



TOTEM TIMES

19 Wing CFB Comox

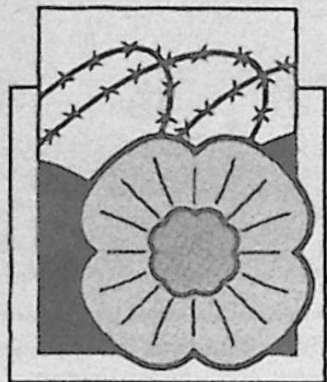
THURSDAY 22 OCTOBER 1998

The Comox Valley's Oldest Newspaper

VOL. 40 NO. 17

Inside this issue:

Preparing for
Remembrance
Day



See page 2

Enjoy a
safe
Halloween



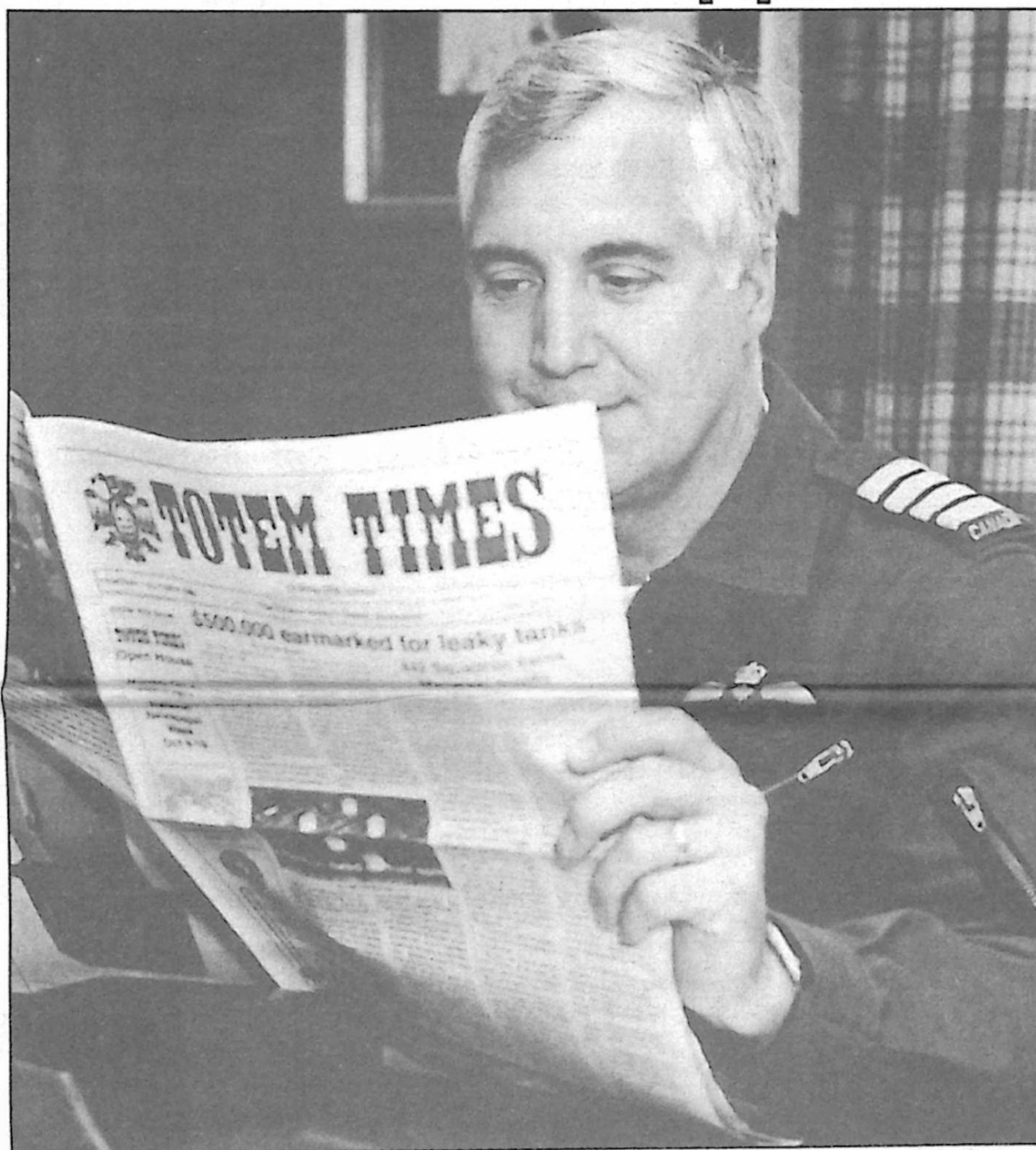
\$22,500

— 100%

United
Way
Campaign

— 0%

Even the big fish read the wrapper



Col Neumann, WComd, Totem Times reader, publisher, and guest of honour at the Totem Times Open House held during National Newspaper Week. See story on page 5. (Photo by Cpl L'Ecuyer, Wlmg.)

From the WComd Capability Renewal

By Col W.J. Neumann
WComd

During the week of 28 September to 2 October, our WCWO and I attended the Combined Commanders' Training Session at 1 CAD HQ in Winnipeg. This annual meeting is designed to bring WComds and WCWOs up to date with issues of concern to the Air Force. The 1998 version dealt primarily with the challenge facing us with respect to equipment issues.

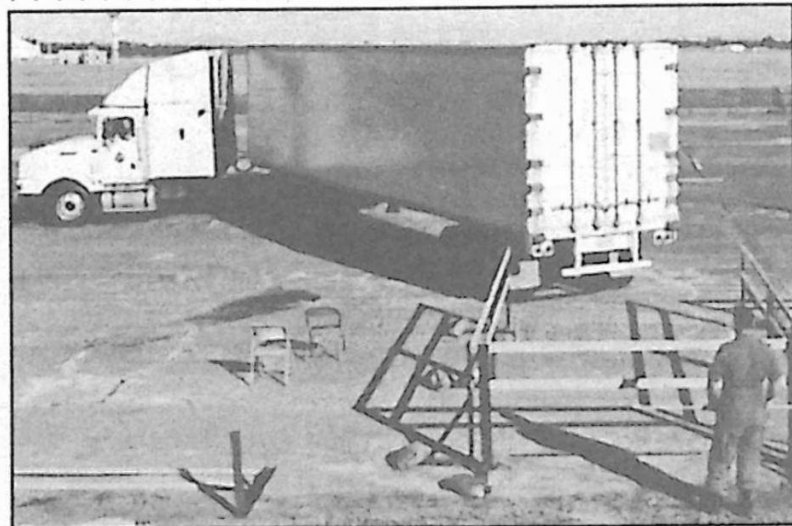
The Air Force, not to mention the rest of DND and indeed the government of Canada, is faced with severe fiscal constraints. At the same time some of our equipment is showing its age and is overdue for mid life re-fit. Specifically, the Incremental Aurora Modernization Project (IAMP) and CF-18 System Life Extension (SLE) programs are critical to ensuring that our capabilities remain viable and relevant.

As our aircraft age they become more difficult and expensive to maintain. Likewise, as they lose technological currency, our ability to respond rapidly and credibly to national and international contingencies diminishes. We are at great risk of losing relevance to our allies and to the people of Canada.

Despite the urgent Air Force requirement to proceed with these projects, there is simply not enough funding within the DND Capital envelope to make them happen. The Chief of the Air Staff (CAS) is therefore exploring several options to partially fund the projects from within CC3 resources. The options study has been entitled the Capability Renewal Initiative (CRI), and is based upon the following guiding principles:

- We must retain our ability to respond rapidly; if not, the call will come less and less and we will lose relevance to Canadians and our government;
- We must maintain technological capability for critical

Continued on page 3



One of the many events devised to test the skills of DND professional drivers during the competition. (Photo by Wlmg.)

Rally results

The 18th National Drivers' Competition was held at 19 Wing from 21 - 23 September. The results are in and the Atlantic Region took the aggregate point total with a score of 667.5 points. Western Region was a close second at 649.29, followed by Central Region at 616.5 and Eastern Region at 297.14. For more photos of this event, see page 5.

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Remembrance Day In Memoriam Ceremonies

Military personnel who are not tasked to be on a parade or required for Wing duties are strongly encouraged to participate as spectators at one of the three local Remembrance Day ceremonies. Dress for military spectators is DEU No.1 with medals.

Those personnel and families attending one of the following ceremonies are requested to be in place, at the service of your choice, by 10:35 hrs. The local ceremonies being held to honour our veterans and fallen comrades will be conducted at the following three locations:

Cumberland (414 Sqn) – in front of the Cumberland Legion, 2770 Dunsmuir Avenue.

Comox (442 Sqn) – at the Cenotaph located beside 1782 Comox Avenue.

Courtenay (407 Sqn) – at the new Cairn at City Hall, corner of Cliffe Avenue and Sixth Street.

Remembrance Day symbols

The Remembrance Day Poppy is authorized to be worn on uniforms for a total of two weeks prior to Remembrance Day on 11 November. The poppy shall be worn pinned and centered on the left lapel, as for an army collar badge, or immediately above that badge, if worn, on service jackets and topcoats, and on the left pocket flap, or similar position, on all other garments.

UN Blue Beret/MFO

Orange Beret

The UN and MFO have authorized CF personnel with past UN/MFO service to wear the Blue/Orange beret with appropriate orders of dress at Remembrance Day ceremonies.

The CFB Comox Totem Times

is a member of the Canadian Community Newspapers Association



bringing the local news that matters to you



The Remembrance Day Poem

By Dustin Girardin

When the doctor said the soldier was dead,
He laid a poppy upon his head,
He buried the soldiers beside each other,
And hoped he wouldn't bury another.

He looked for more of the wounded and hurt,
And found one lying in the dirt.
He bandaged him up as fast as he can
And the other doctors gave a helping hand.

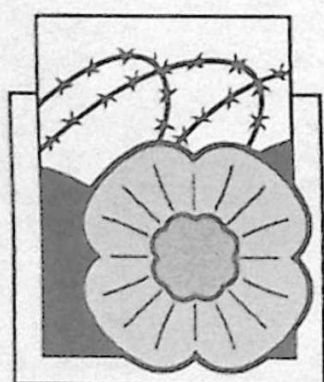
The peace flags stand like a tower,
On the eleventh month, eleventh day, eleventh hour,
As we wear a poppy that is red,
We should remember who fought for our country and now are dead.

(Dustin wrote this poem in Nov 95. He is presently in Grade 9 at Lake Trail School.)

Where your poppy donations are spent

Money donated during The Royal Canadian Legion's annual Poppy Remembrance Campaign is placed in public trust funds. Some of the many ways this money is used to improve life for people in your community include:

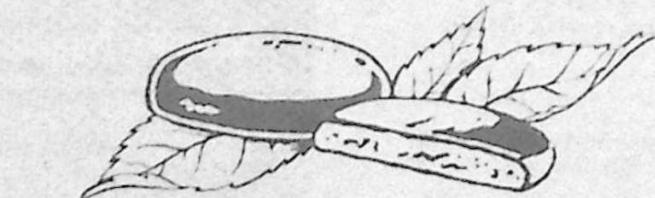
- Providing assistance to needy ex-service members and their families
- Purchasing medical equipment and appliances for community health facilities
- Paying for medical research and training
- Building affordable housing for veterans and senior citizens
- Payment for bursaries for needy students
- Providing support services to senior citizens (meals-on-wheels, drop-in centre, etc.)



TAKE TIME TO REMEMBER

THE ROYAL CANADIAN LEGION

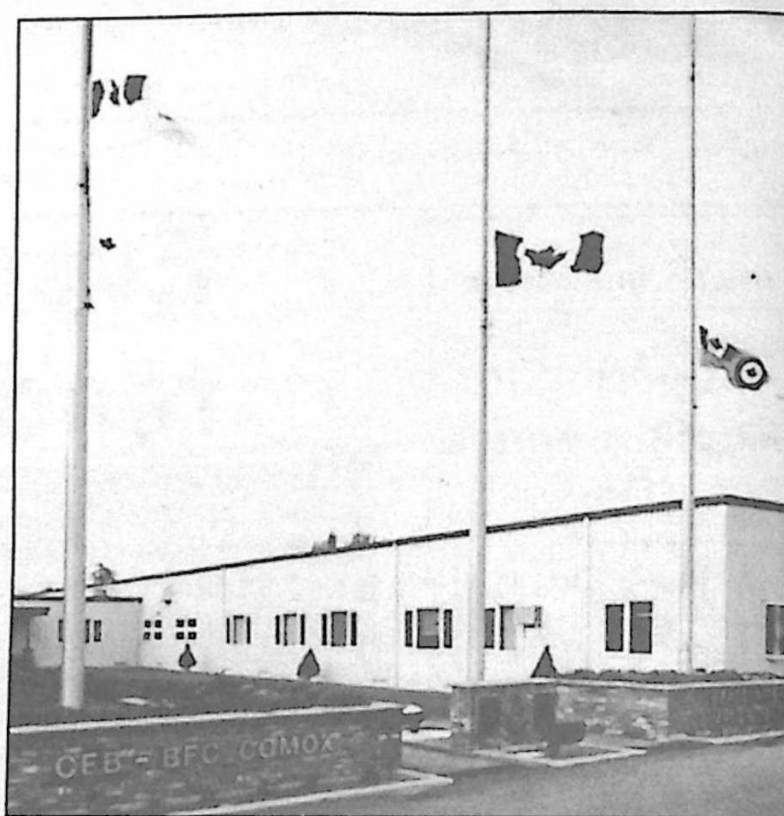
SCRUMPTIOUS
Chocolatey Mint Girl Guide Cookies
On Sale



Girl Guides of Canada
Guides du Canada

Contact:
339-9262

All personnel at 19 Wing Comox share in the grief of 413 Squadron and the families of the CH113 Labrador crash victims.



Capt Peter Musselman, 33 years old, native of Edmonton, Alberta, was a pilot with 413 SAR Sqn. Capt Musselman was married and had one child.

Capt Darrin Vandembilche, 33 years old, native of Invermere, B.C. was also a pilot with 413 SAR Sqn. Capt Vandembilche was engaged to be married.

MCpl David Gaetz, 37 years old, native of Halifax, Nova Scotia, was a flight engineer with 413 SAR Sqn. MCpl Gaetz was married and had three children.

MCpl Glen Sinclair, 36 years old, native of Rastatt, Germany, was training as a flight engineer with 413 SAR Sqn. MCpl Sinclair was married and had three children.

Sgt Jean Roy, 34 years old, native of Montreal, Quebec, was a SAR Technician with 413 SAR Sqn. Sgt Roy was married and had three children.

MCpl Darrell Cronin, 32 years old, native of St. Johns, NFLD, was a SAR Technician with 413 SAR Sqn. MCpl Cronin was married and had two children.

Passages



The staff of the Totem Times and the Comox Air Force Museum wish to acknowledge the passage of Wing Commander "Big Joe" McCarthy DSO, DFC, CD. Wing Commander McCarthy, who passed away in Virginia at the age of 79, was the pilot of the only Lancaster bomber to survive in the second wave of the Dambuster attack on the Mohne, Eder and Dorpe dams in 1943. He was also commanding officer of 407 Squadron at CFB Comox from 22 May 1959 till 4 July 1962.

Wing Commander McCarthy was an American by birth and enrolled in the Royal Canadian Air Force in 1941 before the United States entered the war against Germany and her allies. He was one of four pilots of the Dambuster squadron to be awarded the DSO for his actions during the raid, while Wing Commander Guy Gibson was awarded the Victoria Cross.

Wing Commander McCarthy is survived by his wife Alice and their son.

From the WComd Capability renewal

Continued from page 1

weapons system components or we will lose operational relevance;

c. We must retain our ability to operate with allies; interoperability is essential to relevance on the international scene;

d. We must not achieve the above at the expense of quality of life of our people; and

e. Quality will have precedence over quantity.

CAS and ICAD HQ staffs, in consultation with the Wings, are reviewing our commitments and comparing them to the readiness levels we are maintaining. Readiness in this context is more than simply the training levels we maintain, it includes our equipment and personnel force structure. If we move our readiness posture closer to the minimum required, the resource dollars we save could be employed to generate the impetus to make IAMP and SLE happen. Any reduced readiness postures would be for a finite time, with plans developed for "ramping back up." Lower readiness levels, of course, come with increased risks of being unable to meet commitments. HQ staffs are analyzing these risks and working to determine if sufficient savings can be realized to justify the risk.

CRI is still in the conceptual stage. Six working groups have been struck to look at Force Structure, Readiness, Costs, Capital procurement, Communications and Personnel issues. The CAS has accepted the concept in principle, and the Wings are developing options for presentation to the Air Command Council and the CAS. Once he has a reasonable mature options base, the CAS will discuss the issues with our "customers" and will take decisions on interim readiness postures and duration.

The CRI process will be extremely complex and we will have to subject some of our basic concepts to profound scrutiny. As military personnel we have developed in a culture where thinking of reduced readiness is incomprehensible. Being less than the absolute best we could, was never an option. CRI does not run contrary to this culture. The emphasis will still be on quality, but we may have to sacrifice some quantity for a short time.

As the CRI staffing process unfolds, we will undoubtedly be inundated with rumours. Indeed, rumours are already running rampant in some quarters. I caution all of you not to react to the rumour mill. The CAS is committed to keeping the Air Force advised and involved in this process.

No decisions have been taken as yet, but as they are I will do my utmost to keep you all apprised. Should you hear any unsubstantiated details about CRI please engage the chain of command immediately.

In closing let me acknowledge the fact that this information begs for more questions than it answers. I consider it important, however, to keep all members of 19 Wing as informed as possible and will remain committed to informing you as further details surface.

Girl Guide Leaders wanted

The Girl Guide year is here as registration took place in the first week of September. All the girls and young women who join are in for lots of enjoyable events and activities.

Sometimes we lose sight of what the leaders are really gaining from Guiding. Everything they do reflects the Aims of Guiding: to be responsible citizens, develop leadership skills and give service to the community. They increase their self-esteem, develop decision-making skills, learn to cooperate and make new friends while having fun!

New experiences, challenges and lots of fun await the women who will be part of Guiding. Contact persons are listed below:

Courtenay, Heather 338-8954;
Cumberland & Union Bay, Mary 897-0369;

Comox/Lazo, Terry 334-8898;
Black Creek/Merville, Nancy 337-2230.

19 Wing participating in Air Force restructuring

Overall strategic planning within the Air Force may affect the scope of operations at 19 Wing. In order to ensure that equipment update programs remain intact, sufficient funding may have to be found from readiness levels. This could result in any given number of aircraft being temporarily removed from operational service in order to upgrade an entire aircraft fleet.

Aircraft are aging and are overdue for mid life re-fit. Specifically, the Incremental Aurora Modernization Project (IAMP) and CF-18 System Life Extension (SLE) program are critical to ensuring that our capabilities remain viable and relevant. As our aircraft age they become more difficult and expensive to maintain. Likewise, as they lose technological currency, our

ability to respond rapidly and credibly to national and international contingencies diminishes. We are at great risk of losing relevance to our allies and to the people of Canada.

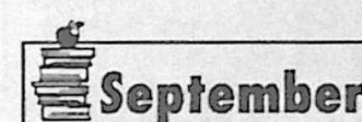
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Air Force HQ, in consultation with the Wings, is reviewing our commitments and comparing them to the readiness levels we are maintaining. Readiness in this context includes training levels as

well as the amount of equipment and personnel available to do the job.

"If we move our readiness posture closer to the minimum required, the resource dollars we save could be employed to generate the impetus to make IAMP and SLE happen. Any reduced readiness postures would be for a finite time, with plans developed for ramping back up," says Wing Commander Col Bill Neumann. "Lower readiness levels, of course, come with increased risks of being unable to meet commitments. HQ staffs are analyzing these risks and working to determine if sufficient savings can be realized to justify the risk. These goals will also not be achieved at the expense of the quality of life for our people."

Weather Summary



The month of September was very dry and warmer than normal. We were well below normal rainfall amounts for this time of year with only four days of measurable precipitation. Sunshine amounts were also above normal received in September.

Highest monthly temperature	25.8°C on 2nd
Lowest monthly temperature	7.3°C on 30th
Total monthly rainfall	2.8 mm
Average monthly rainfall	48.3 mm
Record monthly rainfall	136.4 mm in 1997
Total hours of bright sunshine	247.1 hrs

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

Did you know?

(NC)—Hooded seal pups are nursed for only four days but grow faster than any other mammal. That's why the seal is of such great interest to Dalhousie University scientist Sara Iverson, recipient of a 1998 Steacie fellowship from NSERC (the Natural Sciences and Engineering Research Council of Canada). She's conducting research into the physiological biochemistry of milk production in mammals. Seals are a big focus because of the extraordinary role that calorie-rich fats play during nursing and prolonged fasting. The hooded seal mentioned above has the highest rate of milk fat output (about 60,000 calories per day) and, not surprisingly, the pups grow at an amazing rate - more than seven kilograms per day!

- News Canada

Money matters

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

Position	Name	Location	Local
Wing Financial Counsellor	Capt John Lalonde	WHQ/WCompt	\$464
Unit Financial Counsellor	Capt Dean King	WOps/ATC	\$421
Unit Financial Counsellor	Lt (N) Duncan Green	442 Sqn PAdmO	\$742
Unit Financial Counsellor	MWO Al Houston	WOps/7 Hgr	\$527
Unit Financial Counsellor	WO Jana Bristol	19 AMS/7Hgr	\$831
Unit Financial Counsellor	Capt John Pumphrey	WOps/SAMPO	\$235
UFC (in training)	MWO Zella Baran	WLog	\$182
UFC (in training)	To be announced	407 Sqn	

TIME FOR A LIFESKILLS COURSE

WHEN:

24 - 27 Nov 98



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

WHERE: Bldg 22, room 11

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

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

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

First to Solve the Murder Wins a Spa Getaway!

Murder Mystery

Murder Mystery Dinner Theatre

Halloween Night, Saturday, October 31st

Be the first to solve the murder(s) and win a Spa Getaway at the Kingfisher. Come as you are or in costume - you decide! The evening features a Murder Mystery Dinner Theatre, Mind Games & Trivia, and an Authentic Ghoulish Dinner Buffet featuring Mysterious & Delicious creations from Executive Chef Willy Petz!

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For Murder Mystery Dinner Reservations Call 334-9600

OR

Murder Mystery Getaway \$13900*

Includes: One Night Deluxe Accommodation in our Oceanview Rooms or our New Beachfront Suites. Two Tickets to Murder Mystery Dinner Theatre, and Full Use of our New Spa Facilities (Oceanview Hot Tub, Heated Pool, Cedar Sauna, West Coast Steam Cave)

(* price is per couple based on double occupancy plus tax)

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Guest Editorial

What's in a name?

by Jo Chen

The naming of an aircraft is an important step in its acceptance into the fold. Give it the wrong name and you invite disaster. Crews will fly around NORDO rather than admit that they fly the Tomtit.

The Canadian Airforce, the RCAF and the Canadian Armed and Unarmed Forces have a long and colourful history of aircraft names. Some of the names from the past have had significance to the aircrews of the day while others were named on a whim after excess consumption of wines and spirits.

Burt Lancaster generously loaned his name to one of the finest single pilot machines ever to be attached to four Merlin Motors. This was a good choice. Too much barley and hops and the kids at Canadair came up with the Dynavert. Bad choice kids.

The Animal Kingdom, particularly the bug and bird division, has been a major source of aircraft names. Irritating creatures such as the Mosquito, the Firefly, the Tiger Moth and the Sparrow lent their names, and some would say their characters, to some very well known and respected aircraft.

Names are often descriptive. The Ford Tri-Motor required Fixing Or Repair Daily and it had, surprise, surprise, three engines.

The Beaufort, or beautiful log building, was one of the first attempts at language ambiguity. Being neither male nor female, it was usable in French, English and Inuktitut.

There was very little naming constraint in the good old days when political correctness meant you knew enough not to call the Honourable Member from Lower Buctouche a horse's ass outside the House of Commons. Dropping a moniker on new hardware was creative and easy.

Out of favour are names such as Iroquois, from the tribe known for their original haircuts, and Tomahawk, from the implement used to give said haircut. Pretentious names such as Yale and Harvard or Stranraer, as in the seventh Earl of Stranraer, made a statement. One can just hear the crews saying, "I fly a Stranraer, what about you?" Pride evident in every syllable.

Even Gender Re-assignment was on the minds of some during the early years. One would have thought that they should have had other things on their minds but how else could one explain names like Beaufighter and Cosmopolitan.

Some names said an awful lot about what an aircraft was supposed to do. The Musketeer was great at sticking it to the students of 3CFFTS, particularly on landing, and the Nomad just wandered aimlessly about for hours on end.

Occasionally, a name was very Artsy: The Silver Star and the Silver Dart, designed and built at about the same time by Leonardo DeVinci, being good examples. The rough work Leonardo did on the pre-production T-Bird is currently on display at the Royal BC Museum.

Mythical names such as Hercules, cleaner of stables, Aurora, maker of loud noises on the ramp and Argus of the 100 eyes looking for oil leaks, speak for themselves. Some aircraft were actually named by their crews after they flew them for the first time. The Flying Boxcar, the Bolingbroke and the Crane jump immediately to mind. What a Boling is I don't know but when it broke you knew it.

Often an aircraft was named for one thing when the intention had been to name it for another. The Kitty Hawk was not, much to my surprise, named after a feline loving bird of prey. It was, in fact named after an expectorating pussycat.

Then there are the numerical names, beauties such as HO2S and HS2L. The sorts of names Naval Pilots would give their children. Who can forget the Boeing 707, named for the "G" forces encountered during the average landing.

There are names that just scream out to be used. Gems like Wapiti. The name has helicopter all over it. Falcon, Typhoon, Arrow and Viking can all be used on the radio without hesitation or embarrassment.

Some names, however, should never be inflicted on anyone. In WWII when a pilot said, "I fly the Liberator" he puffed out his chest in a manly way. Remember, this is the guy that the Brits had three complaints about; over paid, over sexed and over here. If this same gift to the Human Race had to say "I fly Vanessa," while a lovely name and meaning no disrespect to all the Vanessas of the world, would that chest have been puffed out quite so far and would the local populous have felt anything more than faint amusement?

A few names have been scrapped off the sole of poor taste and tested on an unsuspecting Air Force. Such memorable offal as Chimo, Wurlitzer and Cormorant have been tried without receiving the pointy-end seal of approval. Who can step up to the microphone and say with pride "I fly a Perogy" or "Say guys, let's take our Wurlitzer out for a spin" or how about "Yes ma'am, this helicopter is named after a fish stealing sea bird that doesn't float?"

Lately, some military's grown-ups have been playing it safe and recycling names from the past. The Harvard, Texan, Thunderbolt and Globemaster all come from the used name lot requiring no more than the addition of a II or III. Why not stick with the tried and true? Grab some history by the shorts and attach it to the new SAR helicopter. For instance how about the Voodoo II? An EH101, oops, sorry, an AW520, would allow the recycling of all those old One-Oh-Wonder patches. Or dare I suggest that since the English have the language named after them that we could go with their choice of name - Merlin. How about the Lounge Lizard? We could call it Liz for short. Or maybe Bob; it shortens up nicely to, well, Bob.

Yep, selecting a name is very important.



Letters to the Editor



Dear Editor,

In your 1 October issue, you published a cartoon and letter by Ms. Stephany Gray that associated my name with the "duck" character. I submit the following objections to Ms. Gray associating my name with her cartoon:

a) Being heterosexual, I demand that the RCMP officer be clearly drawn as a female. If I am to be enslaved, I demand that it be in the male/female type relationship to which I am accustomed as per the Canadian Charter of Rights and Marriage.

b) Second, I do not growl or bark; I quack. As such, cartoons of me should depict me using my language of preference, not that required by the job.

c) Lastly, I object to the idealized, "hard body" physique that Ms. Gray has drawn for me. It is hard enough for we men to deal with the events of life without having to worry about living up to the idealized, fashion-model body that women have created for us in magazines and Holly-wood. We are men, not just sex-objects, and we demand the right to be proud of our bodies the way they are.

I feel that my rights as a single, heterosexual, male duck have been ignored by a DND publication and ask your assistance in setting the record straight.

Capt D. Duckworth

Dear Colonel Neumann,

On behalf of the Comox Valley Unit of the Canadian Cancer Society, I would like to thank you and your staff for the wonderful welcome and accommodations you gave to the cyclists who were touring parts of Vancouver Island and raising funds for children with cancer.

I am sure they will remember their stay at CFB Comox as one of the highlights of their tour and we very much appreciated your willingness to get involved in this way.

About half of the money donated to the Society pays for cancer research and the rest is spent on support services to cancer patients and their families, and to provide education to local communities about the relationship between cancer and tobacco, the sun's rays, certain types of food and drink, unmanaged stress, etc.

We try to encourage a healthy lifestyle and good habits. Our Fresh Start program helps people who want to quit smoking. We organize support groups for patients and survivors of various types of cancer, such as prostate or breast cancers.

We also transport hundreds of patients to the hospitals and cancer clinics. The work is carried out by more than 100 volunteers in the Comox Valley alone.

A contribution such as yours helps with all these activities, which simply would not be possible without generous donors.

With my very best wishes,
Sincerely,

Jeremy Triggs, Unit President

Next deadlines

Advertising: 4 November

Articles: 6 November, Noon

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

Totem Times Open House a success

The Totem Times hosted an Open House on Oct 5 to celebrate National Newspaper Week.

This year's theme is "Community newspapers - We're at the heart of things". We believe that this slogan is very fitting for us at the Totem Times. By featuring CF news, base section 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 and we are proud of that.

During the Open House, those who attended were able to see our new desktop publishing equipment and view displays on various aspects of the production of a newspaper. Col Neumann, our WComd, publisher and guest of honour, was treated to a personalized guided tour by the Managing Editor. Later on in the afternoon, two Kinnikinnik after school groups, the Kool Kids and the Krusaders, came by for a guided tour.

We wish to thank our guest of honour and all other friends of the Totem Times who took a bit of time from their busy day to visit us.



Maj Stewart, WPersServO, and MCpl Cuerrier, Managing Editor, discuss the changes that have taken place at the Totem Times in the last six months. (Photo by Cpl L'Ecuyer, Wlmg.)

The first CFB Comox Totem Times was published in March 17, 1960. This makes it the oldest newspaper in the Comox Valley. It inherited this claim to fame after the untimely demise of the Comox Free Press. They had been at least twice as old but closed down after a lengthy labour dispute a few years ago.

The Totem Times is presently a bi-weekly tabloid although, at one time, it was a weekly broadsheet. During the years that the paper was run entirely by a volunteer staff, it won several Canadian Community Newspaper Association Awards (1981, 87, 88, 90 to 94) and earned third place in 1996 in the permanent staff category.

The Totem Times has been pro-

duced and managed by a succession of serving and retired military people over the years, with the help of few employees and many volunteers.

Our present editor-in-chief is Major Clarkston, a retired and seasoned military pilot, now a reservist filling the position of Base Heritage Officer. The managing editor is MCpl Cuerrier, a photographic technician and the typesetter/bookkeeper is Jenny Cooper, a part time NPF employee. We could not succeed without the help of volunteers like MCpl Trombley, MCpl Dunn and Cpl Neville.

We hope to bring news with an Air Force viewpoint to the CFB Comox military community for many years to come.

Totem Times Reader Survey Winners

The people who filled out and returned our reader survey had their names placed in a draw for Company's Coming cookbooks and BC Camping and Outdoor books.

Congratulations to the following lucky winners:

Karrie Phelps,
MWO W. Shields,
Teri Healey,
Yvette Ally,
Sgt Calmes,
Alain Proulx,
Capt Lalonde,
Pat Nicholson, and
Linda Lewis.

Thanks to all respondents for taking the time to share their opinions and ideas.



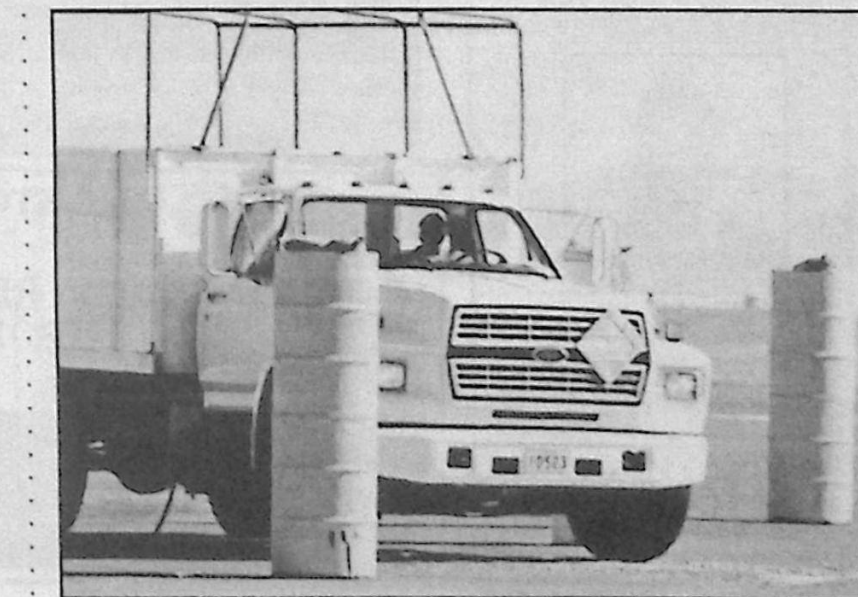
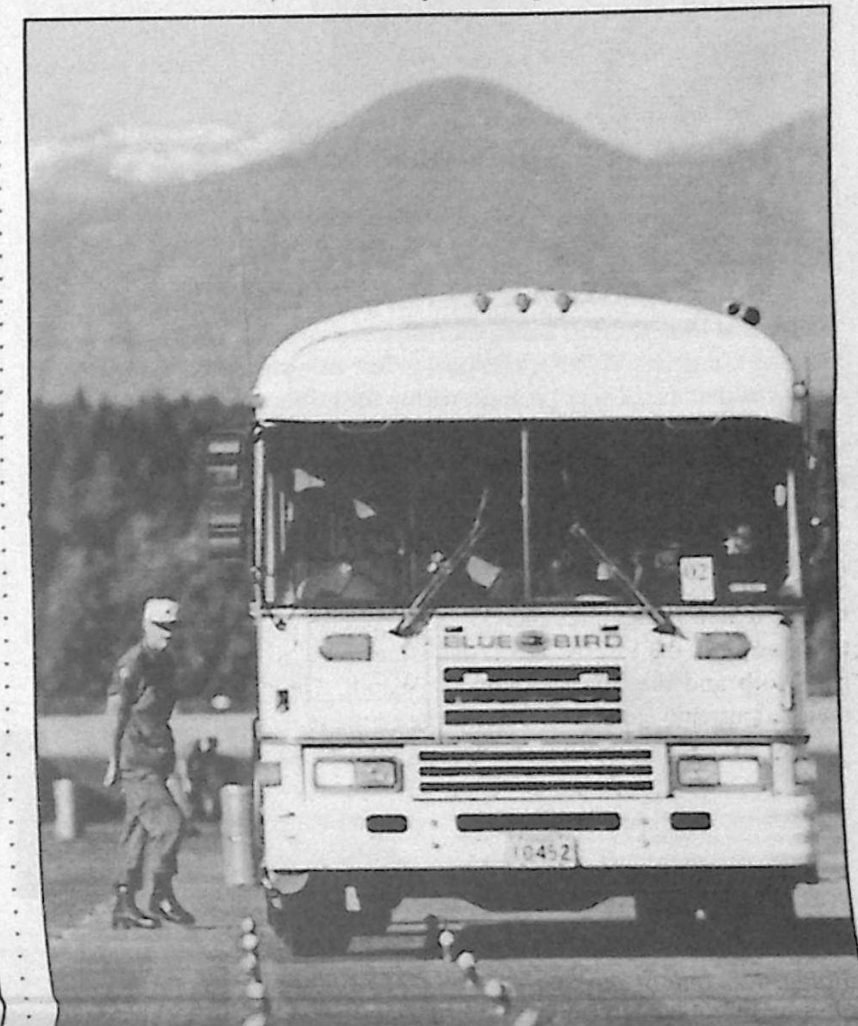
Col Neumann, WComd, perused the "newspaper production from A to Z" display during his visit at the Totem Times Open House. (Photo by Cpl L'Ecuyer, Wlmg.)

Community Newspapers
We're at the heart of things



A peek at the National Drivers' Championships

(Photos by Wlmg.)



Retiring after 42 years



Cam Hayward, an Electrical Generating Systems technician with CE's Electrical Distribution Team, recently received from the hands of Maj Wayne Gauthier, WCEO, a framed prime-ministerial thank you for 42 years of dedicated service, both within the military and as a civilian at various radar stations and air bases.

Cam's job with the generating units took him routinely to Holberg, the travel between which and the Base he is not likely to miss. Cam's well-attended farewell luncheon took place at the Glacier View Golf Course, though other culinary events further marked his departure from CFB Comox and the world of daily travail.

Don't let criminals steal your identity

Think quick - do you know where your Social Insurance Number is? If you don't, Valerie MacLean, Better Business Bureau spokesperson urges, "Track it down and make sure it's in a secure place, not in your purse or wallet."

Your Social Insurance Number (SIN) defines who you are and is a prime target for criminals. It is the key to your credit and banking accounts. When anyone else has access to those accounts, you can expect big headaches to follow.

The crime of consumer identity theft is on the rise. Unscrupulous people, using a variety of methods, steal credit card numbers, driver's license numbers, ATM cards, Social Insurance Numbers, telephone calling cards, and other key pieces of an individual's identity. Often this information is sold to criminals by dishonest employees of retail stores, hotels, restau-

rants, mail order houses and even financial institutions and government agencies.

Criminals can use your most vital personal information to impersonate you, spending as much money as they can in as short a time as possible before moving on to someone else's name and account information.

Victims are usually left with a damaged reputation, bad credit reports and must spend months, and even years, trying to regain their financial health.

To protect yourself and minimize losses due to identity theft, the BBB suggests that you follow these tips:

-Don't carry extra credit cards, your Social Insurance card, birth certificate, or passport in your wallet or purse, except when necessary;

-Save ATM, credit card and other receipts or totally destroy

them so "Dumpster Divers" can't get them from your trash;

-Cancel all unused credit card accounts and keep a list of all your credit card account numbers and customer service telephone numbers;

-Don't give out your SIN or any credit card number over the phone to a stranger or unfamiliar company;

-If you are contacted by a business, which requests personal information from you, check them out with the Better Business Bureau before responding. A reputable company will welcome your investigation.

If you become a victim of identity theft, act immediately and report the crime to the police and all your credit card issuers.

Quick reaction can save you from any liability due to fraudulent charges made to your accounts.

EME World

The past month has been busy at EME, we have settled back into Building 101 and have said goodbye to one of our very best workers, Mr. Wib Watkinson. The farewell party took place at the lush setting of Crown Isle golf resort. Everyone enjoyed themselves but the beer wasn't cheap. As Mr. Watkinson was with us for 11 years, he has many friends. Many ex-EME people as well as Roads and Grounds workers found time to come and say farewell. Good luck in your retirement, Wib. I doubt you will sit still too long!

Other than that, the workload never seems to diminish as the Base has more equipment than ever. However, it isn't our job to ask where all this stuff is coming from, it's our job to fix it.

In closing, I would remind everyone who owns a vehicle to get it winterized as it is the most crucial time of the year to keep up on maintenance.

Arte et marte.

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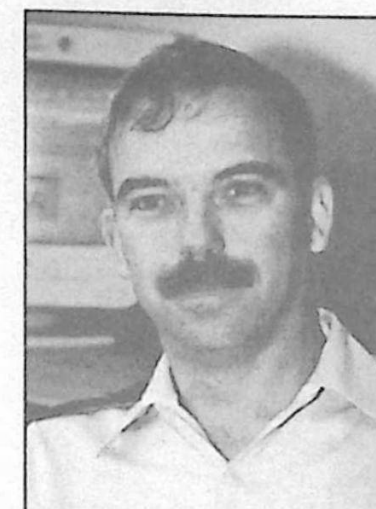
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WTIS exposed



Sgt Pete MacArthur is responsible for overseeing necessary logistics and maintenance for the site. Considering the remote location, this can be fun at times. When not involved with duties for Holberg, Sgt MacArthur can be found in Wing HQ, working on network certification issues. (Photo by W Img.)



MCpl Jim Laverriere is the 2/c of the Holberg crew by night and, by day, he can be found working at Tel Data Services. (Photo by W Img.)

By Sgt W. Oliver

The Canadian Coastal Radar (CCR) site, located at the top of Mt. Brandies in Holberg, B.C., was originally part of the twenty plus Cadin Pinetree Radar sites that spread from coast to coast across Canada. Today, the four CCR sites complement the surveillance data from existing North Warning Radar sites, providing continuous information to NORAD headquarters in Colorado.

In 1993, the old vacuum tube 508 Radar set was retired after some thirty years of service and the site was upgraded with Lockheed Martin's solid state FPS-117 Radar. This system is very cost effective as fewer personnel are required to maintain the system since standard maintenance is only required on a quarterly basis. Of course, for some of us technicians, the continuous (read, darn near daily) tweaking of the old vacuum tube sets to gain optimum performance is now just a fond memory.

Currently, a crew of six personnel from the Wing Telecommunication & Information Services (WTIS) Flight in Comox share the responsibility for performing scheduled maintenance and emergency response to the isolated site in Holberg.

As one of the CCR crew members, Cpl Duane Collins assists with the maintenance on the radar and is our on-site radio expert. Recently, Duane received the No Retreat Award for his exceptional support of an NDHQ installation

project at Holberg. When not performing duties for Holberg, Duane can usually be found at the NAV-AIDS or transmitter site in Comox, ensuring that airfield communications are in top-notch condition.

The remaining radar crew members who support Holberg are: MCpl Jim Laverriere, Cpl Mike Ashby, Cpl Ross Dunn, Cpl Jason Nurse and Cpl Brian Reid.

The radar at Holberg rests at the top of a 480-metre hill on the north end of Vancouver Island. Those travelling to the site often encounter very unique and ever-changing weather patterns. During the winter, the winds off the Pacific can reach as high as 90 plus knots. In these winds the rain blows up on the ocean side of the tower! On one occasion we were isolated in the tower for a day while the site's access road contractor tried (most impressively, by the way) to clear a path rough three feet of drifted snow on the 20 degree plus access road. And to think that the road was clear the day before! Of course, if we could have waited an additional day or two, the impending rain would have corrected the problem. However, one has to admit that the view of a sunset from the site on a clear evening, with the clouds below you, gently rolling in from the ocean, is absolutely stunning in its pristine beauty.

Wing Construction Engineering (WCE) Flight also supports operations in Holberg by ensuring that the site's road and radar tower remain in operational condition.

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As the beacon turns...

By Capt Bruce Mornan

Well, the time has come once again to bring our community up to date with the goings on in the ATC world.

With our fantastic summer now officially behind us, we are reaping the benefits of APS 98 with the arrival of three new personnel and their families.

WO Dave Miller arrived from Bagotville to fill the position of ATC Warrant Officer due to the recent retirement of Phil Nakashima.

Dave was just getting his feet wet in the new position when he received official notification of his acceptance into the CFR program in the AEC occupation. Congratulations Dave and the best of luck in what will be a busy couple of years of training and broadening horizons.

The Control Tower has gained another smiling face in Capt Mary Lee. Mary and her husband, Gavin, a SAR tech now with 442 Sqn, came to us from Goose Bay with the closure of the military ATC unit

there. Mary is working on attaining her facility rating in the tower control position and is looking forward to getting into the shift rotation.

Last, but certainly not least, this summer saw the arrival of Capt Mike Benoit and family. Mike recently completed the first IFR conversion course for the Air Weapons Controller side of the AEC occupation and is currently undergoing training in the IFRCC in terminal control. Welcome all, and enjoy your tour here in the Comox Valley.

Congratulations are in order for Capt Roger Guinan and his new bride, Karen. Roger and Karen were married on September 12 in Filberg Park and followed up what was reported to be a beautiful ceremony with a fun-filled reception at the Coast Westerly Hotel. All of us wish you both the very best the future has to offer for a happy life together.

While we are on the topic of bright futures, the new control tower is progressing very well.

After almost 12 hours of continuous concrete pouring, the bulk of the tower's sub-structure is in place. The crane that will be used for the construction of most of the superstructure has been erected and stands 140 feet.

The horizontal section of the crane represents the height of the tower cab which will, undoubtedly, provide an exceptional 360 degree view of airfield operations to our controllers who are anxiously awaiting its completion. The forecast date is October 1999, which was based on the coincidental implementation of the MAATS (Military Automated Air Traffic System) program. However, as this program has been delayed until February 2001, NDHQ and 1 CAD are working toward acquiring a temporary communication suite to allow the earliest possible occupation of the tower.

Well, that's all the happenings for now, so keep your eyes peeled and ears to the ground for future news from the exciting world of 19 Wing ATC.

"Christmas for Kids" Chili Cookoff is coming

The Griffin Pub's 10th annual "Christmas for Kids" Chili Cookoff is our unofficial, unsanctioned, and somewhat unorganized way of raising funds for local folk who may need a helping hand each year.

The proceeds go the Stocking Fund and Christmas Food Hamper Society, the basic idea being to ensure that Christmas happens for as many children as possible, right here in the Comox Valley.

Approximately 25 teams pay \$25.00 to enter their secret recipes for killer chili. The only guidelines they must follow are: no wild game meat, no distilled spirits, and absolutely no wacky weeds cleverly disguised as common kitchen herbs and spices. The teams themselves, representing a complete cross-section of our community, exemplify the real Christmas spirit. Many local businesses and community clubs get in on the action. However, having a big name behind your team does not guarantee success. At least twice, the trophy has been carried home by a single person entrant.

Two litres of the concoction must be delivered to the pub on November 14 to be tasted by our panel of five judges. This crew includes the local fire chief, RCMP staff sergeant, newspaper editor, charity sponsor and a well known real judge. This may sound like a cushy job but, in fact, it can be quite painful to taste 25 differing concepts of the best chili in the Comox Valley.

To add even more spice to the event, we've added a theme to the day, and this year's theme is "Fairly Tales and Nursery Rhymes."

The costume prize is coveted almost as much as the "Chili Cup." No one has to make chili to play. A non-perishable foot item gets you in the door, where you can buy a bowl of (what else?) chili for \$5.00, buy a T-shirt, a raffle ticket or play the many games set up.

The annual "Christmas for Kids Chili Cookoff" has become a community wide event with many local merchants donating items for raffle, local artists giving their work for auction and pub regulars and local entertainers giving freely of

their time. With all this incredible spirit, every year is sure to be bigger and better than the last!

For anyone who can't make the event, there are still many ways to play. Once again this year we will be holding Chicken Bingo, with the winner getting up to \$1,000. All proceeds from the "Pool Table Fund" and the Griffin's infamous "Profanity Jar" from now until Christmas are donated to the event. For those too busy to attend the event, bowls of chili will be available through our drive-through window for \$5.00 each.

For more info, please contact Karen or Maggie at the Griffin Pub, 339-4466.

HALLOWEEN

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Saturday October 31, 98

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PARADE 4:15pm
TRICK OR TREAT
Around the Mall 4:30pm



PRIZES FOR BEST COSTUME



19 AMS News



Cpl Wyers is presented his CD by Capt Bouchard, Acting CO 19AMS.
(Photos by W Imaging.)



Cpl Aplin-McCoristan, CD



Cpl Lemieux, CD

So let's see, what's new in the squadron for this month? Well, we had three people receive their CDs recently. Shown in the accompanying photos are Cpl Aplin-McCoristan, Cpl Lemieux and Cpl Wyers being presented their medals by acting CO, Capt Bouchard. Cpl Wyers has had that big smile on his face ever since being posted to an airforce base. Congratulations to all and thanks for 12 years of dedicated service.

For the squadron Sports Day on October 2, our S&E committee organized a car rally. These things are loads of fun but I can think of no tougher test for a marriage than to enter a rally with your wife as navigator. If you go home in the same car afterwards, your union is truly blessed. We had a good turnout with 21 cars and 46 people careening around the valley searching for clues and trying to answer the devious questions concocted by the organizers. Although it was a close contest, the eventual winners were Rick Franke

and Bruce Wilson from the NDT section. I think their combined time of over 20 years in the Comox area gave them some advantage. Their working on the top floor probably helped them to know that the CO's first name rhymes with Pritchard! Now I'm not *that* slow (much!), but I'll never live down the fact that, under pressure, I couldn't relate the Montreal Expo 67 to Centennial Street—a street I drive on every day. Oh well, some of us carry a heavier burden than others I guess.

Capt Travis and his indomitable team might have won the day but for a small miscalculation. They calmly sat in the car for 10 minutes just before the finish line, thinking they had completed the course too quickly. Sometimes we just out-think ourselves, eh Eric? Many thanks to the organizers Baxter McKee and Mike Sharpe, and the other who kept track of scoring and the chefs who later cooked the burgers.

Superbia et excellentia!

Demon Doins

Things here at the squadron have quieted down quite a bit with respect to deployments so a lot of what's to follow will have to be taken with the author's literary license in mind (or the author's tendency of using this forum to settle vendettas).

Most crews have gone on, or are preparing for, trips to Greenwood, which is home to 407's misguided sister squadrons on the East Coast. Due to the lack of understanding that takes place between our eastern counterparts and us, most 407 airmen are not especially fond of these twice-annual, week long crusades that we embark on so we can conduct simulator training. Much to the dismay of 407, the limited-edition commemorative T-shirts that celebrate the existence of Maritime Air Group (a T-shirt that was lovingly designed by a kindly, young, silver haired 407 Flight Engineer) have now been banned from the Mess in Greenwood. I could not confirm this rumour, due to the possibility of setting off another barrage of insults against the peace loving members of 407. Why can't we all just get along?

Note: For those of you who are interested, that particular FE is back-ordered for those T-shirts but he is doing his best to keep up with demand (it always gets busy this time of year when crews are heading there).

Speaking of simulator training, I heard a little birdie say that a certain TacNav has a hate-on for biology. Apparently this TacNav (we'll say that at least he's young at heart) conducts simulated attacks on pods of defenseless whales. One attack you can write

off as a possible misunderstanding or finger problem. When you attack our "comrades of the deep" not once, but twice, people start questioning your environmentally unfriendly attitude and your apparent jealousy of, not only people, but mammals who also equal, or possibly exceed, your ASW expertise. (Let this be a lesson to all Acoustician Crew Commanders, who, after making their TacNavs life a living hell, decide to upgrade to TacNav themselves—we do not forget.)

Crew 1 will be proceeding to Hawaii next week for a Maritime Patrol Aircraft Symposium with our American Allies. Rumour has it that there will be a little friendly competition between the attendees to see who can attack a submarine the fastest. It looks like the majority of the squadron elders will be participating in this little gathering. It should be interesting to see how they make out because I'm not really *that* bitter about not being invited, and I would *never* abuse my column to make fun of them if they don't do well. Man, you screw up one attack during the O'Brien Competition's Fastest Attack scenario and they never forget... I learned my lesson, honest! I'm feeling much better now.

Shouldn't say that just the squadron elders are going. There are going to be other crew members who don't have experience on the Neptune or Argus, like Rich MacKinnon, John Low and Jon Rothwell (I'm not entirely certain about Job though), and don't forget our always young CO (can you tell that I got the posting that I wanted). Stay tuned to see what happened on that deployment in

the next article.

The United Way campaign seems to be going well. Our illustrious leader, LCol Reaume, spent his due time in the jail to raise money for the campaign. It was interesting to see the Training Flight Commander, Maj Weir, take leave on short notice when he saw that the jail was open on the 14th. He must have seen the line-up of people at Sgt Espenberg's door who wanted to donate to the arrest fund. Taking that week off was probably a smart idea considering the size of the line-up.

With winter fast approaching, it looks like it's going to be a banner year for inter-section hockey. 407 has three teams again: the Rebels in the "A" league and the Demons and the Devils in the "B" league. It looks like it's going to be a great year for verbal abuse and taunting in the halls of the fighting 407th because none of us can really play hockey. We enjoy sports as it gives us a chance to practice our sarcasm. If you have a game against a 407 team, especially in the "B" league, make sure you bring your thick skin. After the first couple of games we realize that we are not the gifted hockey stars that the summer off from hockey fooled us into thinking we were. We will have to rely more on ridicule and verbal abuse to undermine our opponents. I know of a particular AEF goalie who is going to feel the brunt of my abuse.

Until next time, nuff said...

Investigate before you cybershop

If you are hooked on the Internet, you are probably being tempted to cybershop. Protect yourself and your business before you start buying those appealing products that may be too good to be true. The Better Business Bureau offers the following tips to ensure your cybershopping experience is a good one.

- Think security—consider a secure browser which encrypts or scrambles purchase information and transactions.

- Stick to what you know—when you try a new business, check their reliability report at the Better Business Bureau.

- Check the address of the merchant's site—the Uniform Resources Locator (URL) ensures that you are dealing with the right company. It's a good idea to print out a copy of your order and confirmation number for your records.
- Investigate the company's refund policies—before you place an order.

- Mums the word—*never* give out your Internet password. Create a phrase for a password, e.g. "IMA*RU12? (I am a star, are you one too?). Use different passwords for other sites.

- A red flag is waving if you are asked for your Social Insurance

and bank account numbers to conduct a transaction. Con artists who have used other media to attract their victims are turning to on-line for a new approach on old scams.

- It's a matter of time—if you need the merchandise in a rush, ask if your order can be rush and at what additional cost.

- Know your rights—under the law, a company is required to ship the merchandise within the period advertised by the seller.

- If no time is promised, the company should ship your order within 30 days after receiving it, or give you an option notice to cancel or wait.

Did you know?

(NC)—NSERC (the Natural Sciences and Engineering Research Council of Canada) now supports more than 8,700 Canadian researchers. An additional 3,300 individuals hold an NSERC scholarship or fellowship and the council also offers several prestigious awards annually to recognize outstanding contributions in a variety of fields. If you'd like to know more about NSERC's work and projects it supports, you can check out the NSERC web site at <http://www.nserc.ca>.

CANEX

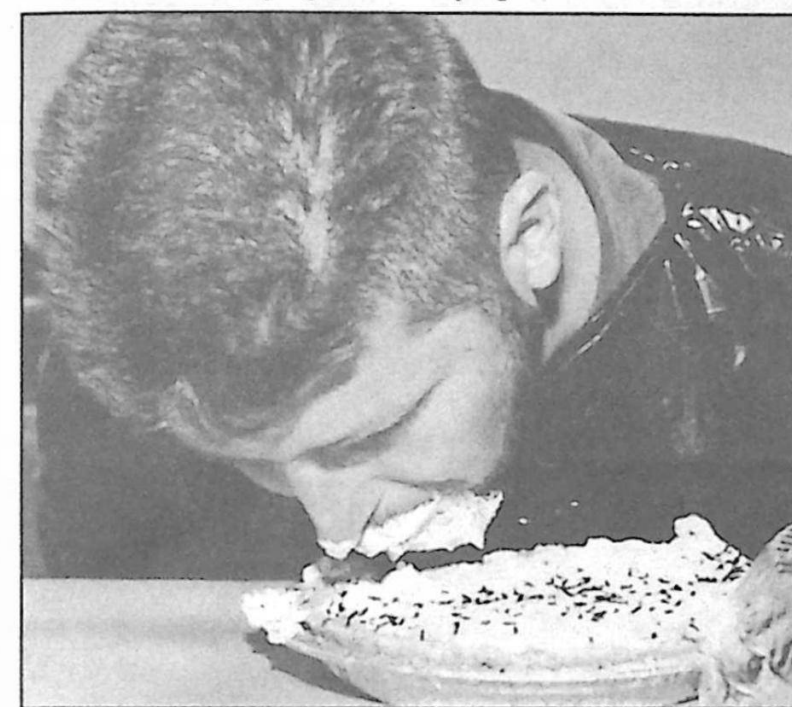
CANEX management and staff wish to thank and congratulate our many friends and customers who joined us in celebrating our 30th anniversary. We celebrated with birthday cake and coffee, great sale prices, several contests, two balloon drops (one for the youngsters and one for the adults) and a fun barbecue, with all the proceeds going to Wallace Gardens Community Association.

The music was terrific, all tunes from the sixties! A highlight was

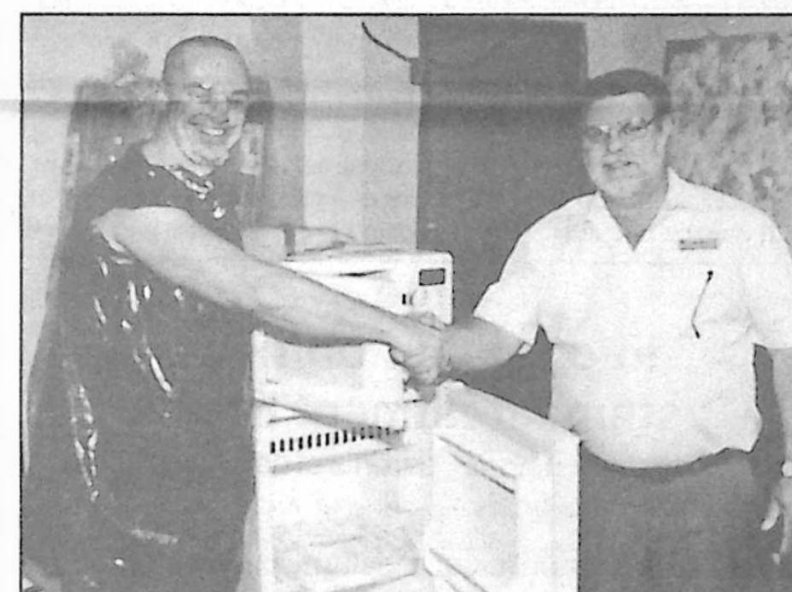
the CFB Comox inter-section pie eating contest. The rules were simple: eat one whole pie, no fork, no spoon and no hands!

There was a great cheering section and 407 Sqn came up the big winner! They took a bar-sized fridge and a microwave back to their section. We hope the fellows enjoyed the cream pies!

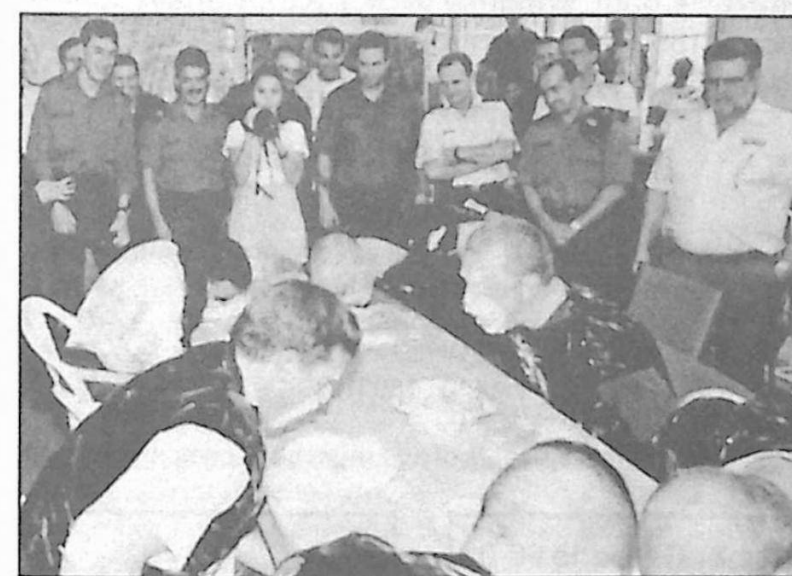
With our terrific prices, fun and games, plus Bonus Club Xtra points, all of our customers came up big winners!



Pie eating contest: what style! (Photo by Wimg.)



Cpl Gerry Jomphe, 407 Sqn/Maintenance, winner of a refrigerator and microwave for his section with CANEX Manager Terry Zerr. (Photo by Wimg.)



Okay, keep eating! (Photo by Wimg.)

Anniversary celebration successful and fun



CANEX Manager Terry Zerr presents winner of the Sports Trivia contest, Gary Nyman, with Dartboard and darts (donated by Pyramid Leisure Products).



Cliff Redan, winner of 1968 TV Trivia, received a 14" TV (donated by Daewoo), here pictured with CANEX Supervisor Trish Johnson.



Balloon Drop Mystery Winner of the Nostalgic Coke Cooler with CANEX Manager Terry Zerr.



Erin Evans, Grand Prize winner in Kids Balloon Drop, with Trish Johnson, CANEX Supervisor.



Balloon Drop Grand Prize Winner, Dianne Whynott, with CANEX Manager Terry Zerr. (Prize donated by CANEX.)



Terry Morningstar, winner of CDs in Music Trivia Contest (donated by Saturn Distr. Inc.)



Balloon Drop anticipation! Everyone ready?



Balloon Drop \$50.00 Gift Certificate winner, Holly King, with Donna Chappin of CANEX.



Kids Balloon Drop winner of \$25.00 CANEX Gift Certificate, Alora Kilmury, with CANEX Supervisor Trish Johnson.



Camil Guerin, winner of Coke cooler, with Coke Rep Rob Cruickshank.



Pat Taylor, Winner of the Daewoo Home Entertainment Centre, with CANEX Manager Terry Zerr.



Kids Balloon Drop winner of \$25.00 CANEX Gift Certificate, Paige Frank, with CANEX Supervisor Trish Johnson.

(Photos courtesy of CANEX)

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Air Force 10K a success



On Sunday, 27 September, the first running of the Extreme Runners Air Force 10K attracted 94 runners. With clear skies and warm temperatures, the fall road race seemed more like a summer one.

The aim of the Air Force 10K was to promote fitness and camaraderie through friendly competition. It is safe to say that it was achieved as runners cheered each other on during the race.

The race started near the Airport Elementary School at noon. The course wound along Little River Road, through Air Force Beach, down Astra Road and back up Little River Road to return to the school.

Following the race, while awards were presented, participants enjoyed a veritable food fest. The generous spread, donated by local sponsors, was more than ample to refresh the tired competitors.

A large contingent of Comox

Valley runners made up the bulk of the field. Although many runners came from outside the valley, some even travelled from as far away as Victoria for the event.

Race Director, Capt Brendan Cook, 407 (MP) Sqn, would like to thank the various sections of the Base who provided support and personnel for this event. Without the help provided by all of you, this event would not have been the success it was.

Military results were as follows:
Men 25-29: 1st overall Brendan Cook (31:11), Jake Gallant 81st (50:44).

Men 30-35: Travis Commandeur 31st (40:42).

Men 35-39: Darren Skuja 11th (36:08).

Men 40-50: Graham Denniston 38th (41:44).

Men 50-55: Denis Gamache 53rd (45:37).

Women 40-45: Zella Baran 83rd (51:04).

Glacier Greens Golf Shots

By Barb Carter

Tuesday Ladies Club

It was Awards Night on October 6, with trophies being given to all the winners. Match Play Board A went to Janet Edwards with Linda Lott runner-up. Match Play on the B side went to Judy Fellbaum, runner-up Carmel Horochuk. Ringer Board 18/24 handicap Lorraine Courtemanche, Board B 25/30 handicap Marguerite Fournier, Board C 31.41 handicap Shirley Wallis. Tied for A was Carmel Horochuk and in C it was Ardyth Woods.

The Birdie Trophy went to Duane Miles and Chip-ins to Lorraine Courtemanche. The Putting Trophy and prize went to Irene Perry with a 30.8 average. Second went to Duane Miles (31.4) and third was again Lorraine Courtemanche. Lorraine also had the best putting round with only 26. You sure had a good year, gal!

CLGA Pin went to Marie Israel, runner-up was Charlene Wadelius.

Hole in One trophies went to Carmel Horochuk, Fran Hume, Charlene Wadelius and Inge McArthur so move over Doug; it's all in the family.

Many thanks to Aero Art who donated some of our prizes.

New 1999 Executive for the Ladies Club is as follows: Club Captain Gillian Iddolls, Vice-captain Carmel Horochuk, Secretary Marguerite Fournier, Treasurer Sonja Famulak, Tournament Chairperson Judy Fellbaum, Prizes Fran Hutchison, Ellie Nicholas and Anne Patterson. Rules, Handicaps & Match Play Inge McArthur, Interclubs Pat Everett, Publicity Joyce Merrill, Boards Liz VanBoeschoten, Foods Sharon Warne, Housekeeping Mary Kelly, Monday Night rep Pat Belanger.

Turkey Shoot

This event will be held on 1 November - sign up at 8:30 a.m. for a 9:00 a.m. tee off. It's an 18-hole event and is open to all members. It's a team effort with turkeys going to Low Gross, Low Net and KPs.

Winter Golf

My next attempt at reporting will be for Winter Golf, starting on 8 November with an 8:00 a.m. sign up for 8:30 a.m. tee off. In December and January, tee times will be 8:30 a.m. for 9:00 tee off, due to morning darkness. February and March will revert back to 8:00 a.m. for 8:30 a.m. tee off. Hope to see a good turnout.
Till next time...

NCCP Level 2 Volleyball Coaches Clinic
Hosted by 19 Wing Comox
Run by BCVA
12 - 13 December
BCVA members \$77.00
Non-members \$97.00
Registration deadline:
27 November
Register with Jake Plante,
local 8783.

Silver swim at CISM



Capt Caroline Chartier, WFOODS, proudly displays the two silver medals that the Canadian Ladies won in the CISM swimming relay races which were held in Rome, Italy, 31 August - 6 September. Eighteen countries took part in this CISM competition which consisted of water polo, diving, swimming and life saving. The CF sent twelve swimmers, six male and six female. Along with the two silvers, the ladies also won a bronze medal in the 100-metre backstroke. Caroline said it was a very good outing for the Canadians, especially the females and, with more swimmers coming out of RMC, we should be able to continue being successful. Caroline also came fourth in the 100-m life saving event and did a personal best in the 100-metre butterfly. (Photo by Wlmg.)

Free information on new asthma treatment trends

Who: People with asthma, parents of asthmatic children and health professionals.

What: A free session for local asthma patients called All About Asthma with Dr. Charles Penner, a Comox respiratory medicine specialist. Space is limited: register by calling the B.C. Lung Association at 1-800-665-5864. Where: Coast Westerly Hotel (Courtenay/Comox Room), 1590 Cliffe Avenue, Courtenay. When: 7:00 - 9:00 p.m. Thursday, 22 October.

Halloween Swim for all ages

Come and enjoy a swim, a swing at our pinata and pin-the-tail on the cat. Sounds scary enough for you to come!!

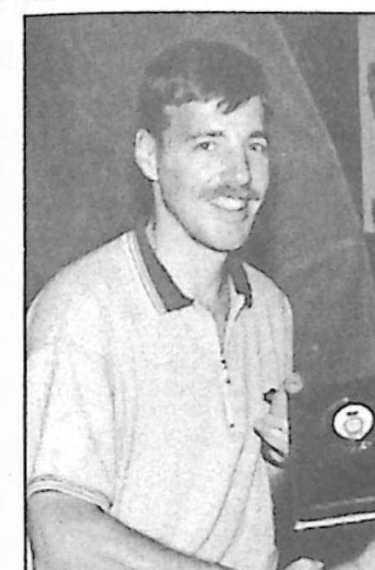
When: 30 October
Where: 19 Wing Comox base pool
Time: 1600 - 1800 hrs.
Price: \$1.00
Note: Children under 6 years of age must be accompanied by an adult.

Glacier Gardens 98-99 Parents and Tots Skating
Tuesdays & Thursdays
9:00-10:00 am
Military dependants/
DND employees:
Children \$1.00, Adults \$2.00
Military Members and Rec
Pass holders: "Free"
Civilians:
Children \$1.50, Adults \$3.00

Jake's Trivia Corner
A. What sits atop the bat in the New York Yankees' crest?
B. Whose #5 was the first number the Toronto Maple Leafs retired?
C. What legendary slugger took advantage of an exhibition game and became the first man to hit a home run in the Houston Astrodome?
Answers on page 14.

RECSPPO '98

Residents of the Comox Valley were recently introduced to leisure activities which various clubs and organizations will be holding during the fall and winter months at 19 Wing. The 31 exhibitors entered into spirited competition for the best booth. The Sailing Club walked off with the first place award, the Scuba Club came second and the Archery Club took third.

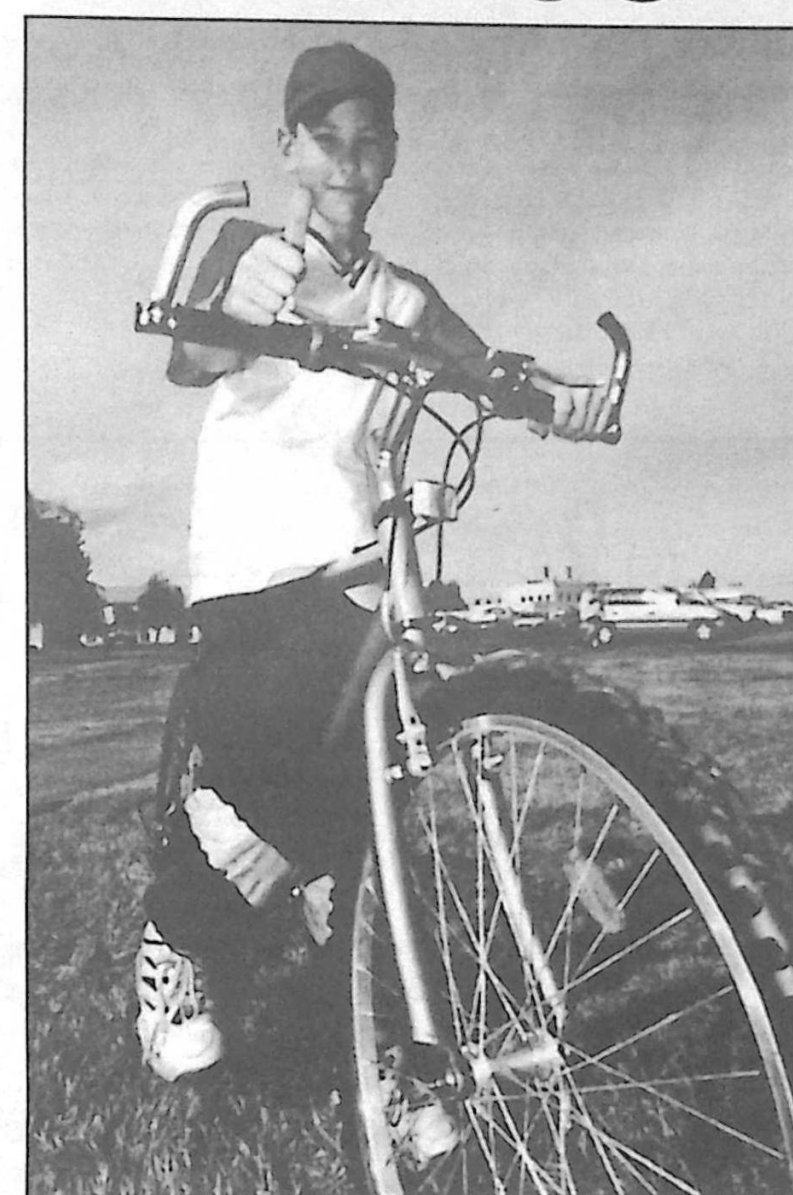


Maj M. Drapeau received the Best Overall Best Booth award for RECSPPO '98.

This Day in Hockey History

December 31, 1975 (NC) - The Montreal Canadiens battled the Central Red Army in a tense exhibition contest that ended in a 3-3 tie. Many hockey experts consider it to be the greatest game ever played. It was a goaltenders duel as Ken Dryden was spectacular in goal for Montreal, stopping 13 shots. However, Soviet goaltender Vladislav Tretiak was even more dominating as he turned away 39 shots from the Canadiens. He made a handful of outstanding saves to thwart Montreal's snipers and preserve the tie. Many spectators say they had never felt so much emotion in the old Montreal Forum.

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.



Winner of the 21-speed bike, Joshua Nicholson.



Martial Arts demonstration by 19 Wing Jiu-Jitsu Club.

In search of the lotus tree

By Hans Gassner

Our first boat was a 27-foot Catalina sloop built in the US. A generic cruiser, she was easily sailed, with a roomy interior. In the end she turned out to be neither an excellent sailboat, nor a bad one, but for us was a dream come true. Qu'Appelle ("What's my name?") was our ticket to adventure.

Or so I kept hinting to Cheryl during the long days of planning and packing. I projected ahead to imagined spray flying over the dodger as we heroically beat a course to a mythical anchorage beneath glistening lotus trees. A large part of my childhood was spent reading the classic Greek stories and, as the departure date grew nearer, I repeatedly wondered what was up there, in Desolation Sound, and whether it had a big eye in the centre of its forehead. Cheryl, hailing from a more practical background, always supplied an antidote to my musings: "We're going to need plastic bags," she

observed one day.

I don't know how the Argonauts did it, but we needed at least one plastic bag to keep our toilet paper dry.

There were some tense moments. "How much beer should we take?" I asked, wondering where all the food would go if the beer took up too much room in the icebox. Cheryl's riposte: "How much wine?" It was the sort of quandary that cried out for an eloquent response. "Lots," we agreed. Afterwards we concentrated on more mundane logistics, like food, water and navigation.

Eventually we packed so much stuff that we could easily have started a new civilization should Vancouver Island have sunk beneath us. In fact, I think I included this scenario in my standing test on whether an item should be packed, or not. The only article, which failed the test, was Cheryl's Garth Brooks CD, but she made me

take it anyway.

On D-Day the boat wasn't at all crowded; Cheryl, breaking laws Einstein said we can't, squirreled everything out of sight in logical order. And because Cheryl is anything but logical, she couldn't find a darn thing afterward. I had visions of fighting a summer storm in shorts, while our foul weather gear lay neatly packed somewhere below, impervious to rain, or access.

Eventually, after what seemed an eternity of preparation, checking and double-checking (thus ensuring that we only forgot the most essential items), we threw off the umbilical and left. Destination: some place far back in my imagination, where shining islands beckon on windswept horizons and lotus trees wave with an on-shore breeze.

(This story originally appeared in "Fathom," the 19 Wing Comox Sailing Club newsletter.)

Teaching certificates by Distance Education

By Pat Allan,
CFCCN Coordinator

The Canadian Forces Community College Network has just published the second Distance Learning Catalogue, listing entire programs and individual courses which are available from member colleges. For those of you who would like to take advantage of the expanding opportunities for trainers, there are two programs of interest.

Algonquin College has a Teacher and Trainer of Adults Certificate program, consisting of five courses all available by distance. They include Adult Learning, Adults with Learning Disabilities, Curriculum Development, Instructional Techniques and Assessment and Evaluation. It's a well-rounded program which provides the educator with a variety of strategies and methods to respond to the needs of adult learners.

Fanshawe College offers an on-line Adult Educator Certificate which is similar to Algonquin's. It consists of five courses, but offers the option for students to take either Adults with Learning Disabilities or Teaching in a Virtual Classroom.

This entire program is offered in a virtual classroom, so participants will have first-hand experience with this "wave-of-the-future" learning arrangement.

On-line courses make full use of electronic technology. Once a student registers for a course, a password, student ID code and access information is sent to them.

At the course site, you will find conference folders containing messages from the instructor, the course outline, class notes, as-

signments, tests, and other resources. Each week the instructor assigns materials from the course site, readings from the textbook and other print materials, assignments topics and other activities. Students work at their own convenience, accessing the on-line course materials from any personal computer with Internet access.

Many people find that distance education meets their needs well. It is flexible, so you can work at it when you have the time and energy. For military people that can be important if you are deployed. For spouses, it can mean being able to do coursework while the kids are in school or asleep.

Sixteen member colleges across Canada offer distance learning, including correspondence, on-line and teleconferencing options. Some distance learning courses have continuous intake, meaning you can start any time. Some are on a semester timetable, where there are three or four times a year you can register.

We encourage all members of the Defence Team and their families to think about getting a college education. If you have been considering taking a college program but have not found anything of interest which you could actually finish, come in to take a look at our new CFCCN Distance Learning catalogue. If you have an education goal, there are a lot of ways to reach it, and we're here to help.

To browse through the catalogue, visit the Resource Room at WPSO's office in Building 22.

The CFCCN Co-ordinator, Pat Allan, can help you explore your ideas and find information. Call local 8889 to make an appointment.

19 Wing Bowling Centre



Open for the 1998/99 season

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

League times	Contacts
Tuesday ladies 6:45-9:00 p.m.	Moe Eisan 338-7569
Wednesday ladies 1:00-3:15 p.m.	Nancy Potvin 339-1782
Wednesday mixed 6:30-9:00 p.m.	Rod Spurr 339-6067
Thursday mixed 6:30-9:00 p.m.	Rod Spurr 339-6067
Casual Bowling	
Fridays 6:00-9:00 p.m.	
Sundays 1:00-4:00 p.m.	

Saturday Youth Bowling League

Various age groups bowl at different times on Saturdays. This is excellent entertainment for the children. They have fun and receive professional coaching at the same time. 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.

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- Nintendo Rentals

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Hours: Mon.-Sat. 9:30 - 5:30
764 Cumberland Rd., Courtenay, B.C. V9N 2E2

Ask about our Beer & Wine Club



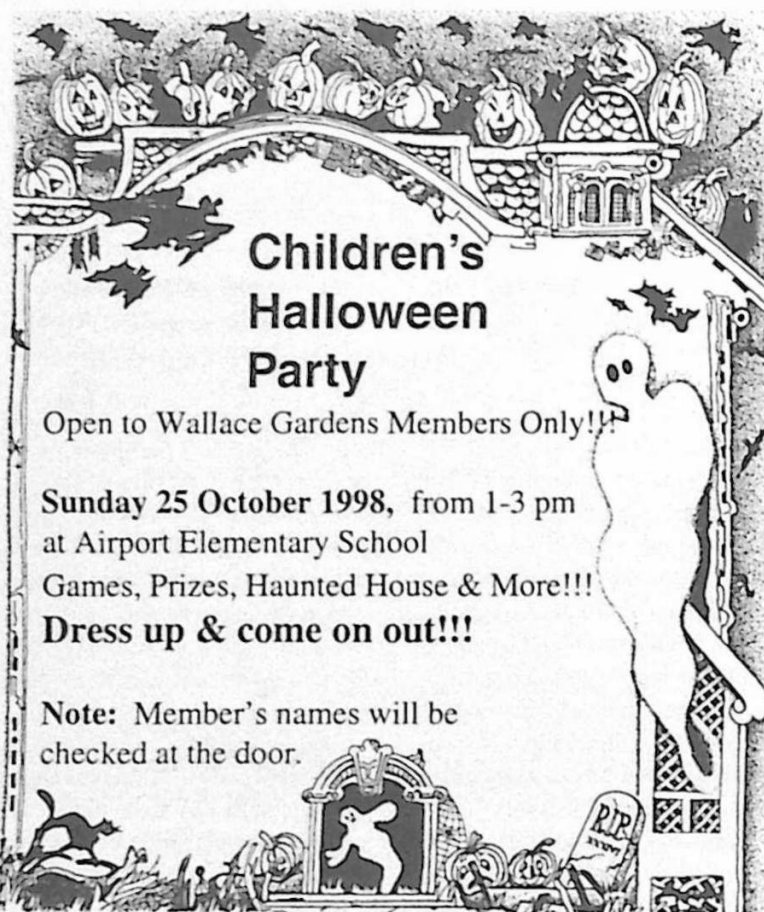
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8 lb Chicken Breasts
with orders placed before October 31, 1998
AAA grain fed steers Pork Poultry Vegetables
Pay by post-dated cheques

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

Wallace Garden Community Association



Children's Halloween Party

Open to Wallace Gardens Members Only!!!

Sunday 25 October 1998, from 1-3 pm
at Airport Elementary School
Games, Prizes, Haunted House & More!!!
Dress up & come on out!!!

Note: Member's names will be checked at the door.

URGENTLY REQUIRED:

Wallace Gardens Community Association requires representatives for the following Wards:

Ward #2: Row houses C, D, E, F, & houses 12-17A
Ward #7: Row houses 102, 103, 105, 107, 108 & 110

If you live in either of these wards & are interested in the position, please call Jane Bekus At 339-8211 (8571).

BINGO!!!

When:
1 November 1998

Time:
1300-1500 hrs

Where: Community Centre

Cost: .25¢/card for members

\$1.25/first card, .25¢/each additional card for non-members

For more information call Debby Robichaud at 339-6317

Correction: The flyer delivered on 15 Oct contained an error. The price for Bingo Cards for members should read 25 Cents vice 50 cents. We apologize for any inconvenience.



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MORE IN STORE

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- Complete product lines including paint and bodyshop supplies
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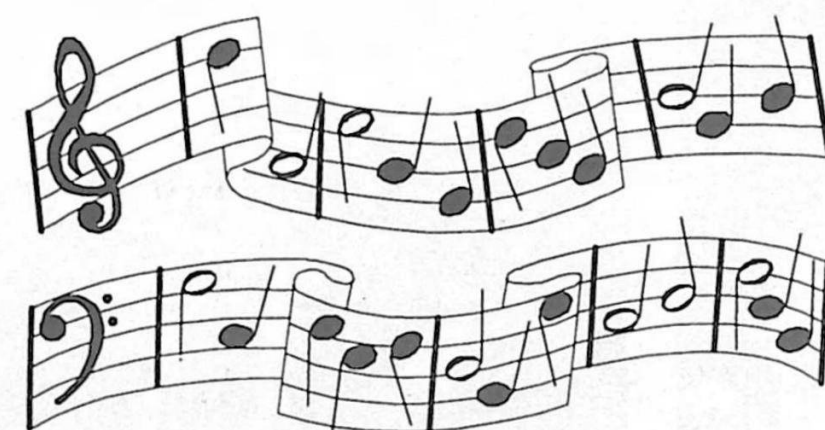
338-7261 We mean it. 

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Teddy Bear Rally A Success

Wallace Gardens Community Association would like to take this opportunity to acquaint you with the Comox Valley Totem Riders Motorcycle Club. On the 13 September 1998, the club held their 17th Annual Teddy Bear Rally. All donations went directly to the Children's Ward or to the Extended Care Wing at St Joseph's Hospital. Last year 900 Teddy Bears were given out to patients of varying ages. Members of our own community have benefited from this program! If you would like to donate a new of "like new" stuffed toy to this worthy cause, please drop it off in the Wallace Gardens Office located in the Canex building Monday-Friday between 0730-1200 hrs, or for more information contact Pat Taylor at 339-4400.

No act of kindness, no matter how small, is ever wasted.
Aesop



Sock Hop

Notice to all NEW members of
Wallace Gardens Community Association
aged 12 years & under

As we get into fall and winter, days become shorter and darkness arrives earlier. Due to the range in ages of the children which attend these events, our policy is as follows:

1. A parent/adult must accompany the child into the community centre.
2. A parent/adult must pick up the child inside the community centre.

For more information, please contact Sock Hop coordinator Pat Taylor at 339-4400.

Wallace Gardens Association Members:

Wallace Gardens Community Association is still hoping to offer a fall/winter floor hockey program for children ages 8-12, to be held three Saturdays a month from 1800-2000 hrs. To date there has not been enough support shown to warrant this program, however the cutoff date has been extended to the 30 October 1998. If you would like to sign up for this program or would like more information, please call Jane Bekus at 339-8211 (8571) or drop in at the WGCA office 0730-1200 hrs Monday - Friday.

Early Elf Copyprint Special

Oct. 22 to Nov. 30
NO NEGATIVE REQUIRED

\$8.99 9 wallets or 4-3x5 or 2-5x7 or 1-8x10
For 1 Page of
\$6.99 for each additional page

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This is *not* just a photo copy
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How can your company offer higher GIC rates than the local banks? Is it more risky?

ANSWER:

We act as agents for banks, trust companies and credit unions across Canada which offer Guaranteed Investment Certificates. As a deposit broker, we shop the market for the highest GIC rates with all of the various companies that we represent to find the best rates for our clients. All of these companies offer "deposit insurance" just like the big banks do, so there is no additional risk to use the services of a deposit broker. There is no cost for this "rate shopping service".



Kim Vogel
Financial Advisor

Comox Valley Rice Financial
480 - C Sixth St.
Courtenay, B.C.
338-8713



COMOX MILITARY FAMILY RESOURCE CENTRE

Pamper Yourself

A Morning of Wellness for Your Mind ... Body ... and Spirit

You are invited to attend a morning of pampering sponsored by the CMFRC. Come out and experience the benefits of:

Massage • Reflexology • Aromatherapy • Rolfing • a Skin Care Clinic • Make-up Application Tips • a Guided Meditation • Iridology • Kinesology • Mendi Art • Pedicure and World Dance.

Admission is complimentary and limited free child care is available.

Date: Monday November 2nd

Time: 9:00 - 11:30am

Location: Officer's Mess, 19 Wing Comox

Please wear comfortable clothing and have access to bare feet.

Schedule of Events

9:00am - Doors Open

9:15am - Welcome

9:30am - Opening Ceremony

9:40am - Pamper Yourself Open Session

11:15am - World Dance Energizer

11:30 - Closing

Please call 339-8290 by October 28th to RSVP for Pamper Yourself. To secure child care call 339-8290 ASAP.

Job Hunting in the Comox Valley

Are you thinking of returning to work? Or are you wanting to explore educational opportunities? Or are you new to the area and want to make community connections and network? Then "Who's Driving this Bus?" is for you! Starting October 27th the CMFRC will be running a five day Community Orientation and Job Readiness Program. This program is designed to help participants map out a career choice, find employment in the local area, and discover the many resources of the Comox Valley. The program will focus on:

- Goal Setting
- Action Planning
- Motivation
- Communication
- Networking
- Identifying personal values and
- Identifying transferable skills

Guest speakers from the community will include:

- **Barry Wood**, Manager of the Comox Valley Chamber of Commerce
- **Pat Allen**, Canadian Forces Community College Coordinator
- **Brook Pearce**, Job Coach from the Creative Employment Access

Society and

- **Kerren Shalanski**, Coordinator from the Working Opportunities for Women Program.

The program will run October 27th, 29th, November 3rd, 5th and 10th from 9:00am - 2:00pm.

This exciting program is open to all military spouses and spouses of retired military members. The program promises to be fast paced, challenging and very rewarding. Register early as spaces are limited. Limited child care subsidies are available. For more information and registration call Tina at 339-8290.

Moms Monday Morning Off

Starting November 9th the CMFRC will be offering Monday morning workshops on topics such as chocolate making, Christmas wreath making, Candle Making, Reflexology, Aromatherapy and Self Defense for women. The CMFRC is pleased to provide a morning of free child care at the Kinnikinnik Child Care Centre, for women who would like to participate in these Monday morning workshops. Child care will be available from 8:30 - 11:00am, with workshops running from 9:00 - 10:50am.

For those parents who require some time off to get some errands done, have time for a workout, or go to an appointment, drop in child care will be available at a cost of \$7.50 per child from 8:30 - 11:00am on Mondays only.

Check the next edition of the Totem Times for more information on Monday morning workshops, or call the CMFRC at 339-8290 for more detailed information.



Au Coin des Francophones

Réseau-femmes du CRFMC

Atelier sur la Nutrition - Huiles, gras, cholestérol et autres
Animatrice: Lucie Desjarlais

Cette soirée d'information a pour but de clarifier les contradictions qui abondent sur le sujet des gras alimentaires. Quels sont les gras bénéfiques et les gras néfastes? Quels sont leurs effets sur la santé des femmes et la croissance des enfants? Grâce aux gras essentiels, on peut rebâtir sa santé, renforcer son système immunitaire, perdre du poids en trop, etc. On apprendra comment utiliser les gras bénéfiques dans notre cuisine et nos repas de tous les jours.

Date: jeudi le 22 oct.

Heure: 7h00 pm

Coût: \$5.00 non-membres

*Gratuit pour les membres de Réseau-femmes

Ateliers - Programme Qualité de la Vie du CRFMC:

Le plaisir de lire
Animatrice: Françoise Casset d'Éducacentre

Le plaisir de lire est un atelier qui vous propulsera dans les livres que vous avez toujours voulu lire. Avec des trucs d'éducatrice, de lecture rapide, de confiance en soi, d'exercices pratiques, vous remarquerez rapidement que votre façon de lire s'améliorera. Alors venez joindre Françoise au Centre de Ressources pour les Familles Militaires de Comox.

Date: jeudi le 29 oct.

Heure: 7h00 pm - 9h00 pm

Coût: \$5.00

Atelier - Créer votre stencil (pochoir)

Animatrice: Jadette Gosteau

Ne soyez plus limité(e) dans le choix de vos pochoirs (stencils.) Élargissez votre sélection en créant vous même votre stencil. À partir de dessins vous tracerez et découperez un pochoir (stencil), pour créer des bordures et autres projets dont vous serez fier(e)s.

Date: jeudi le 5 nov.

Heure: 7h00 pm - 9h00 pm

Coût: \$12.00

The Study Shack

The Study Shack is an after-school homework club where youth ages 11 to 18 years of age can drop in to get support and help with assignments, use computers, and access the Internet. This program runs Tuesdays from 6:30-8:30pm, and follows the school calendar.



Miscellaneous for Sale

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

Hotpoint portable dishwasher \$100. Colonial rocker \$70, pine farm kitchen table \$70, 2 carpets, 8x11, same pattern, \$100 ea. 2 airconditioners \$70 ea. 334-1622 or loc 8584. <1/2>

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

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

14.5 ft. Thermoglass boat. Added new in past year - trailer, 60HP Yamaha motor, full canvas, depth sounder and much more. \$3,500 firm. Call Brian or Lori 339-6792 or MCpl Adams loc 8427 <1/2>

486 PC, 8 meg, Win.3.11. \$300 339-3486 <1/2>

House for Rent

Newer 3-BR, 1600 sq.ft. Comox house, ex. loc. LR, FR, eat-in kitchen, 2-bath, 2-car carport, fenced yard, patio, deck. No pets/smokers. Rels req'd. \$850 plus util. 339-6298 after 6 pm. <1/2>

Services offered

Experienced bilingual child care provider will care for children 18 months-5 years in my home. First Aid & CPR trained. References. Puntledge Park area. Call Jadette 334-0525. <2/2>

Little Bear licensed Family Daycare, ages 2-up, clean, safe, smoke free, no pets. Breakfast/lunch, First Aid/CPR, Puntledge Park area, 897-0174. <2/2>

French tutoring, in your house or mine, by qualified teacher. Reasonable rates. Call Manon 337-8866. <1/2>

Guitar lessons. If you've always wanted to learn. The perfect Christmas gift for that special someone. Qualified instructor. Call Margaret 339-1380. <1/2>

A free report - Multiple Streams of Income. Famous millionaire-maker reveals how to earn residual income from home. 24-hr. taped message 1-888-571-9565. <1/2>

Campground Caretaker and Office/Canteen staff

Required for the '99 season at Tee Pee Park. For more info phone 339-8211, ext 8382. Please send letter and resume to: Canadian Forces Base Comox, Attn: Tee Pee Park, P.O. Box 1000, Station Main, Lazo, B.C. V0R 2K0.

Did you know?

(NC)—Canadian researchers are recognized among the world's leaders in computer and information science and that includes work on database tools. Pioneering work done at the University of Toronto with the assistance of NSERC (Canada's Natural Sciences and Engineering Research Council), produced one of the first relational database systems for microcomputers built anywhere in the world. Database tools have become the key to managing the huge amounts of data in today's information systems.

- News Canada

Hell's Gates



October 30 & 31, 8:00 p.m. Filberg Centre, Courtenay

A FREE production, recommended for teenagers and older, by Arcanum Productions.

Warning: Due to its graphic nature, this production is NOT suitable for pre-teens!

"The Celts believed that on Halloween the souls of the dead would visit the living. We believe that you should peer through hell's gate and see for yourself the truth of the underworld."

Reunion

Riverview Collegiate, Moose Jaw, SK, will be hosting a 40th Anniversary celebration from July 1-4, 1999. The Reunion Committee requests that all former students update their addresses with the school. Please indicate the year in which you would have graduated. You can contact the school at (306) 693-1331 or Terry Wallace, Box 613, Moose Jaw, SK, S6H 4P4, phone (306) 693-7259 or E-mail twallace@sk.sympatico.ca

A mailout of information has taken place. Another mailout will take place in early December. Most recent information is available at www.moosajaw.net

UTPNM Reunion

The UTPNCM Sqn of RMC, Kingston, ON, will be hosting the 25th Anniversary of the UTPNCM programme from May 7-9, 1999.

This invitation is extended to all graduates of Canadian Military Colleges and civilian universities. Please contact reunion coordinator ASAP with current address and particulars:

E-mail utclub@rms.ca or phone (day) Otter Sqn (613) 541-5010 ext 6349; (eve) Ocdt Mike Tourond (613) 549-4356.

More info located at Internet site: <http://www.rmc.ca/military/ottersqn/index.htm>

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.

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VICTORIA 338-3644 CALL TOLL FREE 1-888-522-3555

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.



HARBOUR WOOD Aitken Road & Comox Ave., Comox

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

CALL 339-9805

Comox's newest rental Community

Stampin' the Future

The artwork created by four Canadian youths will appear on commemorative stamps issued by Canada Post to celebrate the year 2000.

There are great prizes to be won in the "Stampin' the Future" stamp design contest. To participate, young Canadians must fill an entry form and draw, in colour and by hand, their vision of the new millennium. Entry forms are available at your nearest postal outlet. Participants, who must be 8-12 years of age, have until 31 October 98 to submit their designs.

The four grand prize winners will be announced in July 1999 and their art will be immortalized on four special commemorative stamps to be launched in July 2000.

TODAY'S CROSSWORD PUZZLE

ACROSS

1 Apply lightly
4 Edges
8 Farm baby
12 Actor Vigoda
13 Summon up
15 Mexican mister
16 Actress West
17 Eyelashes
18 Part of Hispaniola
19 Fed fuel to
21 Sparkle
23 Pea container
24 Musical symbol
25 Question
26 Pale-faced
29 Celebration
31 Easier said—done
32 Easy as—
37 Forested
39 A Chaplin
40 — Ruth
41 Saudi city
43 Hound for payment
44 Football's —
45 Alonzo Stagg
47 Roomy sleeve
48 O Day
49 Birds — feather
51 Goose
52 Taro dish
53 Breed of cat

DOWN

1 Beaver's construction
2 Loose robes
3 Borscht ingredient
4 Suppose
5 Like Princeton's buildings
6 Jell-O maker's need
7 Compete in a slalom
8 Meadows
9 Jazz singer
10 Day
11 Edge
14 Aerie builder
15 Elusive
20 Outdoor

PREVIOUS PUZZLE SOLVED

LOPES OPEC LAME
IDEAL COLA ALEX
SENSE COTL ROLE
TASTEFUL LOANER
TAR SIN GET
BOPPED CLOUD
TULAD SHIP SHAPE
REEL SHAME OMAN
DORMITORY SWARD
SCARS HUSHES
PET OTI RAP
ALUMNI COMPARES
POLO OLLA OMEGA
APSO NEAR RINGS
LEAN STIPS TRESS

Food safety: Test your knowledge

The best way to protect yourself against acquiring a food-borne illness is to arm yourself with knowledge about safe food handling practice.

A recent survey by the Canadian Food Inspection Agency shows that many Canadians are taking preventive measures in the home to ward off the risk of acquiring food-borne illness. The survey also found that consumers place more responsibility on themselves as consumers to ensure food safety than they did

eight years ago.

Yet, despite their good intentions, many exhibit a blurry understanding of safe food handling practices and the symptoms of food-borne illness: misconceptions abound. How long can leftovers be left out? Is defrosting a turkey at room temperature safe? What are the symptoms of food-borne illness? How knowledgeable are you?

The National Institute of Nutrition invites Canadians to test their food handling savvy in the

following quiz from the Institute's consumer fact sheet, Healthy Bites.

1. Can you tell by the look or smell if a food may cause food-borne illnesses? No...Yes....

2. Which method(s) is/are safe to defrost a turkey?

- In the refrigerator.
- In the microwave oven.
- At room temperature.
- In cold water at room temperature.

1. Which of the following may cause food-borne illnesses?

- Placing cooked hamburger patties on a plate used to carry the raw meat.
- Consuming mouldy cheese.

2. How long can uncooked ground beef be refrigerated before it becomes unsafe?

- 1-48 hours.
- 3-4 days.
- 5-6 days.

1. What are the symptoms of a food-borne illness?

- Nausea/vomiting.
- Diarrhea/cramps.
- Chills.
- Dizziness.

1. How soon after cooking should leftovers be refrigerated or frozen?

- 1 hour.
- 2 hours.
- 3-5 hours.
- 5-24 hours.

1. If you answered no - congratulations! You are among an elite group of Canadians (32%) who can't be fooled by appearances. Most incorrectly believe that unsafe foods give off odours and look spoiled. This is not necessarily so. When in doubt, throw it out!

2. Answers a, b, and d are correct. Most people know that defrosting a turkey in the refrigerator is safe, but remain unfamiliar with two quick and safe alternatives: in cold water at room temperature and in the microwave. Many Canadians are unaware that defrosting a turkey at room temperature is unsafe.

3. Both can. A third of Canadians seem unaware that moulds release harmful toxins. Mouldy cheese, where moulds are not typical, should not be consumed, even if the mouldy area has been removed. The good news - 86% know that raw meat can contaminate cooked meat.

4. Ground beef can safely be refrigerated for one to two days after its packaging date. When ground, micro-organisms present on the surface of meat are dangerously distributed throughout. Most Canadians avoid the risk by prudently refrigerating uncooked ground beef for no longer than 48 hours.

5. All are correct. Food-borne illnesses can easily be mistaken for the flu. Among the 88% of Canadians who report not having suffered from a food-borne illness in the past year, many likely failed to recognize the symptoms. Indeed, thousands get food poisoning every year.

6. Leftovers should be refrigerated or frozen within two hours of cooking to prevent micro-organisms from multiplying. Unfortunately, one in five Canadians remain unaware of the danger, some leaving leftovers at room temperature as long as 24 hours.



Dog Morsels

By Gerry Gerow

The Irrepressible Toy Dog
By Darlene Arden, Howell Book House, Macmillan Publishing, New York. (US \$24.95)

A breed book in a way, but this one covers all the popular and some of the new arrivals in the toy dogs. Some of the breeds talked about are the Affenpinscher, Brussels Griffon, Cavalier King Charles Spaniel, Chihuahua, Chinese Crested, English Toy Spaniel, Havanese, Italian Greyhound, Japanese Chin, Maltese, Toy Manchester Terrier, Miniature Pinscher, Papillon, Pekingese, Pomeranian, Toy Poodle, Pug, Shi Tzu, Silky and Yorkshire Terrier.

All these lovable little dogs need different care to the larger dogs. They are all subject to a variety of illnesses and problems. In her book, Arden tells you how to deal with these problems effectively and what to expect from your little dog.

Housebreaking, training, care and feeding are all excellently covered in this 178-page hard cover edition which is well illustrated with black and white photographs. It is fairly recent, so you may not find it on the shelves yet.

Check for it on Howell's web site at: www.mcp.com/mgr/howell

Save That Dog

By Liz Palika, Howell Book House, Macmillan Publishing, New York. (US \$20.95)

As it states on the cover, "Everything you need to know about adopting a purebred rescue dog." This is a very well written book about the subject of adopting a dog from a shelter, and particularly a purebred dog. Yes, there is a difference. Many crossbred pups and dogs show up in shelters because they are simply unwanted, but the only purebred dogs you will usually find there are strays or dogs with some serious character flaws, many of which can be dealt with, but it may take some time.

Palika tells you how to deal with many problems associated with adopting purebred dogs from shelters and how to turn this unwanted animal into a caring and loving pet.

The author is a prolific writer on companion animals. She lives in California and owns a variety of animals, including dogs, cats and reptiles. She also rescues purebred dogs from shelters and finds new homes for them. (This one is a 196 page, attractively bound, soft cover edition. It came out last year so should be on the shelves now, or ask the bookstore to order it for you.

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1782C Comox Ave., Comox (Next to Lorne Hotel) 339-2272
#12 - 795 Ryan Rd., Courtenay (Beside Superstore) 338-0424

Officers Mess Ladies Club Calendar of events

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.)

Jake's Trivia Answers
A. A top hat.
B. Bill Bariko's
C. Mickey Mantle.

HOCUS-FOCUS BY HENRY BOLTINOFF



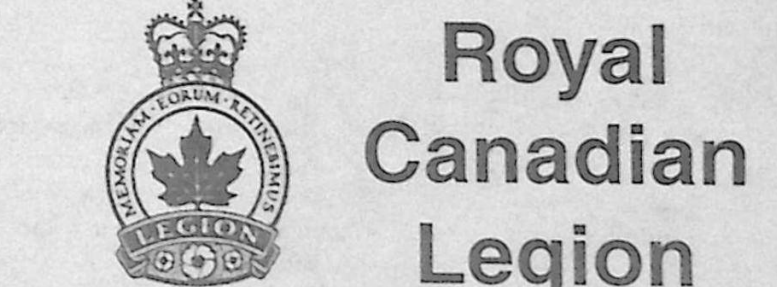
Find at least six differences in details between panels.



Differences: 1. Window is wider. 2. Fan is missing. 3. Name is changed. 4. Plate is moved. 5. Hat is taller. 6. Fan is missing.



Minstrel Cramps



Royal Canadian Legion

Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m.
23 Oct Eldorado
30 Oct Ventura Highway
31 Oct Halloween Dance:
8:00 p.m. - midnight Ventura Highway
Crib tournament: Sun 25 Oct 1:00 p.m.
Registration 12:00 - 12:30

Branch 28 Cumberland (336-2361)

Every Wednesday, Bingo 7:00 p.m.

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

Branch 160 Comox (339-2022)

30 Oct Country Cousins
06 Nov Highway 19
11 Nov 2:00-5:00 p.m. Ventura Highway
13 Nov No Band
20 Nov Alleycats
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 happenings

On the Move

The members of the Heritage Restoration Committee have been told that they must move their hangar.

Construction Engineering is engaged in a project to expand the Glacier Gardens ice arena and this involves a large expansion to the parking lot. Unfortunately for the Heritage Committee, this expansion will move right into the area currently occupied by their hangar and restoration facilities. Capt John Burbee has been working with the Heritage Committee to find an alternate site for the hangar and the preferred option so far is to locate it between the Heritage Air Park and the Civil Air Terminal.

Rob Roy, Vice Chair of the Committee, was quite pleased to hear that there was a possibility of moving the hangar next to the air park. "It will give us better access to the aircraft that we are charged with maintaining and will be closer to our new maintenance library and lounge," he said. There is also a possibility that CE will place a concrete pad under the relocated hangar and this will greatly enhance the working area for the Committee members. Currently the restoration efforts are carried out under very austere conditions and the move is seen as a positive step in getting some more modern conveniences. The move is expected to be completed by the end of the year.

Mynarski Recognition

The annual convention of the Air Force Association of Canada was recently held in Halifax, Nova Scotia and at this convention, members of 442 Squadron were

proud to be awarded the Mynarski trophy for their efforts in saving four fishermen from a sinking vessel in 1997. This event was extensively covered by the Totem Times in the October 1 issue and it must be said that this trophy, which annually recognizes excellence in the field of Search and Rescue, is sponsored by the Air Force Association of Canada. The Association continually promotes ways and means of recognizing the outstanding efforts and achievements of the serving members of Canada's Air Force.

Renewed Commitment

888 (Komox) Wing of the Air Force Association of Canada recently gave their full support to the Comox Air Force Museum in their bid to acquire a Lancaster bomber from Coronation Park in Toronto. Along with the City of Courtenay, Town of Comox, Village of Cumberland, the Regional District of Comox Strathcona and the Royal Canadian Legion, the Association issued a letter to the Mayor of Toronto indicating that they were in full support of the donation of the bomber to the Museum.

Following a verbal address to the Annual General Meeting of the Association by the Chairman of the Museum, the two institutions agreed to renew their commitment to initiatives of mutual interest and benefit. The Association President, LCol (ret'd) Al Brown, stated that the 888 Wing position on the Museum Committee would be filled shortly and the Chairman of the Museum agreed to take out an active membership in 888 Wing. The renewal of commitment was greeted with enthusiasm by the

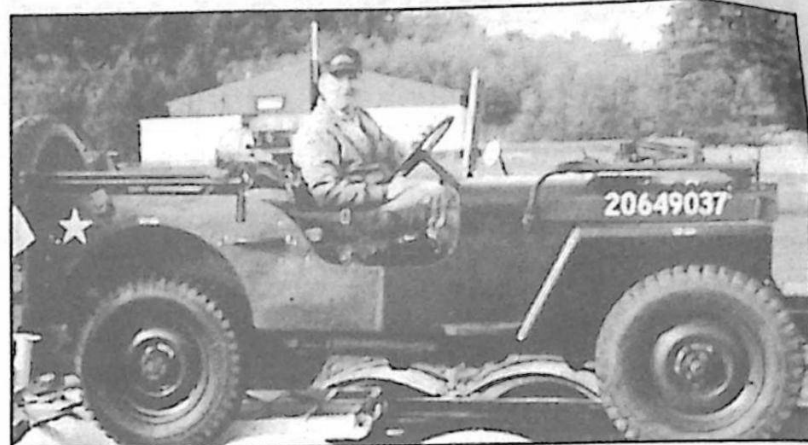
many members of the Association present at the meeting.

Canada Remembers

The Comox Air Force Museum is proud to announce that they will be able to put on two public displays during the forthcoming Remembrance Day services. The first display will be placed in the Driftwood Mall from 5 - 11 November. A considerable area within the mall has been set aside for the Museum and there will be a great many of the artifacts normally located within the main building of the Museum relocated to the mall. The recently donated 1945 Willys jeep will also be on display, along with a rare Japanese fire balloon that was discovered on Denman Island during World War II.

The second display will be set up in the Seaforth Armoury in Vancouver in support of the Canada Remembers event. This event was started three years ago to recognize the men and women whose actions during times of conflict contributed so much to the freedom and life style that we enjoy today. It has grown in size and popularity to such an extent that it is a real honour to be invited to participate. This year the Museum will be submitting a large display of artifacts and pictorial essays and, in addition, Capt David Krayden will be singing period songs to the musical accompaniment of the Naden band.

The two displays will, however, tax the resources of the Museum and it will be necessary to close the main museum to the public during the weekend of 7 - 8 November. The Museum will be open for regular hours of operation the following weekend.



New parade vehicle arrives

The Comox Air Force Museum was privileged to receive a 1945 pattern Willys jeep as a gift from Brian Wood of Vancouver B.C. The jeep has been completely restored, has a total of 20 miles on the odometer and has only seen active service on two parades before being placed into storage at Victoria B.C. in 1991. Mr. Wood is an importer and collector of vehicles and has been very active in donating vehicles to the Canadian War Museum and other preservation institutions.

The Museum was notified of the existence of the jeep by Mr. Gary Moonie, of Victoria, who happened to mention that he was storing it for Mr. Wood who, incidentally, was looking for a good home for it. Bob Richter of the Museum then began working with Mr. Wood and was able to secure the necessary appraisals and transfers to realize the gift to the Museum. The jeep has been appraised at a value of \$15,000 and is a welcome addition to the other two Museum vehicles.

With the forthcoming 75th anniversary celebrations for the Air Force, it is anticipated that the jeep will be used extensively for local parades and anniversary functions. It will be repainted in period Royal Canadian Air Force blue and will be patterned after the crash rescue vehicles that were a common use for this type of jeep in the World War II era. It was also extensively used as a communications vehicle and, with the canvas cover and open back seating, is an ideal means of exhibiting our VIP guests during parades.

Perhaps we can interest the Wing Commander in riding in the jeep during the parades downtown instead of riding in those shiny new carbon graphite jobs from the local car dealers.

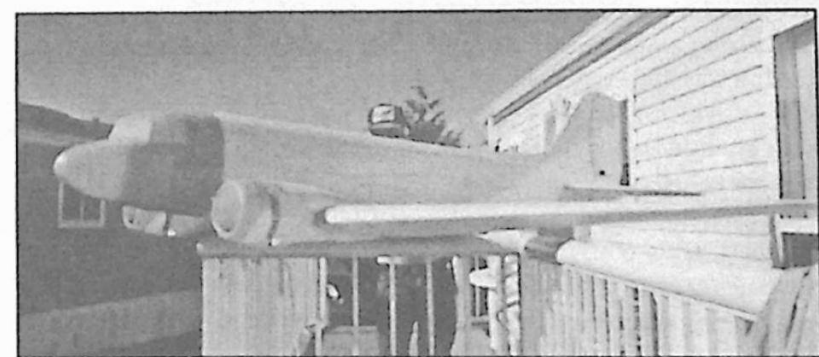
The public will get its first glance of the new jeep (in U.S. Army colours) at the Remembrance Day display presented by the Comox Air Force Museum at the Driftwood Mall from 5-11 November.

Impressive donation



Constance Gibson stands beside the collection of plates and prints that she recently donated to the Comox Air Force Museum. The very impressive collection belonged to the late Flying Officer Gerald Thomas Gibson CD who had a lifelong affection for aviation and its related activities. Mrs. Gibson commissioned architect Fred Rowe to create the background and display cases to present the collection in the manner that it deserves. The Museum is most grateful to Mrs. Gibson for considering the Air Force Museum as a home for this outstanding collection. (Photo by WImg.)

A Work in Progress



Local model builder and aviation enthusiast Ivan Galloway is dwarfed by his latest creation, a Douglas Dakota. The huge twin engine radio controlled model is being constructed in the hopes of flying and displaying it in 1999, which coincides with the 75th anniversary of the Air Force. It is powered by two 35cc gasoline engines and will probably weigh in the neighbourhood of fifty pounds. Mr. Galloway will not be rushed, however, and it will only fly when both he and the model are satisfied that all is right.



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.

Please note:
The Museum will be closed
on 7 & 8 November.