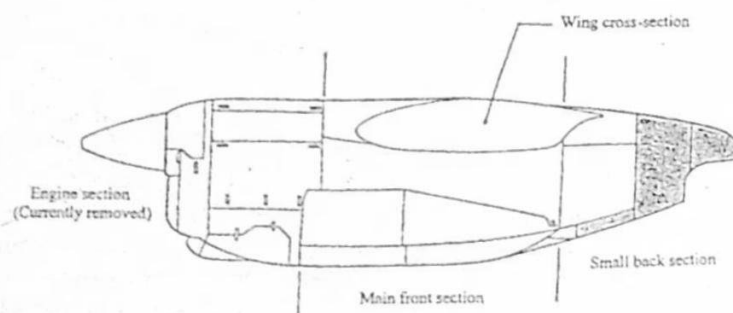
Due to their persistent efforts, the two clubs have now placed, for the third time, a cheque in the amount of \$1,000 into the hands of the Comox Valley Transition Society.

Great support has come from the community but don't stop now - there are still about 200 books left to sell. The main places to find these books is "Beyond the Kitchen Door," at the Air Force Museum or the Canex store.

Buy a great recipe book and help support a needy cause.

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610 Arderton Ave., Courtenay

The spirit of a burned Buffalo



by Capt J.R.P. Bouchard

A few months ago, the left-hand engine of CCH5465 Buffalo aircraft exploded and caught fire during routine ground runs. The damage to the aircraft was initially assessed as requiring repair beyond normal second-level maintenance capability. However, further inspection of the aircraft revealed that the damage was repairable. Following hard work by 442 personnel and with initial funding by the WComd, the decision to repair the damage using in-house DND resources was finally made.

Due to the large amount of damage to the structure of the aircraft, the involvement of 19 AMS Aircraft Structures Technicians (ACS Techs) was inevitable. One ACS Tech from 8 AMS Trenton was also involved for the months of July and August in order to complete this project more rapidly.

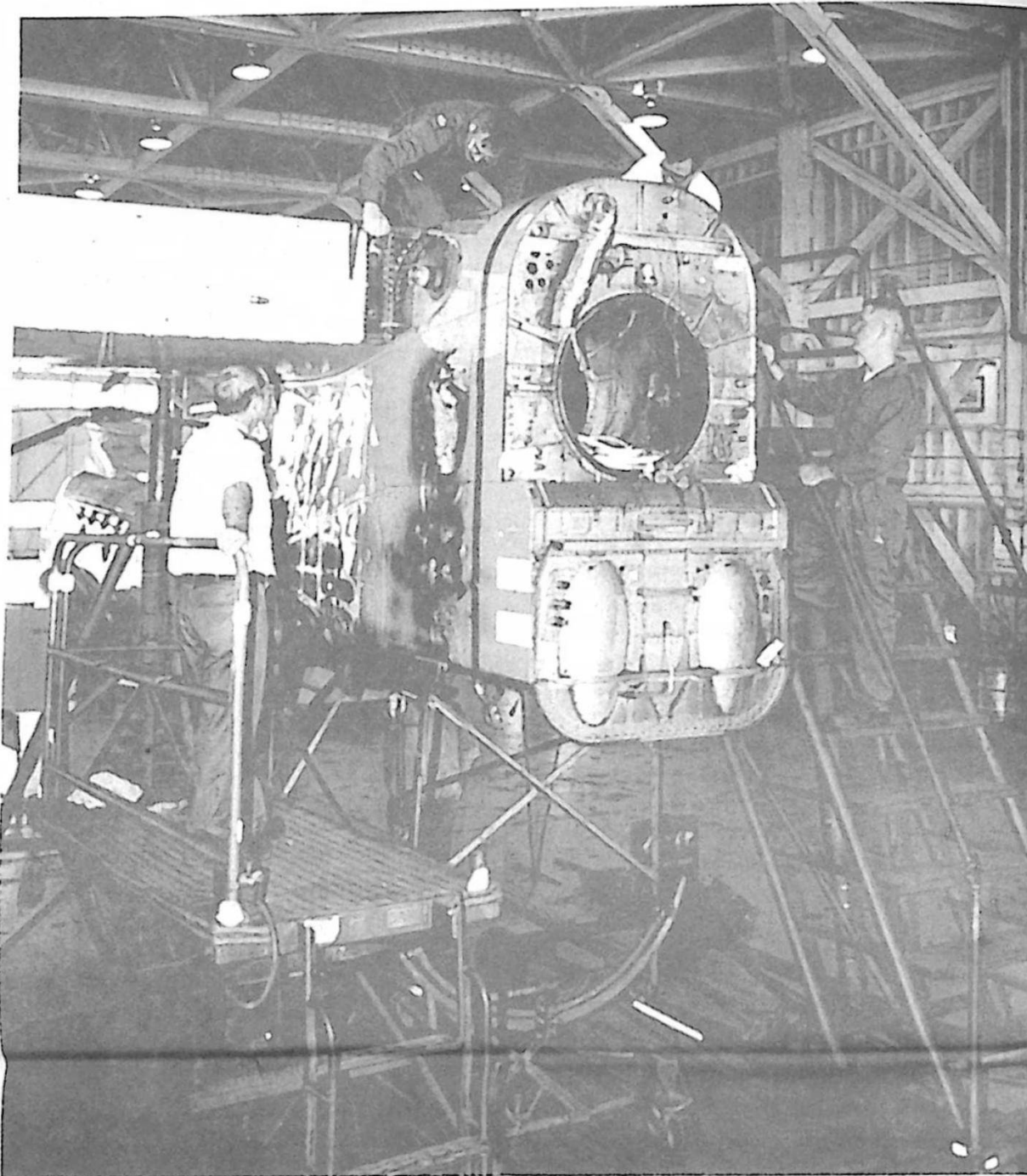
One of the main aspects of this project involves the replacement of the damaged engine nacelle. To this end, a used nacelle was purchased in the United States by DND. The "new" nacelle arrived at 19 Wing in July under a camouflage paint scheme. The 19 AMS Refinishing Shop was tasked to prepare it for the yellow paint used for SAR aircraft. Closer examination of the paint used on the "new" nacelle revealed that at least two types of paint were used

as protective coats. In order to remove all the old paint, 19 AMS ACS Techs had to follow two different processes, involving paint stripper and the use of MEK (Methyl Ethyl Ketone). These two processes proved to be time consuming and quite messy.

One of the first tasks performed by the ACS Techs was to modify a T33 aft-section dolly as a "Nacelle Stand." This stand was used to support the damaged nacelle during its removal from the Wing and the "new" nacelle during its installation on the aircraft. The use of this dolly ensured that the position of the nacelle was adjustable in three axis. This will be particularly important during the installation of the new nacelle as the alignment is extremely critical.

Once the modified dolly was installed under the damaged nacelle, the removal phase of the project started. The nacelle couldn't be simply removed by lowering it after removing a large amount of fasteners. In order to complete this removal process, the damaged nacelle had to be split into two sections (main front section and small back section). This involved the removal of over one hundred rivets.

After the small back section was removed, the long process of separating the front section of the nacelle from the wing started. ACS Techs removed large



19 AMS ACS technicians are in the process of dismantling the damaged Buffalo engine nacelle. (Photo by Cpl Desrochers, W Img)

amounts of Huck bolts, Hi-Lok and other types of fasteners. The overall removal of the damaged nacelle from the wing took approximately eight days.

The Buffalo is currently undergoing a test fit of its new nacelle. During the test fit, technicians must try to align as many of the fastener holes as possible while maintaining proper alignment of the nacelle. This test fit revealed that the longer area provides good alignment. Some of the holes will have to be adjusted through machining, but overall there is little problem with

the alignment. The alignment between the holes of the nacelle main frame and the wing is more problematic. Engineers are currently studying this problem to find the best possible solution.

19 AMS is involved in other aspects of the Buffalo repair. The fuselage received a fair amount of damage caused by debris from the engine explosion. It will require extensive panel replacement and the use of various types of patches. The wing will also require numerous repairs. Of particular note is a repair of the main spar of the wing. This type of

repair is not performed very often and should prove to be a good experience for all technicians involved. 19 AMS will also manufacture a number of parts for the Buffalo such as new fuselage panels and various rigid lines for the nacelle.

The repair of Buffalo 465 is proving to be an interesting and challenging project for 19 AMS Techs. It is hoped that higher Headquarters will continue to believe in the incredible talent and technical knowledge of our technicians and trust 19 Wing to re-trieve the spirit of Buffalo 465.

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Cops Corner

by Cpl Steven Card

D.A.R.E. (Drug Abuse Resistance Education)

DARE is a drug education and life skills program aimed primarily at children in Grades 5 and 6. It has proven to be highly effective in teaching children about drugs, violence, theft, peer pressure and also helping the children make positive choices in their lives. This program is not just police based, but involves the whole community. This program's effectiveness is reflected by its world-wide popularity. DARE has been implemented in 62 countries world wide and, in 1996, was delivered to 33 million children at Grades 5 and 6.

In July of this year, the 19 Wing Military Police Investigations Section contacted the local RCMP Drug Awareness Coordinator in order to obtain information on the DARE program. The RCMP, who are primary DARE educators for B.C. and have been operating this program on the mainland, are in the building stages to create a training facility for DARE instructors in the Comox Valley. The DARE instructor must be a uniformed police member who will attend a two week DARE instructors course covering the aspects of teaching the students as well as advising parent, school administrators and the community as to the progress of the program.

Before a Police Officer can apply to become a DARE instructor, the local school administrators, community and the member's section, must be willing to commit to the 17 weeks of instructional time that will be required to successfully complete the program. Of course, cost for the training of the DARE instructor, the DARE program and the tools needed to teach the program, have to be addressed and funds available. This is where the community comes in. Local fund raising and sponsorship by businesses have made this program what it is today.

The 19 Wing Military Police are looking at this program and as the school year approaches this program would be an added benefit to educating our children. Of course, time being our worst enemy, the DARE program launch cannot be dated. Future meetings with the RCMP and school administrators are in the works and articles on the progress of the DARE program will be made available to inform parents and the community.

If you have any questions on the DARE program, contact Cpl Steven Card at 339-8211, ext 8236/8237.

Note: The 19 Wing Military Police Ident Section will be moving from the Rec Centre to the MP Section on 21 August. The Ident Section will be open for regular hours of operation on Monday, 24 August.



WTIS exposed

by Sgt W. Oliver

"Call the Helpdesk!" A phrase often heard by most 19 Wing personnel since the massive implementation of PCs and data network components.

The purpose of the Helpdesk, which is located in the RTT Lab on the second floor of 7 Hangar, is to provide users with any technical support pertaining to TIS equipment failures including telephones, computers (software and hardware), printers, radios, PAs and the interconnecting cabling. During one typical week, the Helpdesk averages over 125 calls and solves approximately 30 per cent of them over the phone. The rest are recorded and passed on to another WTIS section for resolution.

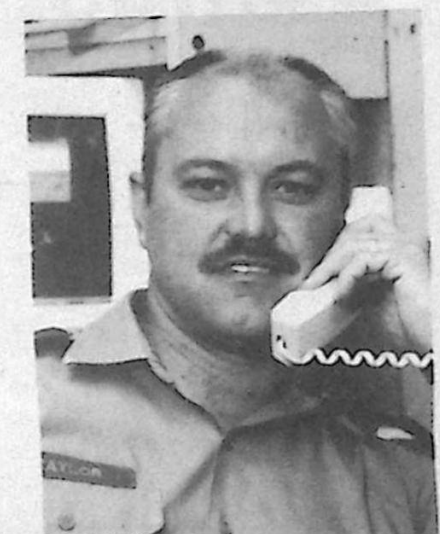
In a month, the Helpdesk receives over 450 calls with a total of over 4,000 calls processed since September 97. MCpl Paul Taylor and Cpl Ross Dunn currently operate the Helpdesk.

In order to be able to provide the best service possible, the avenue to becoming a helpdesk technician includes a tour with AIS maintenance to learn about computer hardware and software, followed by a six month OJT with the LAN Admin Cell where knowledge and expertise on net-

work management are acquired. In the near future the Helpdesk will be equipped with a "reach-out" capability allowing technicians to remotely take over a user's desktop. Also, the Helpdesk staff will be able to do more as on-going training continues. It is expected that over 60 per cent of all trouble calls will eventually be resolved over the phone. For the remaining 40 per cent, Helpdesk technicians will ensure

someone is quickly dispatched to fix the problem.

Remember to E-mail the Helpdesk with any problem related to TIS equipment by placing "Open Call" in the subject line or report them via telephone at local 8841. This is a busy phone so please leave a message and the staff will get back to you ASAP.



MCpl Taylor is the Helpdesk supervisor. He is responsible in the daily operations of the Helpdesk. He provides technical expertise while trying to resolve problems pertaining to TIS equipment. In addition, his duties include training and scheduling, ensuring a smooth running desk. (Photos by W Img)

Cpl Dunn is a Helpdesk technician. He provides technical expertise while trying to resolve problems pertaining to TIS equipment which include telephones, computers, printers, radios, PAs and cabling.

Green Tip Green solutions for your ant problem

(NC)—If you are having difficulties with ants, try these green solutions. First, locate the place where ants are arriving in your home. Next, squeeze a lemon at that spot and leave the peel. Ants will also retreat from lines of talcum powder, chalk, bone meal, charcoal dust and cayenne pepper. 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.

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

Health is a leadership issue

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Demon Doings

Welcome back to what I would guess to be most of 407 Sqn returning from either the RIMPAC exercise in Hawaii or their summer leave. For those just getting back from Hawaii, I know it must be hard explaining to your better half that it really was work and yes, you do deserve the vacation time that we all must take and NO, they can't go to Hawaii without you.

RIMPAC, for those of you who don't know, is a five week Pacific Rim Naval exercise that occurs every two years. The Americans host forces from Japan, Korea, Australia and, of course, Canada. RIMPAC '98 marks the end of an era as Barber's Pt. Hawaii, will be closing down in 1999, never to host our Canadian crews for another RIMPAC. Now, before 442 and 414 Sqs start shedding their sympathy tears, let it be known that the Fighting 407th will continue to support this exercise but out of the new USN base that will be located on the west shore of Oahu, much closer to Waikiki and the north shore. Just think of all the gas money we'll save the TD budget.

The small Det staff of Maj Jim Loring and Capt Leslie Wensel, otherwise known as Beauty and the Beast (you decide who is who), headed up the Detachment. Crew 5 and Crew 6 were the first crews to go for the work-up phase. When things started to get really heavy during the war phase, the second half, they called for Crew 3 (The Demon Dawgs) and Crew 2. Finally, special hats off to Demon Techs who, through

their improvised detachment, maintained a 100% serviceability throughout the exercise and to the relief of the CO for the transit home.

This year, 407 supported the MPA portion of RIMPAC with a total of four aircraft, four air crews, four ground crews and support to the Command Centre.

In addition to the servicing of the aircraft, a few of our Techs were caught moonlighting as Paramedics. Forgive me if some of the details are askew but, from what I heard, the story went like this: While out on a leisurely hike, Sgt Rich Cochrane and Cpl Claude Tessier came across an elderly man in his eighties disoriented and dehydrated trying to find his way back to the highway.

Rick immediately set out as fast as he could to inform a life guard at the beach while Claude placed the man back into his vehicle, turned on the air-conditioning and waited. Back at the beach, word spread of an injured hiker.

Cpl Neil Boyes, reacting to immediate fear of losing a fellow squadron member (and a ride home), starts to run up the trail to

assist. Eventually, all goes well once four lifeguards, two paramedics, a firefighter, two marine helicopters, and two ambulances show up to lend assistance. BZ guys.

Back at home plate - congratulations to Gary Sereda and his wife Michelle on the birth of a baby girl, Calli Meghan, on 4 Aug. As well, congratulations to a recent ex-Demon, Chris Bard, and his wife Rebecca on the birth of their baby boy, Josh.

Soon to be added to the ranks of ex-Demons is Capt Mike Paupst. Rumoured to have been abducted by aliens, Mike agreed to be posted to Greenwood...without a fight!! In fact, he requested it. Congratulations on your wife's acceptance to Dentistry School and best of luck in the ranks of 404 Trg Sqn.

Well, that's all I have for this edition. I apologize if some interesting tid-bit of Demon news was missed but I'm only half to blame. Let your 407 Sqn PIO Capt Mike Krak or one of his deputies know if you have something that should be told to the world or at least made fun of.



Welcome to EME world

by Cpl Sanfleben

New for this month is the retirement of Mr. Wib Watkinson, who has given this base 11 years of dedication and invaluable expertise in the Small Engine Shop. I know the girls at the Roads and Grounds will miss him.

Also, with the transfer of Mr. Greg Noble to Marine Section, comes Mr. Reg Kenyon. Reg brings with him 21 years of experience in logging camps as a heavy duty mechanic. He says the adjustment is going fine, thanks to the good people of the shop.

The Mechanical Shop at the Refuelling Building is almost complete thanks to the hard work of CE.

Finally, the boys are starting their annual adventure training on the west coast. They are canoeing but it could be another form of submarine training. We'll find out in the next issue of EME world.

Arte et marte.

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Point Holmes outfall CE Roads & Grounds does it again!

CE Roads and Grounds once again showed their determination and abilities during the repair of the Point Holmes outfall. The existing outfall to the Queen's Ditch that drains storm water from 19 Wing was in terrible condition.

The timbers were rotten and the banks had collapsed, resulting in a safety hazard to passersby, and was in jeopardy of collapsing and blocking off the ditch drainage.

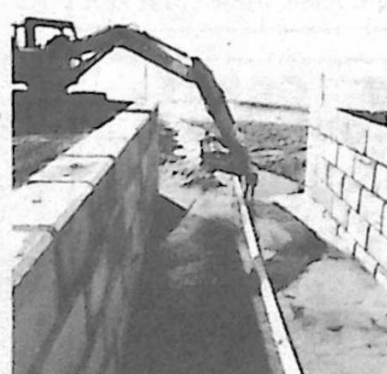
Working around a continual flow of water that needed to be diverted from the Queen's Ditch and the regular cycle of tides, the Roads and Grounds work crew, in conjunction with Leighton Excavating, did a fantastic job in only two weeks.

During this time, they cleared out the old culvert, set 154 concrete blocks weighing in at 4,400 lbs. each, and put in 900 sandbags at the culvert mouth to control erosion.

Now that the outfall is complete, efforts are under way to transfer responsibility for the outfall to the Province.



Excavator sets diversion pipe in place. (Photos by W Img)



Outfall view from Lazo Road.

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Such things do not deter serious sailors

by Cpl H. Gassner

This summer's sailboat vacation was more interesting than usual, in that we didn't actually have our boat for most of it. We discovered this mere days before zero hour, when a routine shift into forward gear produced much noise, clouds of luxurious black exhaust, and many confused and frightened bystanders. It didn't, however, produce any forward acceleration, which is what we most wanted at that moment, knowing how easily excited some boaters are. Such things, of course, do not deter serious sailors.

there, this fellow, who was extremely polite throughout, also towed us onto a big, well-marked rock. Three times.

It was his fault, but our damage. If you're going to sail the West Coast your keel is going to acquaint itself with some bottom. It's just a fact of life. Such things do not deter serious sailors, only sane ones.

Leaving our sloop in the loving hands of an excellent yard, we packed for a dreaded "land trip" and headed to the Thompson-Okanagan, that curious BC county where all towns are called Fruit Stand. Three long weeks

bour, there's a sudden fog. But such things do not deter serious sailors.

With just a few sleeps left, we sailed to Princess Louisa Inlet. To get into this place we had to negotiate something called Malibu Rapids. This had me quietly wondering whether a rapids was something I really wanted to do with an 8,000 pound sailboat (10,000 pounds with daiquiri umbrellas).

When you're sailing, all terrain passes with the same breathtaking lethargy. For some, like my mother for instance, even seven miles per hour is foolish-



13-year-old Stacey leaps into action to pose for a drifting photographer.

To be fair, we had a really, really good neutral. But we definitely needed to get the tranny fixed.

On our way into Nanaimo, after a 29-hour beat against a southeasterly, we did the surprising thing of hopping up on a drifting log. I honestly don't know what possessed us, yet there we were, solidly mounted like some sort of big game trophy. Fortunately a wind came up shortly, allowing us to sail off without losing much more than our self respect.

In Nanaimo, we were picked up by a very nice samaritan who towed us through Dodd Narrows, and points south. On the way

later we were re-united with a beaming Yellow Bee.

First stop was Nanaimo and its fabulous annual Bathtub Races. We participated by blowing our fog horn in a contest with several spectator cars, parked no more than a mile away. This show of boater sportsmanship, during the memorable fireworks, was to prove that boaters by and large are not mostly safety conscious, quietly reserved hoity-toities.

We'll toot our horn as loud as the next guy. Along with about 200 other boats, we tooted that horn dry. Of course, you can imagine the chaos if the next morning, as 200 boats attempt to leave the har-

ness. "Seven? Slow down, you're going to kill yourself!" Yet at that speed the careful navigator has time to gauge distance, and miles covered, and can plan the next leg of the trip. He has time to absorb the endless silvery sheen running away before him, the hundred shades of green blocking out the sky, or the vast, sparkling depths beneath his keel.

It is here, halfway between heaven and earth, that the proud navigator has time to glance down at this chartbook, and think, "Damn, I've been on the wrong page for the last hour."

But such things do not deter serious sailors.

97/98 CF Sports nominees and Hall of Fame inductees announced

The nominees for top CF Male, Female Athlete, Coach, Official and Team of the Year were recently announced by the CF Sports Awards Governing Committee.

The winners will be named at the 10th Annual CF Sports Awards Ceremony, which will take place at Ottawa's elegant Chateau Laurier Hotel on November 7. Hosted by the Canadian Forces Personnel Support Agency, and sponsored once again this year by SISIP, the theme for the 1998 ceremony is "Salute to the Olympians." The highlight of the evening will be a special tribute to the RCAF Flyers.

Many of the players from that 1948 Olympic gold medal hockey team will be present.

The following have won their respective Environmental awards and will be vying for title of top CF Athlete, Coach, Official and Team of the Year.

Nominees for CF Female Athlete of the Year: Maritime Staff - MS Belinda Groves (Duathlon - Member of the Canadian Team); Land Staff - Capt Caroline Chouinard (Member of 95-97 CISM Triathlon); Air Staff - MCpl Maryse Ayotte (Member of National Duathlon Team); CFRETS - OCdt Diane Baldasaro (Top Multi-sport Winner); CFSU(O) - Capt Lynn Burns (CF National Badminton Champion).

Nominees for CF Male Athlete of the Year: Maritime Staff - Lt(N) Carl Soucheau (Repeat CF Squash Champion); Land Staff - Cpl Steve Cyr (three time Olympian, Top Canadian Biathlete); Air Staff - Maj Michel Tremblay (Top Multi-sport Athlete: running/triathlon); CFRETS - Maj Tony O'Keefe (Canadian and Hawaii World Ironman Finisher); CFSU(O) - Maj Vic Howlett (Top CF Masters Runner).

Nominees for CF Official of the Year: Maritime Staff - CP01 Peter Barefoot (Hockey); Land

Staff - Cpl Mark Gough (Softball & Volleyball); Air Staff - MCpl Denis Nadeau (Hockey); Maritime Staff - CP02 Tom Eustace (Hockey & Broomball); Land Staff - Cpl Stefan Bilodeau (Tackwondo); Air Staff - MCpl Greg King (Hockey); CFSU(O) - Sgt Larry Cadman (Hockey & Ball Hockey).

Nominees for CF Team of the Year: Maritime Staff - CFB Esquimalt Men's Basketball Team; Land Staff - 2 CMBG/CFB Petawawa Men's Hockey Team; Air Staff - 4 Wing Cold Lake Women's Broomball Team; CFRETS - RMC Men's Fencing Sabre Team.

The following have made a major contribution to the CF sports program and will be inducted into the CF Sports Hall of Fame during the 98 Sports Awards Ceremony: Cmdr (Ret'd) Mike Cooper - former CISM VP of the Americas; Capt (Ret'd) Ray Kokkonen - Biathlon coach and official; CPO1 (Ret'd) Ken Whitney - Judo Builder; MWO (Ret'd) George Fraser - Boxing Official.

These individuals have made their mark of the CF Sports Program. They will be named to the CF Sports Honour Roll: Maj Joanne MacDonald - Squash; Sgt Pete Lessard - Hockey; MCpl (Ret'd) Danny Hamilton - Hockey & Fastball.

Those being honoured at the 98 CF Sports Awards personify the military ideals of excellence, leadership and determination. Their accomplishments at the provincial, national and international level display not only the outstanding calibre of Canadian Forces athletes but are indicative of the continued widespread support our sports programs continue to receive throughout the CF.

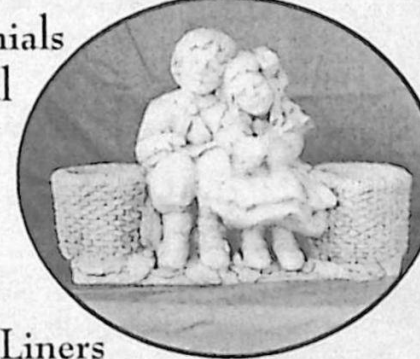
Says BrigGen I. Popowich, the Director General Personnel Services.

Stay posted for the names of all the winners in November.

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Former Wing Commander Col B.B. MacLean received the prestigious Gold Cup Award from Fitness Sports and Recreation Director Bobbi Howard and her rec staff just prior to his leaving last month. Col MacLean came close to tears when Howard presented the honour to him and emotionally thanked the outgoing WComd, saying "Sir, this is for your tremendous athletic support over the past three years." Pictured are Stephan Rainville, Gregg Carr, J.C. Fromont, Bobbi Howard, Jake Plante, Col MacLean, Judy Ireland and Mike Chatwin. (Photo by WImg)

Annual 19 Wing Sports Awards



Team of the Year Award: Wing Golf Team - Sgt W. Oliver, Sgt M. Kalbfleisch, MCpl R. Cobham.



Volunteer of the Year
Cpl Dan Forget.



Official of the Year
Capt Dean King.



Edgewater Pub "Ole Salts" win the Masters division in the 3rd Annual Comox Cup Ball Hockey Tournament. (Photo by WImg)



Male Athlete of the Year: Capt Brendan Cook, 407 Sqn, is this year's recipient of the 19 Wing Athlete of the Year Award. The navigator is an all-around fitness devotee and attained an incredible Level 14 in the shuttle run fitness test, the Wing's highest score. Presenting the award is former WComd Col Brian MacLean.



Female Athlete of the Year
Capt Kim Delisle.

(Photos by WImg)

Jake's Trivia Corner

1. Who was the first member of the Montreal Expos to score 100 runs in a season?
2. Which major league club flies a "W" or "L" from atop its scoreboard to inform passersby of the result of the day's game?
3. Name the boxer who side-kicked for television host Merv Griffin.

Answers on page 14



WLog wins the WComd Cup 3-on-3 Basketball



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Draw for sites will take place in Oct.

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4, 5, 6, & 7 Sep 98

Where:

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Contact:

Gregg Carr @ 334-1908 or
Paul MacMillan @ 703-2509

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Glacier Greens Golf Shots Club championship



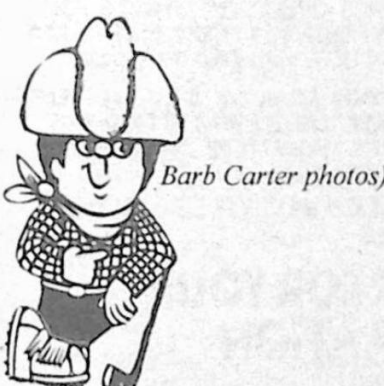
"Doug Mac" Men's Club Champion (2-day total of 149). Trophy presented by Ted Gibbon.



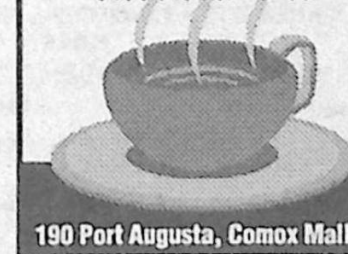
Marg Rushton Ladies Club Champion (2-day total of 170). Trophy presented by Judy Fellbaum.



"Duke" works the gallery.



Country Village Kitchen Bin



190 Port Augusta, Comox Mall

19 Wing Comox Supply "Golf for Charity"

On July 10 the men and women of 19 Wing Comox Supply Flight and local community merchants gathered at Glacier Greens to participate in the 3rd Annual Supply Golf Tournament.

This year's event was in support of the Comox Valley Boys and Girls Club, a worthy organization focused on helping kids to develop their full potential and grow up to become community minded adults.

Overall the day was a huge success, thanks to the generous donations of many community merchants. The tournament itself was an 18 hole 4-Ball Best Ball event with the winning threesome at Art Trto, John Hall and Luc Labrecque shooting a very respectable 5 under 66.

Closest to the Pin on #12 was won by Gary Wiebe, owner of

Boston Pizza, with a beautiful shot that rested a mere 10 inches from the hole. Another community merchant participant - Bob Yarish, from the Toronto Dominion Bank, won Longest Drive Men's on #6. Gillian Iddiols, who was representing the Comox Valley Boys and Girls Club, won Longest Drive Ladies.

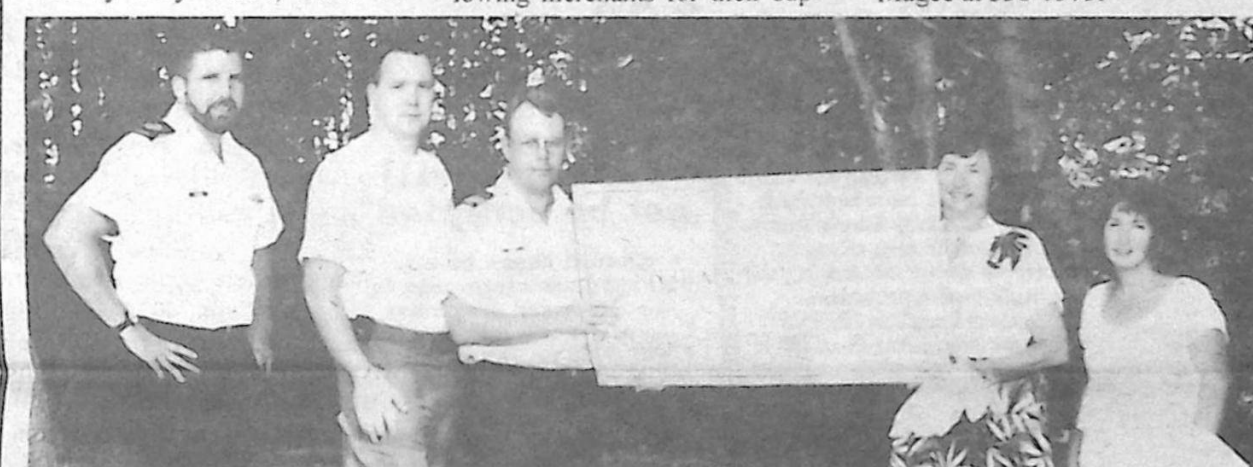
After the hardware was given out, it was on to the prizes (thanks to the local community merchants). This consisted of a random draw where the individual then proceeded to the prize table and contributed a "Suggested Donation" for charity for his or her prize. The results were great and, thanks to all participants, 19 Wing Comox Supply was able to donate \$630.00 to the Comox Valley Boys and Girls Club.

We would like to thank the following merchants for their sup-

port: Aro Art, Boston Pizza, Brewmaster, Canadian Linen, Coast Westerly Hotel, Courtenay Chrysler, Garf Baxandall Ford, Island Honda, KFC, Monks Office Supply, Nevada Bob's NE-WALTA Corp, Northern Lights Jewellery, Old House Restaurant, Overwaitea, Radio Shack, Riverside Wines, Subway, Time Hortons, Today's Business, Toronto Dominion Bank, Zellers and, of course, Steve from the Glacier Greens Social Centre.

We would also like to urge other people in the community to get involved as the Comox Valley Boys and Girls Club is always looking for adult volunteers to help shape the youth, who will ultimately be the next generation of community leaders.

For more information, contact CVBGC coordinator Andrea Magee at 338-7575.



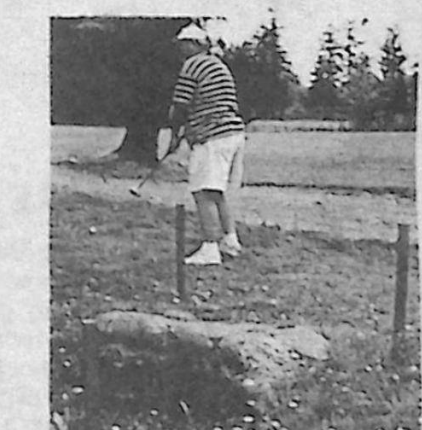
Presenting a cheque for \$630 to Jessie Scott (President Boys and Girls Club) is Lt Al Bruce (DSO 19 Wing Supply). (L-R): PO2 Tom Harrison (Supply Golf Chairperson), Cpl Dave Smith (Supply Golf Vice-Chair), Lt Al Bruce, Jessie Scott and Andrea Magee (Coordinator Comox Valley Boys and Girls Club).



Ladies field low net Joyce Merrill, presented by Judy Fellbaum.



Brenda Livingstone makes solid contact.



Bob Trombley flirts with danger.

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College English course available on base

by Pat Allan,
CFCCN Coordinator

One of the most important courses you will take in your working or educational career will be an English writing course. The Canadian Forces Community College Network is pleased to offer Seneca College's College English this fall at 19 Wing. This credit course covers the basics of good writing; grammar, writing clearly and concisely, and getting your point across. It is available to military members, civilian and

NPF employees and their families.

Who could benefit from this course? You could, if you're one of those people who feel uncomfortable writing letters or reports so you put them off until you feel really pressured. Or if you review something you've written and find out that you never actually said what you started out to say. Or if you take a whole paragraph to write what should only take a sentence. Or if you're never really sure where to put commas and semi-colons or where to start

new paragraphs. This course is designed to help you formulate your ideas and express them well.

We are very fortunate to have Mr. Bob Edey instruct the course. Bob brings a wealth of experience to make this a great learning opportunity for his students. He was a Radar Systems Tech from 1956-77 so he knows the military and the unique writing style which military people are trained to use. He began to take university courses part-time while he was still in the military, fitting them in

around his job and other responsibilities, and completed his degree in 1975. He knows what it's like to get back into the classroom after many years away. Once he had completed his teaching internship, Bob began to teach English in the Comox Valley and in June retired from Highland Secondary. With 20 years in the classroom, he knows how to organize material and relate to students. Bob's unique background will be a great resource in the classroom.

Classes will run Wednesday

evenings from September 16 until December 16, in Building 22. Tuition cost is \$172.00, and the text will be \$33.50, available through a local bookstore.

Registration begins immediately, by completing the form at the WPSO's office in Building 22 and submitting tuition payment by either cheque, Visa or Master card. Registration deadline is September 3, 1998.

If you have any questions about this course, call Pat Allan, the CFCCN Co-ordinator at local 8889.

Wallace Gardens Community Association Newsletter

YARD SALE

Saturday 12 September '98
8:00 am to 2:00 pm

Bins will be placed in the school parking lot Friday September 11, after school hours & picked up Sunday September 13. They will be marked accordingly:

Scrap Metals & Appliances: refrigerators, units will be accepted "ONLY" if they have been purged & are clearly marked as to be empty of all refrigerants. Propane bottles "MUST" be empty, drained & turned.

CARDBOARD: please empty & flatten all cardboard boxes. contents of boxes to go into leftover bin.

LEFTOVERS: this includes everything else. The contents of cardboard boxes, books, magazines, stereos, tv's, pots, pans, etc.

"Tires & batteries will not be accepted"

Should there be any hazardous materials to be disposed of, please contact the WEnvO at 339-8187 or Terry Hilde at 339-8721. Empty dry paint & aerosol cans are considered garbage. Paint cans with leftovers may be returned to the supplier.

**NOTE: Donations of unsold items to St. Michael's & All Angels' Chapel would be greatly appreciated. A vehicle will be clearly marked in the parking lot from 1430-1700 hrs Saturday, 12 September '98. If you have a refrigerator or freezer that needs purging please call Mr. Mike Kotschak at 339-8211 local 8453.

For more information, please contact Mr. P. Cartwright at 339-8189 or Mr. Bob Allan at 339-8187.

RECSPO IS COMING

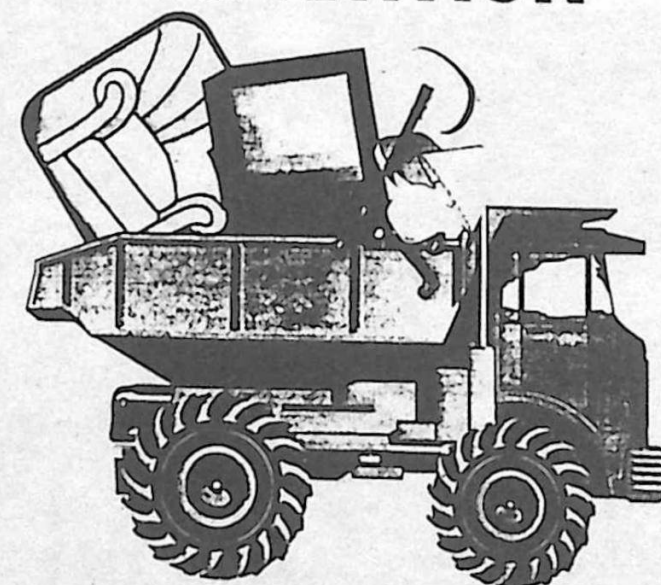
CANADIAN FORCES BASE COMOX WILL BE HOSTING A SPORTS AND RECREATION DAY AT THE BASE RECREATION CENTRE. THE AIM OF THIS EXHIBITION IS TO PROMOTE SPORTS AND RECREATION ACTIVITIES FOR MILITARY PERSONNEL WHO HAVE RECENTLY ARRIVED IN THE COMOX VALLEY AND FOR CIVILIANS FROM THE COMMUNITY WHO WISH TO PARTICIPATE IN THE MANY EVENTS OFFERED AT THE BASE.

WHEN:
SEPTEMBER 26, 1998

WHERE: RECREATION CENTRE ON BASE

TIME: 10:00AM TO 3:00PM

ATTENTION



THERE ARE TWO DUMPSTERS IN WARD 2, SIX AND NINE. ONE DUMPSTER IS FOR CARDBOARD BOXES THAT HAVE BEEN CUT UP (NO PACKING PAPER). THESE BOXES MUST BE FLATTENED DOWN AS THIS CONTAINER IS ONLY PICKED UP ONCE A WEEK. THE OTHER IS FOR NON RECYCLABLE ITEMS. THEY HAVE BEEN PUT THERE, MAINLY FOR THE PEOPLE LEAVING OR COMING INTO MARRIED QUARTERS. IF YOU ARE CLEANING AROUND YOUR AREA OR YOU HAVE ITEMS THAT CAN NOT BE PUT IN THE RECYCLABLE BINS IN FRONT OF CANEX, YOU ARE WELCOME TO PUT THOSE ITEMS IN THE PROPER MARKED CONTAINER.

MAP LOCATION OF DUMPSTERS ON REVERSE SIDE OF THIS SHEET

THANK YOU FOR YOUR CO-OPERATION

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 5571 OR GIVE THE ANIMAL CONTROL OFFICER "MONA BAIRD" A CALL AT PAGER #703-9009

PET CORNER

CATS, CATS, AND MORE CATS!!!!

New ruling in Wing Standing Orders Section 2-07.03 para 14, a and b:

- 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;
- 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



COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

Your Money or Your Life

What is of true value to you? What is clutter? Most of us seem to face these questions when a crisis happens in our life. To deal with these questions on a regular basis requires inspiration and encouragement. Recently there have been television and radio shows, books, and internet discussion about the concept of voluntary simplicity. This topic has helped many people get started with their own clarification process and with making adjustments.

One aspect of simplicity is choosing a simpler lifestyle where one is not swayed by the consumerism trends which have been particularly strong in the last few decades. A recent television program, "Affluenza" referred to the many social problems created by consumerism. Some of those mentioned were swollen expectations, attitude of a "throw away" society (including relationships), and overwhelming debt load. The book, *Your Money or Your Life*, Joe Dominguez and Vicki Robin, published in 1992 has helped many people assess their

relationship with money. Topics such as valuing one's life energy, living frugally, sharing, tracking expenses, are discussed. Associated with the book is a nonprofit society based in Seattle called The New Roadmap Foundation. It has helped many people get self-help groups established.

Many people feel very rushed and stressed juggling employment and family responsibilities. Paula Brook, a former magazine editor was so astonished by the response that she received from an article on this topic that she researched ways people were dealing with this. Her book, *Work Less, Live More*, gives inspirational stories of people who made adjustments in their lives to attempt to live a more balanced life in line with their values.

Simplification can be an emotional subject; most of us have an image of when life was simpler and we know what that feels like. Our situations have changed since then. Lives become fuller, and responsibilities get added. Bring yourself up-to-date!

What would make the present simpler? An attitude change? A schedule adjustment? A change in spending habits? More skills to increase earning power? Help with personal or relationship problems? A letting go of regret about how life could or even should have gone? Sometimes a pen and paper can help to really address these questions. Or talk them through with your spouse. It can take research, thought and time, but usually the reflection brings results.

We come back to those key questions. What is of true value to me? What is cluttering my life? Are my actions in line with my value system? Why not try to make a new roadmap? It's a choice for all of us.

Sharon Colling does personal and couple counselling in Courtenay and on Hornby Island. She holds a Master of Social Work degree and is interested in lifestyle and relationships issues.

Before and After School Care Registration is now available at the Kinnikinnik Child Care Centre for:

The Krusaders

The Krusaders is a licensed before and after school program provided for elementary school students ages 6-9.

The Kool Kidz

The Kool Kidz is a licensed after school program provided for elementary school students ages 9-11.

Full-time, part-time and drop in spaces are available
Transportation to and from Airport Elementary School is provide.
Family Discounts available
For more information call 339-8290

Kinnikinnik Child Care Centre Register Now for Preschool (ages 3-5)

This is an established program for children ages 3-5 years. It provides a stimulating and fun environment that encourages social, emotional, physical and intellectual growth. Throughout the program children are introduced to the French language and culture. The preschool runs from September to June, and follows the elementary school calendar. Morning and afternoon programs are available.

Program Starts September 8th 1998
Call 339-5051.

Discover the Comox Valley 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 for additional information!

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: Picnic lunch at beautiful Comox Lake
Limited free child care available



Up Coming Workshops at the CMFRC

Butt Out

This program, provided jointly with 19 Wing and the CMFRC, is designed to help you kick the habit for good!
Facilitator: Mara Pungente
Dates: August 24 (information session), September 8, 14, 21, & 28, October 5 19, November 16 & December 7
Time: 6:30-8:30pm
Fee: No Fee
Registration: Call 339-8290
Location: 120 Kinnikinnik

Life Skills

The Life Skills Course is a unique program sponsored jointly by 19 Wing Comox and the CMFRC. Its purpose is to provide military personnel and their spouses with an opportunity for personal growth and development. It is an opportunity to strengthen existing lifestyle choices needed to deal with the challenges that life offers. Two courses are being offered this fall:

Course 1
Dates: September 15, 16, 17 & 18
Time: 8:00am - 3:30pm (September 18 8:00am - noon)
Fee: No Fee for military families
Registration: Call 339-8290
Location: Building 22 Room 11

Course 2
Dates: November 24, 25, 26, & 27
Time: 8:00am - 3:30pm (November 27th 8:00am-noon)
Fee: No fee for military families
Registration: Call 339-8290
Location: Building 22 Room 11



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.

Courtenay sxs Duplex
1000 sq.ft. 2-bedroom, fridge & stove, W&D hookup, cable incl. Large fenced yard. Children & pet welcome. Mature responsible adults. Available immediately. \$700.00 per month.. 923-6851

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>

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. <2/2>

JOCUS TOYS requires Consultants to sell our quality educational toys. 70% under \$15.00! Canadian company. Flexible home business that can move with you. 1-800-361-4587, ext 9346.

Babysitting

Will babysit in my home across from Airport School. Non-smoking environment, First Aid/CPR, playroom, fenced yard. Full/part-time or after school. 339-0390. Ask for Susan. <1/2>

Wanted

Swarovski Crystal pieces. Tired of dusting them? Call Roxanne 339-5248. <1/2>

Tent trailer, very cheap or free. Would like to refurbish an old one in bad shape. Please call 339-0895 and I will take it off your hands. <1/2>

Business Opportunity

Perfect home-based business. Low startup, tremendous potential, free training at your pace. Call now for 24 hr. msg 1-800-299-5001, ext 39639. <1/2>

Jake's Trivia answers

1. Ken Singleton.
2. The Chicago Cubs.
3. Rocky Graziano.

For Sale

Mae Classic computer with Style Writer printer, software incl. Claris Works, Flight Sim, etc. plus books and print cartridge refills. \$400 o.b.o. Call 338-2809 <2/2>

CF slacks, women's, Air Force blue, heavy or light fabric, size 12 tall. CF skirt, women's, Air Force blue, heavy fabric, size 12 regular. Call 338-2809. <2/2>

Immaculate 95 Dodge Neon 4-door 5-speed standard, AM/FM radio, new car warranty. 32,000 Km. \$9,500 o.b.o. 339-9831 Mike. <2/2>

Paints for ceramics - underglaze, glaze, silver & gold. Approx 30 bottles. Lot \$40.00 o.b.o. 339-9831 Doris. <2/2>

ATOM hockey equipment, top quality, ex. cond. incl: Bauer 2000 skates, Tackla Pro-900 pants, CCM shoulder pads, KOHO hockey bag, Cooper SK2000 helmet, 2 hockey shafts (1 aluminum, 1 graphite), plus misc. items. Asking \$250.00 OBO. 339-4666 after 4 p.m. (leave message). <1/2>

Honda CB 360, 1974, ex. cond. runs well. Asking \$450.00 OBO. Call 339-0895. <1/2>

For Sale

- Bell 56cm motorcycle helmet \$70.00.
- Bristol ladies size 12 leather jacket \$225.00.
- Size 11 leather pants \$150.00. 897-1284

Portable dishwasher - white Westinghouse, bought at Canex, Trenton, 3 yrs old, still has protective plastic on it. Asking \$300.00 Tracy 334-4581. <1/2>

Air Force female mess kit size 4, sofa \$10, ping-pong table \$60, microwave \$25, dishwasher \$25, maple mirror dresser & bed \$100. Call 339-9792. <1/2>

Student seat/desk, solid wood (white painted). Ideal for preschooler - \$20. Oak quilt frame - \$280. 339-3486. <1/2>

Looking For

Written French tutoring at home for two teenagers, 1 hr.wk. Call 339-9792. <1/2>

TODAY'S CROSSWORD PUZZLE

PREVIOUS PUZZLE SOLVED

ACROSS

- 1 Smell
- 6 Truck part
- 9 High mountains
- 13 Some runners
- 15 Actress Remick
- 16 Undercover cop
- 17 Schedule
- 18 Quiet - mouse
- 19 Mayberry boy
- 20 "Paradise" author
- 23 Style of a room
- 26 - banana
- 27 Motionless
- 28 Whittierbird inventor
- 29 Impair
- 30 Blubber or snot
- 31 Glassware
- 33 Supermodel
- 34 Cheryl seed
- 37 Lampry
- 38 Muhammad -
- 39 Tropical snake
- 40 Jackie's second husband
- 41 Pigeon
- 42 Fond du -
- 43 Spy's file
- 45 Shade of blue
- 46 Cat's coat
- 47 Sea eagle
- 48 Edition

DOWN

- 1 Doctors' grp.
- 2 Tractor-trailor
- 3 Fiesta shout
- 4 Special teachers
- 5 Passion
- 6 Upstairs
- 7 Fable writer
- 8 Polar -
- 9 Consecrate
- 10 Expire, as a subscription
- 11 Earlier
- 12 Fragrance
- 14 - Jose
- 21 Slanting print
- 22 Lassos
- 23 Cuts into cubes
- 24 Heron
- 25 Flirtatiously
- 29 Asian peninsula
- 30 Story
- 32 Chaffed
- 33 Carry off with force
- 34 Duos
- 35 Goodnight gal
- 36 Wearies
- 44 Shorebird
- 45 Soft leathers
- 46 Was afraid
- 48 Dot in the ocean
- 49 Tool for digging
- 50 Riverbank plant
- 51 Use the rink
- 52 - of Old Smoky
- 54 Vassal
- 55 Is, in Berlin
- 59 "Anne of Green Gables" loc.
- 60 Lyric verse
- 61 Dowel

LATE SUMMER COLOUR!

LITTLE RIVER GARDEN CENTRE

LANDSCAPE CONSULTATIONS AVAILABLE

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

- Japanese Toad Lilies
- Turtleheads &
- Japanese Anemones
- Black Eye Susan
- Purple Cone Flowers

Discover these and many other PLANTS OF DISTINCTION

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

NEXT DEADLINES
Advertising: 9 September
Articles: 11 September,
NOON

TOWN OF COMOX RECREATION DEPARTMENT and THE FRANCOPHONE ASSOCIATION present

Camp Jeunesse

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

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

SU 212 Aug 24th - Aug 28th
SU 213 Aug 31st - Sept 4th

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

It's a "Bitch" of a book!

by Gerry Gerow

Book of the Bitch
by J.M. Evans & Kay White
(Howell Book House, New York. US\$20.95)

As a person who owns two bitches and occasionally breeds a litter, I can vouch for the fact that this book will be a real help to the novice, whether they simply own a female dog, are contemplating getting one, or plan on breeding. Everything you could possibly want to know about keeping, caring for, and breeding a female dog is here.

It is very well illustrated, with excellent tables, glossary of female terms and index. I am very impressed with the realistic data provided.

J.M. Evans is an internationally respected veterinary surgeon and his co-author, Kay White, is a journalist and author who writes primarily on pet care. The book is a combination of Evans' expert knowledge of the subject and White's ability to present it logically, in a fashion that every layman can understand. I really wish that I'd had it before, when I was breeding litters. It will be getting a lot of scrutinizing when I breed my next one.

This is a 232 page paperback edition. It has been around for a while but, if the book or pet store doesn't have it in stock, it can be ordered for you.

The Reign of the Greyhound

by Cynthia A. Branigan
(Howell Book House, New York. US\$34.95)

A breed book, yes, but much, much more. The book is subtitled "A Popular History of the Oldest Family of Dogs." That is exactly what it is. I found it fascinating. The pictures alone are worth the price of the book to anyone who is a greyhound fancier.

The greyhound is an extremely old breed, and Branigan has gone to great lengths to cover the breed's history back to Roman times. How many knew that General Custer was a greyhound fancier?

Throughout the book you will be taken on hunts and expeditions with royalty and famous persons who were assisted by greyhounds.

We are extremely fortunate in Canada that dog racing is not permitted. However, in many states of the USA it is permitted and practiced. This is a shame that our American cousins have to bear. The sport of racing in the US and other countries is well covered. Many, many greyhounds are simply destroyed when their usefulness as a racing animal is finished. There are several organizations in Canada and the US which are dedicated to helping people adopt these dogs, and thus save their lives. Most turn into excellent pets and companions.

This is a 192 page, hard cover edition, excellently illustrated with over 100 black and white photos and a 16 page colour insert. I just received it from Howell, so you will probably have to order it or on the Internet go to: <http://www.mcp.com/mgr/howell>

Coin design

cont'd from page 2

people, our stories. Their designs and messages are powerful and extremely moving. Their dreams for a clean and peaceful future in a united country are inspirational."

It's no surprise so many Canadians are responding to the Mint's call for submissions. The turn of the millennium is a pretty powerful concept when you stop to think about it; only one in 30 generations has the privilege to live through the experience. And the idea of having your design, along with your initials, struck on a coin to be used by Canadians everywhere every day is sure to be a thrill of a lifetime.

There's still time to participate! Here's how you can enter:

- For an official entry form, call the Royal Canadian Mint toll-free at 1-800-671-2327.
- Or, simply draw a design in a 20 cm circle on a white sheet of paper (black ink or black pencil only).

- Mail to: Royal Canadian Mint "Create a Centennial" Coin Design Contest, Box 9060, Station T, Ottawa, ON, K1G 3T8.
- The Mint also accepts electronic designs through its Web site at www.centsation.com
- The deadline for the 1999 series is August 31, 1998.
- But remember, the contest continues until June 30, 1999 for the 2000 coin series.

Drawing tips

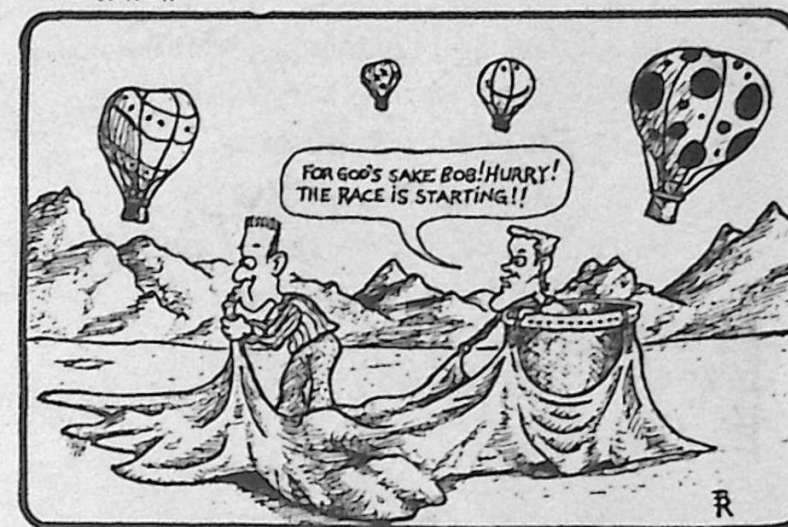
- Draw your image in a 20 cm circle in black ink or black pencil.
- Clean and simple line drawings are best. Leave the shading effects for the Mint's engraving team.
- Keep it simple; too many details can get lost. Remember the final image is less than 2.4 cm in diameter.
- Choose an image that is recognised by Canadians from all regions of the country.
- Explain your drawing and its significance. After all, it's the idea that counts!



Reunion
507 Sqn RCAirC

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

FREAKSHOW



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.

HOCUS-FOCUS BY HENRY BOLTONOFF



Find at least six differences in details between panels.



Differences: 1. Column is moved. 2. Hat is different. 3. Dress is shorter. 4. Sign is larger. 5. Expression is changed. 6. Window sign is added.



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.):

21 August ... Eldorado
28 August ... Rob Petrie

SPECIAL EVENTS

Games Day: Sunday 23 Aug, registration 12:30 p.m.

Euchre - darts - crib. BBQ 4:00 - 6:00 p.m.

Golf Tournament at Longlands: Saturday 29 Aug. Tee off 2:30 p.m. \$12.00 - pay at the bar in advance. BBQ 4:00 - 6:00 p.m.

BRANCH 160 COMOX (339-2022)

ENTERTAINMENT:

Fri 21 Aug ... Ventura Highway

Fri 28 Aug ... Country Cousins

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

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



1998 SUMMER SWIMMING PROGRAM

Fourth Session (17 to 28 Aug 98)

Registration: 13 & 14 Aug 98

Time: 0830-1130 hrs

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

Lesson: All lessons will be held between 0830 to 1130 hrs, from Monday to Friday at the 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.

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.

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

Canadian Fighter Pilot's Association "The last hurrah"

by Duke Warren

What was likely the last reunion of the CFPA at the national level took place in Ottawa from July 31 to 2 August. The sad reality is that the members are now well into the ranks of seniors. No one who flew operationally as a fighter pilot in WWII is less than 72 years old and he would have only been on operations a month or two at the end. The minimum age for operations in Korea would be about 66 years. The decision was therefore taken that, in future, reunions would be on a West Wing, East Wing, Maritime Area Wing basis.

Some 200 pilots attended with about 170 co-pilots. Registration took place on Thursday evening and Friday with "meet and greet" gatherings at one of the Chateau Laurier's many conference rooms. During the day, on Friday, arrangements had been made for those attending to golf, go on a steam train excursion, a boat trip on the canal, or visit the National Aviation Museum at the old Rockcliffe air station.

Friday evening, a reception was held at Rideau Hall, the Governor General's residence. The Governor General was absent and his place was taken by Mr. Justice Peter Cory of the Supreme Court of Canada. His Honour served in the Royal Canadian Air Force in WWII and gave an excellent address. A highlight of the reception was a tour through Rideau Hall.

Following the reception, the group moved to 410 (William Barker, VC) Wing AFAC where a giant barbecue was provided. I must confess that, before getting there, many of us had reservations concerning how we could get a steak quickly with so many people involved. However, the Wing had two giant barbecues going full blast and we were fed remarkably quickly. Buses returned the group to the Chateau Laurier late in the evening.

Saturday was the most organised day one might say. It commenced with a wreath laying ceremony at a temporary National War Memorial in Majors Hill Park, just behind the Chateau. The reason for the "temporary" was because the area around the permanent memorial was all torn up with construction work preparing, we were told, for the year 2000. Mike Doyle, the Association's President, welcomed the group and the Padre of 888 Wing Comox led the assembly in prayer. The President laid the wreath, flags were lowered, the Last Post sounded, followed by a minute of silence, Reveille was sounded, and the flags raised. Hart Finley said the Act of Remembrance, and the group responded. One of the members from the United States was an accomplished bag-piper and led the members away while playing "Amazing Grace."

The business meeting followed. As stated, the National Headquarters is to be disbanded

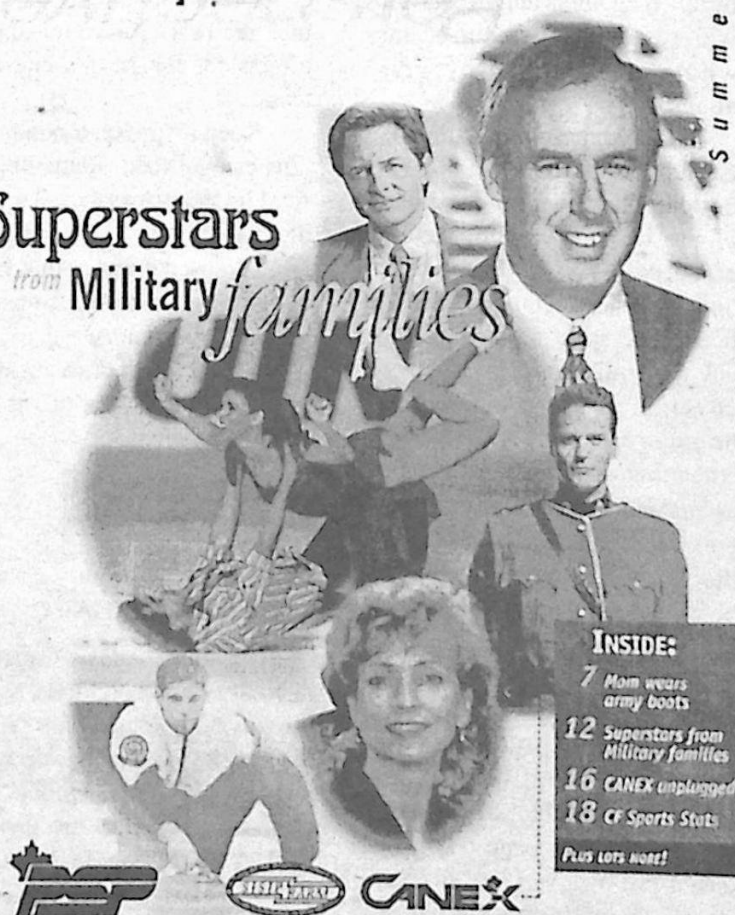
in the next month after administrative details are put in order. One of the items discussed was a proposed memorial to fighter aircrew at the Trenton Air Force museum. It was decided to carry on with this project and the present Executive agreed to stay in office until this is completed.

Saturday evening a gala banquet was held. Wing Commander (Retd) J.F. "Stocky" Edwards, DFC and Bar, DFM, MID, CD of 888 Wing Comox was the guest speaker. Stocky, one of Canada's top scoring fighter pilots, gave an excellent speech which was very well received by his audience. After the speech there were several presentations, followed by dancing until midnight. Although it is a well-known fact that fighter pilots dance "till the wee hours of the morning," the band stopped playing at midnight. It was the opinion of most that the band members were getting old and needed their sleep.

Sunday was the day to say "goodbyes" to friends and disperse. A sad occasion in many ways for, if the plan is carried through as expected, this was the last reunion of Canadian Fighter Pilots at the national level. It was a difficult decision to make, but not an unusual one as the years roll on. Not only the CFPA, but many other organizations based on Canada's military participation in WWII and Korea, face the same fate. Let us pray that our country never gets involved in a WWII.

Perspectives

Superstars
from Military families



SUMMER 98

Famous PMQ brats

You won't want to miss the latest issue of PSP Perspectives which features stories on famous Canadians who came from Canadian Forces families. The summer issue also includes a round-up of CF National Sport Championships, articles on fitness and recreation as well as new programs to support military families. You can pick up a copy at your local CANEX, your Military Family Resource Centre or by contacting your local PSP Manager.

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- Plus lots more!

