



# TOTEM TIMES

19 Wing CFB Comox

THURSDAY 17 SEPTEMBER 1998

The Comox Valley's Oldest Newspaper

VOL. 40 NO. 15

Inside this issue:

**18th  
National  
Driver  
Rodeo  
21-23  
Sep**

see story page 8

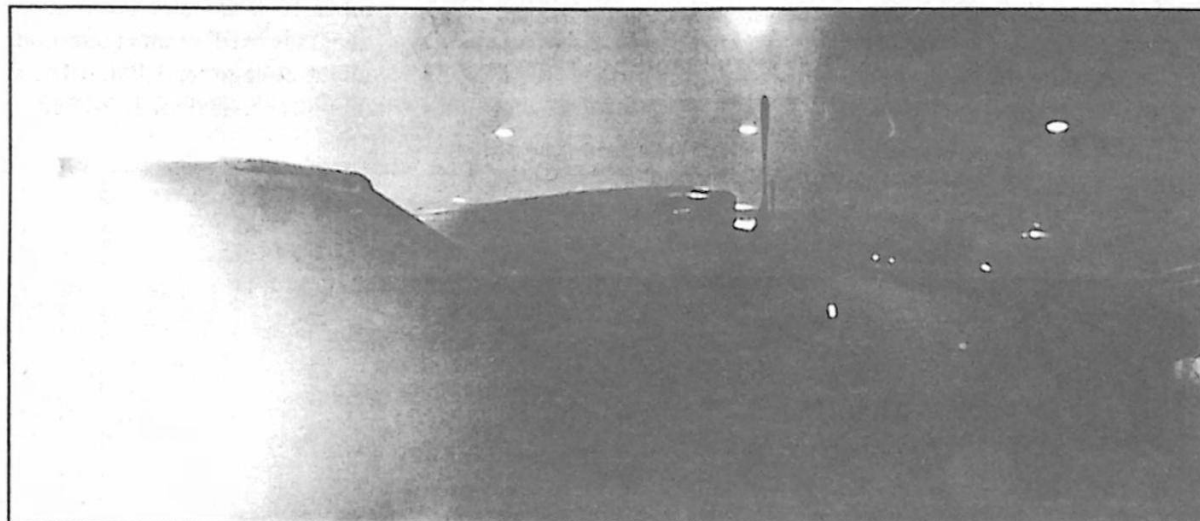
**Fill our  
reader  
survey  
and  
win!**

see page 5

**TOTEM TIMES  
Open House  
on  
Monday, Oct 5.  
details in next issue**

**National  
Newspaper  
Week  
Oct 4-10**

## 19 Wing's newest hangar wash and rinse cycle included



The first CP140 Aurora to experience a wash cycle in the new facility. (Photo by Cpl L'Ecuyer, W Img.)

By Capt Hounslow

The newest infrastructure addition to CFB Comox has now been completed. The Wash Hangar was officially opened on 22 July, less than one year after the ground was first broken.

The requirement for a wash hangar was first identified in the early eighties. The initial concept was to construct a dual-purpose arming pad/wash hangar. The requirement for an arming pad dissolved with time and the project was then focused on the construction of a wash facility.

Initial wash trials were conducted at Vancouver International Airport with the Canadian Airlines wash system in 1995. However, it

was not until 96/97 that funds were made available and the construction of the wash facility began in earnest.

The contract was awarded to Kinetic Construction on 16 April 1997. The goal was to design and build a new wash hangar able to accommodate all 19 Wing aircraft.

Ground was first broken in the early fall of 1997 and, by Christmas, the building had begun to take form. Construction progressed smoothly through the winter months of Comox weather. There were only a few delays due to howling winter winds and certain design inadequacies, which were quickly rectified.

The new wash hangar is a state of the art facility and the only one of its kind in existence. It has a fully automated wash and rinse cycle. Col B.B. MacLean, in one of his last functions as Wing Commander, started the first rinse cycle. When it is on, standing in the hangar is like standing on the *Maid of the Mist* at the bottom of Niagara Falls. A complete cycle only last five minutes but everything in the hangar gets quite wet.

The final acceptance of this new facility is one more indication of the continued efforts at improving the infrastructure and capabilities of 19 Wing (and it's a whole lot of fun to use).

## Personnel prepare for Bosnia

by Capt David Krayden,  
WPaffO

Twenty-four members of 19 Wing are preparing to deploy to Bosnia to support Operation Palladium, which will see the creation and maintenance of a helicopter detachment in the war-ravaged country.

The bulk of the personnel will be 16 specialists from the Airfield Engineering Flight but three driver, one supply technician and four firefighters are also tasked to support the three helicopters and 50 personnel from CFB Edmonton's 408 Sqn.

The Canadian detachment will operate as part of NATO's Stabilization Force (SFOR), which, since 1995, has enforced the provisions of the Dayton Peace Accord. Exact deployment dates have yet to be determined and participating personnel are undergoing the necessary training to meet the demands of the task.

The three CH-146 Griffin helicopters will be based out of Velika Kladusa.



**\$22,500**

## 19 Wing United Way goal 1998

19 Wing Comox has set a goal of \$22,500 for its 1998 United Way Campaign. The campaign, which runs from 14 September to 31 October 1998, is organized by approximately 30 volunteers. As in the past, participation is the KEY to success for the United Way Campaign. Without everyone's support, it will be very difficult to reach our goal. Therefore designated United Way canvassers will approach all DND employees of the Wing. Everyone is encouraged to contribute either by pay deduction, cash or cheque. Even those on an attached posting or TD may make a donation. Any amount, no matter how big or small, is most welcome. By giving a little you will be helping a large number of people who rely on the various agencies supported by United Way.

The Comox Valley United Way plays an important part in raising funds for non-profit community organizations in the valley. This year, the Comox Valley United Way will be distributing the funds among 27 agencies. All funds raised at the Wing will be distributed locally; in this way, all of our donations will be helping members of our community. Approximately 12,000 Comox Valley residents will benefit directly from the donations made to the United Way this year. The B.C. Children's Hospital, the B.C. Paraplegic Association Vancouver Island, The Canadian National Institute for the Blind, the Comox Valley Branch St. John Ambulance and the Comox Valley Ground Search and Rescue Society, are five of the twenty-seven agencies that will benefit from your donation.

19 Wing Comox is a significant contributor to the Comox Valley United Way. Remember that the contributions you make have an enormous impact and effect of those who live in the Comox Valley. Together, we can accomplish our goal.

The various unit/section representatives have, and will continue, to canvass all individuals. If you think you have been missed by a canvasser or require more information, please contact the Wing Coordinators: Capt Jason Major at loc 8794, or Capt Craig Fowler at 8952. This is our opportunity to help our community. Your support WILL make a difference!

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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 in 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.



## Management Courses on Base

By Pat Allan,  
CFCN Coordinator

Now that the kids are all settled back in school, why don't you join them? The Canadian Forces Community College Network is again offering courses in the Management Development Program (MDP) from Seneca College, with the first course scheduled for October 23-25.

Many of the people I talk to at 19 Wing have a great interest in business and management courses. The MDP is a great place to start.

It is an innovative certificate program designed for first-level supervisors and those who would like to explore the field of man-

agement. (It can help you build on your experiences to become a more effective supervisor or manager, and develop increased confidence in your abilities as a decision-maker and leader.)

The program consists of six courses covering the major topics supervisors and managers need to understand to be more effective in their work.

If you have JLC or SLC, you can get advanced credit which reduces the number of courses you need to take to complete the program.

Courses are delivered in weekend workshops. If you are nervous about returning to the classroom, this program has a lot to

offer you because it is fairly informal and there are no exams or marked assignments. That's because the businesses who helped design the program were more interested in applying ideas to on-the-job situations. Students work hard in class, discussing ideas, sharing experiences, and doing case studies and role plays.

19 Wing has had 14 graduates in the last two years. When asked about the program, students have stories to tell about ways that the courses have helped them do their jobs better now and plan for future work.

I hear that students feel greater confidence that they are preparing for the civilian world which they

will enter in the future.

Courses are open to military members, civilians, NPF employees, and family members.

On October 23-25 we will offer Communications. In this course we will work intensively on understanding how people communicate one-on-one and in groups, where things often go wrong, and how to remedy them. This will be an active course, so bring your energy!

Tuition cost is \$120.00 and course materials are \$41.62. Register at the WPSO's office by October 16. For more information about the MDP or other questions about college, call Pat Allan at 339-8211 x 8889 or 339-2280.

## Second Language training for all

By Capt Saint Jacques, WCOL

Second language training (English and French) under the Decentralized Military Second Language Training Program (DMSLTP) will begin the week of 05 Oct 98. The courses offered will depend upon the number of applications received and the language ability of applicants.

Specific schedules will be determined when student loads are known, however, Level A and B courses will run seven hours per week with 4 hours during one weekday morning and three hours during a second weekday evening. It is anticipated that these courses will be completed in by the first week of Apr 99. Classes will not be held on statutory holidays.

Other courses under the DMSLTP aimed at specific needs, such as maintenance or specific skill improvement, will be scheduled as required.

DMSLTP courses are open to spouses/significant others, and the Wing Coordinator for Official Languages (WCOL) will attempt to accommodate DND civilian employees. Please contact the WCOL for specific information in these cases.

To apply for courses, candidates are to print and complete the DMSLTP application (available on the LAN at P:\ALLUSERS\LanguageTraining\Registration.doc) This form must be signed by the applicant's supervisor and CO. For scheduling purposes, applicants are asked to provide the time(s) they will not be available for training due to legitimate work related commitments. Additionally, applicants with some second language abilities who are not continuing from the 97-98 DMSLTP session will require a placement test administered via telephone by ELFC St Jean. Affected candidates are asked to provide times of availability for testing (approx. 1/2 hr) during the last two weeks of Sep 98.

If enough applications are received, an English course aimed at improving writing and oral skills will be scheduled for French speaking members.

Specific queries should be addressed to the WCOL, Capt Saint Jacques loc. 8456.

\*Une version française de cet article est disponible au bureau du Totem Times et sur le tabillard électronique de la base.

### Next deadlines

Advertising:  
23 September  
Articles:  
25 September,  
NOON

### Road Safety

It starts  
with you

## UCS on-line for Public Service

The Universal Classification Standard (UCS) is the new job evaluation tool that will be used to replace the existing 72 classification standards in the Public Service. For National Defence, this means more than 19,000 civilian jobs will be rewritten in the UCS format and evaluated against the new UCS standard by 1999. This will affect all civilian employees and all managers, including military managers. To find out more check out DND's UCS Intranet site at <http://hr.dwan.dnd.ca/ucs/>

## Update on 1-800 helpline

The 1-800 Harassment Complaint Service, now referred to as the DND 1-800 Help Line, was established last May as an interim measure in anticipation of the arrival of the DND/CF Ombudsman. The hours of operation of this interim complaint service are being adjusted to meet demand. Callers have been accessing this 1-800 service during normal working

weekday hours since mid-June. Consequently, the hours of operation will be 0700 hrs - 2200 hrs (EST) Monday to Friday, effective 24 August 1998. An emergency response capability will be available via the 1-800 number during weekend hours. The complaint line numbers continue to be: English 1-800-290-1019, French 1-800-290-0893.

## CAST YOUR VOTE CANADA

Vote for your Favorite Monopoly Game Token

Was the top hat your token of choice? Do you think a piggyback would make a great new token? The first time in history, the makers of the Monopoly game are asking Monopoly game fans to cast a vote for their favorite current token and elect a new token to be added to the game.

Votes may be cast via the Internet on the Monopoly game site on the World Wide Web at [www.monopoly.com](http://www.monopoly.com) or by phone at (TOLL FREE) 877-77-TOKEN (776-4556) or by mailing your ballot to Monopoly Game Token Campaign, c/o The Agency Inc., 4441 Glenview Road, Mississauga, ON L4W 2H3. Votes must be received by September 30, 1998.

ENTER YOUR NAME TO WIN ONE OF THE DELUXE EDITIONS OF MONOPOLY! For those Monopoly game fans who cast their vote for a new token either via the toll free number or by mail, we will enter their name in a draw for 100 Deluxe Editions of Monopoly, the world's most popular board game (no purchase necessary).

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
Province: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Telephone: \_\_\_\_\_

Vote For Your Favorite Token	Elect a NEW Token
<input type="checkbox"/> Top Hat	<input type="checkbox"/> Piggyback
<input type="checkbox"/> Car	<input type="checkbox"/> Fish
<input type="checkbox"/> Ship	<input type="checkbox"/> Piggyback
<input type="checkbox"/> Plane	<input type="checkbox"/> Fish
<input type="checkbox"/> Boat	<input type="checkbox"/> Piggyback
<input type="checkbox"/> Horse	<input type="checkbox"/> Fish
<input type="checkbox"/> Elephant	<input type="checkbox"/> Piggyback
<input type="checkbox"/> Lion	<input type="checkbox"/> Fish
<input type="checkbox"/> Tiger	<input type="checkbox"/> Piggyback
<input type="checkbox"/> Bear	<input type="checkbox"/> Fish
<input type="checkbox"/> Wolf	<input type="checkbox"/> Piggyback
<input type="checkbox"/> Snake	<input type="checkbox"/> Fish
<input type="checkbox"/> Spider	<input type="checkbox"/> Piggyback
<input type="checkbox"/> Scorpion	<input type="checkbox"/> Fish
<input type="checkbox"/> Crab	<input type="checkbox"/> Piggyback
<input type="checkbox"/> Frog	<input type="checkbox"/> Fish
<input type="checkbox"/> Toad	<input type="checkbox"/> Piggyback
<input type="checkbox"/> Snake	<input type="checkbox"/> Fish
<input type="checkbox"/> Spider	<input type="checkbox"/> Piggyback
<input type="checkbox"/> Scorpion	<input type="checkbox"/> Fish
<input type="checkbox"/> Crab	<input type="checkbox"/> Piggyback
<input type="checkbox"/> Frog	<input type="checkbox"/> Fish
<input type="checkbox"/> Toad	<input type="checkbox"/> Piggyback



## Money Matters

By Capt John Lalonde

Check out the new stuff on our Wing BBS home page! It is located under "19 Wing Info" on the BBS. We have recently updated the page with a handy Monthly Budget Sheet and Net Worth Statement, created in a Microsoft EXCEL spreadsheet. The banks love it!

For a free copy of your credit report, call 1-800-465-7166. When you call this number, they will ask for a letter signed by you requesting your credit report, along with two copies of photo ID. Send to: Equifax Canada, P.O. Box 190, Jean-Talon Station, Montreal, Quebec, H1S 2Z2.

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

Position	Name	Location	Local
Wing Financial Counsellor	Capt John Lalonde	WHQ/WCompt	8464
Unit Financial Counsellor	Capt Dean King	WOPs/ATC	8421
Unit Financial Counsellor	Lt (N) Duncan Green	442 Sqn PAdMO	8742
Unit Financial Counsellor	MWO Al Houston	WOPs/7 Hgr	8527
Unit Financial Counsellor	WO Jana Bristol	19 AMS/7Hgr	8831
Unit Financial Counsellor	Capt John Pumphrey	WOPs/SAMPO	8235
UFC (in training)	MWO Zella Baran	WLog	8182
UFC (in training)	To be announced	407 Sqn	

### Reference Library:

The following books and video are available on a sign-out basis from WFinC, located at NPF Accts Section in WHQ, across from PSS (Orderly Room).

The Wealthy Barber by David Chilton - book and video available

2015 - After the Boom by Garth Turner

Boom, Bust & Echo by David K. Foot

The Pig & The Python by David Cork

How to Reduce the Tax You Pay by Deloitte & Touche

Tips from the Top by John St. Croix

Take Your Money and Run by Alex Doulis.

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## An opportunity to discover



The information kiosk located in the foyer of Wing Accommodation (in building 45, room 7) was officially unveiled by Col W.J. Neumann, Wing Commander.

Stocked with brochures, this kiosk serves to acquaint 19 Wing personnel and its visitors with the variety of goods and services available to them within the Comox Valley. The friendly courteous staff will be pleased to answer any of your questions or provide any added assistance you may require.

Drop by the office, grab a brochure and fill out a ballot for an opportunity to win an Orca Whale Watching cruise for two. Deadline for entries is 9 October 1998.

Colonel W.J. Neumann acknowledged the efforts of Master Seaman Rick Dozois for his concept and design with this project and for the meticulous craftsmanship of the carpenter, Mrs. Sue Mendonca. (Photo by Wing)

## Shell station fundraises for MS with Base Firefighters

On Saturday, September 19, Headquarters Shell Station is having a Grand Opening. In conjunction, 19 Wing Comox Fire Department will be having a Car Wash, with all proceeds going to Muscular Dystrophy.

New owners Wayne Adams and Jim Duxter invite the public to come down to 157 North Island Highway between 9:00 a.m. and 5:00 p.m. to enjoy the festivities.

Shell Canada will be providing a Hot Dog Stand, staffed by Base firefighters, who will be accepting donations for Muscular Dystrophy. Also, there will be a fire apparatus on display, balloons for the kids and door prizes to be won. So, come on down and help Headquarters Shell and local firefighters fight Muscular Dystrophy. We look forward to seeing you there.



They played **math** games with aliens, learned about **WHALES**, and spoke with grade 3 students in the **ARCTIC**. Then they didn't want to stop for recess.

It's amazing what you can do when you connect to the Net. Learn how to trace your family tree. See what's new with your favourite hockey team. Take your kids on a virtual tour of a pyramid. There's a world of information just waiting to be discovered. Become a "Connected Canadian" - at home, school or work, or at a library near you. It's easier than you think. It's quick and it's fun. The sooner we're all connected, the better prepared we'll be for success in the 21st Century. Learn more about how to get connected, and about the thousands of public places the Government of Canada is helping to connect.

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Ministry of Small Business, Tourism and Culture  
Premier's Youth Office





## Saving Private Ryan - The Canadian Version

Like most of the people I know, I have never been in a combat situation. Therefore I rely on the read of a good book, or a documentary or even a good movie in some cases, to convey to me the reality of that particular undesirable situation. While attending the recent Organisation of Military Museums course in Winnipeg I was informed by many of the Army types that the movie "Saving Private Ryan" is about as good as a movie gets; some of them had seen the movie twice and planned to return for a third viewing!! I went to it and I can assure you that it did not leave me with a yearning to see it a second time. If that's what it's like on the ground, I'm glad I've got a set of pilot wings.

As many of our people apply for, and are selected for, service over in Bosnia and other hostile territories, I cannot help but muse over this particular movie. The actors and directors are mostly American (except for the Valley's own Mr. Pepper) and the story is written from an historical American D-Day operational perspective. What would the modern Canadian equivalent look like? I'm sure that the horrors of combat have not changed a lot, but the rules governing the soldiers' social behaviour have. Does that mean that we send soldiers into horrific combat type situations, to be shot at, maimed, traumatised and generally worked over, only to be told during those brief moments of rest that they have to smoke their cigarettes outside and are not to touch a drop of alcohol?

Now that would make an interesting movie.

Joel Clarkson

## Letter to the Editor

Dear Editor,  
On behalf of the membership of the Lions Clubs of the Comox Valley area, I would like to take this opportunity to invite all personnel of CFB Comox to consider joining us. All of the clubs in this area would be pleased to have military personnel as members. There are clubs in Union Bay/ Fanny Bay, Comox, Courtenay and Royston. Alternatively, if there is enough interest, we could form a new club at the Base.

Most of the work being done by local clubs is to support those less fortunate than ourselves. A large majority of the money raised by clubs goes directly back into the community in some fashion. A portion does go to Lions' charities internationally, nationally and provincially. However, most goes directly into our community. Clubs are independent bodies and they themselves decide how and where to disperse the funds they raise.

The BC Lions Society for Children with Disabilities operates an Easter Seal House in Vancouver where children undergoing medi-

cal treatment and their parents can stay for a very nominal fee. An Easter Seal House in Victoria is in the planning stages at this time. The Society also has three Easter Seal Camps for children with disabilities, one of which is at Shawnigan on Vancouver Island. There is no charge for children attending these camps.

Many military personnel have been associated with Lions Clubs at previous locations and a considerable number of our members are retired from military careers. Both myself and our present Vice District Governor for Vancouver Island are retired military.

If you would like me to address any of your Base social organizations on what Lions' Clubs do, and how they do it, please call at any time.

If you are interested in joining Lions, contact any Lion in the area, or myself. I can be reached at phone 335-0701, Fax 3235-1134, or E-mail at: [hella@mail.island.net](mailto:hella@mail.island.net)

Sincerely,  
Gerry Gerow  
Zone Chairman

## RECspo

Plan to attend 19 Wing Comox Exposition of the exciting Recreation Clubs and activities available in the community

**Clubs:** Many will be offering registration opportunities.  
**Recreation:** In one visit discover the information necessary on the activities which interest you.

**Community Activities:** Many of these may require executive assistance. Volunteers are welcome.

**Place:** 19 Wing Comox Recreation Centre

**Date:** 26 September, 1998 Time: 10:00 - 1500 hrs.

Space is available for your activity.

For more information

contact Rec Co-ord at 339-8211, loc 8989.



ONLY ON CIVIE STREET PLEASE!

**Community Newspapers**  
We're at the heart of things

National Newspaper Week  
October 4-10 1998

## Canex celebrates 30<sup>th</sup> Anniversary!

September 16 to 27

Yes, a short thirty years ago the first Canex opened its doors to our Forces and Base personnel.

So now, to celebrate this very special occasion, the Canex will be having a fun time for all!

Watch for special flyers and contests as well as a great barbecue by the Wallace Gardens Community Association. Come on over for a hot dog and coke or maybe a hamburger and coke!

Great prizes and great prizes! So start studying your 1968 sports, TV and music trivia for our contests!

Balloon drop for the little kids and one for the adults too!

Make sure you keep checking out your local Canex to see what's going on!

## 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 Buttner at 8789, or  
Mara Pungente at 339-8290

RCAF Station Comox  
TOTEM TIMES

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Jenny Cooper

PRODUCTION STAFF  
MCpl Brenda Trombley  
MCpl Pat Dunn

CIRCULATION  
Jenny Cooper  
Bob Trombley

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

Address Correspondence to:  
The Editor, Totem Times  
CFB Comox, Lazo, B.C.  
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OFFICE HOURS  
Mon to Fri  
7:30 - 11:30 a.m.  
1:00 - 3:30 p.m.

## The Great Escape is coming soon: Are PMQ residents ready?



By Sgt Larivière

When you hear the term "The Great Escape," images of Houdini and disappearing acts may come to mind. Your Wing Fire Hall is announcing that The Great Escape will take place in the PMQ area this October, but they're not planning to make local residents disappear. In fact, the Wing Fire Hall has been working in conjunction with the non-profit National Fire Protection Association (NFPA) and fire departments throughout Canada and the U.S. to implement the first-ever North American Fire drill - The Great Escape - during 1998 Fire Prevention Week, October 4-10.

The Great Escape is a concerted effort to get citizens throughout North America actively involved in fire safety, specifically home escape planning and practice. The Wing Fire Hall is strongly encouraging all residents of PMQs to develop home escape plans and practice them on Wednesday, October 7, at 6 p.m., during The Great Escape.

"This is a fun activity for entire families to participate in during Fire Prevention Week, but it also could save their lives," says the Fire Chief. "If a fire breaks out in your home, you and your family only have a few minutes to escape safely. Home fire escape planning and practice ensure that everyone in the household will know how to use that small window of opportunity effectively and get out alive."

NFPA, the official sponsor of Fire Prevention Week for more

than 70 years, developed The Great Escape theme in response to results from its 1997 Home Escape Survey that showed only 16% of respondents who had escape plans actually practiced them. These findings demonstrate that most people are not well prepared if a fire does occur in their home," says Meri-K Appy, NFPA's vice president of public education. "Our hope is that The Great Escape motivates people to begin thinking about fire safety in a positive, proactive way, and to start practicing their home escape plans regularly, at least twice a year."

In addition to The Great Escape fire drill on October 7, the Wing Fire Hall is inviting PMQ residents to participate in the North American The Great Escape grand prize contest. Everyone who develops a home escape plan may submit it to the Wing Fire Hall. The Wing Fire Chief will review all submitted entries, select one plan, and send it to NFPA. In November, NFPA will announce one randomly picked grand prize winner, who will receive a trip for up to four people to Walt Disney World. The grand prize vacation is sponsored by KIDDE Safety, the world's leading manufacturer of home safety products.

When developing a home fire escape plan, the Fire Chief encourages all participants to use the mapping provided by the Wing Fire Hall. The grid will be available from the Fire Hall and will be distributed to Airport Elementary School. This grid includes the official entry form required for submission to NFPA's contest.

"The Great Escape offers a wealth of opportunities for PMQ residents of all ages to participate in Fire Prevention Week this year," says the Fire Chief. "We look forward to sharing these events with the community and urge everyone to join in on the fun."

## SECOND CAREER ASSISTANCE NETWORK (SCAN) SEMINAR

A SCAN Seminar will be held at 19 Wing on 28 and 29 Oct 98. This seminar is presented to assist military personnel and their families in the transition from military to civilian life. A number of topics of concern to those making the transition will be presented, including information on pension and release benefits, medical pensions, and educational upgrading. This seminar will feature NDHQ speakers on release and financial benefits.

Past attendees have found SCAN Seminars an invaluable beginning to the process of leaving military service and the resumption of civilian life. As this process affects the entire family, spouses are most welcome to attend with the member.

The seminar will run from 0800 - 1530 hrs on both days, with early check-in on the 28<sup>th</sup>. Details of seminar location, appropriate dress, and presentation timings will be provided on registration. Registration may be effected by use of the SCAN Registration Form included in Wing Routine Orders and also available from the WPSO. The registration deadline is 21 Oct 98 and, as attendance may be limited by seating capacity, registrations will be accepted on a first received basis.

## The CFB Comox Totem Times

is a member of the Canadian Community Newspapers Association



bringing the local news that matters to you

## Fill out survey and win!

Please take a few minutes to answer our Totem Times reader survey. Readers who send in a completed survey by Oct 1 will be entered in a draw for BC Camping books and Company's Coming cookbooks. Winners will be announced in the Oct 22 issue of the Totem Times.

Name: \_\_\_\_\_

Local or Home phone number: \_\_\_\_\_

(Please circle your answers.)

Where do you get your copy of the Totem Times?

- at work
- delivered to my PMQ
- at the post office
- at Canex
- by mail
- at a business outlet in the Comox Valley, specify: \_\_\_\_\_

Do you enjoy the following regular features?

	Yes	No
- Editorial	Yes	No
- Editorial Cartoon	Yes	No
- Letters to the Editor	Yes	No
- Section News	Yes	No
- Cops Corner	Yes	No
- Heritage page	Yes	No
- Health, Fitness and Leisure pages	Yes	No
- Crossword Puzzle	Yes	No
- Legion Log	Yes	No
- Wallace Gardens Community Association News	Yes	No
- Comox Military Family Association page	Yes	No
- Bulletin Board (Classifieds and Announcements)	Yes	No
- Freakshow Cartoon	Yes	No

Would you like to see more, less or the same amount of these types of articles?

	More	Less	Same
- Book Reviews	More	Less	Same
- Photo Stories	More	Less	Same
- CF News	More	Less	Same
- Section News	More	Less	Same
- Air/Sea/Army Cadet News	More	Less	Same
- Nutrition/Health articles	More	Less	Same
- Recipes/Cooking articles	More	Less	Same
- Financial Info articles	More	Less	Same
- New Technology/Computer articles	More	Less	Same
- Safety articles	More	Less	Same
- Heritage articles	More	Less	Same
- Travel articles	More	Less	Same
- Consumer Tips	More	Less	Same
- Home and Garden articles	More	Less	Same
- Medical articles	More	Less	Same
- Environment/Green articles	More	Less	Same
- Photos	More	Less	Same
Specify: _____			
- Sports articles	More	Less	Same
Specify: _____			
- Entertainment articles	More	Less	Same
Specify: _____			

Would you be interested in contributing to the Totem Times? If Yes, in what capacity?

Comments and/or suggestions:

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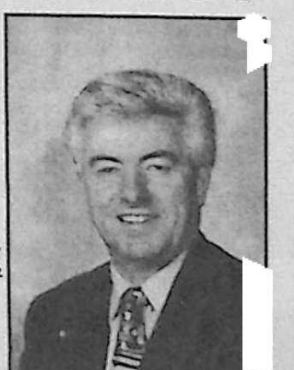
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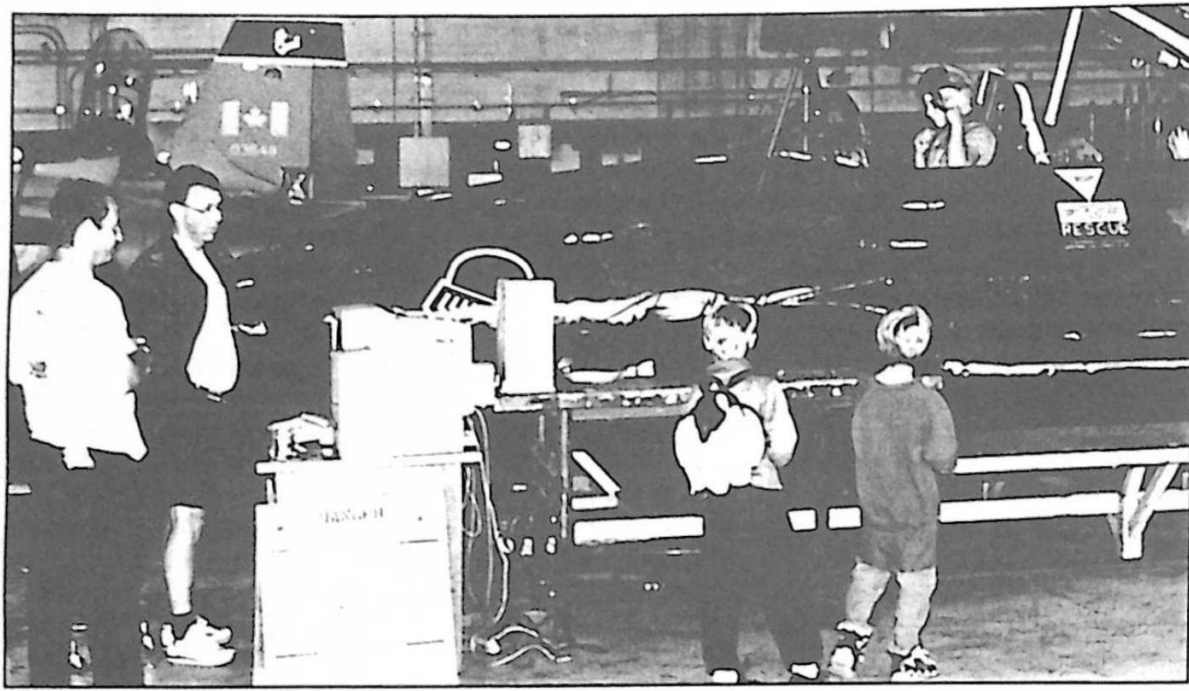


## 414 Family Day: Fun for everyone

On Saturday, August 22, 414 (CS) Sqn held a family day at 7 Hangar, 19 Wing Comox. Not having had a family day during the last couple of years, anticipation and the fine summer weather contributed to bringing out the masses resulting in a great turnout. In excess of 150 adults and children came out to relax and enjoy fun filled activities for all ages. These activities included tours of the Squadron, a free BBQ, face painting, fire engine rides, Bounce-Mania, dart throw, Little Toot rides, stick time and photographs of the kids in the T33 cockpit trainer and familiarisation flights on a CC-115 Buffalo. The Wing MP section as part of their Military Police Dependant Identification Program finger printed over 70 children and presented a very informative equipment demonstration to round out the day's activities.

With all of these fun activities going on, it was inevitable that someone would crash the party. It was reported by numerous Sqn personnel that the Great A&W Root Bear was seen brazenly commandeering a fire engine and going for a ride. He was also seen loitering near the BBQ area to the delight of the kids. It was only discovered after the fact that the A&W Root Bear isn't on Sqn Strength (Reg force or Reserve) nor has anyone come forward and claimed him as a dependant.

414 (CS) Sqn would like to extend a special thank you to the community organisations who acted as sponsors, namely, Dairy World Foods, A&W, Canadian Tire and Hot Chocolates. Furthermore, in recognition of the time and contributions by various organisations on base, 414 (CS) Sqn would like to extend a thank you to the following people: Cpl Kirke, Cpl. Weatherhead and Sgt. Bradshaw from the firehall; Sgt.



Sgt Perfit introduced children to the T33 cockpit trainer.

Huard and Cpl. Stevens from the MP section; Cpl. King from Wing Transport and the 442 Sqn Buffalo crew.

A special thank you to Cpl. Richard Malone is in order. Rich spearheaded the Wayne Gretzky autographed picture draw, the proceeds of which went to offset family day costs. The draw was held on Friday Aug 20<sup>th</sup> and was won by William Ford Jr., son of WO Bill Ford of 414 Sqn. Thanks to all those people that bought tickets on the draw.

Finally, a big thank you to all those Sqn members and their families who came out to assist and participate in the 1998 Sqn Family Day; your active participation has set a precedent for years to come.

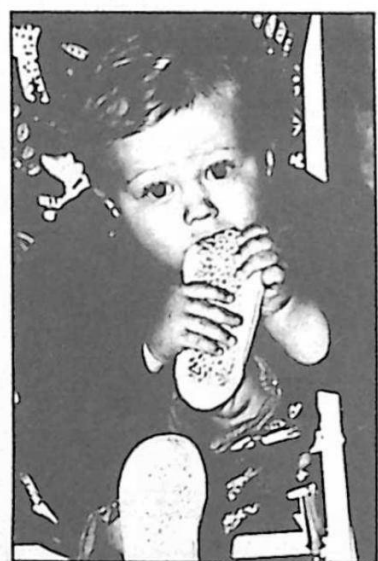
Photos by  
Black On White  
Photography



Sgt Coates, Chef of the day.



Sgt Huard fingerprinted many but made no arrests.



Cpl Perry Heron and his children visit with Root Bear.

Feed me!

## 414 News

By Lt Waugh

Well, the pen has been quiet the last few weeks, but it has finally come to life. I have dipped the mighty joust in ink and will now scribe the squadron's doings in the dirt.

Twenty has been turning gas into not only noise but "ooooohs" and "aaaaahs" at many airshows. He even has had a few people stock him around the countryside, even all the way down to the southern States.

Just 25 (you figure out who) sped off to Old Fighter Town USA to show off just how similar our flight suits are to the Blue Angels. Yes, Lt Streak Waugh was Blue Angel #7 for the weekend in Miramar. Capt Way and Lt Waugh also demonstrated how to drink beer to the Americans who went home crying after only half a keg - small timers! It must have been the sun and the California beaches, not the high-test, that made Spot declare Saturday afternoon "Hey look, the band is outside tonight" as well as "...and the good thing is that I sat on some gum..." Just ask him!

A late congrats to Cpl Kenny Roy and his wife Nikki for their new goaltender, Samuel. But where did all the red hair come from?

414 has two new faces around for a while. Lt Gagnon and Lt Kinner have arrived from the Jaw to learn how to fly the Mighty T-33. Unfortunately for Lt Waugh, neither of the new lieutenants will be staying. We at the squadron would like to welcome them and wish them best of luck with the J-8 black ball of death. That's all for now. A final farewell to Jim Nobbs who, I hear, landed himself quite the OJT. Best of luck and happy "all the crazy things you do" with your new job.

TOTIS VIRIBUS

## OKTOBERFEST '98

October 16, 1998

J.R. Mess/WO & Sgt Mess  
COME OUT AND SEE  
**THE VALIANTS**

Tickets are: \$15.00 Members Avail 31 Aug 98  
\$17.50 Associates Avail 28 Sep 98  
\$20.00 Guests Avail 28 Sep 98  
At Respective Messes

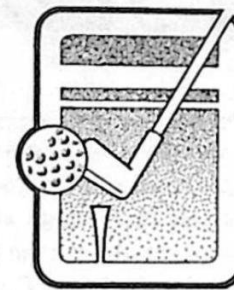
German Style Dinner, Complimentary Beer Mug and First Beer.  
Tickets on sale at the Respective Messes Starting 31 Aug 98 for Members and 28 Sep 98 for Others.  
Dinner - 1800 - 2030hrs  
Band & DJ- 2100 - 0200hrs  
Courtesy Vehicles Provided

The CFB Comox  
**TOTEM TIMES**  
will be holding an  
open house on  
Monday, Oct 5.  
Details in next issue.

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## Glacier Greens Golf Shots



### Tuesday Ladies Club

By Barb Carter

September 1<sup>st</sup> was our sixth Pin Day. Pat Everett came through with her best game ever, shooting a fantastic 81 gross to card a 58 Low Net, winning Pin Day. Well done Pat.

So the scoring goes: 1<sup>st</sup> LN Pat Everett 58, 1<sup>st</sup> LG Duane Miles 81, 2<sup>nd</sup> LN Ann Blake 65 and 2<sup>nd</sup> LG Carmel Horochuk 88.

Least Putts went to Irene Perry with only 29. Cool putting girl.

It was a disappointing turnout with only 25 gals arriving but the holiday season seems to have contributed to this.

Time Alert

Due to the darkness in the early morning hours, the greens can't be cut till a little later so, from September 8 - 29, start up time will be 8:30 a.m. Sign up for 9:00 a.m. tee off. Put that on your calendar.

Shoot Out starts on October 6. Pick your partner and get your entry in to the Pro Shop ASAP, \$20.00 per entry.

## Sponsor Appreciation Tournament

By Barb Carter

On August 30 Glacier Greens showed their appreciation to the many sponsors and volunteers with a 9-hole Scramble. Sixty-six eager golfers arrived for a day of fun. It started at 10:00 a.m. with coffee and pastries, followed by a demonstration clinic by Scott Fraser and Don Kerr. Those attending learned some really good tips and put them to use in the scramble that followed.

The winning team, with a super 5 under 30, were Dave Bews, Doug Mann, Pat Guerett, John Hope and Mary Kelly. Well done! Steve Dodd provided a lunch of salads and sandwiches - good stuff Steve. We would like to welcome Mike to Steve's staff.

Everyone seemed to have a good day of fun. A few prizes were given out by a random draw. Many thanks to all the sponsors for the continued support, we all appreciate it.

Till next time.

## 19 Wing Bowling Centre

Opened September 14 for the 1998/99 season

All individuals, couples or teams interested in league bowling, please contact the people listed below. Space is limited so don't dally!

League times	Contacts
Tuesday ladies 6:45-9:00 p.m.	Moe Eisan 338-7569
Wednesday ladies 1:00-3:15 p.m.	Nancy Potvin 339-1782
Wednesday mixed 6:30-9:00 p.m.	Rod Spurr 339-6067
Thursday mixed 6:30-9:00 p.m.	Rod Spurr 339-6067

### Casual Bowling

Fridays 6:00-9:00 p.m.  
Sundays 1:00-4:00 p.m.

### Saturday Youth Bowling League

Various age groups bowl at different times on Saturdays. This is excellent entertainment for the children. They have fun and receive professional coaching at the same time. Parent please call the co-ordinator, Terry MacDonald at 339-0136.

We also take bookings for section parties, sports afternoons, various organizations, birthdays, etc.

If there are any queries, or if unable to contact the persons listed above, please call the Bowling Centre manager, Scott Teasdale, at 334-1937 or Pat Andrews at 338-8317.

### Next deadlines

Advertising: 23 September

Articles: 25 September, NOON

## Eighteenth Annual Terry Fox MARATHON OF HOPE

Place: Base Rec Centre parking lot  
Date: 18 September  
Registration: Between 1230 and 1330 hrs  
Start: 1330 hrs  
Cost: personal donation

### JOG - WALK - CYCLE - ROLLER BLADE

Pledge forms available at the FS&R Secretary's office.

Come and keep the dream alive.

For more info contact Rec Co-ord at 339-8211, local 8989.

## Casual Skating Now Open Glacier Gardens 1998-99



Military Dependents/DND employees:  
Children \$1.00, Adults \$2.00  
Military members and Rec Pass holders "FREE"  
Civilians: Children \$1.50, Adults \$3.00  
Saturdays: 1300 - 1415 hrs  
Sundays: 1230 - 1330 hrs.



WHAT DOES IT MEAN TO ME?  
**THE NISGA'A TREATY**  
It's important for all British Columbians to have the facts about the Nisga'a Treaty.

### Is private property on the table?

**NO** Private land is not part of the Nisga'a Final Agreement and won't be on the table in any treaties the B.C. Government negotiates.

### Will my taxes go up to pay for this?

**NO** B.C. taxpayers are only paying one fifth of the total cash cost - the rest will be paid for by all Canadians.

### Will the Nisga'a pay taxes just like me?

**YES** The Nisga'a will be subject to all provincial and federal taxes and are the first aboriginal group in Canada to agree to give up their Indian Act tax exemptions.

FOR YOUR COPY OF THE NISGA'A TREATY OR FOR MORE INFORMATION, PLEASE CALL:

**1-800-880-1022**



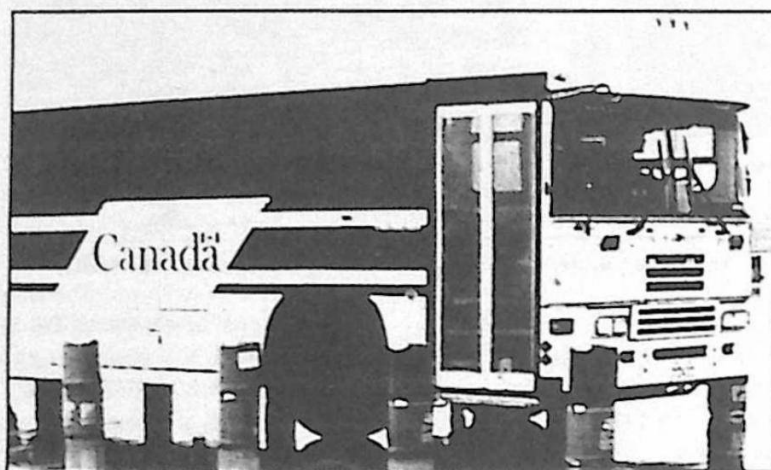
<http://www.aaf.gov.bc.ca/aaf/>







## 18th Canadian Professional Driver's Championship coming to 19 Wing



This year's National Professional Drivers Competition is being hosted by Transportation Flight, 19 Wing Comox and will include competitors from all regions of Canada.

The purpose of the National Championship is to promote safety and to encourage both MSE Ops and civilian MDO tradesmen to develop and perfect professional skills, and to provide an area in which to demonstrate these skills in a challenging competition.

Events will be held 21-23 Sept 98 on the old non-utilized runway, 02/22. Access to the competition site will be through gate 45, off Route 99, east of the Glacier Greens golf course road. A small concession booth will be at the location serving hot dogs, hamburgers, snacks and soft drinks. All personnel and families are invited to attend.

The competition consists of a series of knowledge, practical and field tests using a series of obstacles simulating actual driving hazards.

Contestants for the National Championship become eligible through competitions in the Regional events. Five classes of competition are held: Tractor-trailer, Straight truck (3-Ton or greater

payload rating), Bus (40 passenger or more seating capacity), HLVW, and Road Rally.

From 1948 to 1961, the Department of National Defence participated in the Armed Forces Division of the Canadian National Truck Driving Competition, sponsored by the Automotive

Transport Association (ATA). The ATA competition at the National level was discontinued after 1961 although local and provincial competition continued to be held. These safe and skilled driving competitions became known as "Roaddeos."

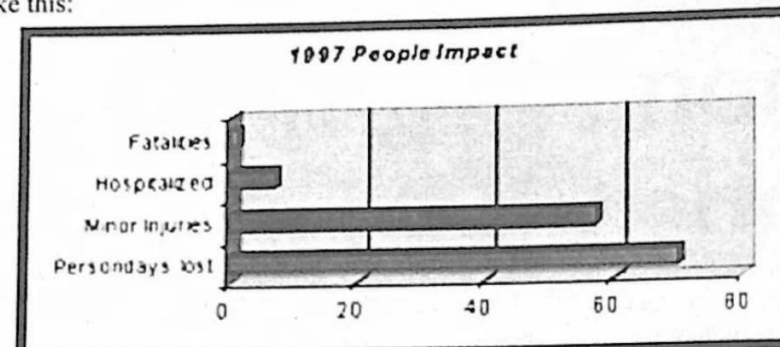
In 1979, an Ad Hoc committee was formed to hold a Truckers Potlatch, the first Pacific Region Truck Roaddeo, at CFB Chilliwack. This sparked renewed interest and Regional Roaddeos were held in 1980 in Atlantic, Eastern and Central regions. The interest generated by these competitions prompted the decision to introduce a Roaddeo in DND at the National level in 1981.

In 1987, it was decided to change the name of the event from "Roaddeo" to the Canadian Professional Driver Championship. This title is more in keeping with the status of the event and reflects the professional status of the competitors.

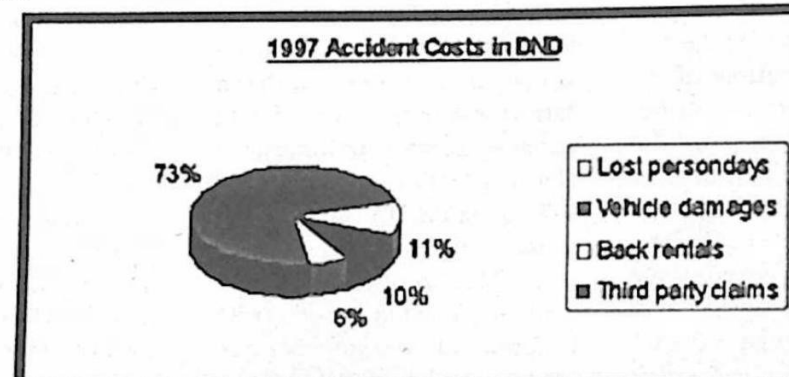
## MSE accidents cost DND millions

By MSE Safety Cell

A lot has been said about the department's mobile support equipment safety program and its high delivery cost/low payback profile. Here are the numbers. Nationally, reported accidents cost the department of National Defence about \$3 million in 1997; in Comox alone \$13,590.00 – a five year high for DND. The relative breakdown looks like this:



If the number don't impress you, the ones in the next chart should. One person died and seven were hospitalized last year because of vehicle accidents. Another 57 people had to be patched up and we lost about two and a half months of productivity. This only covers the reported accidents so it is time to get serious about preventing accidents.



We need to pay attention to preventable accidents to determine what steps we can take to prevent similar occurrences in the future. We also need to be able to predict with some confidence what are most likely outcomes in the future so that we can be proactive, not reactive, service providers. If we do not ensure adequate training of DND drivers, we put our members, our assets and the public at risk. These risks cost money every time an accident occurs. They also have other costs as well: lost lives, lost capabilities, damage to the public at large, and embarrassment the department and to DND members.

Some food for thought. (Data source: J4 Materiel/Director general Logistics DIN Site)  
Please drive safely.

## 19 Wing Hospital Hosts Multiple Sclerosis (MS) Clinic

By Lt Rhonda Crew

On 21 August, the 19 Wing Hospital opened its doors to the Vancouver Island Multiple Sclerosis Society. The MS research team from the University of British Columbia set up shop for approximately 45 clients with MS, accompanied by their families.

While at the Wing Hospital, the clients were able to see the five university doctors, four neurologists and one neural ophthalmologist, as well as nurses and a physiotherapist.

This service allows persons from mid-island to north island to receive care without having to travel to Victoria or Vancouver, which is a great advantage since many of these persons are mobility impaired.

MS is a slowly progressive central nervous system disease, which affects the brain and the spinal cord, resulting in many neurologic symptoms and signs.

There are many services available to persons with MS and to

their families. If you require information, or would like to attend a support group on Vancouver Island, you can call 1-800-665-5788.

If you are in the Campbell River area, you can call the District Services Co-ordinator, Judy Spencer, at 286-0999 or at 1-800-299-2025.

### In the Link?

19 Wing Hospital has linking services available to military personnel. Link Nursing provides the necessary link between the civilian and military medical worlds and gives support and guidance to persons undergoing surgery or surgical procedures. Services available include: sick leave passes, light duties passes, prescriptions, loaning of medical equipment and pre and post operative/procedural teaching.

Your Link Nurse is:  
Lt Rhonda Crew, loc 8267

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## RECSPO

### Sports & Recreation Exhibition '98

19 Wing Comox area residents will have an opportunity to learn more about the recreational, social facilities and special service organizations that are available within their own community.

The Recspo takes place at the Base Recreation Centre on Saturday, 26 September, between 10:00 a.m. and 3:00 p.m.

Coordinator for the event, J.C. Fromont, says there will be close

to 40 displays. Not only will a wealth of information be readily available, but the time will also allow for registration in several areas, such as swimming and Rec Pass registration.

In addition, there will be a Martial Arts demonstration and a musical presentation by a popular local Folk group.

This event allows newcomers in this highly transient community

the opportunity to learn more about their new home. At the same time, it conveniently gives all residents a chance to plan their family's recreational schedule or learn about services that might suit them personally, while often meeting both old and new friends.

If you wish to promote your organization at RECSPO, contact J.C. Fromont at 339-8221 local 8989.

## Wing Gym Fitness Studio

September 8 - December 31, 1998

All classes take place in Fitness

Studio Room unless otherwise noted.

All instructors are BCRPA Certified.

### Noon Hour Schedule '98

1130-1215: Monday: Boxcercise  
Tuesday: Stepw/ strength Wednesday: Step Combo  
Thursday: Step by Step Friday: step energy  
Fees: Drop-in \$2.00 Monthly \$20.00  
PRE-REGISTRATION OR INFORMATION, CONTACT:  
Karen Beamish at 339-9189 leave message or loc 8883  
Nancy Richard loc 8834

### Evening & Saturday classes

5-6 p.m. Monday: Step by Step  
Wednesday: Step Combo Thursday: Step w/strength  
10-11a.m. Saturday: Step circuit  
Fees: Drop-In \$2.50 Monthly \$25.00  
PRE-REGISTRATION OR INFORMATION, CONTACT:  
Karen Beamish or Nancy Richard

### Are You New to Step?

For a minimum of 4 people we can schedule a STEP Introduction Class at your convenience. For more info and/or to be put on a Waiting List, please call Karen at 339-9189 or 339-8211 local 8883.

### Fitness class descriptions

Step Combo: 15 minutes step w/15 minutes aerobics. Moderate.  
Step Energy: The class for those who love stepping. Moderate to Intense.

Step by Step: Simple stepping patterns with a focus on varying intensity. Suited for all levels.

Step w/Strength: Cardio combined with an extended muscle toning component using bands, tubes, and hand weights.

Boxercise: Simple to follow boxing patterns w/skipping ropes. Moderate to intense.

Step Circuit: Alternate between stepping and muscle toning. Moderate to intense.

Fitness Class Pre-Registration  
call Karen local 8883 or  
Nancy local 8834  
to ensure your spot!!!!

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## Breakfast, just for kids?

By Capt C. Chartier D.C.P.

If you have a hard time just to get up, breakfast can be the least of your priority. But did you know that it is an important meal; one that should be consumed by people of any age.

Despite those recommendations, millions of Canadians routinely skip breakfast.

Eating breakfast is an important meal and it helps children to develop healthy habits that will last a lifetime. Eating a good breakfast provides the energy, vitamins and minerals required to start the day. It also has a positive effect on concentration and attitude towards work and school. Studies have shown that children who eat breakfast tend to be more alert and eager to learn than those who skip it and have trouble concentrating, becoming restless and inattentive by late morning.

Also, those little ones that skip breakfast may not obtain the required daily nutrients.

A healthy breakfast is one that includes food items from three to four food groups in order to provide iron, calcium, vitamins, proteins and fibres. Choose foods from the following groups:

- Fruit and vegetables – good sources of vitamins (especially vitamins A and C, and folic acid), minerals and fibres;
- Breads, cereals – good sources of energy, iron, Complex B vitamins and fibre;
- Milk and milk products – good sources of protein, calcium and riboflavin;
- Meat products – good sources of protein, iron and vitamins (thiamin and niacin).

In the morning, a good and healthy breakfast can take as little as a few minutes. Here are some suggestions:

### The hurry up and go breakfast

- Muffin with a fruit shake (mix milk with your favourite fruits and a touch of vanilla);
- A yogurt drink with a slice of banana bread;
- A peanut butter and banana sandwich with a glass of milk;
- Cereals and milk with a glass of juice.

### The 15 minute timetable breakfast

- Seasonal fruits chopped on your favourite high fibre cereals with milk;
- Fruit yogurt and nuts on cereals;
- Multigrain toast with peanut butter and a glass of milk;
- English muffin sandwich (whole-wheat English muffin with one egg and a slice of cheese).

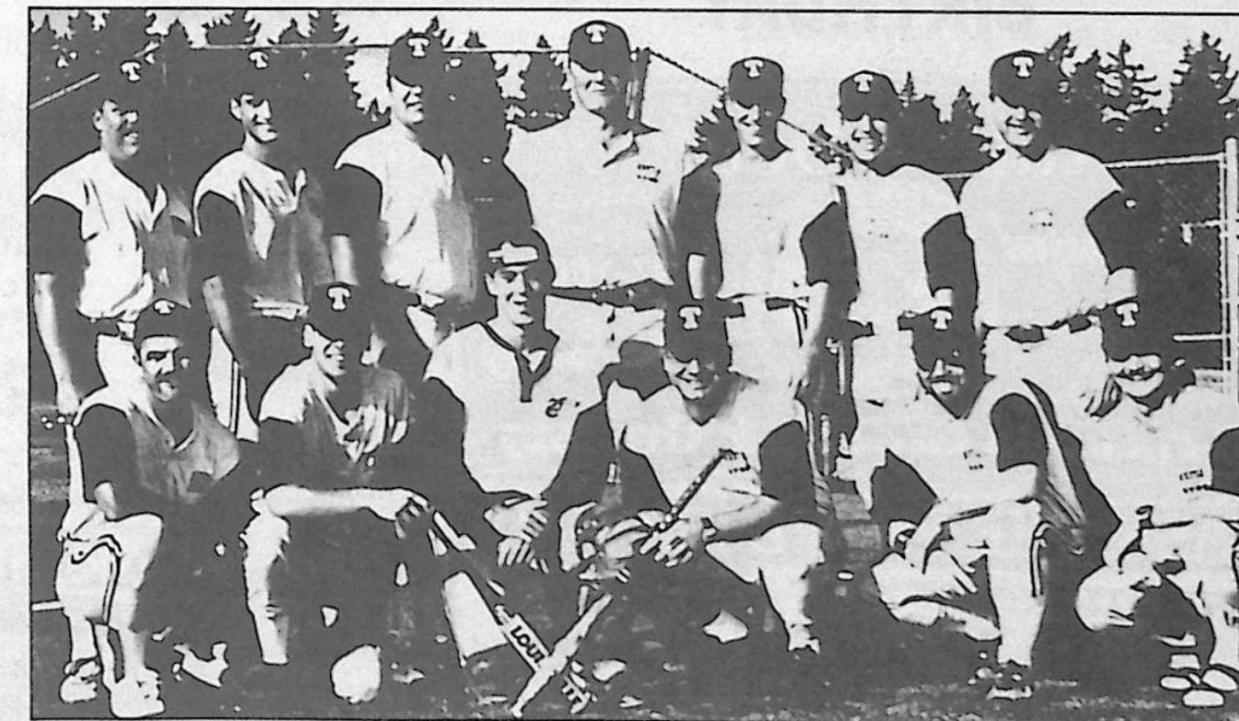
### The relaxing, take your time, breakfast

- Whole-wheat pancakes filled with fresh fruits and accompanied by a morning tropical shake;
- Vegetable omelet with a couple of multigrain toasts;
- French toast with maple yogurt and a half grapefruit.

Thus, for kids as well as adults, balanced breakfast choices can help provide the healthy edge needed for optimum physical performance.

For those who don't yet consume breakfast, it's never too late to wake up to a healthy start.

## 19 Wing Comox off to CF Nationals



19 Wing Comox Totems won the right to represent the Pacific Region at the CF Nationals in CFB Borden 13-20 September. Good luck Lads.  
Back row (L-R): Bruce Webb, Kelly McLaughlin, Troy MacDonald, Rick Patterson, Jamie Carew, Kurt MacDonald, Dale Warren. Front row (L-R): Mike Briere, Ken Berigan, Steve Arcan, Mike Longiro, Tom Harrison (coach), Tom Adams. (Photo by Wing)

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## Fall Swimming Registration

When: 26 September  
Where: Base Rec Centre  
Time: 1000 - 1500 hrs.  
For more info contact J.C. Fromont, Rec Coordinator, loc 8989.

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## WALLACE GARDENS COMMUNITY ASSOCIATION NEWSLETTER

### Wallace Gardens Community Association

#### Non-member Fees

For any non-members of the Wallace Gardens Community Association who would like to attend our various programs, the 1998/99 fees are as follows:

Children's Video Afternoon: \$50 members/\$1.50 non-members  
 Sockhops: \$50 members/\$1.50 non-members  
 Family Bingo: \$25 per card members/\$1.25 for first card, \$25 any additional cards non-members  
 Adult Craft Club: Free to members, \$3.50 drop-in fee non-members  
 Teen Activities: will be posted

\*\*\*Coordinators of each event will verify membership\*\*\*

SUPPORT YOUR WALLACE GARDENS COMMUNITY COUNCIL

COME TO CANEX ON SEPTEMBER 20, 1998 FROM 11:00AM TO 3:00PM AND BUY A HOT DOG AND DRINK FOR \$.68 OR A HAMBURGER AND DRINK FOR \$1.68

ALL PROCEEDS WILL GO TO THE WALLACE GARDENS COMMUNITY ASSOCIATION

HELP CANEX CELEBRATE IT'S 30TH BIRTHDAY

### Captain's Seafoods

Select Seafood



319-4th St.  
Courtenay  
897-1001

1745 Comox Ave.  
Comox  
339-4331

Captain's Greens & Grocery

### ASK THE PROFESSIONAL

#### QUESTION:

What is the best way to save for my child's education?

#### ANSWER:

The best options available are: (1) Registered Educational Savings Plan (RESP). You can contribute up to \$4,000 per year into this plan and the growth is tax sheltered while in the plan. The new rules allow parents to transfer the RESP money into their own RRSP if the child does not attend post-secondary education. The new budget changes make RESP plans much more attractive. (2) Trust Accounts-there is no limit on what you can save in this type of plan. However, the money is not sheltered from tax, but there is freedom to use the funds for uses other than education. A post-secondary education can offer your children the freedom of choice in their future, but only if they have the financial resources to get them there!



Kim Vogel  
Financial Advisor



Comox Valley Rice Financial

480 - C Sixth St.  
Courtenay, B.C.

338-8713

### FLOOR HOCKEY

Wallace Gardens Community Association is hoping to offer a fall and winter floor hockey program for children 8 to 12 years old. It will be held three Saturday evenings a month from 1800 to 2000 hrs. If you are interested or would like more information, please contact the office at 339-8211 (8571).

WALLACE GARDENS



Sunday 25 October 98, from 1 - 3 pm at Airport Elementary School



Volunteers are needed!!!  
Please call Jane at 339-8211 (8571)

ANDERTON NURSERY

Growers of Quality Plants

#### Just Arrived

Top Quality  
Fall Bulbs  
Trees  
& Shrubs

New Selection  
of Architectural  
Garden Ornaments



339-4726

2012 Anderton Rd, Comox - Open daily 9am - 5pm

WALLACE GARDENS

### Children's Video Afternoon

When: Sunday 20 Sep 98 from 1-3 pm.

Where: Wallace Gardens Community Centre

Cost for popcorn & drink: \$.50 members

\$1.50 non-members

For more information, call Yvon Bertin at 339-7522

### URGENTLY NEEDED WARD REPRESENTATIVES FOR THE WALLACE GARDENS COMMUNITY COUNCIL

Ward #3: MQ's 18 through 25A & 34 through 48  
 Ward #7: Row Houses 102, 103, 105, 107, 108, & 110

If you live in any of the above wards and would like to volunteer your time and energy to better our community, please call Jane Bekus at 339-8211 (8571).

### BROWNIES!! LEADERS WANTED

Wallace Gardens Community Association is looking for leaders for our Brownie group. The goal is to help young girls become responsible citizens; develop positive leadership skills; and to help them provide service to their community. Each child learns new skills and tries new and various activities. They learn to cooperate with others and make new friends, while having fun, fun, fun!!! For more information please call Terry Newell at 334-8898.



Our Animal Control Officers are MCpl and Mrs Baird. They can be reached on their pager number 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; or come to RECSPO and have your questions answered in person!



## COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

### Charting Your Future



#### First Things First

Using a solution focussed model, participants will be given the opportunity to generate their own ideas, identify their strengths and choose a direction on their journey to employment. The following areas will be covered:

- Values, goals, and time management
- Communication
- Perception of choice, options, and control
- Problem solving skills
- Stress and anger management
- Self-awareness
- Fitness and nutrition
- Personal finances

Dates: September 22, 24, 29 and October 1 & 6

Time: 9:00am - 2:00pm

#### Who's Driving This Bus?

This is a community orientation and career exploration workshop. Participants will:

- Gain a clear picture of the labor market and resources available in the Comox Valley
- Engage in a career exploration process that will enable participants to choose a career path that recognizes and responds to their personal goals and objectives, and
- Develop a personal action plan

Dates: October 20, 22, 27, 29 & November 3

Time: 9:00am - 2:00pm

#### Building The Basics

Participants will learn the latest strategies for designing and producing effective cover letters and resumes, and preparing for employment related interviews.

Dates: November 17, 19, 24 & 26

Time: 9:00am-2:00pm

#### Entrepreneurial Adventures

A series of workshops for individuals who wish to pursue alternative employment opportunities. Topics covered will include:

- Entrepreneurial check list
- The challenges faced by entrepreneurs
- Identifying business opportunities in the 90's
- Primary market research
- Cash flow and your businesses
- Writing a business plan
- Marketing strategies
- Basic steps to record keeping
- Income tax for small business
- How to use the internet for your business, and
- Government regulations and services

Dates: January 19 to April 6

Days: Tuesdays & Thursdays

Time: 9:00am - 2:00pm

### Soul Rejuvenation

On October 26th from 6:30-8:30pm, Jean Graham, owner of *Soul Rejuvenation*, will be hosting a Aromatherapy workshop at the Comox Military Family Resource Centre.

Aromatherapy is derived from two words. **Aroma**- meaning fragrance or smell and **Therapy**- meaning treatment. Aromatherapy was used by the most ancient civilizations and is reputed to be at least 6000 years old. It is widely thought that Aromatherapy began in Egypt. A medical papyrus considered to date back to around 1555 BC contains remedies for all types of illnesses and the methods of application are similar to the ones used in Aromatherapy and Herbal medicine today. Aromatherapy has been used to treat:

- Arthritic joints
- Bruises
- Congestion
- Eczema/Heat rash

- Insect stings
- Insomnia/Sleeplessness
- Menstrual Cramps
- High Stress

Jean Graham is a military wife and has been living in the Comox Valley with her husband Troy for just over six months. Since moving to the valley Jean has established her home based business, *Soul Rejuvenation*. Jean's services include a full range of body massage, body wraps with essential oils, (which detoxify and revitalize the skin) and a lofa scrub, which acts like a natural exfoliation to remove dead skin cells.

Jean is a graduate of the famous Paul Da Costa Aveda Institute in Victoria. It was there that she earned a certificate in Esthetics, and developed a passion for finding ways to help people experience optimum health through natural methods. At the Institute, Graham also studied essential oils, nutrition and meditation, and after

taking a massage program she realized that she had found her passion. In her business Jean combines her training in esthetics with her training in essential oils, and Swedish and shiatsu massage. She believes strongly in the benefits of massage, and delights in watching people who were once stressed out beginning to restore balance to their bodies and minds. She views herself as an educator, and works as a facilitator to help the body activate its own natural healing capabilities.

Jean believes so strongly in the health benefits of essential oil massage that she has decided against opening a store front location that would increase her overhead and thus increase her prices making her services less accessible to many people. Jean is one of those fortunate people who has discovered her passion in life and has decided to turn it into a business. For more information on *Soul Rejuvenation* call 339-3358.

### Groupe de conversation en anglais

Ce groupe se rencontre tous les jeudis matins de 9h30 à 11h00.

- Venez pratiquer l'anglais dans une atmosphère amicale;
- Apprendre des trucs pour mieux communiquer;
- Apprendre à bien prononcer les mots, le fameux «th», les syllabes, etc.;
- Avoir du plaisir!!!!

Dates: 1er session: 24 sept. - 3 déc.  
2e session: 21 janv. - 25 mars

Coût: \$10,00 par session (10 cours)  
Lieu: 120, rue Kinnikinnik - au Centre de Ressources pour les Familles Militaires  
Inscription: Contactez Michelle O'Neill - Coordinatrice des programmes en français  
Téléphone: 339-8211 (poste 8655) ou 339-8290  
Bienvenue à tous!

### Soirées de Réseau-femmes

(Programme en français du CRFMC)  
Atelier: la connaissance de soi et le développement de notre potentiel

(Animatrice: Lyse Clément)

Dates: 24 sept., 15 oct., 12 nov., 10 déc.

Heure: 7h00 pm

Pour de plus ample information contactez: Nathalie Chevrete - Représentante de Réseau-femmes au 339-7369 ou Michelle O'Neill du CRFMC au 339-8211 (poste 8655)

### Teen Mount Biking

Come out and join in the fun as we explore some awesome trails in our own back yard!

Ages: 13-18 years

Dates: Sept 21, 28

Meeting Place: CMFRC

Fee: Free

Information: Contact Jill at 339-8211 local 8656







**JOCUSTOYS** 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.

#### For Sale

- Bell 56cm motorcycle helmet \$70.
- Bristol ladies size 12 leather jacket \$225.
- Size 11 leather pants \$150.

#### Wanted

Test study participants. People between the ages of 18 and 60 with at least 15 lbs. of excess body fat. 24/hr. message. 1-888-571-6775.

#### Comox Valley Christian School

is accepting applications for enrolment in the 1998-99 school year. Classes for K-9. For information call 337-5335 or come to the school

#### Wanted

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

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

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

4 Stereo speakers for fitness classes. Call Karen 339-9189, leave message. <1/2>

Used storage shed, preferably metal but could be wood. Call 339-9753. <1/2>

One hamster cage with accessories (prefer a 2-storey cage) and one male hamster. Call 339-2112. <1/2>

#### Autos for Sale

1980 Toyota 4x4, bush box, rebuilt engine, no rust, insulated canopy. \$3,000 o.b.o. 339-3097. <1/2>  
Honda CB 360, 1974, ex. cond. runs well. Asking \$450 o.b.o. Call 339-0895. <2/2>

#### Child Care

We have room in our hearts & home for two full-time children ages 2-1/2 & up. Infant & child CPR - Rosanne 890-0096. <1/2>  
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>

Experienced bilingual child care provider will care in my home for children between 18 months-5 years. First Aid & CPR trained. References, Puntledge Park area. Jadette 334-0504. <1/2>

#### Homes for Sale

4-Bedrm Cape Cod in Comox, quiet cul-de-sac, mountain views, 2-car garage, security system, central vac. loads of extras, must see. \$211,000. 890-0304 <1/2>

#### Business Services

High tech mounting laminating. Specializing in portraits, puzzles, certificates and posters. Any size. Professional work. Call 339-6907 anytime. <1/2>

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

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Credit Counselling Service  
Let Us Help You Get Out Of Debt With  
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Stop - Stressful Collection Calls!!  
Avoid Bankruptcy - Rebuild Your Credit  
Manage Your Monthly Cash Flow!!  
**Don't Delay - We Can Help You TODAY!!!**

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1-888-522-3555

#### NOW HIRING

Advertising Sales  
people. Experience  
in newspaper ad  
sales helpful.  
For Totem Times  
Base Paper.  
**CALL 334-0606**

#### Jake's Trivia Answers

1. Gene Tenance
2. Roger Maris
3. Bob Meusel

#### Cancer Society's "Fresh Start" program

The Canadian Cancer Society urgently needs volunteers who are interested in being trained to help others quit smoking and stay quit. Using the program called *Train the Trainers*, volunteers will be taught the skills they need to become facilitators of the Cancer Society's highly successful *Fresh Start* program.

An all-day training session (8:00 a.m. to 4:00 p.m.) will be held in Campbell River on Saturday, 26 September. Lunch will be provided. To register, please call the District Office of the Island Cancer Society at their toll-free number: 1-800-663-7892.

#### Kinnikinnik Child Care Centre

Has openings for  
Before & After School Care  
Krusaders  
(ages 6-8)

&  
Kool Kidz  
(ages 9-11)

Full-time, part-time & drop in spaces.

Transport to and from Airport  
Elementary,  
Family Discounts.

Info and registration:  
339-5051

#### Comox District Concert Band

Rehearsals are now under way in the Band Room at Courtenay Junior School on Guthrie Road.  
Swing Band 6:30 p.m.  
Concert Band 7:30 p.m.  
Further information contact: Pat Jackson 339-5091.

## TODAY'S CROSSWORD PUZZLE

#### ACROSS

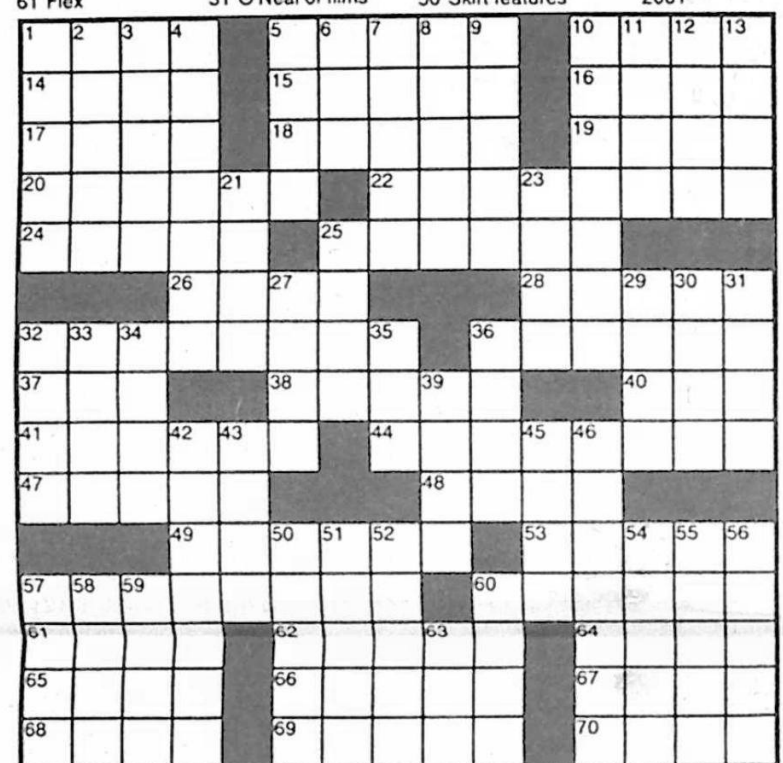
- 1 — mater
- 5 Had supper
- 10 Speaker's platform
- 14 Nectar gatherers
- 15 Worship
- 16 Vanished — thin air
- 17 Songbird
- 18 Gourmet mushroom
- 19 Arabian gulf
- 20 Flee (from jail)
- 22 Some students
- 24 Horned animal
- 25 Happen to
- 26 Ember
- 28 Yellow pigment
- 32 Face to face
- 36 Blood vessel
- 37 Comedian
- 38 Bar seat
- 40 — Khan
- 41 Native of Topeka
- 44 Type of key
- 47 More timid
- 48 Cast a sidelong glance
- 49 Greenish melon
- 53 Dress
- 57 Loyal
- 60 Paper fastener
- 61 Flex

#### DOWN

- 1 More competent
- 2 Dog's chain
- 3 Thank you, in Montreal
- 4 Obliquely
- 5 The Hunchback of Notre —
- 6 Oath response
- 7 Swede's neighbor
- 8 Build
- 9 Indian city
- 10 Regional language
- 11 Forever — day
- 12 Roman road
- 13 Juniors
- 21 Destitute
- 23 Aroma
- 25 Pat dry
- 27 Org. or soc.
- 29 Warmth
- 30 Therefore
- 31 O'Neal of films

#### PREVIOUS PUZZLE SOLVED

AROMA CAB ALPS  
MILERS LEE NARC  
AGENDA ASA OPIE  
TONIMORRISON  
DECOR TOP INERT  
IGOR MAR FAT  
CRYSTAL ALI PIT  
EEL ALL BAA RI  
STY LAC DOSSIER  
SKY FUR ERNE  
ISSUE SEC OASES  
SPEEDSKATING  
LADD EAR STUPOR  
EDGE RTE TOLEDO  
TEES RED PLIED



## FALL COLOUR!

- Japanese Maples
- Burning Bush
- Purple Smoke Bush
- Persian Parrotia

#### LITTLE RIVER GARDEN CENTRE

LANDSCAPE CONSULTATIONS AVAILABLE

Discover these and many other PLANTS OF DISTINCTION

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



**ENVIOTIPS...**  
(NC)—Turning off the electrical water heater when you are away for several days saves money and energy consumption. Most sources of electricity rely on systems that cause greenhouse gas emissions which contribute to climate change.



#### Breakfast for Learning NutriTips

- Children aged 4 to 9 should have 2 to 3 servings of milk products a day. Don't forget cheese and yogurt.
- Don't force kids to eat more than they want, and don't use food as a bribe.
- An apple a day provides a good source of fibre and helps keep teeth and gums healthy.
- For teens who skip breakfast, slip some fruit, cheese and dried cereal or trail mix into their backpacks.

Breakfast for Learning's vision is that all Canadian children should go to school well nourished and ready to learn. For more information call 1-800-627-7922.

— News Canada

#### Auto for Sale

1985 VW Westfalia, sleeps 4, 3-way fridge, stove, sink, aux. gas heater, awning, Captain's chairs. Ex. cond. Engine/transmission rebuilt \$1,150. Wayne Shields 334-1622, loc 8584. <1/2>

#### HARBOUR WOOD

Aitken Road & Comox Ave., Comox

Conveniently located close to shops, schools and hospital, Harbour Wood is a residential complex renting 3 & 4 bedroom patio homes. Completely renovated inside & out with new appliances, thermal windows, gas heat & hot water. Lawn maintenance provided and washers & dryers available for minimal charge. Call us for an appointment to view or visit our Open Houses every Fri. & Sat. Rents start at \$699. All military personnel are entitled to an additional discount of \$30 per month on 3 or 4 Bdrm. units.

CALL 339-9805

Comox's newest rental Community

## Officers Mess Ladies Club Calendar of events



#### Oct 21 Craft Night

We need at least five talented ladies to set up a workstation and teach their craft.

#### Nov 18 Christmas Auction

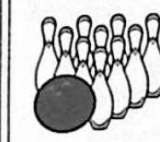
(To be confirmed, subject to mess approval.)

#### December

There will be no meeting due to Christmas Parties throughout the month.

#### Jan 18 Bingo Bowling

Fun night, let's get physical! (Subject to availability of bowling alley.)



## Francophone Association Fall Classes and Activities

#### FRENCH

Beginner 1: Thursday 6:30-9:30 p.m., Oct 8-Dec 10 (30 hours). Cost: \$90 non-members, \$72 members.

Intermediate/Adv: Monday 6:30-9:30 p.m., Oct 5-Dec 14.

Cost: same as above.

Conversation française: Tuesday 10:00-12:00 a.m., Oct 6-Dec 8 (20 hours). Cost \$40 non-members, \$32 members.

#### ENGLISH

Intermediate/Adv: Tuesday 6:30-9:30 p.m., Oct 6-Dec 8 (30 hours). Cost \$90 non-members, \$72 members.

#### SPANISH

Beginner: Monday 6:30-9:30 p.m. Oct 5-Dec 14 (30 hours). Cost \$90 non-members, \$72 members.

Intermediate/Adv: Tuesday 6:30-9:30 p.m. Oct 8-Dec 15 (30 hours). Cost \$90 non-members, \$72 members.

Intermediate/Adv: Thursday 12:00-3:00 p.m. Oct 8-Dec 10. Cost: same as above.

#### CHOIR

Every Wednesday at 7:00 p.m., Sept 16-Dec 20. Phone 334-8884 for more info.

#### THEATRE PLAY

"Et si Dieu jouait aux dés?" Presented by Le Théâtre de la 16e from Vancouver on October 10 at 8:00 p.m. in Old Church Theatre. Tickets \$12.50 non-members, \$10 members, on sale at the Francophone Association, 1491 McPhee, Unit #2, Courtenay.

#### EMERGENCY FIRST AID CHILD CARE

Saturday, Oct 17 from 8:00 a.m. to 4:30 p.m. Cost \$65 non-members, \$55 members.

**THE GREATEST SAVINGS YOU'VE EVER SEEN GUARANTEED DURING OUR**

CANEX

1958 - 1959

ANNIVERSARY

CELEBRATION

16-27 SEPTEMBER 1998

**CANEX**

TRY US AGAIN FOR THE FIRST TIME... YOU WILL BE GLAD YOU DID

## Dog Morsels

By Gerry Gerow

#### Pet Sitting for Profit

By Patti J. Moran, Howell Book House, Macmillan Publishing, New York. (\$24.95)

Have you ever considered that looking after other folk's pets while they are on vacation, or otherwise away from home, would make a good home business? If you have, then you should read this book first. Moran, who has operated a successful pet sitting business for many years, has pointed out the advantages and pitfalls in her book.

How to get started and how to advertise for business are two of the topics covered. Moran goes on to such business essentials as setting up an office, hiring an accountant, finding help and much more.

In this 200 page, paperback edition, Moran points out that it is not as easy as it seems at first glance, but how pet sitting can be a profitable home business.

A lot of pet sitting is done in the client's own home, with the sitter visiting two or three times a day to look after and exercise the pet. Moran covers this aspect very well in her book. There is a question and answer section on this subject, which is excellent.

This one has been out for a while, so it may well be on the bookstore shelf or, if not, they will order it for you.

#### The German Shepherd Today

By Winifred Gibson Strickland and James A. Moses, Howell Book House, Macmillan Publishing, New York. (\$41.95)

Both authors are highly experienced breeders of championship German Shepherds. This is the third edition of a book originally published in 1974. It is a 482 page hard cover, well illustrated with over 100 black and white photos.

It is full of information about the breed and, undoubtedly, one of the best breed books I have come across. The German Shepherd is one of the most popular dogs in the world. Breed history and much information from all over the world, especially Germany, is included.

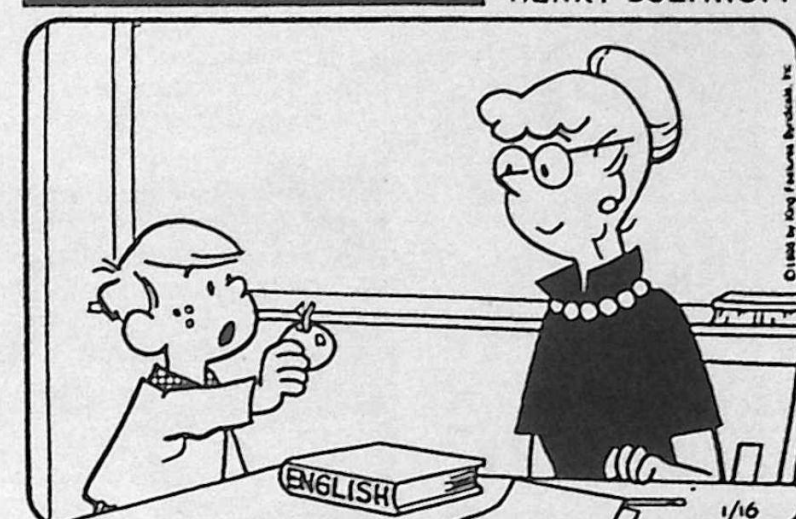
Starting out as exactly what the name implies, a shepherd's dog, the breed has become known as a police dog because of its extensive use in police and guard work. It is also an excellent seeing eye dog for the blind.

The topics covered in the book are far too numerous to list here. Let's just say that everything you would expect to find in a breed book is here and a lot more.

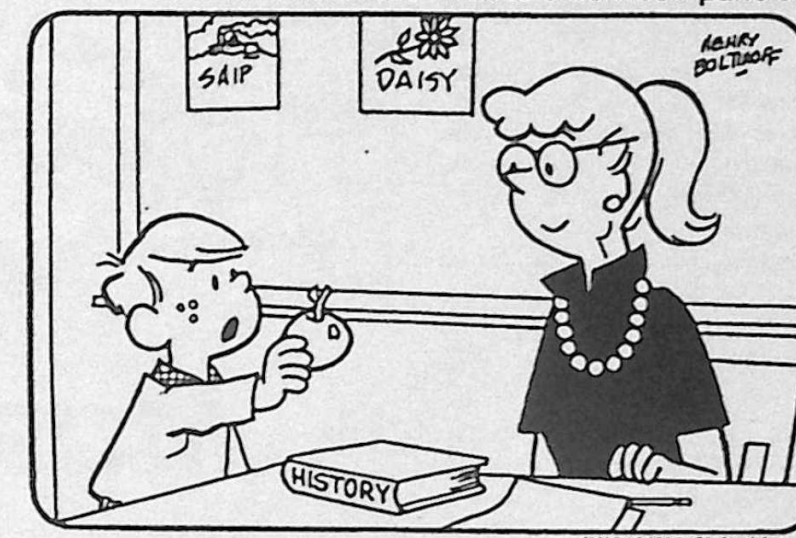
This book is a must for the library of every German Shepherd owner. You should find a book on such a popular breed at the book or pet store. If you're on the Internet, try: www.mcp.com/mgr/howell

## HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Drawings are added. 2. Apple is larger. 3. Title is changed. 4. Pearl strand is longer. 5. Eraser is missing. 6. Hair is different.

Hey John...I'll trade you some Seawater for a fresh fish, okay?

Okay! Sure!!



Johnathon Livingston Sea Gullible



## Royal Canadian Legion

### Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m.

18 September Norm's Combo

25 September Ventura Highway

Crib Tournament: Sunday, 27 September, 1:00 p.m.

Registration 12 - 12:30 p.m.

Tacky Tourist Night: Friday, 25 September.

Dance 8:00 - midnight.

Fall Auction: Saturday, 26 September, 1:00 p.m.

All donations accepted. Phone the office for pick-up.

### Branch 28 Cumberland (336-2361)

Every Wednesday, Bingo 7:00 p.m.

Fall Fair - 4 Oct - farm produce, bake sale, garage sale, BBQ

Hall rental: non-members \$75, members \$50, kitchen use \$25.

### Branch 160 Comox (339-2022)

18 September Eldorado

25 September Alleycats

02 October Ventura Highway

09 October Norm's Combo





## Air Force to celebrate 75th Anniversary

by Vic Johnson

With little fanfare, the Royal Canadian Air Force came into being on April 1, 1924. As a follow-on to the tiny Canadian Air Force, at that time the fledgling service was affected little by gaining the "Royal" title. Until WW II broke out 15 years later, the RCAF would struggle along with meagre resources, inadequate funding and an indifferent government. That changed quickly in the late 1930s as war clouds loomed over Europe, and with wartime expansion, the RCAF eventually grew to some 250,000 men and women, the world's fourth largest air force. Indeed, an estimated 350,000 served in "air force blue" during the six years of war.

In 1999, Canada's air force and its veterans will celebrate the 75th anniversary of the creation of the RCAF. Many special events and ceremonies are planned at various locations across Canada, and a special logo has been designed for use in promotional projects. This year, 1998, marks the 50th anniversary of the founding of the RCAF Association and a similar but complimentary logo was also designed by graphic designer Lori Brown of the Association's Ottawa headquarters staff, to celebrate this milestone. More than 20,000 lapel pins bearing the RCAF 75th logo have been manufactured on behalf of the Air Force Association of Canada for distribution to serving air force members and air cadets. A unique "Anniversary Band of the Air Force," comprised of Winnipeg's 1 Canadian Air Division Band and Trenton's 8 Wing Pipes and Drums, will provide musical tribute to the 75th during 1999. Some air force aircraft will sport the design during the anniversary year.

And this coming October, *Airforce* magazine, the Association's official publication will produce a special expanded "keeper" tribute issue to the RCAF. The magazine will be available on selected news-stands Canada-wide, and from Association Headquarters in Ottawa.

For further information on the RCAF's 75th anniversary, please contact Vic Johnson at:

Tel (613) 992-5184

Fax (613) 995-2196

E-mail: [vjohnson@airforce.ca](mailto:vjohnson@airforce.ca)

Internet: [www.airforce.ca](http://www.airforce.ca)

(Vic Johnson is the editor of *Airforce* magazine)



## Museum the alternate

by Joel Clarkston

The Comox Air Force Museum's bid for the surplus Lancaster bomber at the Toronto CNE grounds has been reviewed by the selection committee of Heritage Toronto. The committee will recommend to the Board of Heritage Toronto on September 23 that the bomber be loaned to the Toronto Aerospace Museum once they have produced a satisfactory conservation and transportation plan. The committee noted that the Toronto Museum "has developed a good interpretive programme focusing on the Toronto aviation industry, has appropriate facilities for the bomber's restoration and display, and is part of a larger matrix of public facilities..."

The selection committee will recommend to the Board that the

Comox Air Force Museum be loaned the Lancaster bomber if the Toronto Museum is unable to satisfy the conservation requirements of Heritage Toronto. Stating that they "were most impressed by the submission of the Comox Air Force Museum", the selection committee recommended that the Lancaster go to Comox "should negotiations to place the object on loan to the Toronto Aerospace Museum fail."

The Lancaster bomber, examples of which served at CFB Comox during the 1950's, currently rests on outdoor display at the Canadian National Exhibition grounds. Museums across Canada were invited to submit bids for the bomber to Toronto City council and more than 26 museums responded Canada wide. The four-

member selection committee consisted of two members of the Heritage Toronto staff, one Heritage Toronto Board member and the Curator of HMCS Haida.

The Air Force Museum plans to send a further brief to the Board of Heritage Toronto prior to the submission of its recommendations to the Toronto City Council, who will make the final decision on the disposition of the bomber.

### PASSAGES

The staff and members of the Comox Air Force Museum wish to acknowledge the passing of Mr. Harold Marfell, a former member of the Royal Canadian Air Force and a frequent visitor and supporter of the Museum. Mr. Marfell joined the RCAF in 1939 and served for six years. He was a gun-

ner on the Boulton Paul Defiant and served on that type during its transition from day to night fighter, to Search and Rescue aircraft and finally to a gunnery target tow. He proved to be a wealth of information during the museum's research into the flying and fighting characteristics of the Defiant. Frequently stopping by the museum for comment and conversation, he was a delight to deal with and had a genuine interest in the history of the RCAF and the health of the Air Force Museum.

Mr. Marfell passed away at his home in Fanny Bay on September 5 at the age of 78. He is survived by his wife Marjorie, son Terry, daughter Ellen, granddaughters Michelle and Deborah Hanley, and nieces, Muriel Forslund and Sylvia Fiset.



**Fall/Winter Hours**  
for  
**Comox Air Force Museum**  
Located at the entrance to CFB Comox  
Open Sat, Sun & holidays  
10:00 a.m. till 4:00 p.m.

### Battle of Britain Commemorative Service

On Sunday, 20 September, 19 Wing Comox will conduct an Ecumenical Remembrance Service and Static Parade to commemorate the 58th Anniversary of the Battle of Britain. The Service and Parade will be held at the Heritage Aircraft Park (located next to the Comox Valley Airport on Little River Road).

In the event of inclement weather the ceremony will be held at St. Michael & All Angels Protestant Chapel across the road. Spectators are requested to be seated by 1045 hrs with the Service commencing at 1100 hrs.



Photos above show Marina Park before and after the Comox Nautical Days crowds arrive. The Museum participated in this popular annual event with a sales booth and display.