



# TOTEM TIMES

19 Wing CFB Comox

THURSDAY 1 OCTOBER 1998

The Comox Valley's Oldest Newspaper

VOL. 40 NO. 16

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Monday Oct 5  
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National  
Newspaper  
Week  
Oct 4-10



Happy  
Thanksgiving  
Oct 12



—\$22,500

United  
Way  
Campaign

see page 3

—\$0.00

## \$500,000 earmarked for leaky tanks

By Capt Jeff Manney

CFB Comox's ageing tanks are about to go into refit.

The "tanks" — five one million litre storage containers filled with Jet fuel — are poised to undergo a comprehensive upgrading over the next six months.

Repairs will include cleaning, testing, improved leak protection and valve replacements. In addition, the Knight Road tank farm will undergo an environmental clean up of the nearly 8,000 litres of fuel believed to have seeped beneath the tanks earlier this year. Funding for the project is coming from NDHQ's Director General Environment.

Recent inspections indicate the containers, built between 1952 and 1968, are finally beginning to

show their age. All are exhibiting varying degrees of corrosion and at least two were found to be leaking. None are presently deemed earthquake resistant. The worst offender, #3 tank, has already been closed. It will be the first to be refurbished.

Work on the tanks is due to be completed by March 1, 1999. The time-line is relatively short thanks to word that the pipeline system feeding the tanks remains certified for continued operation.

CE officials anticipate no major impact on either Wing operations or those of the municipal airport for the duration of the project.

The repairs are expected to add another 15 years to the life of the tanks.



Attention fixed on fuel spill  
Tank farm under constant watch

By Capt Jeff Manney

When jet-fuel started to go missing from the CFB Comox tank farm in early April, Bob Allan says it caught everyone's attention.

"While there was never any fuel in the ground water, we still felt it was unusual," says Allan, the CFB Comox Wing Environmental Officer. Although Allan and other officials quickly suspected a leak, confirming it was another matter entirely.

"The losses were about 1,200 litres a week," he says. "That may seem a lot to your average driver, but out of 900,000 litres it was barely noticeable."

After several weeks of monitoring, it was clear the tank farm had a problem. By the time a "spill" was officially declared, 8,000 litres had disappeared. Allan believes the fuel now lies beneath a leaky tank, held in place by a liner and the vigilance of his staff.

"We continue to monitor it

once a month," Allan says, "(the spill) hasn't migrated beyond 10 metres from the tank."

A number of monitoring wells are currently keeping tabs on the wayward fuel. Sunk deep into the ground water, they are constantly examined for signs of contamination. Recently another 13 wells were added to the site.

So far the news is good, says Allan. Ground water is free of fuel and continues to meet Federal regulations. After an inspection in August, Environment Canada officially endorsed the Wing's engineering and environmental response to the spill.

Monitoring of both ground and surface waters is expected to continue throughout the fall and winter.

In concert with the tank refurbishment program, an environmental clean up will remove the spilled fuel and the threat it poses to the environment.

## 442 Squadron earns Mynarski trophy

By Capt Jeff Manney

The daring rescue of four fishermen from a sinking vessel has earned 442 Squadron the prestigious Andrew Mynarski trophy.

The award is named in honour of the wartime airman who gave his life attempting to rescue a fellow crewman from a burning Lancaster bomber. The trophy ostensibly recognises excellence in the field of Search and Rescue aviation — but its recipients have always practised a similar level of self-sacrifice.

The award will be presented to Aircraft Commander Capt Martin Combe and his crew. Their nomination cites "bravery in the face of extreme conditions."

It records that, on March 17, 1997, the crew put the lives of the fishing crew "above their own," when they took their Labrador helicopter "into extremely hazardous weather and flight conditions...knowing that four lives were in immediate danger."

For Combe, the award recalls a grim day just 80 miles northwest of Vancouver Island. Amid a howling gale and 40-foot seas, he fought to keep his helicopter perched just 10 feet above the floundering vessel.

"It was really ugly," he recalls. "We had a helluva time trying not to hit the mast."

By the time Combe and his crew arrived on the scene, the poorly named Cape Fairweather had lost its battle with the sea. With its pumps failing and its stabilising outriggers smashed, the Captain's efforts to reach safety were doomed. When his 20,000 pound cargo of fish began to shift, he gave the order to abandon ship.

At the same time, a circling Buffalo aircraft, low on fuel, reluctantly departed for Comox. Now alone in the gale, Combe gingerly manoeuvred the helicopter into position over the boat. Cautiously feeling the rhythm of the pitching surface, he began to synchronise his hover, ascending and descending in tempo with the swells. "Like flying formation off

a boat," he remembers.

With the Cape Fairweather sinking slowly by the stern, the bow offered the only likely hoisting point. But as the crew lowered SARTEC Team Leader Sgt Tony Isaacs to the deck, the vessel's broken lines began to flail wildly, threatening at any moment to entangle him, or worse, the helicopter. The danger would endure throughout the rescue.

Safely aboard, Isaacs stabilised the hoist line and prepared the fisherman for the short journey skyward with SARTEC MCpl Mark Charron. Meanwhile the boat's Captain fought the wheel for what little steerage remained. When finally he relented, the vessel quickly turned broadside into the wind, completely adrift. Combe says the last two hoists were the most difficult.

"That's when we really started exceeding our flight profile," he says. "We were flying sideways in the wind, trying to stay over the boat...it was the greatest challenge of my career."

Played out in heartbeats, Combe says the rescue "took an eternity." But it was over in thirty minutes. With both crews safely aboard, the Labrador headed for shore.

There was little conversation in the cabin on the way home, but Combe remembers the unspoken sentiments upon the lips of his crew. "We were all quite relieved to end that day successfully," he says.

A year and a half later, Combe is pleasantly surprised that the efforts of his crew have been honoured.

"It's not something we aim for," he says. "This job gets done across the country every day. Still, when so much goes without notice, it's nice to see something actually get recognised."

Captain Combe will be joined in Halifax by his crew, including First Officer Lt (USCG) Sean Mahoney and Flight Engineer MCpl Tom Molloy.

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# Fire Prevention Week Oct 4-10



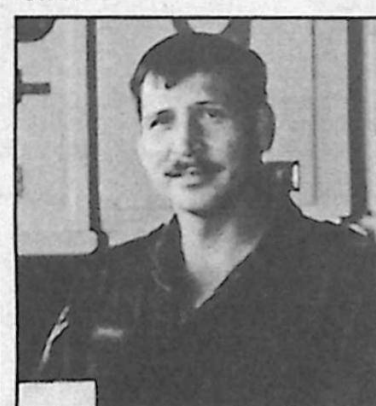
## 19 Wing Comox Fire Dept. reminds all PMQ residents to participate in "The Great Escape" Fire Drill



Col Neumann, 19 Wing Commander, posts the Official Proclamation designating 4 to 10 October 1998 as National Fire Prevention Week. The Fire Chief, MWO Armstrong accompanies the WComd. (Photo by Wlmg.)



LCol Leversedge presents Cpl Franc Cloutier with his Canadian Forces Decoration in recognition of 12 years of loyal service to the CAF.



Cpl Jim Dodge, of the Wing Fire Department, receives his well earned promotion to MCpl.



MCpl Mike Cashman, 195 CFR Flight, receives his richly deserved promotion to Sgt.

Photos by  
Wing Imaging  
Section



In keeping with the changing Air Force focus toward deployed operational capabilities, the Wing Fire Department recently assembled all available troops to witness the official stand-up of the #195 Crash Fire Rescue (CFR) Flight. LCol Leversedge, WLogO and Maj Gauthier, WCEO, presided over this and other activities, making it a memorable afternoon.

Next deadlines  
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16 October,  
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The week of 4-10 October has been designated as National Fire Prevention Week for 1998. This year's theme is - Fire Drills: The Great Escape.

Each year some 400 Canadians die in fire, most in the home. In recognition of this, Fire Departments across Canada, including DND fire departments, will be promoting activities such as home fire escape plans, designed to increase chances for survival of a home fire. Historically, some of the worst fires in terms of life loss have occurred in work places. Due to the types of activities and large numbers of people in some work places, the risk of fires remains, even in modern times. In light of this, DND fire personnel and those responsible for individual work places are encouraged to review work place fire safety plans, ensure that all personnel are con-

sistent with these plans and to exercise these plans during Fire Prevention Week and throughout the year.

### Additional Fire Prevention Week activities

The following activities will also take place during this week:

- The Fire Safety House will visit Airport Elementary School on the morning of 10 October;
- The Fire Hall will be hosting an Open House all week for tours;
- Colouring contest for Grades 1 through 3 at Airport Elementary School; and
- Table display of fire safety and prevention material in the Canex foyer area.

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## 19 WING UNITED WAY CAMPAIGN OFFICIALLY UNDERWAY

Col W.J. Neumann, WComd 19, and CWO D.R. Dupuis, WCWO, officially opened the 19 Wing United Way Campaign in an early morning flag raising ceremony, on 14 September. Attending the ceremony on behalf of the Comox Valley United Way were Mrs. Pamela Royer, and Mr. Brian Tuskey.

19 Wing Comox has set a goal of \$22,500 for its 1998 United Way Campaign. The campaign, which runs until 31 October 1998, is organized by approximately 30 military volunteers of all ranks. As in the past, participation is the KEY to success for the United Way Campaign.

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 26 agencies. All funds raised at the Wing will be distributed locally; in this way, all of the donations will be helping members of the community. This year approximately 12,000 Comox Valley residents will benefit directly from the donations made to the United Way.

The BC Children's Hospital, the BC 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 some of the agencies that will benefit from your donation.

19 Wing Comox is a significant contributor to the Comox Valley United Way. Wing personnel view the campaign as a great opportunity to help the community. Together, we will make a difference!

## Cessna 172 pilot rescued by 442



The pilot of a downed Cessna 172 aircraft was found on the slopes of Mt. Washington—just three miles south of the ski hill—and medically evacuated to St. Joseph's Hospital. The individual was hoisted into an Air Force Labrador helicopter Friday afternoon, Sept 18, after the wreckage was sighted at 11:15 a.m. by Spotter Cpl Dwayne Valad. He was delivered to the hospital at 12:05 p.m. with leg and hip injuries.

"It's a miracle that he wasn't killed," says aircraft commander, and 442 Sqn commanding officer, LCol Grant Smith. "The aircraft

was completely destroyed and had crashed into 100-foot trees. The terrain made it extremely difficult to see the aircraft."

Search and Rescue Technicians WO John Carriere and Sgt Ron Rey administered first aid and moved the injured pilot onto a stretcher for removal to the helicopter, while pilot Maj Michael Mayhew positioned the Labrador.

The aircraft crashed on Thursday afternoon and search efforts began immediately. After being called off for the night, the search resumed Friday morning at 6:30 a.m.

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?

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Now that was impressive. The Battle of Britain Parade, I mean. Held on Sunday, 20 September at the Heritage Air Park, the Battle of Britain parade had to have been one of the largest parades anywhere in B.C. to commemorate that battle.

As the liaison officer for 808 Wing Nanaimo, I normally attend the ceremonies there, but due to (ahem) unforeseen circumstances, my departure time did not allow for my timely arrival at 808 Wing. So I decided to take in the 19 Wing parade instead. I was very impressed with the number and quality of participants in the parade.

It seems to me that only five years ago, during the heyday of restructuring on the base, that the decision was made by the base not to support the Battle of Britain parade. It seemed like a good idea at the time, to keep the money for current operations and not overtax our people by having them attend too many ceremonial functions. After seeing the turnout last Sunday, however, it seems that the meaning of these parades is much more profound and far reaching than any current operation. Ceremony and recognition is truly at the heart of our morale and motivation. To have cancelled it for managerial reasons now seems strangely embarrassing.

I'm happy to see that the Battle of Britain parade grows in size and stature each year. Now if they could just do something with those voice activated microphones.

Joel Clarkston



## Community Newspapers

We're at the heart of things

National Newspaper Week  
October 4-10, 1998

## Totem Times Open House

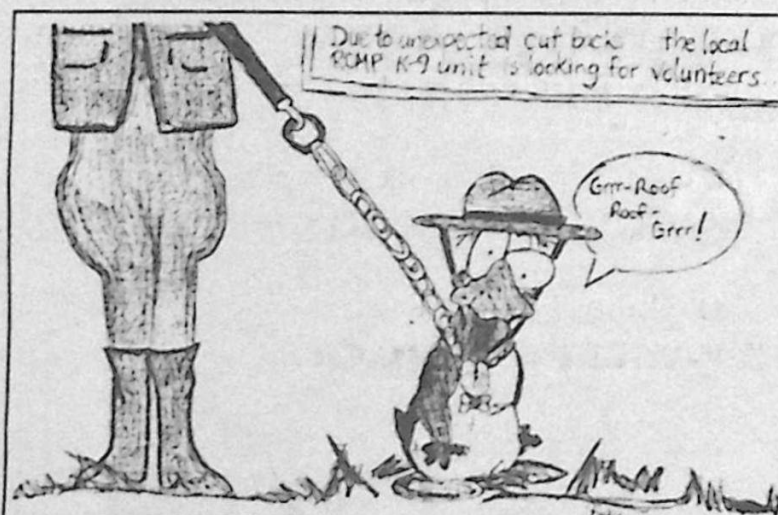
The Totem Times is hosting an Open House on Monday, 5 Oct. 9, between 0830 and 1130am, to celebrate National Newspaper Week.

We find that this year's theme is very fitting: "Community Newspapers - We're at the heart of things." By featuring CF news, base news, base sports news as well as Wallace Garden Community Association and Comox Military Family Resource Centre news, the Totem Times really is "at the heart of things" at 19 Wing Comox and we are proud of it.

During the Open House, we will show off our new desktop publishing work stations and display various aspects of the production of a newspaper as well as answer any questions you may have.

We look forward to seeing you there.

## Letter to the Editor



Dear Editor,

During our lunch break at Headquarters, hard working individuals thought up a new and improved way of replacing the RCMP K-9 unit due to cutbacks.

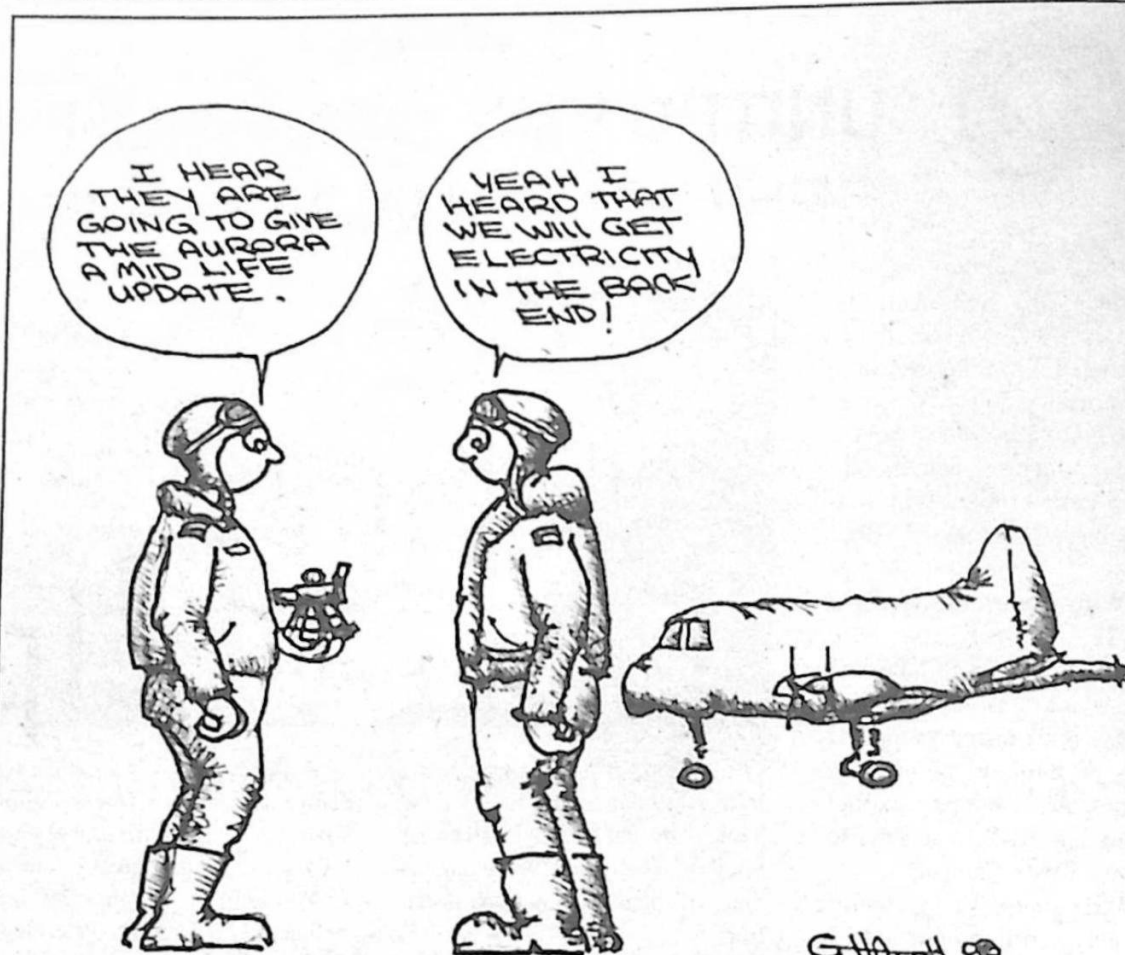
Conveniently, Capt Duckworth, the WTIS Ops O suggested ducks would not only be of service on land and air but in water as

well and may be able to recruit the Coast Guard operations unit.

Needless to say, we're not sure if Capt Duckworth was trying to recruit his own kind!

So here it is—a little bit of humour from those with us at lunch that day.

Stéphany Gray, WCPO office



OUT OF THE STEAM AGE

## Battle of Britain parade highlights



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MANAGING EDITOR  
MCpl Edith Cuerrier

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Capt David Krayden

CARTOONIST  
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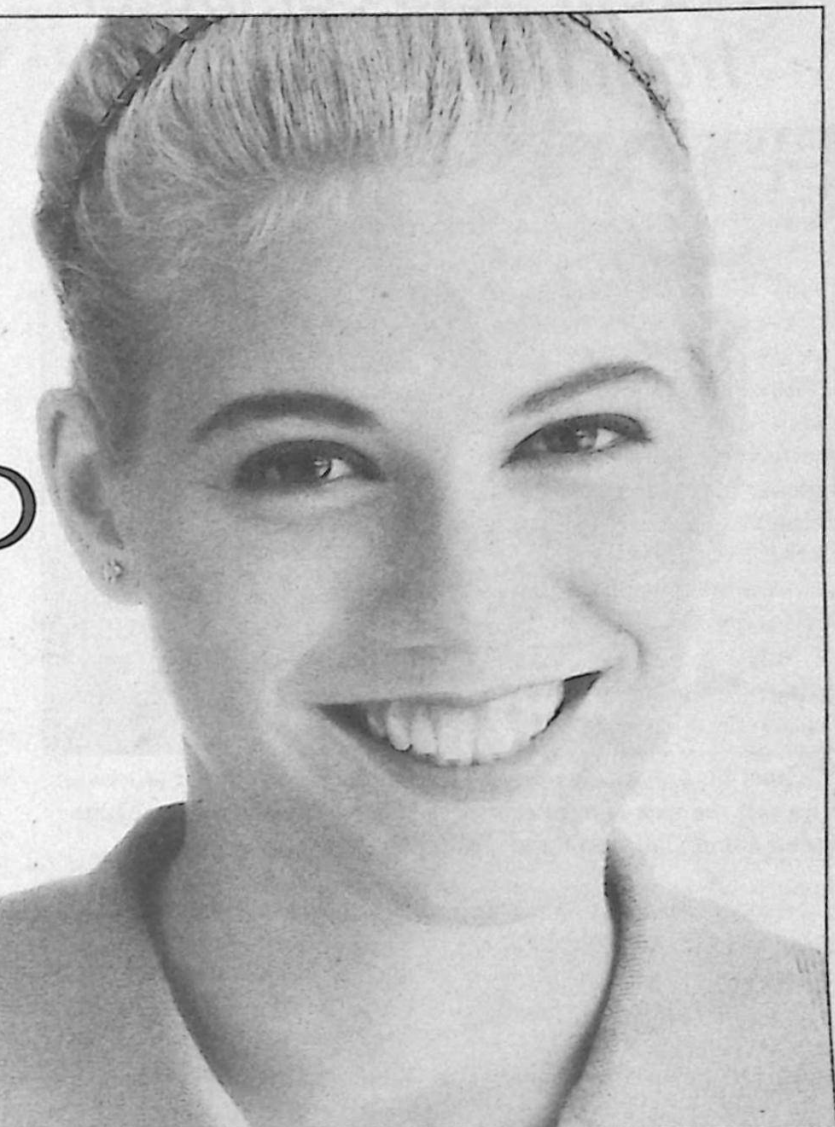
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OFFICE HOURS  
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1:00 - 3:30 p.m.

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#### Helping Individuals Repay Student Loans:

- new tax credit for interest paid on student loans
- improvements to the interest relief plan to help students repay their loans, and extension of interest relief over a longer period of time
- possible reduction in Canada Student Loan principal for those in serious financial difficulty

### The Youth Information Initiative

This service provides young people with job market information so they can make decisions about their

education and careers. Information is available through a Web site, a toll-free information line, local information exhibits, Youth Link, a directory of Government of Canada programs for youths, and seminars and conferences held in communities throughout Canada.

### SchoolNet.

Canada's SchoolNet helps connect the country's 16,500 schools, 3,400 public libraries, and 460 First Nations schools to the information highway. It links over 1,000 national and international educational services and resources. This enables educators and learners to develop the skills needed in the global economy.

For more information on these programs and services, or information on youth employment, please call

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## Visually impaired student gets computer from Military Police



Michael McLellan, encouraged by his mother and other onlookers, tries out the new computer system donated to him by the Military Police Blind Children Fund. (Photo by Cpl L. Ecuier, Wimg.)

Members of the 19 Wing Security and Military Police Flight, in partnership with the Bowser Legion and H.E.R.E. Computers of Courtenay, presented Mr Michael McLellan with a state-of-the-art customised Pentium computer system. Michael, a visually impaired resident of Bowser, will be putting his new computer system through its paces in furthering his education at North Island College this fall. The system includes a scanner and voice and character recognition software. This combination of hardware and software will provide Michael with access to the Internet and text-based books.

In his remarks to Legion Members and the McLellan family members present, Capt John Pumphrey, WSAMPO, highlighted the importance of partnering with organisations to ensure that the proper assistance is provided to visually impaired children. "This presentation would not have been possible without the work of a number of key organisations. The local Military Police from 19 Wing Comox conducted fundraising activities throughout the year, the Bowser Legion made us aware of Michael McLellan, and H.E.R.E. Computers provided the right technology to assist Michael in achieving his academic goals."

The Military Police Fund For Blind Children (MPFBC) was created by Col (Ret'd) Jim Stone, while serving as the Canadian Army Provost Marshal in 1957. While supporting his daughter, Moira, in dealing with a would-be lethal bout of cancer of the eye, Col Stone came into contact with a number of other blind children; children that could not afford some of the simpler things in life. Their plight affected him deeply, and he pledged that he would help in every way that he could. He canvassed members of the Canadian Provost Corps to make small donations each year. Over time, a fund was established to assist young visually impaired Canadians achieve their goals and dreams. The Military Police Fund for Blind Children is the only official charity of the Canadian Forces and has, to date, raised more than three million dollars.

In 1995, Col (ret'd) Stone received the Order of Canada from Governor General Romeo LeBlanc for creating the Fund. Individuals and organisations interested in making donations to the MPFBC may do so at the Security and Military Police building at CFB Comox.

Further information may be obtained from the MPFBC Representative, Cpl (Tom) Crispin at 339-8218.

## Capt John Lalonde: Truly and officer of military merit

By Capt David Krayden  
Wing Public Affairs Officer

In the village of Masset, citizens remember the legacy of Capt John Lalonde every time they go roller-skating. They go to the John Lalonde Roller Rink, a facility that wouldn't exist today without the tireless efforts of the Air Force finance officer in securing support from local businesses, citizens and the provincial government. The rink was completed in 1995 while Lalonde was serving as the station controller at CFS Masset. It was recently named in honour of one of Masset's best-remembered citizens.

The Canadian Forces recently honoured Lalonde with another sort of award: he was presented with the Order of Military Merit for a career that exemplifies the best qualities of an officer from a

man who always goes a little farther than he has to.

In his 28 years of service, Capt Lalonde has arguably improved every organisation or community with which he has been affiliated. Beginning as a private soldier in 1970, Lalonde was easily recognised as a candidate for promotion and continued success.

He has over two dozen letters of commendation in his pers file. If there has ever been a special event on any base that Capt Lalonde didn't volunteer his time or expertise towards, we're not aware of it.

He has taken this same energy, drive and dedication and applied it to his private life in the community, and is always recognised as someone who cares. Whether he's the understanding but practical Wing Financial Counsellor who enables Wing personnel to get their finances in order, the number

cruncher who makes an air show profitable, or the athlete who plays a great game of hockey and participates in the annual Snow to Surf competition, Capt Lalonde embodies the ideal of the military member who considers himself subject to the same standards of honesty, loyalty and integrity when he is out of uniform or in.

One should also add modesty to that list of qualities. For the honour has hardly inflated Lalonde's sense of proportion or self-importance. There is a hint of embarrassment that someone has finally noticed all the good work and decided to officially recognise it all.

Sitting at his desk, located inside the NPF section of headquarters, Lalonde is almost philosophic about receiving the OMM. He says he felt "more than a little hon-

The community of Masset was grateful, as have been many communities over the years where Lalonde has supported local job creation and facility development.

With accomplishments like that to point to, Lalonde says the current obsession by some news media on social problems within the military is "discouraging." He points especially to the series of articles in Maelans magazine, which all but depicted the CF as a cesspool of social and sexual dysfunction, replete with sexual assault and harassment. The national media has never opted to feature stories on the many CF personnel whose contribution to their base and community is an inordinately positive one.

Another positive contribution for Lalonde is his role as Wing Financial Counsellor, where he

has the opportunity to instruct military personnel on the best ways to manage their finances. "Unfortunately, I often get the extreme cases in my office, where the money just isn't there to even cover the monthly bills. My message is to not wait until the problems become overwhelming and if

you're turned down for a loan, turn to the financial counsellor, not another financial agency with huge interest charges."

It has been a long road from his hometown of Penetanguishene, Ont. to OMM recipient, and things might have turned out differently. Instead of solving the financial difficulties of individuals and communities, Capt Lalonde might be taking pictures today.

"When I joined the CF I was offered the photo tech trade but nobody told me how potentially exciting that job could be. Then I was offered financial clerk and they said, 'you get to handle the money.' Then I said, 'that's for me.'"

The rest is history.



More than a little honoured..... Shortly after receiving the prestigious Order of Military Merit, Capt Lalonde is joined by (L-R) wife Peggyanne Lalonde, Governor General Romeo LeBlanc and Chief of Defence Staff Gen Maurice Baril. Capt Lalonde received the honour for his outstanding contributions to base and community life.

oured but I'm a shy individual and don't like too much attention." He adds that the award recognises a wide range of activities and "not just the one project."

Still, Lalonde is undeniably proud of his achievements in getting the Masset roller skating rink built, a project that "took up two years of my life," he says.

Original estimates forecast the cost of constructing the facility to be \$1.2 million; Lalonde, through a brilliant campaign of community support and sponsorship, managed to have the structure completed for \$215,000.

"We secured a lot of free labour and material from a lot of very community-minded people and businesses."

## Save those Stamps

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

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## Crash Guard and Salvage Team called out

By Sgt John Naugler

The phones started ringing at 0740 hrs on the 08 Sep 98. The 19 Wing Crash Guard and Salvage team was called out with a report that a CT133 (T-Bird) aircraft had crashed in the vicinity of the Adam and Eve River area north of Sayward. Shortly after the recall, and having obtained vehicles and communications gear, a four-person recce team was on its way up-island to locate a suitable area near the crash site to set up base camp. Meanwhile, the main party was loading tools, equipment and food in preparation for the anticipated move. Once the recce team reported that they were in the crash area and had located a suitable campsite, the main party was on the road and heading north. Upon arrival at the campsite, the team immediately set up the base camp and awaited further orders from Command.

The above paragraph describes the initial response of the 19 Wing Crash Guard and Salvage Team, should such an event to actually happen. Fortunately this was a simulated crash staged to prepare and train the team in order to carry out its mission. The exercise was held from 8-11 September and was spearheaded by Capt Jim Rossell, the CG&S team leader.



who doubles as the 19 AMS AMCRO in his spare time. The rest of the team is comprised of 20 NCMS selected from various units and MOCs throughout the Wing. The team participates in two exercises a year: one in the spring and the other in the fall.

During this particular exercise, training was concentrated in the areas of compass and map reading, sweep and search techniques, and crash site debris zone gridding and mapping. Day one was, of course, taken up with the initial response and camp set-up. Upon arrival at the campsite, all tools, equipment and food were unloaded. The cook tent (also used for briefings) was set up and a POL point established. Next, the team members paired off in twos, erected their own sleeping quarters and stowed their personal gear. Then came a walk-through of the entire camp setup with briefings and demos on how to use various equipment such as the generator, waterpump, emersion heater etc. This was primarily for the benefit of the new members while the "vets" demonstrated their expertise.

Day two was taken up entirely by briefings and practical exer-

cises on compass use, map reading, map/compass orientation and GPS use. Needless to say, shooting a bearing and marching on it in dense foliage/forest is quite challenging (more work needed using the GPS!).

The morning of day three was taken up by an exercise in sweep and searching an area for debris, specific parts etc. (aircraft parts were strategically placed in the forest). We actually found some of them, but again the realization hit home that complete co-operation from all members is important when searching dense foliage. There were places where the underbrush was so thick that the "line" necessitated there being only 3 feet between searchers to properly sweep the area. Of course the fact that it was raining didn't help the situation. During the afternoon we learned how to grid and map a crashsite debris zone. The purpose of this portion of the exercise was to identify exactly where debris was located in relation to the actual impact area and then to transfer the information to paper. This task proved to be very interesting, emphasizing the logical approach that had to be taken.

Of course day four was tear-down of camp, load everything in the vehicles and return to base. All



## Demon Doings... What every crew has been up to...

Everybody is travelling places but me. Crew 2 to Midway, Crew 4 to Yellowknife, back, then to Iceland, Crew 5 to Alaska, Crew 1 SOCAL, and Crew 6 to Greenwood (I don't suppose I can really whine about that one). All this travelling has left the rest of us a little green. At least that was what I thought until I heard some of the stories when the boys came back, then I just got incredibly jealous.

First, Crew 4 broke incessantly, adding to the complexes of Jason's check ride. But it sounds like that as time went on they began to have more and more fun. They said they filled their nights with wine, women, and song. The ratio of this mixture is debatable... talk to Jason and we all know what he'll say. If you talk to the rest of the crew they'll swear that they saw Shania Twain - I think their mixture had more wine in it than anything else. From their second excursion they tell me that they encountered an even better environ-

ment. To the layman it may sound as if they encountered too much wine, given their bragging of amorous adventures on the Icelandic Island. Although I would question any such claims made by this group of reprobates, I can confirm that Iceland's population is over-represented with beautiful people of all persuasions.

It's good to hear that they got some really good training out of the trip. Apparently it was "outstanding" ASW. This is good to hear since Gord, albeit is getting better at his job, still hangs on to a sub by his fingernails. Mind you it can't be that bad when his more experienced boss looses the sub shortly after he gets into his seat. Maybe Gord should be training Jim instead. It's nice to see also the Tracy McKinley and Jason Major got mugged in to the VPI at the Blue Lagoon. You have to admit that that is style. Congratulations Guys!

Crew 5 just got back from

Alaska as well. What they were doing I can't say. Where they were exactly, I can't say either. How much they flew... You know. I'm not allowed to say a thing except that they came back (with smiles on).

Crew 1 just came back from San Diego. Although they rarely deploy the stories of their trip are being kept close at hand. Either they were too busy to have fun or they're not willing to talk about it.

Crew 1 are not the only ones that have been busy; Serge Poirier's wife, Sandy, and Will Evan's wife, Sue, are both due in November. We wish both of you all the best in the few days that you have remaining in your pregnancies.

The Squadron would also like to welcome WO Pitcher and St Mearns to the Valley as well as our best wishes to Shawn Kimmins and Bob Levesseur as they depart for greener pastures.

## Safety for young children at home

(NC)—Take a kid's-eye view of things: get down on your hands and knees and have a good look around the house from a child's perspective. Be curious and search for new and exciting adventures. Pay attention to what you can reach, especially everyday items that could be fatal to a child, such as window blind cords, electrical cords, appliances and poisonous household products.

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## DND/CF Photo Contest deadline looms

The 1998 CF Photo Contest Coordinator, the Wing Imaging Section, needs your entries by Oct 15. All 19 Wing entries must be shipped together early enough to be in Ottawa by the contest deadline date.

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

Other categories include Portrait, Special Effects, Sports and

Open.

The contest is open to all members of the CF Regular and Reserve Forces and their dependants, civilian DND employees and their dependants, military members or other nations attached to the CF, members of Sea, Air and Army Cadets and retired members of the CF.

For more information, check out the CF Photo Unit website at: [www.dnd.ca/deds/cfphoto/main.htm](http://www.dnd.ca/deds/cfphoto/main.htm) or contact Wing Imaging Section, local 8324.

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## Shadows across the white



By Finn

We can all do with a new coat now and then. The fuel oil storage tank by CE's Central Heating Plant was deemed in need of a new one. "Four years since it last received a new coat," CHP Chief Engineer John Stoll says, "and the wear could be seen."

On a day bright and sunny, and throwing long shadows, Rick Valentine and Gerald Cummings of CHP fell to the task of painting the storage tank a gleaming white. They found it no small job. The tank holds 75,000 litres.

## CE Flight's raffle ready for take-off

By Finn

Once more, CE will be launching its renowned raffle for the United Way. A complete prize list will be printed later, but forms of volatile liquids, both red and white, have already been included. Quality donations remain welcome.

Previous first prize winners include Shirley Evans of CE; Cpl Gary Prior, Fire Hall; and Sgt Lisa Dodd, WCompt.

The raffle is at once different from others, yet simple: only 200 tickets will be printed (so the odds are excellent). They will be numbered from 1 to 200. The buyer will pay the amount printed. Thus, no ticket can cost more than \$2.00. It may empty the purse of the buyer — by as little as one cent, two cents or three cents. Last year's raffle raised \$185.00. CE hope to be no less successful this time. United Way can function only if everyone donates or otherwise contributes.

For further info or offers of donations (money or prizes) contact Helen Dainard, 8258, or Finn, 8379.

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## Expedition Sore Feet

By MCpl J. Grenier

stantly watch the ground on the trail in order to avoid tripping on one of the many roots. The view was quite appealing: the waves arriving in platoons, their broad green shoulders edged with foam epaulettes exploding onto the rocks.

The difficult stretches of trail beg questions like: Why do people hike? How much farther is it?

The fourth day consisted of hiking 17km to Cheewat River, a sluggish tidal stream known to the Indians as the "river of urine" for its off colour and taste.

This hike included an easy 7km on the beach where we had a chance to catch up with our cholesterol by devouring a burger at a native snack stand along Carmanah Beach, just a few kilometers before our next campsite at Cheewat River where we looked forward to a cold bath and a hot IMP.

Our second last day consisted of hiking to Michigan Creek, for a total distance of 11km on a fairly good trail with lots of boardwalks.

The majority of the walk was spent hiking along several cliffs where the view of the ocean crashing against the rocks made us realize how fragile we were, standing just a few inches from the edge. The clouds finally rolled in upon arriving at our campsite at Michigan Creek.

A quick freezing bath in the creek was used to clean up and prepare ourselves for our return to civilization. Our last evening in the wilderness was enjoyed by the campfire eating our remaining IMPs in the company of two hikers from Australia.

We awoke on the final day with only 12 km. to go before re-entering civilization. Upon arriving at the end of the trail, in Bamfield,



We were up early again the following morning in order to prepare ourselves by bandaging our blisters and devouring another IMP. Just a few kilometers after having departed our campsite at Cheewat River, we crossed Nitinat Lake on a ferry. Our journey continued another 13km to Klanawa River where we again had the opportunity to walk on the beach.

Upon arrival at our campsite, our tents were quickly set up within the forest and another cold bath in the river was welcomed.

the only local taxi driver from the village was summoned at once. It didn't take long for the hikers to enjoy a well-deserved drink and a high cholesterol meal after, naturally, taking a hot shower. Besides bumps, sore knees/ankles, bruises and a good learning experience, the trip was without incident. I would like to thank everyone who supported the fourth Military Police WCT Adventure Training. Without you, we would still be along the WCT trying to survive with only a few crackers and no money for our return.

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## Contingency Capability Training..... what is it?

So, you have been selected to undergo Contingency Capability Training (CCT). Good news, you think. "What the helium is Contingency Capability Training?" Fair question! To date, 80 Wing personnel have undergone this training and form the cornerstone of the 19 Wing Combat Ready Contingency Support Team for Air Force Deployed Operations.



It is a busy world out there, and we in the Air Force are getting our feet wet. As we in Canada enjoy the peace and tranquility of our backyards, there are many in the world less privileged. For many, acquiring the basic necessities of life becomes a daily challenge. They need our help, and we must be ready to respond through the power of our Canadian Air Force. Pre-deployed training, such as CCT, will ensure that we are there to answer the call in a truly professional and efficient manner.

Your boss, being the knowledgeable supervisor that he/she is, informs you that CCT is the preliminary training that one must master in order to become a member of this operational team. He/she further explains that Combat Ready Contingency Support Teams are broken down into three regions, with squadrons in the East, spearheaded by CFB Greenwood (14 Wing), Central Region, headed by CFB Trenton (7 Wing), and CFB Cold Lake (4 Wing) playing the lead in the Western Region. The non-lead Operational Wings within the various regions support the lead squadrons. Obviously, 19 Wing is in support of 4 Wing. Within each Wing are four shadow support elements, or squadrons, comprising that Wing's total contribution. Each Wing boasts a squadron of Airfield Engineers (comprised of CE personnel and Fire Fighters), Military Police, Telecommunication and Information Squadron, and an Air Combat Service Support Squadron. CFB Comox's contribution to this Air Force wide team is approximately 300 personnel. The WNBCDO is the training coordinator.

Your supervisor provides you with a list of individuals that have had CCT, and instructs you to contact these people for more insight. A quick scan indicates that 19 Wing personnel of all occupations have attended this course. Trades represented include Cook, Military Police, Engineer, Communication, Fin/Admin, Medical Assistant, Nurse, Driver, Meteorologist, Logistics Officer, Supply, Steward, and Fire Fighter.

You discover that the course is two weeks in duration, with the first week conducted locally, and the final week deployed to Nanaimo Army Camp. Graduates of CCT suggest to you that this is a busy two weeks, involving basic level training essential for the establishment, securing, and maintenance of an operational airfield anywhere in the world. The course training syllabus is centered around Basic Military Skills Training, as directed by 1 CAD Contingency Capability Center 8 Wing Trenton, and encompasses many of the finer arts of Field Skills Crafts, so often practiced by the Army.

Week one commences with two days of standard first aid. The techniques, examine deployed camp life (quality of life issues), and learn the ins and outs of the C7 rifle and 9mm pistol. The final day of week one is indeed interesting. Not only do you get to detain, arrest, search, and provide ground defence but, more importantly, you are invited to participate in an 11.5km march around the Wing. This event is enjoyed by all, with a just reward of fruits and juices for those who successfully complete the trek. Remember to break in those combat boots.

Week two commences with a bang. You report for classes at 0630 hrs and by 0700 hrs you are on the road to Nanaimo for a full week of "Field Crafts Training". While in Nanaimo you will experience life under canvas, IMP dining, camp set-up, and personal sanitation and hygiene. There will be briefings and open discussion on Critical Incident

Stress (CIS) and Collective Stress, you will discover how to communicate properly on various communication equipment, be introduced to camouflage and deception, receive directional training with maps/compasses and GPS systems, and operate various four wheeled drive vehicles. Towards the later part of the week you will spend a day on the ranges qualifying on the C7 (with scope), and the 9mm handgun. This, you will accomplish by

academics of CCT. You will be introduced to the ramifications of Contingency Support Forces wide, participate in fire fighting tech-

day. The night belongs to the enemy and we must safeguard our resource.

At approximately 1730 hrs each day, we move into the EXERCISE mode. This phase is not unlike the training you would have received during basic Officer/ NCM training, junior leadership, and senior leadership training. Individuals will be assigned select roles, and presented with associated deployed ops tasking. Exercises are critiqued, and all get to participate. This is where the experience shows. Those with no previous training or deployed experience will acquire the feel, while those with time on the road will pass on their knowledge to the less travelled members. Collectively you will form an effective team that will master any of the tasks assigned.

The EXERCISE mode, while being the most strenuous portion of the course, is also the most rewarding. While operating in medium to high NBC threat, you will experience intruders, car bombs, search and arrest, confinement, and VP guard duties. In addition, to make life more interesting, you will come under sniper fire, exercise first aid and casualty evacuation, perform area searches, and be subjected to simulated gas attacks. By the end of the EXERCISE mode, you are truly functioning as a team.

Effectively, training ceases late on day nine. This particular evening culminates with a working, low key, semi-formal dinner. A guest speaker is invited, and fine food is enjoyed. During this dinner, select individuals, as nominated by the students, are invited to share their views on the training and course as a whole. This has proven to be a very worthwhile endeavor, and serves as a

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supplement to the course critiques.

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To date the program has been most successful. This is due in whole to the immense support afforded the WNBCD Section by each and every other unit on the Wing. The host section is very appreciative of this collective co-operation and looks forward to future involvement. For more information on CCT, please call the WNBCDO Section at 8119/8748/8508.

(Photos courtesy of WNBCD)

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So, you have been selected to undergo CCT, and now you have a basic understanding of what is in store for you. With the receipt of your certificate, you will become a valued member of the 19 Wing Combat Ready Contingency Support Team, and will be required to undergo advanced and refresher training annually. Further, as a member of this Air Force wide team, you could, on very short notice, be tasked to deploy anywhere in the world our Air Force might be employed.

To date the program has been most successful. This is due in whole to the immense support afforded the WNBCD Section by each and every other unit on the Wing. The host section is very appreciative of this collective co-operation and looks forward to future involvement. For more information on CCT, please call the WNBCDO Section at 8119/8748/8508.

participate. This is where the experience shows. Those with no previous training or deployed experience will acquire the feel, while those with time on the road will pass on their knowledge to the less travelled members. Collectively you will form an effective team that will master any of the tasks assigned.

The EXERCISE mode, while being the most strenuous portion of the course, is also the most rewarding. While operating in medium to high NBC threat, you will experience intruders, car bombs, search and arrest, confinement, and VP guard duties. In addition, to make life more interesting, you will come under sniper fire, exercise first aid and casualty evacuation, perform area searches, and be subjected to simulated gas attacks. By the end of the EXERCISE mode, you are truly functioning as a team.

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### 407 Sqn wins Commanders Cup slo-pitch '98

407 Sqn kept coming at Wing Log in the final game of the Commanders Cup slo-pitch, timely hits and some solid defense was what won in the end. Pitching was somewhat of a factor, there was not a hit out of the yard in the final game so every run was earned by aggressive base running.



L-R back row: LCol Reaume (CO and team owner) Grant Cooke, Claude Labrie, Jim Byrne, Mike Krak, Vaughn McCabe, Mike Leblanc.

L-R front row: Paul Shipton, Mike Gagnon, Gary Sereda, Burke Martin.

## Healthy feet are key to long, active life

(NC)—Recent studies show that Canadians can expect to live longer than ever before. The key to enjoying this longer life is to remain mobile. Healthy feet are, literally, the foundation for active and healthy golden years.

"Foot care is vital, and regular exercise, such as walking, can help maintain mobility and independence as people age," says Glenn Copeland, a Toronto-based podiatrist.

Foot problems that develop as people age are most often the result of normal wear and tear, and can lead to debilitating knee, hip and lower back pain.

"As a person ages, their feet tend to spread and lose the fatty pads that cushion the bottom of the feet," Copeland explains. "As well, feet are often the first to demonstrate symptoms of ailments such as diabetes, arthritis, and circulatory disease."

In addition to regular check-ups and plenty of exercise, custom made shoe inserts, called orthotics, can help to prevent foot pain by correcting any biomechanical faults.

Copeland has developed a computerized gait analysis system that can identify abnormal gait patterns. The system, called Footmaxx, involves an electronic mat. When a person walks across the mat, it measures foot pressure, motion and other factors 30 times each second.

Traditional orthotics are made from static molds of the shape of a person's feet. However, such molds cannot take into account the person's gait, foot motion and pressure distribution. Data from the electronic mat is sent electronically to the Footmaxx manufacturing facility, where proprietary software analyzes it to determine whether or not orthotics are needed. Footmaxx orthotics are available for specific activities, such as golf, or tennis, which can help people continue to take part in the activities they enjoy.

For more information on preventing foot pain, or to find a practitioner near you, check out the award-winning Footmaxx website at [www.footmaxx.com](http://www.footmaxx.com), or call 1-800-779-3668.

#### Jake's Trivia Corner

A. What is the official size of the Canadian Amateur Hockey Association puck?

B. What's the first prize in the Lee County Cotton Picking Contest, held each year in Bishopville, South Carolina?

C. Who holds the Major League record for most career strikeouts as a batter?

### Intersection curling meeting



There will be an intersection curling meeting 6 Oct at 1430 hrs at the base gym conference room. Team reps are the only ones required to attend.



### Comox ValleyMasters (35 years +)

#### "Pick-up" basketball

Where: 19 wing Comox Rec. Centre

When: 10:00 - 12:00 am

Sundays Oct 4, 11, 18, & 25.

Take note: the 98/99 season will start in November.

For more information contact either, Mike Chatwin or Jake Plante at the Fitness, Sports and Recreation Department, 339-8211 ext 8690 or 8783 respectively.



### Attention female volleyball players

It is that time again, practises are Monday and Wednesday 1530 to 1800 hrs. Starting 28 Sep 98.

### Competitive Co-ed Volleyball

When: Thurs evenings

Where: CFB Comox Gym

Time: 8:00 p.m. start

Cost: \$250.00 per team (includes facility rental and referees)

Registration deadline is Oct 8. League runs until March 99.

Phone Jake to register.



### Level 1 Badminton Course



For anyone interested, the Base Badminton Club will offer 10 badminton lessons from 11 Oct - 13 Dec, every Sunday evening from 1830-1930 hrs. at the Wing Gym. For more info, contact Cpl Forget loc 8969 or 338-6575. Birds and racquets are provided.

**Captain's Seafoods**

Select Seafood

1745 Comox Ave.  
Comox  
339-4331

319-4th St.  
Courtenay  
897-1001

Custom Smoking

**Captain's Greens & Grocery**

## Y.A.N.A. benefits from home run hitters

The commanders cup slo-pitch just wouldn't be the same without it's homerun-hitting contest, and this year was no exception. All the monies raised went to Y.A.N.A. (You Are Not Alone) thanks to those who participated in both hitting and shagging the balls: Francis Laplante, Mike Gagnon, Jake Plante, Mike Leblanc, Paul Shipton, Scott Klein, Bruce Webb, Mike Beland, Jason Major, Mike Chatwin, Vaughn McCabe, Claude Labrie, John Scotton, Mat Mailloux, Mike Krak.



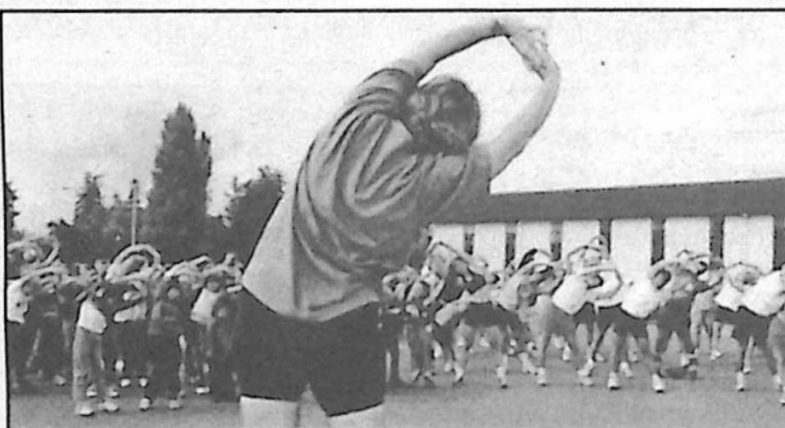
Bobbi Howard presents Sgt Al Gallant (Base Y.A.N.A. rep) with the monies raised from this year's homerun hitting contest. Supervising the presentation was Col W. J. Neumann

## Thanksgiving Weekend Rec Centre hours of operation

10-12 Oct 98

Swimming pool: 1300-1600 hrs  
Gym, weight room, and squash courts: 1300 - 1700 hrs

## Seen at the Terry Fox Run...



FS&R Director, Bobbie Howard, led the crowd in a warm up before the run. (Photo by Wlmg.)



LCol Bosse, CO 414, welcomes all participants to the Terry Fox Run. (Photo by Wlmg.)

### Glacier Greens

## Golf Shots



### Tuesday Ladies Club

By Barb Carter

On September 22, Fran decided to go with the incredible average golfers; it was a team effort, with one low handicap and one high. The average turned out to be 151.85 and, after a fairly long day, Duane Miles and Mary Kelly ended up with 151. Tied with them were the team of Jan Verbeek and Gussy Pritchard. Following closely on their heels was the team of Irene Marshall and Dolly Pearson with 152.

The Shoot Out starts on October 6, so if you haven't got your entry in yet you'd better hurry.

Following the Shoot Out at 5:30 p.m., dinner will be served, followed by a General Meeting for the election of next year's committee.

The dinner will be Crepes, your choice of Seafood or Ham and Broccoli, with a Cheddar Cheese sauce. Please get your money into the Pro Shop and indicate your choice of menu. Steve Dodd has promised us a special dessert. Judy Fellbaum won the 50/50 draw.

## ALL-TIME GREATS

(NC) - In honour of Canada's rich hockey tradition, Seagram Canada has put together a Five Star selection of facts and trivia questions for the 1998-99 season. Here's a question on one of hockey's all-time great stars.

How many years did Hall of Famer Gordie Howe spend in the NHL?

- A. 26 years
- B. 23 years
- C. 21 years
- D. 20 years

Answer:

- A. 26 years

Mr. Hockey, Gordie Howe joined the NHL in 1946 and went on to play 26 seasons in the league. Howe won the league's MVP trophy six times and scored 1,846 points in his career. Only Wayne Gretzky has more. Not afraid of the physical part of the game, Howe amassed a total of 1,675 penalty minutes and was known as the original intimidator. Initially retired in 1971, he staged a comeback in 1973 with the Houston Aeros of the World Hockey Association at age 45. Along with his two sons Marty and Mark, Gordie played for the Hartford Whalers when that franchise joined the NHL in 1979. He finally stepped down the following year when he was 51.

If you want to see more facts and trivia on the NHL you can visit Seagram's Five Star Hockey Trivia page in the sports section of the newscanada.com web site.

## STRENGTHENING THE FORCES

### PROMOTING HEALTH IN THE '90S

Strengthening the Forces (STF) is a campaign to promote health as a fundamental value in the CF. "This idea is taking hold," says Colonel Ruth MacKenzie, Director of the Health Protection and Promotion Program. "Each of us needs to take responsibility for our personal health. But supervisors also have a responsibility to create a healthy work environment by limiting stress and granting people a degree of control and self-responsibility."

Captain Bob Climie, who was one of the originators of the STF campaign, agrees. "You can't just focus on the individual. You also need to modify the culture so that it supports healthy choices and promotes well-being at work. It is also important to prevent problems before they occur by encouraging new recruits to look upon health as an important asset. Once they are deployed in situations like Bosnia or Rwanda, they will need to draw on all their health reserves."

"Health promotion and the STF campaign is about positive changes in your health and your life, rather than treating illness," says MacKenzie. "Peer and family members are important players in health. When CF members bring the health promotion message home to their families, everybody benefits."

Colonel MacKenzie also believes that talking about health is not enough. Taking action is what counts. "I encourage people to do things with their families," says MacKenzie. "If you are getting into fitness, include walking or cycling with your family as part of your plan to be more active."

"Learning to minimize aggravation and handle personal stress without resorting to smoking or drinking is also important, especially in times of rapid change," says MacKenzie. "The old serenity prayer still applies. We need to change the things we can change and accept the things we can't change. A healthy lifestyle and positive relationships make it possible to stay on top of things."

### Suicide prevention: Ask, listen, believe, reassure and act.



### La prévention du suicide : demandez, écoutez, croyez, rassurez et agissez.

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.

## STRENGTHENING THE FORCES ÉNERGISER LES FORCES

## 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

## Francis Jewellers Ltd.

Appraisals & Repairs  
Watch Repairs ♦ Giftware  
Goldsmith Services

334-2611

320 Fifth Street, Courtenay



## 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

Tuesday ladies 6:45-9:00 p.m.

Wednesday ladies 1:00-3:15 p.m.

Wednesday mixed 6:30-9:00 p.m.

Thursday mixed 6:30-9:00 p.m.

#### Casual Bowling

Fridays 6:00-9:00 p.m.

Sundays 1:00-4:00 p.m.

#### Contacts

Moe Eisan 338-7569

Nancy Potvin 339-1782

Rod Spurr 339-6067

Rod Spurr 339-6067

#### 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. Parents 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.



## Did you Know...

Two-thirds of Canadian children and youth are not active enough to lay a solid foundation for future health and well-being.

The average Canadian child watches 26 hours of television each week and spends up to 30 hours per week inactive at school.

The incidence of obesity in Canadian children aged 6 to 11 has grown by more than 50 percent in the last 15 years.

40 to 90 percent of inactive children will continue to be sedentary as adults, which highlights the importance of early intervention.

Research by the Canadian Fitness and Lifestyle Research Institute showed that a 16 percent increase from 1981 to 1995 in Canadians who were physically active translated into savings of \$9 billion because of reduced costs in health care, health insurance, sick leave, disability coverage, group life insurance and lost revenue from taxes.

There are more than 14 million cars on Canada's roads. Each travels an average of 16,000 kilometres and pumps out more than 4 tonnes of air pollutants a year.

From the Active Living and Environmental Program "Go for Green" at: [www.goforgreen.ca](http://www.goforgreen.ca)

## 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.



## Anderton Nursery

"Growers of Quality Plants"



10% TO  
50% OFF  
Trees & Shrubs  
limited time  
only

SOON TO ARRIVE  
Architectural  
Garden Ornaments

339-4726

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

## HARVEST VALLEY MEATS

Specializing in home freezer orders

### BACK TO SCHOOL SPECIAL

8 lb T-Bone Steaks

8 lb Chicken Breasts

with orders placed before October 31, 1998

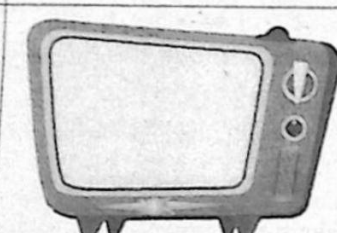
AAA grain fed steers Pork Poultry Vegetables

Pay by post-dated cheques

Call Now! 384-3592  
or 1-800-784-0655



## WALLACE GARDENS COMMUNITY ASSOCIATION NEWSLETTER



### Notice To Wallace Gardens CABLE Customers

Please note that monthly cable payments DO NOT have to be made through mess deductions. Cash cable payments are accepted at the Wallace Gardens Community Association Office in the Canex, Monday - Friday 0730 to 1200 hrs. For more information, please contact Jane Bekus/Cable Clerk at 339-8211 (8571).

## BINGO

**B** Wallace Gardens Family Bingo  
**7**  
**N** 34  
**O** 72  
**G** 53  
**I** 29

Our first Bingo will be held October 4, 98 from 1-3 pm in the Community Centre. Come on out and see if you can win a prize !!!

Cost: 25¢/card for members  
\$1.25/first card 25¢/each additional card for non-members

For information, call Debbi Robichaud at 339-6317

## SOCK HOP

WHERE: Wallace Gardens Community Centre  
WHEN: Saturday, 10 October 98  
TIME: 6 - 8 PM  
COST: \$5.00 Members/\$15.00 Non-Members

For more information call Pat Taylor at 339-4400



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

Ward #7: Row Houses 102, 103, 105, 107, 108, & 110

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

### Wallace Gardens Adult Craft Club

When: 18 Oct 98, 1900-2100 hrs  
Where: Wallace Gardens Community Centre  
Craft: Scarecrow hat  
Cost: Drop-in fee of \$3.50 to Non-Members

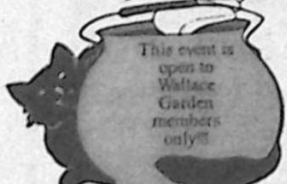
Note: Due to the Thanksgiving Weekend the date has been changed from the 11th to the 18th.

\*\*\* Please pick up the list of materials required at the office & see an example of the craft itself.

### WALLACE GARDENS



Children's Halloween Party  
Sunday 25 October 98, from 1-3 pm at Airport Elementary School  
Games, Prizes, Haunted House, Fun! Fun! Fun!



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

### Children's Video Afternoon

Sunday, October 18, 98 from 1-3 pm  
For all children 12 and under  
Cost for popcorn and drink: 50¢ for Wallace Gardens Members  
\$1.50 for non-members  
For more information call Yvon Bertin at 339-7522

### TEEN VIDEO NIGHT

When: Saturday, October 03, 98 from 7-11 pm.  
Where: In the Community Centre  
Cost: FREE

For information, call Mona Baird at 339-4627

## THANKS

A quick note of appreciation to all those volunteers who participated in Wallace Garden's Barbeque to help celebrate Canex's 30th Birthday, Sunday 20 Sep 98. It was a noticeable success with all proceeds going to Wallace Gardens to help out with future events. A special thank-you to Mr. T Zehr and the Canex staff for their generosity and wonderful support.

### TEEN DANCE

Saturday, October 17, 98 from 7:30-11:00 PM in the Community Centre

Cost: Wallace Gardens Members - \$1.00  
Non-members - \$2.00

For more info call Mona Baird at 339-4627



## COMOX MILITARY FAMILY RESOURCE CENTRE

### Deployment: A Time of Stress or Opportunity

Your loved one has been posted and you and your family are trying to cope. Do you focus on the empty chair at dinner or use the dinnertime to plan a trip to the beach with the children? There is an inevitable period of adjustment as roles in your family shift and each member of the household learns to deal with the absence of the loved one. So, it is important to evaluate how you are going to deal with the changes in your own life as well as for each family member. Is there a way to take advantage of the time by doing something you might not normally do or have time for? The following list will give you some ideas of how to cope with your loved one's absence and perhaps see it as an opportunity for personal growth.

- **Plan a trip.** Visit family members if you are able, or take advantage of the many opportunities on Vancouver Island. Spend the day at Mt. Washington, go hiking on Quadra Island, discover whale watching at Telegraph Cove, or see the Provincial Museum in Victoria.
- **Look for 'free fun'.** There is an abundance of things to do locally. You may explore the tidal pools at Kye Bay, discover the herb gardens in Filberg Park, bike around Comox Lake, or browse in the Public Library.
- **Exercise.** Join a class or create your own class among friends. Try swimming, walking, kayaking... Participation!
- **Talk with your children about mom/dad's absence.** Discuss the things the parent may be doing and the fact they are coming back. Let your children take the initiative in talking about how they feel. Keep mom/dad's picture nearby. Count the days on the calendar. Pick up a copy of *A Father to Be Proud Of* from the CMFRC.
- **Don't become "marooned" with the kids.** Be sure you

- frequently have conversations with other adults.
- **Keep a journal and review all the good things you achieve each day.** Learn to compliment yourself and affirm how good you are.
- **Volunteering** is an excellent way to help yourself by helping others. The CMFRC can match up your skills and interests with their programs.
- **Call the CMFRC regarding the Spousal Assistance Resource List** if you need help mowing the lawn, moving furniture, fixing a leaky tap, or need any other help around your home.
- **Get help** if you are feeling stressed and are not able to cope on your own. Call a friend, the Crisis Line (334-2455), or the counsellor at the CMFRC.

People who can help at the CMFRC:  
Counsellor / Deployment Services Coordinator, Coreen Cherry: 339-8286  
Volunteer Services Coordinator, Tina Matchett-Bianco: 339-8211 (8655)  
Coordonnatrice du Programme en Français, Michelle O'Neill: 339-8211 (poste 8655)

### Upcoming Workshops at the CMFRC

#### Stress Management

This workshop will explore the causes of stress in your life and provide you with the opportunity to effectively manage your stress and make it work for you.

Facilitator: Mara Pungente  
Dates: October 7, 14, 21, 28, & November 4

Time: 6:30-8:30pm

Fee: \$10 per person for military families or \$15 per person for non-military families.

Registration: Call 339-8290

#### Creative Writing in the Romantic Tradition:

Join published poet and author Carol Neufeld in this exciting creative writing workshop.

Dates: October 5, 19, 26, November 2, 9, 16, 23, 30 and December 7

Time: 7-9pm

Registration: Call 339-8290

Location: 119 Kinnikinnik

#### Toilet Training Toddlers

Join us for an afternoon discussion in which Wendy Case will give you some ideas on what signs indicate your child's readiness to start potty learning, how to introduce the wonders of the potty, and what to do when those inevitable accidents happen.

Dates: October 10

Times: 1:00-4:00pm

Fee: \$10 per person or \$15 per couple for military families, \$15 per person or \$20 per couple for non military family members

Registration: Call 339-8290

#### Your Body or Your Life

This is a 10 week program for women who want to be and feel healthier, to lose some weight and feel good about themselves. Facilitated by Shelley Combs, R.N. BScN, a dynamic facilitator and registered nurse. In an atmosphere of mutual support and respect, we will work towards a healthier body.

- Investigating what a healthy body is, and what it looks like. How to decide what is healthy and comfortable for you and then decide how to get there.
- To learn about natural foods. To wear ourselves from unhealthy habits. To learn how to cook those healthy things - easily quickly and with out fuss. At the same time to give ourselves a break and let go of the guilt associated with "eating the wrong things."
- To learn what healthy exercise is all about and discover how to integrate some into our lives.
- To understand that maintaining a healthy weight has very little to do with the food and exercise but has so very much to do with your feelings, attitudes, beliefs and self-worth.

Dates: October 8, 15, 22, November 5, 12, 19, December 3, 10, 17, January 7

Time: 6:30-8:30pm

Fee: \$15 per person for military families; \$20 per person for non-military families

Registration: Call 339-8290

### Au Coin des Francophones

#### Un déploiement moins stressant

- **Conservez les liens :** Continuez de rencontrer vos amis; de participer aux activités de vos clubs, de Réseau-femmes du CRFMC, de l'Association Francophone; fréquentez votre église; etc. Maintenez vos engagements et refusez de vous isoler.
- **Établissez un calendrier et respectez-le :** Vous vous forcez ainsi à vous tenir occupé(e).
- **Fixez-vous des buts :** Le déploiement vous offre d'incroyables possibilités de faire des choses qu'autrement vous n'auriez pas le temps de faire. Lisez des "best-sellers", suivez un cours, apprenez une langue, etc.
- **Recherchez des activités gratuites :** Il y a une foule de choses à faire dans la Vallée de Comox. Faites appel à vos contacts et journaux locaux pour vous aider à trouver ce qui vous paraît intéressant, dressez-en la liste et profitez de ce qui vous attire le plus.
- **Exercice :** Joignez-vous à un groupe ou créez le votre avec des amis. Essayez la natation, la marche...
- **Parlez souvent avec les enfants de l'absence de papa ou de maman :** Parlez des choses qu'il ou elle doit faire et du fait qu'il ou elle va revenir. Gardez sa photo à portée de la main. Comptez les jours sur le calendrier.
- **Ne vous restreignez pas qu'aux enfants :** Arrangez-vous pour converser souvent avec d'autres adultes.
- **À la fin de la journée, passez en revue toutes les bonnes choses que vous avez faites ce jour-là de la plus petite à la plus grande. "Apprenez à vous faire des compliments et à vous dire combien vous êtes quelqu'un de bien."**

### Au Centre de Ressources pour les Familles Militaires de Comox

Réseau-femmes du CRFMC  
Soirée d'information et d'échange - jeudi le 8 oct à 7h00 pm (1er édifice)  
Bienvenue à tous!

#### Atelier - Initiation au stencil

Date : jeudi le 8 oct. à 7h00 (2e édifice)  
Coût : \$12.00  
Inscription: 339-8290 (8655)





## Miscellaneous for Sale

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

Canex jacket, blue 44 tall, like new. AF raincoat mens 46, like new. Both for \$22 obo. 338-2809. <2/2>

1988 Bonair tent trailer camper. Ex. cond. Well maintained, 3 burner propane stove, ice box. \$2,800 obo. 338-7154. <1/2>

## Wanted

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

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

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

Wanted to buy - used storage shed, preferably metal but could be wood. 339-9753. <2/2>

## Autos for Sale

1985 VW Westfalia, sleeps 4, 3-way fridge, stove, sink, aux. gas heater, awning, Captain's chairs. Ex. cond. Engine/transmission re-built \$11,150. Wayne Shields 334-1622, loc 8584. <2/2>

1981 Suzuki GS650 Limited Edition, low kms, mint cond. \$1,700 obo. 338-7154. <1/2>

1980 Toyota 4x4, bush box, re-built engine, no rust, insulated canopy, \$3,000 obo. 339-3097. <2/2>

## Child Care

Little Bear licensed family daycare. Ages 2-up, clean, safe, smoke free, no pets. Breakfast/lunch. First Aid/CPR. Puntledge Park area, Courtenay. 897-0174. <1/2>

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

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. <2/2>

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 334-0525. <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 <2/2>

## Business Services

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

## 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.

## Halloween Costumes

We have a huge selection to choose from. Call for hours or an appointment. Courtenay Costume Rentals 3732 Lake Trail Road, Courtenay. 334-3687.

## Babysitting

Ryan Rd. area, near N.I. College. Mother of two would like to care for your children. Full time, part time, lunches provided. Call Mishell 338-5345.

## Women's Business Network

The Women's Business Network held their September meeting at the Crown Isle Clubhouse. Everyone was delighted to see so many new faces coming out to participate in our growing network. "Bravo" to all the members who brought guests along with them to the meeting. The meal, along with the outstanding service at the Crown Isle, was enjoyed by all the women.

After dinner, Pat Allan, our network activity co-ordinator, had everyone join in for a fun networking opportunity which allowed us to get to know our members and guests even more. There were many business cards passed along as new contacts and customer relations were established.

If you would like to know more about the Women's Business Network, please call our hotline at 338-0113 and make a reservation for our next meeting on October 8, or leave a message and someone will return your call and answer any questions you may have. It may be one of the best moves you make in growing your business or your own professional development.

## Kinnikinnik Child Care Centre

118 Kinnikinnik, Lazo (across from CFB Comox) Register now for Preschool (ages 3-5) program starts in September 339-5051

## WANTED

Coaches, volunteers and athletes for Comox Valley Special Olympics: swimming, bowling, floor hockey, curling, track & field, snowshoeing, alpine & Nordic skiing. Call Randy at 334-3311 for more info.

## 386 Squadron Air Cadets

For youths 12 - 18 years Tuesdays, 6:30 p.m. at 888 Wing RCAFA, 1298 Military Row, Comox. New recruits: bring parent/guardian and birth certificate. Sqn phone: 339-9198 CO's phone: 338-1201

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

## CONSUMER CREDIT COUNSELLING

B.C.'s Most Experienced Credit Counselling Service Let Us Help You Get Out Of Debt With One Easy Monthly Payment!! Stop - Stressful Collection Calls!! Avoid Bankruptcy - Rebuild Your Credit Manage Your Monthly Cash Flow!! Don't Delay - We Can Help You TODAY!!! Licensed and Bonded Evening & Weekend Appointments Free Confidential Consultation 201 - 1290 Broad St. At Yates VICTORIA 338-3644 CALL TOLL FREE 1-888-522-3555

## Jake's Trivia Answers

A. 1" (2.54 cm) thick, 3" (7.62 cm) in diameter and weight not less than 5-1/2 oz (156 gr) and not more than 6 oz (170 gr) and shall be black.  
B. A bale of cotton.  
C. Reggie Jackson.

## Cancer Society's "Fresh Start" Program

Another 4-week session of the highly successful "Fresh Start" program for people who wish to quit smoking and stay quit is being organized by the Comox Valley Unit of the Canadian Cancer Society, commencing on Monday, October 5.

Meetings will be held at the Cancer Society office at 102-1409 Cliffe Avenue, Courtenay, from 7:00-9:00 p.m. Charge \$50 per person or \$75 for a couple. Meetings will be held each Monday and Thursday from 5-29 October, including a meeting on Monday, October 12 (Thanksgiving Day).

For information and registration please call 338-5454 or register at the first session. The office is open from 10:00 a.m. to 4:00 p.m. Monday to Friday.

## Kinnikinnik Child Care Centre

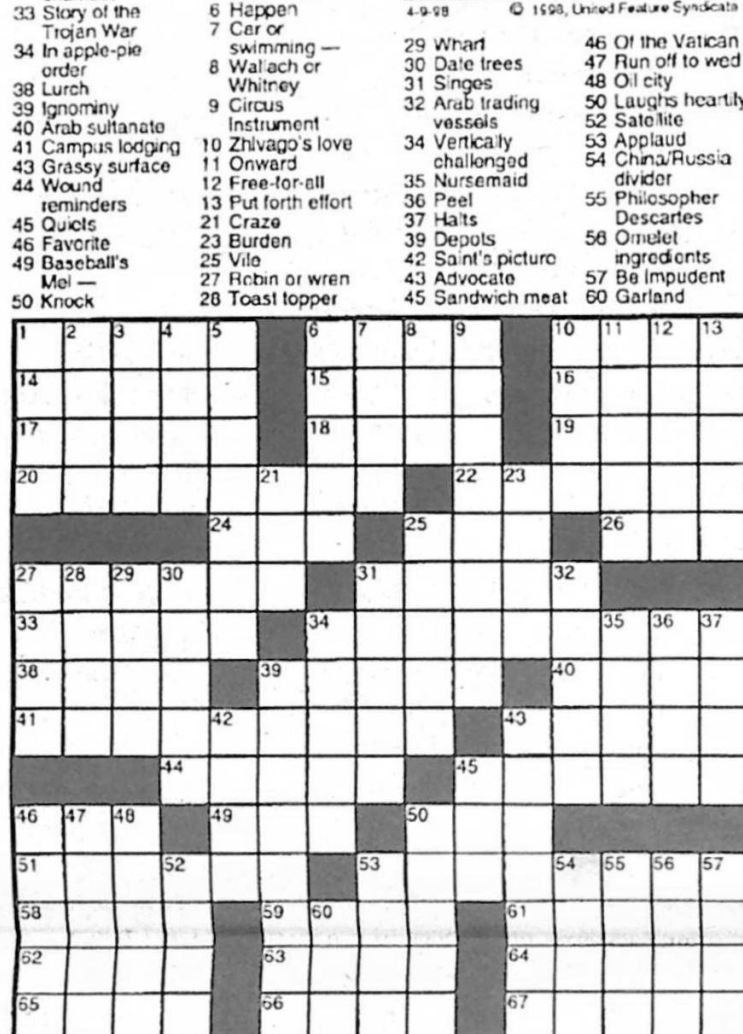
Has openings for Before & After School Care Krusaders (ages 6-8) & Kool Kidz (ages 9-11) Full-time, part-time & drop in spaces, Transport to and from Airport Elementary, Family Discounts. Info and registration: 339-5051

## 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. Waka with a swinging gait  
5. Oil g.p.  
10. Flimsy, as an excuse  
14. Perfect  
15. Soft drink  
16. Writer Haley  
17. Sixth  
18. Spiral  
19. Part in a play  
20. Becoming  
22. Replacement car  
24. Paving material  
25. Transgression  
26. Obtain  
27. Hit: slang  
31. Type of chamber  
33. Story of the Trojan War  
34. In apple-pie order  
38. Lurch  
39. Ignominy  
40. Arab sultanate  
41. Campus lodging  
43. Grassy surface  
44. Wound  
45. Reminders  
46. Favorite  
49. Baseball's  
50. Knock  
51. Some graduates  
53. Likens  
58. Horseshoe game  
59. Clay pot  
61. Last Greek letter  
62. Lhasa  
63. Close  
64. Ladder parts  
65. Tilt  
66. Uses a straw  
67. Lock of hair  
DOWN  
1. Shopper's need  
2. Theaters  
3. Writing tools  
4. Toward sunrise  
5. Rained ice  
6. Happen  
7. Car or swimming  
8. Walach or Whitney  
9. Circus  
10. Zhivago's love  
11. Onward  
12. Free-for-all  
13. Put forth effort  
21. Craze  
23. Burden  
25. Vile  
27. Froth or wren  
28. Toast topper  
29. Wharf  
30. Date trees  
31. Singes  
32. Arab trading vessels  
34. Vertically challenged  
35. Nursemaid  
36. Peel  
37. Halts  
39. Depots  
42. Sam's picture  
43. Advocate  
45. Sandwich meat  
46. Of the Vatican  
47. Run off to wed  
48. Oil city  
50. Laughs heartily  
52. Satellite  
53. Applaud  
54. China/Russia divider  
55. Philosopher  
56. Omidel ingredients  
57. Be impudent  
60. Garland



## FALL SALE!

25% OFF Deciduous Shrubs & Trees  
20% OFF Rhododendrons  
PERENNIALS (1GAL)  
Buy 3 Get 4th FREE  
1782 Ryan Road (Near the Air Base) 890-0213

## Filberg Park Memorial Bench

At 3:00 p.m. on October 4, in front of the Filberg Lodge, a Memorial Bench will be dedicated by the women of The Comox Valley Breast Cancer Visitors Program and the Breast Cancer Support Groups. The plaque will be inscribed "May their valiant spirits inspire us all" and is in memory of all those who have died of cancer.

The program will include a rendition of Ave Maria with flautist accompaniment, the Blessing of the Bench, following which volunteers from the Breast Cancer Support Groups will read a roll call of those who have lost their lives to cancer. The ceremony will conclude with bagpipes playing Amazing Grace.

We invite families and friends who have lost loved ones to cancer to join us on the day of remembrance and dedication.

The roll includes the names of those who received assistance from the Comox Valley Cancer Society. Those who wish names added to the roll are asked to contact Anne Gibbon of the Breast Cancer Visitors Program at 339-0989 or The Canadian Cancer Society office at 338-5454. Please provide the name, date and type of cancer involved.

This event will take place rain or shine.

## HARBOUR WOOD Aitken Road &amp; 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: 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.

## 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.

## Young Investors Club: start them young

Odium Brown Limited is celebrating 75 years in the investment industry. In order to continue the traditions of investor education and service, Susan Wharram and her investment team of the new Courtenay office have planned numerous investment seminars. Susan and her team are pleased to introduce a program unique to Odium Brown Limited—the Young Investors Club.

Young Investors Club Seminars  
Investing – the basics: October 17 (Time and location TBA.)

This seminar will explain the basics of investing—the various types of investments and how to read the stock pages in the newspaper.

This seminar will be a Q&A session geared to field any queries the Young Investors may have and provide details of the Stock Pickers Contest!

The contest is a fun and easy way for young investors to test their investment knowledge and win prizes. The objective is to make an investment of \$10,000 in play money grow.

The Young Investor with the best performing portfolio by February 28, 1999 wins!

Susan Wharram invites you to contact the Courtenay office at 703-0637 or toll free 1-888-703-0637 for more information.

Mike & Marge Gariepy "RELOCATION SPECIALISTS"

REALTY WORLD Coast Country Realty #121-750 Comox Road,

October 24 (Time and location TBA.)

This seminar will be a Q&A session geared to field any queries the Young Investors may have and provide details of the Stock Pickers Contest!

The contest is a fun and easy way for young investors to test their investment knowledge and win prizes. The objective is to make an investment of \$10,000 in play money grow.

The Young Investor with the best performing portfolio by February 28, 1999 wins!

Susan Wharram invites you to contact the Courtenay office at 703-0637 or toll free 1-888-703-0637 for more information.

EXCELLENT RETIREMENT OPPORTUNITY Profitable, busy snack bar in Comox Mall. \$48,000 res. phone/fax (250) 339-7910

334-3124

Courtenay, B.C. V9N 3P6



## Pet Morsels

By Gerry Gerow

## A Practical Guide to Impractical Pets

By Barbara Burn, Howell Book House, Macmillan Publishing, New York. (\$27.95)

This is a huge and very interesting book. The author not only lists, but describes in detail virtually every possibility you can think of for a pet: small mammals, birds, reptiles, amphibians, insects, fish and domestic animals. She also talks about snakes, iguanas and the like. The list is almost endless.

There are chapters on how to get a pet—and how-not-to. How to learn to live with your pet, how to care for your pet, including grooming, feeding and exercise.

Health is also covered, as is breeding of various exotic animals, and disposing of them when you no longer want them.

Barbara Burn is the widow of Emil Dolensek, D.V.M. who was for many years the chief veterinarian at the Bronx Zoo and who provided her with much of the hands-on experience she acquired with exotic animals. Everything in her book is thoroughly researched and documented.

This is, as I said at the start, a huge book with 372 pages illustrated with black and white photographs. It is an attractively bound and jacketed hard cover edition which has been out for about a year. If you are on the Internet, you might want to check Howell's web site at: [www.mcp.com/mgr/howell](http://www.mcp.com/mgr/howell) Sometimes this is the cheapest way to order a book.

## The Guinea Pig

By Audrey Pavis, Howell Book House, Macmillan Publishing, New York. (\$17.95)

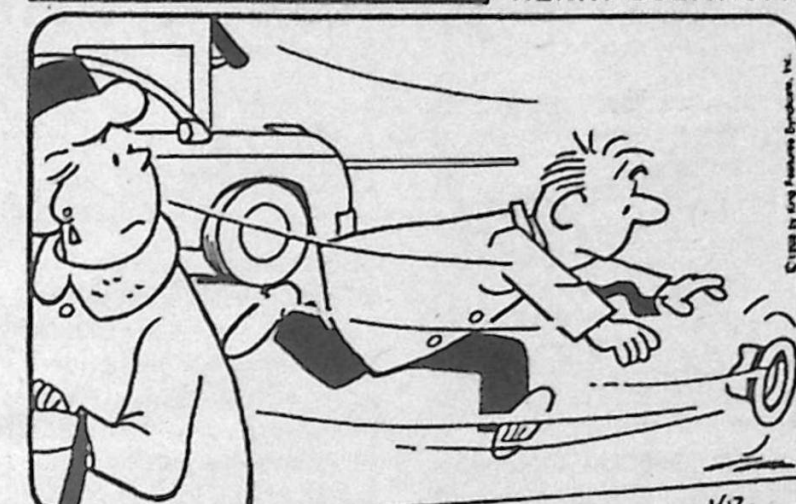
This book is one of a series titled, An Owner's Guide to a Happy Healthy Pet. Everything you have ever wanted to know about Guinea Pigs, more correctly called the Cavy, is here. I always thought that a Guinea Pig was a Guinea Pig, but here I find out that there are twelve recognized breeds of them, and nine are shown in colour pictures. It is really quite interesting.

You will learn about the history of this interesting little pet, as well as how to care for it and how to have fun with it.

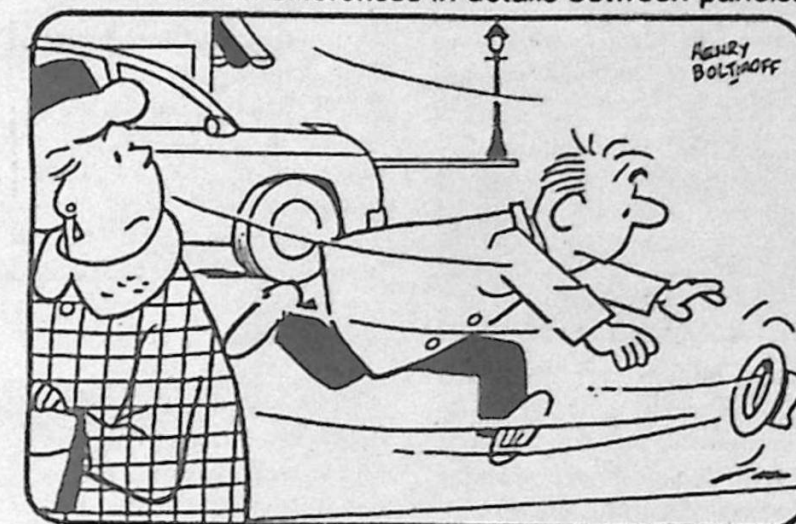
There is an appendix listing national and regional Clubs, one is located in Calgary, Alberta.

This is a small 126 page, attractively bound, hard cover edition which would make an excellent gift for any small animal lover. You may find it on the store shelves or you can order it.

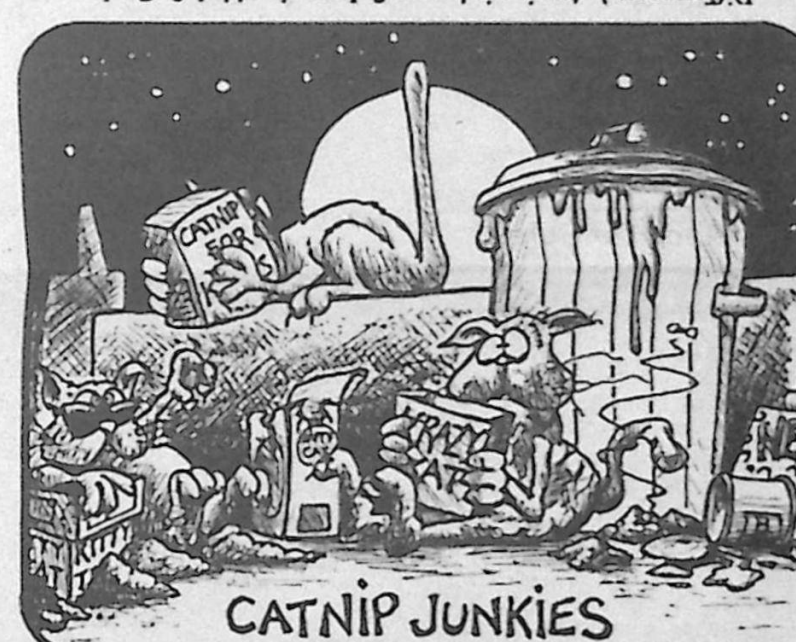
## HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. A wing is longer. 2. Lamp is added. 3. Car is moved. 4. Coal is different. 5. Tie is missing. 6. Hair is reversed.



## CATNIP JUNKIES



## Royal Canadian Legion

## Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m.  
02 Oct Country Cousins  
09 Oct Wylie & The Other Guy  
16 Oct Alley Cats

17 Oct - Vet's Dinner: Cocktail 6:00 p.m., Dinner 7:30 p.m., Dance 9:00 p.m.

31 Oct - Halloween Dance: 8:00 p.m. - midnight Ventura Highway

## 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)

02 Oct Ventura Highway  
09 Oct Norm's Combo  
16 Oct Easterners  
30 Oct Country Cousins

11 Oct music in the Lounge 3:00-7:00 p.m. featuring Wylie & The Other Guy

24 Oct Veterans' Dinner 6:00 p.m. No Host Bar, 7:00 p.m. dinner

Open to all veterans and spouses who are also vets. Register at bar. No charge.



# Heritage Aircraft Restoration Committee expands



Ever wonder where all of those old technical and servicing manuals end up when we retire a fleet? Look no further than the Heritage Aircraft Committee's new building near the Civil Air Terminal. This impressive collection is now stored in the new library/lounge and is used in the maintenance and restoration of our heritage aircraft.



By Joel Clarkston

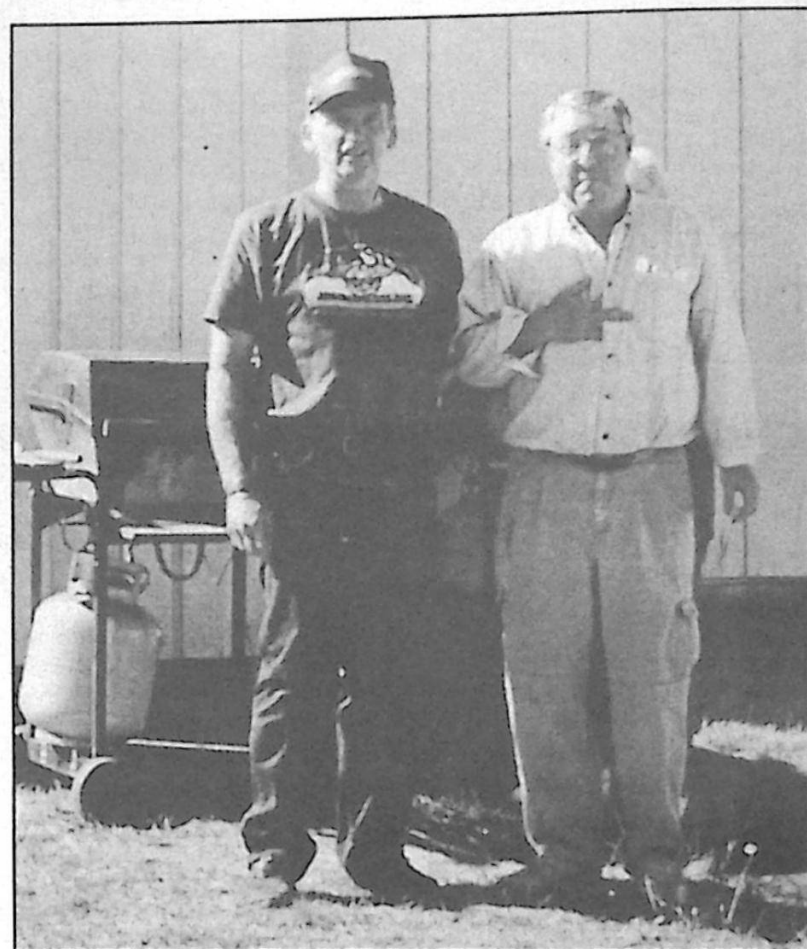
The Heritage Aircraft Restoration Committee recently received access to a new building on federal property. The former auxiliary power unit building, located at the civilian air terminal at CFB Comox, was made available to the committee by the Comox Valley Airport Commission. Emptied of the generator unit and the spare parts stored within, the building is large enough to store all of the technical documents associated with the restoration of aircraft, as well as provide office and lounge space for the committee members. There is also a separate heated storage area that will be used for the winter storage of a heritage vehicle such as an ambulance or jeep.

"The Airport Commission and Chuck Fast have been very helpful and supportive of our restoration efforts" says Murray Smith, Chairman of the Restoration Committee. "By renting us these premises at a reasonable rate, they have brought our technical manuals in from the cold and given us a very attractive area to work out of.

This type of addition makes our operation much more visible and makes it much easier to attract volunteers."

The Heritage Committee has also been informed by Maj Wayne Gauthier, head of the Construction Engineering section at 19 Wing, that they must relocate their temporary hangar, currently located next to Glacier Gardens. The base arena is scheduled for a major upgrade in the spring and the Heritage Committee hangar will be displaced by this expansion. "We'd prefer that we be relocated next to the Heritage Park, but this was considered inappropriate at the time. Now this original site will be looked at again and the Airport Commission consulted to see if it can be done. We remain hopeful that our hangar, new office and the Heritage Air Park will remain in close proximity to each other."

A large sign is being constructed to identify the new technical library and office building of the committee. The building is located on the access road to the civilian air terminal.



Burgers and (root) beer were served during the official opening of the new Technical Library and Lounge of the Heritage Aircraft Committee. The former auxiliary power unit building of the Canadian Coast Guard was recently rented to the committee for their use in the maintenance and restoration of heritage aircraft and vehicles. The two members are motioning to a local area politician to join them in the festivities.

## Museum a success

The Comox Air Force Museum experienced its most successful summer ever. A record number of visitors came through the doors to experience the heritage and history of CFB Comox and West Coast aviation. Open seven days a week from June 1 till September 1, the museum provided easy access to the tourists and former members of the military who are drawn to the area. Of particular note was the increased traffic at the Heritage Air Park. Opened to the public two years ago, the park has seen a number of cosmetic improvements as well as the addition of two new aircraft, the Mig 21 and the H-21. These aircraft proved to be a great draw and the number of people browsing through the area increased dramatically. Museum is now on winter hours and is open on weekends and holidays from 10:00 a.m. till 4:00 p.m. These hours remain in effect till June 1, 1999.



**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.



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