



TOTEM TIMES

19 Wing CFB Comox

THURSDAY 26 NOVEMBER 1998

The Comox Valley's Oldest Newspaper

VOL. 40 NO. 19

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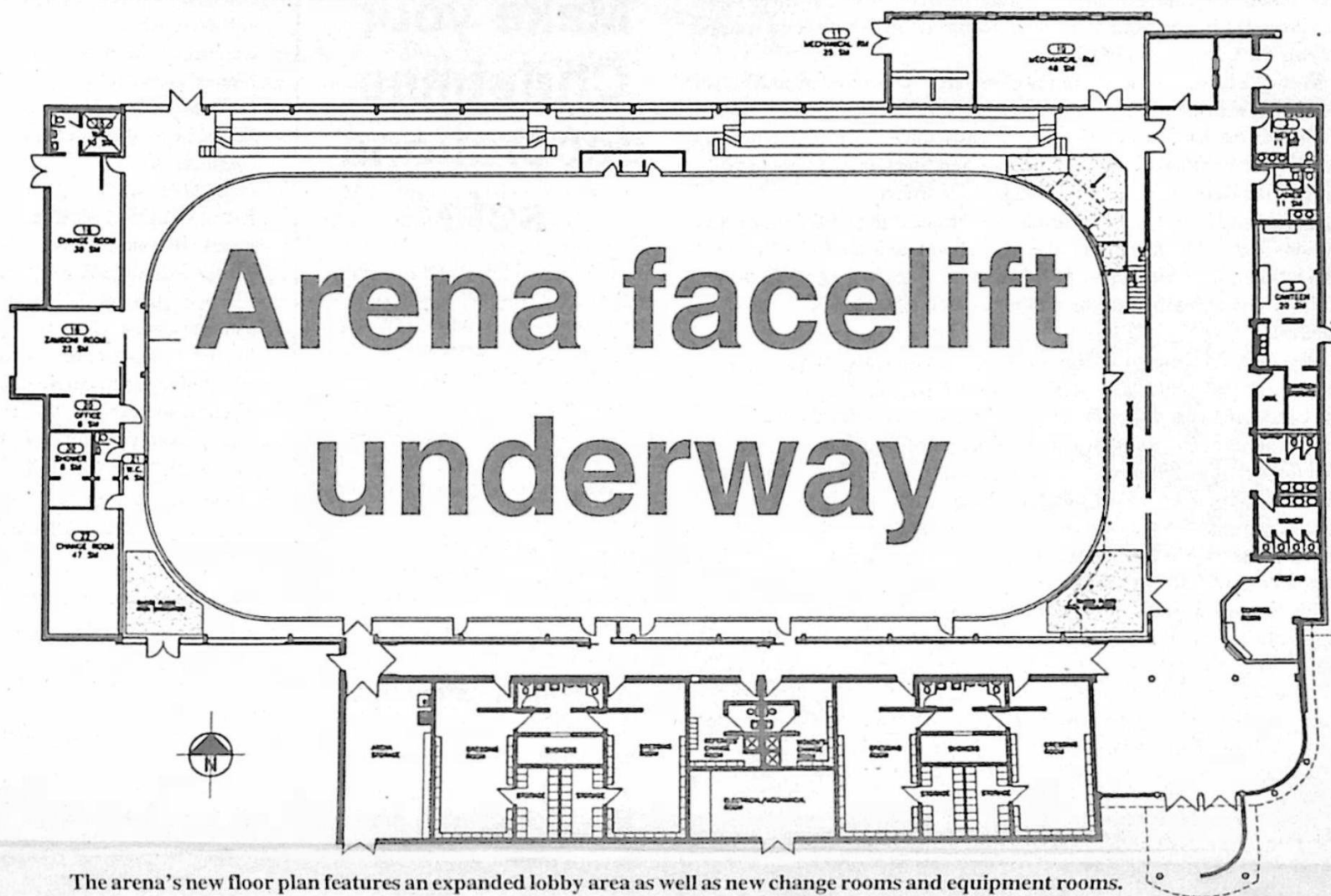


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The arena's new floor plan features an expanded lobby area as well as new change rooms and equipment rooms.

The Glacier Greens Arena was constructed in 1964 and has nearly reached the expected life span of the building. The facility is the hub of winter recreation programs at 19 Wing, accommodating inter-section and community hockey programs.

The arena operates from August until April on an 18-hours a day, seven days a week basis. The building is sound from an engineering perspective but is very old and inefficient as the last major

work was completed 30 years ago. The existing facility has several deficiencies including inadequate or insufficient dressing rooms, foyer, and equipment storage, a leaking roof and inefficient mechanical, electrical and plumbing systems. The total cost of renovations will be just under one million dollars.

Renovations will include constructing new change rooms and new equipment rooms, replacing the roof, converting the existing

change rooms into a larger viewing and canteen area, as well as upgrading the mechanical, electrical and plumbing systems.

Non Public Funds will provide half of the funding and the remainder will be funded by Public Funds.

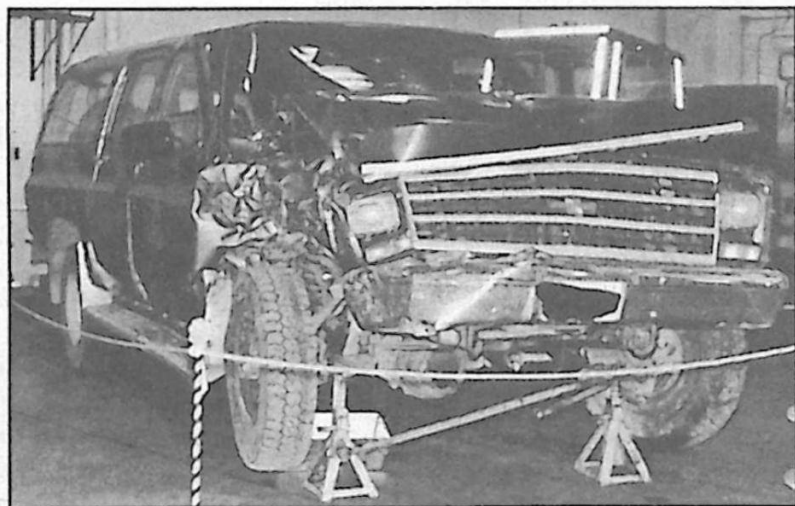
The renovations will be carried out by Wing Construction Engineering Operations, 191 Airfield Engineering Flight, and two United States Air National Guard Units (117 Construction Engineering Sqn

from Birmingham, Alabama and 127 Construction Engineering Sqn from Selfridge, Michigan).

WCE Ops Teams and AEF personnel have begun renovating the arena and will be finished in time for the first puck to drop on 15 August 1999. The two ANG units will be on site from 8 May to 15 June 1999. The on-site superintendent is CWO Denis Phaneuf.

Questions can be directed to the Project OPI, Capt Katy Phelan, loc 8498.

National Safe Driving Week



Message from the Wing Commander

December 1-7 has been established as Safe Driving Week throughout the nation. The efforts of the Canada Safety Council and its many volunteers have shown positive results in the past 44 years.

The Canadian Forces actively support the Canada Safety Council and have adapted their Defensive Driving Course as part of the Mobile Support Equipment Safety Program. We in the CF are more than familiar with safety. It is foremost in our midst, regardless of our occupation.

I congratulate the Canada Safety Council on its outstanding efforts in the past 44 years and urge all members of 19 Wing Comox, and their dependants, to join with the millions of Canadian drivers in making the first week of December 1998 the most effective Safe Driving Week on record.

(More details about local Safe Driving Week activities on Page 5.)

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Activities at the 386 Sqn RCAC

Our squadron has been very busy since Cadets started in September. We attended the Battle of Britain Parade on September 20 where music was provided by the Squadron Band, featuring Sgt Madgen on trumpet playing the Last Post and Reveille.

We had a lot of fun at our Hallowe'en Party on October 30 and helped the Legion with their Poppy Sales on October 31 and November 7. Gemini Flight and the band were honoured to participate in the Remembrance Day Parade in Comox, while Lancaster and Starfighter Flights participated in the Remembrance Day Parade in Courtenay.

Every third Tuesday we have a Sports Night at the CFB Comox Recreation Centre. The fourth Tuesday of each month is the CO's Parade, at which time the cadets are inspected and have a chance to "Show their Stuff" to their parents and the public, as well as to the CO, Capt Colm Canavan.

We will be blitzing the PMQs for our 4th Annual Christmas Tree Sale in support of the Colin Cathcart Memorial Bursary Fund, which supplies one cadet each year with a bursary to continue their education at university or college. The trees will be pre-ordered and sold by the cadets on their door-to-door blitz on 1 December, from 6:30 - 8:00 p.m. The Christmas Tree Sale will be held on Sunday, 13 December from 10:00 a.m. - 2:00 p.m. Members of the squadron will be participating in the Santa Claus Parade some time in December. The band and choir will also be carolling for the hospital and the seniors' lodge.

We look forward to another busy year in 1999 and appreciate the support of our community with all our fundraising projects. We would like to take this opportunity to thank all members of 888 Wing for the ongoing support and to Thrifty's, ABC Books, Bop City Records and Digital Ark for their support of our Hallowe'en Dance by donating door prizes and gift certificates, making our dance such a success.

We would like to wish everyone a Very Merry Christmas and Happy New Year.



Make your Christmas decorations safe

The Christmas season is approaching and the decorations will soon become evident. Prior to decorating, all personnel are to read WSO 6-10, Decoration-Hazards, Fire Doors and Fire Exits and Christmas Trees. This will assist in the selection and hanging of decorations. Come up with your plan for decorating and contact the Wing Fire Inspection Bureau, Loc 8371, to discuss any alterations that might be required to make your decorations and functions safer for the holiday season.

Christmas safety tips

Artificial trees:

Some plastic trees are flammable, some are fireproof. Check manufacturer's tag to ensure safety.

Metallic trees:

These trees conduct electricity. Do not decorate with strong lights but illuminate with floodlights.

Live trees:

- Use fresh, not dried out trees - test twigs and needles to ensure that they are not brittle. A tree with 75% moisture content cannot be lit with a match.

- Store trees outdoors, upright, with butt on the ground, in a sheltered location. The high moisture content will be retained.

19 Wing building re-numbering

Anyone who travels Military Row, between 888 Wing and the emu farm, on Little River Road may have noticed that the numbers affixed to various buildings have mysteriously changed. This was done to bring those buildings, under Wing control, into line with the Regional District of Comox-Strathcona address numbering system and to make these buildings more identifiable to emergency response agencies as well as the general public. Affected buildings have been re-numbered as follows:

386 Komox Air Cadet Sqn,	1292 Little River Rd.
888 Wing AFA,	1298 Little River Rd.
Civilian Air Terminal,	1330 Little River Rd.
Glacier View Arena,	1315 Military Row
Protestant Chapel,	1325 Military Row
Wallace Gdns Comm. Cen,	1365 Military Row
CANEX,	1375 Military Row
Post Office,	1385 Military Row
Kinnikinnik Day Care Cen,	1405 Little River Rd.
Family Resource Centre,	1411 Little River Rd.
Family Resource Centre,	1413 Little River Rd.
Married Quarters,	1415 Little River Rd.
Married Quarters,	1417 Little River Rd.

In preparation for the new recreation complex and community centre, the building number assigned will be 1345 Military Row.

Those responsible apologize for any confusion resulting from these changes. Everyone directly affected is assured that all emergency response agencies and utility companies have been notified of the changes.

- Make a fresh angular cut to encourage water intake - place in stand that hold one litre or more of water.

- Keep the water topped up daily.

- Avoid drying heat ducts, ventilators, fans and windows exposed directly to the sun. Even with the best of care, trees in warm buildings last no more than 14 days.

- Don't block exits. Don't place an evergreen near a fireplace or hot air return. Don't smoke near a live tree. Don't place near drapes.

- Never decorate a tree with candles.

- Don't let light bulbs touch the tree.

- Use only CSA approved lighting sets and non-flammable decorations.

- Make sure you don't use outdoor bulbs on a tree indoors.

- Unplug the lights when you leave the house and before you go to bed.

Smoke alarms:

- Make sure that your smoke alarms are working. Activate the test button once each week.

- Introduce smoke into the smoke alarm once each month.

- Replace the battery at least once each year. Pick a date, such as the date you turn your clocks back in the fall, to change batteries. This will act as a reminder to you.

- Make a family escape plan. Discuss it with all family members.

- Practice the escape plan until everyone knows what to do. If you wait for a fire to occur, IT IS TOO LATE!

When you have a fire emergency, dial 911. Remember name, address, location (military PMQs) and nature of emergency.

One stop shopping for the injured

By Anne Boys, Maple Leaf staff writer

New policies to streamline the way DND/CF cares for injured personnel and their families will come into effect April 1999.

The cornerstone of the plan is a new interdepartmental initiative called the DND/VAC (Veterans Affairs Canada) Centre for the Support of Injured and Retired Members and their Families (The Centre). It will provide answers, referrals and assistance, and will also be responsible for all casualty information in the CF. To date, no single branch within DND has been responsible for maintaining this information.

"Both Veterans Affairs and DND are committed to a moral continuum. We have a moral and ethical obligation to take care of our injured," said LCol Rick McLellan, team leader for the care of the injured pillar at the QOL project in Ottawa.

The Centre will manage all casualty databases, tracking and providing information on every serious injury in the CF.

"If someone is injured in

Bosnia, information about the person will be entered into a central database within hours. From there, a staff person will track the case from beginning to end," LCol McLellan explained to *The Maple Leaf*.

Currently, injured personnel or the families of deceased members must start the process in order to receive support and information. But under the new system, the Centre will make the first call. "We have an obligation to make certain injured members and survivors get the resources they are entitled to," explained LCol McLellan.

The Centre will also manage and co-ordinate a special contingency fund for aids to daily living, including for those members forced to retire due to injury. "If you've lost your legs in an accident, this fund could be accessed to pay for such things as a wheelchair or a ramp for your home, if they're not already covered under normal circumstances."

A toll-free help line will provide easy access to The Centre, where

injured and non-injured members will receive information and assistance to address possible concerns about their military medical treatment.

The need for such a centre was one of 75 recommendations made in the *Care of Injured Personnel and Their Families Review*, released April 16.

LCol McLellan, then a special projects officer with the former ADM Personnel Branch, headed a seven-member team which prepared the report and conducted interviews with injured personnel, their families and next-of-kin of those killed in Special Duty Areas. "All 75 recommendations will be addressed," assured LCol McLellan.

The Centre will be funded internally by both DND and Veterans Affairs. LCol McLellan said that additional external funding from the Federal Government is still needed to improve the overall needs of injured personnel in the CF and the quality of life of all military members.

Key initiatives for care of the injured

Follow-up:

Ensure that mid and long-term follow-up for all CF injured personnel takes place, even after release. This function will be co-ordinated centrally, but implemented locally, through military or veteran support groups. Responsibility is still with the commanding officer, but this initiative is designed to improve it.

The DND/VAC Combined Centre for the Support of Injured and Retired Members and their Families (The Centre):

Establish an interdepartmental information and support service to address concerns of injured personnel, their families and survivors.

Medevac and National Medical Liaison Team (NMLT):

Ensure medevac/medical repatriation procedures and the assistance to injured personnel are clearly defined and implemented. It will enforce the requirements to establish and include NMLTs on all overseas operations.

Availability of Second Career Assistance Network (SCAN):

Expand the availability of SCAN services, which help retired personnel enter the civilian workforce. Increase knowledge of DND/Public Service agreement, which gives hiring priority to CF members forced to retire because of injury.

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Labrador 307 back at base

The Labrador helicopter from 442 Sqn that made a precautionary landing in Campbell River, B.C. on November 13 is back at the base. After aircrew smelled what they described as an "acid burning odour" the pilot declared a PAN and landed at the nearby Campbell River Regional Airport. A PAN is the first level of distress preceding a MAYDAY and does not constitute an emergency landing.

None of the six crew members were injured and all were brought

back to the base on another Labrador.

The cause of the incident was a wire relay connected to the de-icing mechanism that had burnt out. The part was replaced at the base after the helicopter arrived back at 19 Wing Comox the same afternoon.

The incident is considered isolated and does not affect the status of the Labrador fleet nor is it related to the tragic crash of another Labrador over Gaspé, Quebec last month.

DND competes for QOL funds



(First in a series of Maple Leaf articles on Quality of Life.)

Tight budgets, public sector pay increases and growing public demands for a tax cut are all factors DND/CF must contend with in their efforts to obtain more money for quality-of-life initiatives.

While the SCONDVA report was tabled October 28, DND/CF has been working for months to address some of the most obvious irritants. This, and future articles, will focus on the five pillars of Quality of Life and explain what DND/CF plans to implement to address these issues and how those changes will affect CF members and their families.

The government has until April 1999 to table its response to the Standing Committee on National Defence and Veterans Affairs (SCONDVA) report.

"Members of the CF and their families deserve the very best treatment from their country," stated National Defence Minister Art Eggleton. "And I intend to do all I can to get the money needed to deliver on the SCONDVA report."

The report contained 89 recom-

mendations aimed at improving the Quality of Life (QOL) of CF members and their families. While some funds will be found internally, more money is needed to deliver on the report's recommendations.

The money won't come easy as DND competes with other government departments for funds and against major issues like health care, tax cuts and the environment.

"The competition for new funding will be intense," said Minister of National Defence Art Eggleton, "but we will make every effort over the next several months, before the next Federal Budget in February, to make the best possible case for the CF."

Mr. Eggleton pointed out that a pay raise - a priority for CF members - depends entirely on new funding. With the successful conclusion of contract talks with the Public Service Alliance of Canada, a military pay raise is one step closer.

"We are trying to avoid having to find QOL money by reducing or delaying major expenditures," stated the Minister, "but we may not be able to decide which big ticket QOL initiatives we can fund until after the next budget."

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CPR - Keeping families together

Heart attacks claim over 22,000 Canadian lives each year - 2,250 in B.C. alone. Ignoring the warning signs is often the culprit. Left untreated, a heart attack can lead to a fatal cardiac arrest. As part of CPR Awareness Month, the Heart and Stroke Foundation of B.C. & Yukon is encouraging more British Columbians to learn how to respond to this life-threatening situation.

"When a loved-one suffers a sudden cardiac arrest, family members are often unaware of what to do," says Dr. Ross Berringer, emergency physician and chairperson of the Emergency Cardiac Care Subcommittee. "However, prompt medical attention is the key to survival. It's important to recognize the problem immediately, take charge by dialing 911, or your local emergency number, and perform CPR when required."

When cardiac arrest occurs, an individual's heart and breathing stops. CPR involves artificial respiration and thrusts to the chest to keep blood and oxygen flowing to the heart and brain until medical help arrives. "While prevention of heart disease is the ultimate solution," adds Berringer, "CPR may save the life of someone you love."

To help the whole family learn the ABCs of CPR the foundations offers the video CPR - You Can Do It for \$8.00 and a free CPR Recognize and React Kit. For your copy, please call 1-888-473-4636. As well, you can call this number, or your local Heart and Stroke Foundation office, to find out where courses are being offered in your community.

Heart disease and stroke are Canada's leading cause of death, claiming more than 79,000 lives annually. The Foundation is dedicated to increasing heart health and reducing the burden associated with heart disease and stroke for the people of British Columbia and Yukon.

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MAGIC

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juggler and lots

of audience

participation.

DECEMBER 14

Cumberland

Elementary

School Choir

6:30 pm





In dealing with the community in another life, I am continually impressed with the impact that the military base has had on the life of the people downtown. On the surface, one might think of the economic impact that the military has. And that is certainly the case. We have to be one of the largest employers in the valley, right up there with the School Board and the provincial government. What I am really surprised at is the number of military trained people who are called upon, either through their employment, or volunteer work, to pass on their training and values to the community.

I have had the pleasure, over the past six months, of taking some courses at registered institutions downtown. In every case, the instructor on the course was known to me as a former military instructor on the subject. And they did a very good job at teaching the course. When I take my kids (and I have four of them) to baseball, I notice that many of the coaches are military, either active or retired. When I look at the roster for hockey coaches and referees, again the representation from the military is substantial. The list goes on and on: Nautical Days, Snow to Surf, July 1st, Airshow, Airport Commission, Rotary, Lions, etc., etc.

I can understand when an institution as large as a military base is pressed onto a small community, that the anxiety level must be very high, and I'm sure that was the case for the Comox Valley. Just look around though, I would have to say that the outcome was not all that bad.

Joel Clarkson



New Year's Day Levees 19 Wing Comox

As part of 19 Wing's traditional New Year's Day celebrations, the Officers' Mess and the Warrant Officers' and Sergeants' Mess will host New Year's Day Levees, as follows:

Officers' Mess 1000 - 1200 hrs.
WOs' & Sgts' Mess 1030 - 1230 hrs.
Dress: Military members DEU 1A (with medals)
Civilians semi-formal (jacket and tie)

\$18,915.51
donated to United Way!



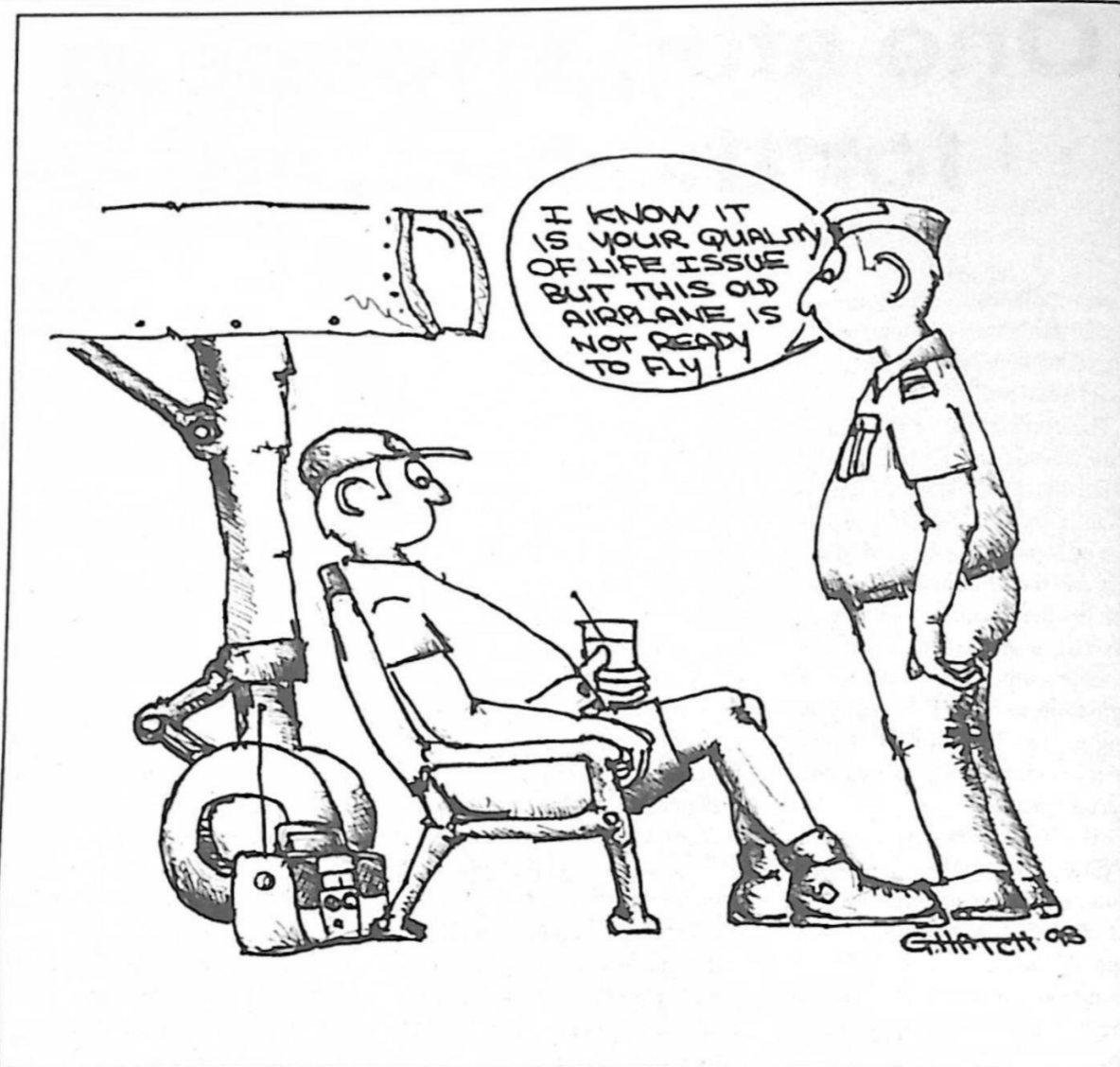
After an intense six weeks of canvassing and fund raising, 19 Wing personnel have generously donated \$18,915.51 to the Comox Valley United Way. This total represents over 11% of the entire valley's goal! The campaign was a total success given the amount of money donated, as well as in terms of the participation level across the Wing.

Successful events included pancake breakfasts, 19 AMS VCR Cleaning, EME Headlight Clinic, Wing Supply March to Mt. Washington, 442 Sqn Jail Your Boss, Raffles, "Civilian" Fridays, Wing Armament (19 AMS) Turkey Shoot, and other special events.

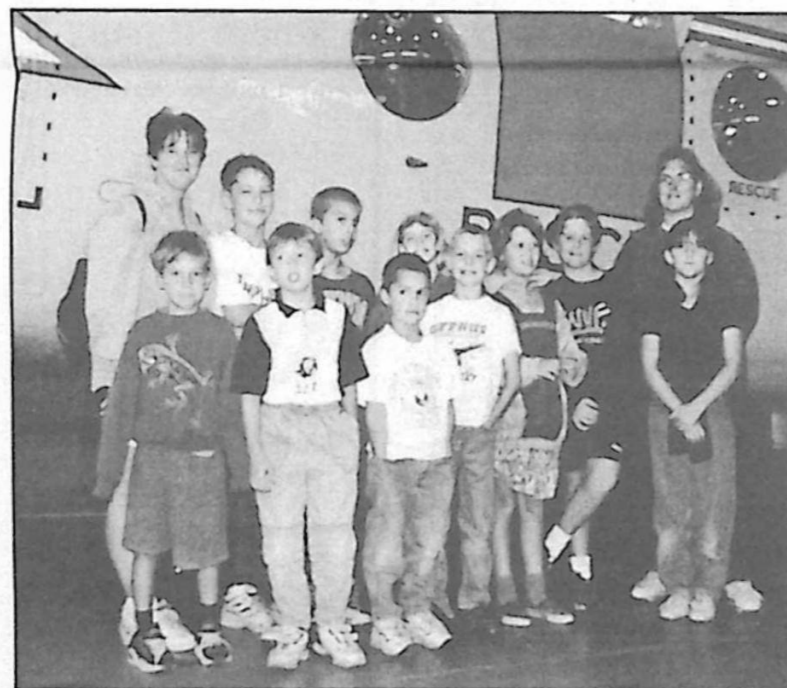
Thank you to everyone who donated their time, energy (and money) to the campaign this year. Special thanks to all of the United Way canvassers and special events organizers - the campaign would not have succeeded without your efforts. All of the money will be given to 26 well-deserving local charities.



LCol Spooner (with Wing canvassers) presents a cheque worth \$18,915.51 to United Way Executive Director June Munro.
(Photo by W Img)



Thank you,
442!



The Kool-Kidz at Kinnikinnik Daycare would like to say thank you to 442 Sqn for a great tour and making our Pro-D Day a great one.



The Kool-Kidz even got to build and paint some Search and Rescue model planes.

Next deadlines

Advertising: 2 December
Articles: 4 December, NOON



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

Safe Driving Week December 1-7

The purpose of Safe Driving Week is to alert Canadians to the fact that the risk of death or injury from traffic accidents is still a horrendous social problem in Canada. This year's Canada Safety Council theme is "Impaired Driving - Does Canada Measure Up?"

In 1995, more than 240,000 people were injured as a result of traffic collisions and 3,313 people were killed on Canadian roads. The total cost is estimated at \$1,000 per Canadian, per year; it comes to over 30 billion dollars across Canada annually.

To define and discuss any of the factors which cause accidents would indeed take more space than the Totem Times can provide. However, the following are some facts about the major contributing factors which result in traffic fatalities.

Alcohol: Impaired driving continues to be a serious social and health problem which impacts all Canadians. As we approach the next millennium, impaired driving continues to account for numerous deaths and injuries on our roads. A recent study by Transport Canada revealed that the issue of impaired driving ranks fifth on a list of priorities as identified by front line Canadian police officers. Impaired driving is still a factor in close to 40% of all motor vehicle related deaths.

It is a fact that 80% of adult Canadians use alcohol. Drinking is a widely accepted social custom and alcohol is used at every kind of social function and for many reasons.

Medical science has proven that alcohol is a depressant. It depresses inhibitions, creates a feeling of well being, and reduces tensions. But its use and abuse affects judgement, co-ordination and behaviour. Because of that, **DRINKING AND DRIVING DON'T MIX.**

Safety Belts: There are many reasons why you should wear your safety belt. Reason #1 - it works! Safety belts cut your chances of being severely injured or killed in a crash by 50%.

Three out of four crashes happen within 40 kilometres of home. The majority of serious injuries and deaths occur in vehicles travelling under 60 kilometres per hour. Therefore, it is important to wear a safety belt on a short trip.

There's no such thing as a "no risk" motorist. You may be the victim of a crash at any time. If you wear a safety belt, you have more control over your car, even after the collision. It is your decision whether or not to wear a safety belt, but the decision may affect your family, friends, employer and society if you are involved in a crash.

Stress: Driving a vehicle while

under the pressure of stress is a potential road hazard. It can be just as dangerous as an unsafe vehicle, any icy road or congested traffic. Some common factors that contribute to stress are: physical or mental fatigue, personal problems such as death or illness in the family, insecurity, financial and domestic difficulties, a bad day at work, influence of alcohol or drugs, bad traffic conditions.

On those occasions where stress becomes serious enough to impair concentration, thinking and

awareness: **DON'T DRIVE AT ALL.**

All drivers must learn to assess their ability to handle stressful emotions. By recognizing the hazard in time, accidents can be avoided.

During Safe Driving Week, MSE personnel will be conducting intensive patrols and safety checks on base and PMQ area. All drivers complying with traffic regulations will be entered in a draw to win prizes awarded on 7 December. **PLEASE DRIVE SAFELY.**

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MCpl Reddick wins cruise

In an effort to acquaint 19 Wing personnel with the Information Services Board, located in the Accommodations section, a draw for a scenic cruise for two, courtesy of Robson Bight Charters, was initiated.

The lucky winner, MCpl Carl Reddick, the Junior Ranks' Mess Manager, was presented this fabulous prize by the Wing Commander, Col W.J. Neumann.

Carl and his wife will enjoy an

all-day cruise aboard the classic wooden motor yacht "Le Caique," hoping to locate and observe orcas (killer whales) and a host of other wildlife in their natural habitat.

If you require information on how to schedule your adventure contact: Robson Bight Charters, Box 99, V0P 1R0. Phone/Fax (250) 282-3833 or Toll Free (within B.C.) 1-800-658-0022.

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Sir Cedric says...

It's been a while since Sir Cedric has dipped his lance into the proverbial ink, so here it goes. The squadron celebrated several people receiving their CDs. Capt Scrappy Wormsbecher and Capt Trout Brown have successfully completed 12 years of undetected crime. As well, Cpl Rick Johma and Cpl Dennis Brisson have given 12 years of dedicated service to the Forces. Totis Viribus to all four at 414.

The rain has made it wet outside but, inside, everyone at the Fighting 414th is a warm and dry Knight just itching to roll up their sleeves for those few last rays of summer sunshine. Sir Cedric says that there is talk, however, of how people are getting restless and want to strap on the old skis and, better yet, the old snowboards and get rippin' down the slopes of Mount Washington. Maybe we'll have to put people's money where their mouths are and have a wee contest one day at the slope. Biggest Air (landed and not landed), Fastest Time Down the Hill, etc.

More to follow.

The Black Knights have started hockey along with the rest of the Wing. The "A" team was two wins and three losses in the first few weeks of the season. An excellent start in the new Big Boys league. It was said on the line that the Mighty Judy was the leading point scorer for the "B" team. Right on Judy, you've exposed a weak glove side of your opponents. Hey bub, grab a lawn mower and run over some Leafs!!! Would someone please pass Scrappy the puck. Where is Squish? Lung darting it over there somewhere.

The Knights would like to welcome, and put a name to a face for the rest of the Wing, our two friends from south of the border. From the USN is LCdr Bomben and from the USAF is Maj Hill. Both have been fighting the weather here in sunny Comox for a few weeks and will soon be heading off to the cool pool north of Edmonton. Best of luck to both of you and we hope you enjoy your time here in Canada.



Cpl Rick Johma, CD.



Cpl Dennis Brisson receives his CD from the Squadron CO.



Capt Brown, CD.



Capt Wormsbecher, CD.

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 - OR
 - possession and acquisition (if you plan to obtain firearms, even if you own firearms now).
- Registration of all firearms begins December 1, 1998. All firearms must be registered by January 1, 2003. You register your firearms only once. You may do so at one bulk price (one price for any number of firearms you register all at the same time).
- Fees for licences and registration are on a sliding scale. It's cheaper in the first twelve months.

Possession licence	\$10	December 1998 – November 1999
Possession and acquisition licence (non-restricted rifles and shotguns)	\$60	from December 1998 onwards
Registration (bulk)	\$10	December 1998 – November 1999
- You can get licence and registration forms at the post office, or by calling, toll-free, 1-800-731-4000.

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Web site at www.cfc-ccaf.gc.ca

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Demon Doins

made his film debut this week to rave reviews. I could not reach him for comment but I have the number for his agent. I passed him in the hallway and all I got was "...and Garry is still in my parking spot."

Crew 5 just returned from San Diego on the Rodeo Wolfhunting competition which tasks MP crews from the US and Canada in an ASW scenario. Capt Gord Gushue had an added hunt on the trip and that was to find someone to open the car as somehow all four doors were closed and the engine was running. He has no idea how it happened but Scully and Mulder will be investigating. The crew had good results on the competition and we are sure they have met the same success as crews in the past, who have won consecutively for the last few years.

The RCMP was very appreciative of the performance of the squadron during the recent drug ops and hosted a reception at the Officers' Mess to express their gratitude. It was a very busy and demanding schedule for air and ground crew and our efforts were well received. The RCMP take fond memories and the Crud rule book away with them. In any case, it was good to see a successful end to an operation and a job well done.

The aircrew started their wet ditch training in the pool this week and to the surprise of the first group they discovered that the base pool had purchased the chemical that changes the water colour when urine comes in contact with it. The pool looked like Boston Harbour on St. Patrick's Day. Actually it was a dye marker in the life raft that was left in. So Maj Weir, your secret is still safe.

That about wraps it up. As you can see, it has been a busy month with 400 flying hours just towards the RCMP missions. Fly and work safe and we'll be back next month with the next Demon Doins.

MWO Mick "Movie" Hatch

Super Snakes at SAREX 98

By LS Zane Babineau

Each year, all Search and Rescue squadrons throughout Canada put together an elite team of fine men and women to show off their skills during a national Search and Rescue exercise. This event pits the squadrons against one another in eight major categories; the search event, medical, maintenance, individual parachuting, team parachuting, the bell ringer (over 40 parachuting), spirit award and overall team award. This year's exercise took place in Trenton, from 28 Sep to 2 Oct, and 442 Sqn Super Snakes achieved outstanding results.

Throughout the whole week, 442 Sqn proved time and time again just who had the best overall team spirit. During the maintenance event each team member stood out in the pouring rain, cheering on our super techs to a flawless and unprecedented victory. They showed their encouragement when our super SAR techs flew in and took the team parachuting event with MCpl

Knubley later swooping in for the victory in the individual para event. The team stood by in cheerful support and watched MWO Verett (proving that you can fly over 40) come a very close second in the bell ringer event.

Our high spirited Super Snakes held true throughout the remainder of the events. With the help of a number of lively members of the team, we placed a controversial second for the spirit award and a creditable third in both the search and medical events. Overall we placed a respectable second, thanks to the super job of all team members.

The 1998 SAREX team consisted of: LCol Grant Smith, CWO B.J. Bradley, MWO Bob Verett, Capt Trevor Hendricks, Maj Pat McSorley, Capt Norm Potvin, Sgt Dale Robillard, MCpl Dave Knubley, MCpl Dave Cooper, Sgt Bob Haley, MCpl Dean Harms, MCpl Chris Wilson, Cpl Tim Woznow, Cpl Sean Adrian, Cpl Rod Funk, Cpl Roy MacLellan and MCpl Mark Glowach.

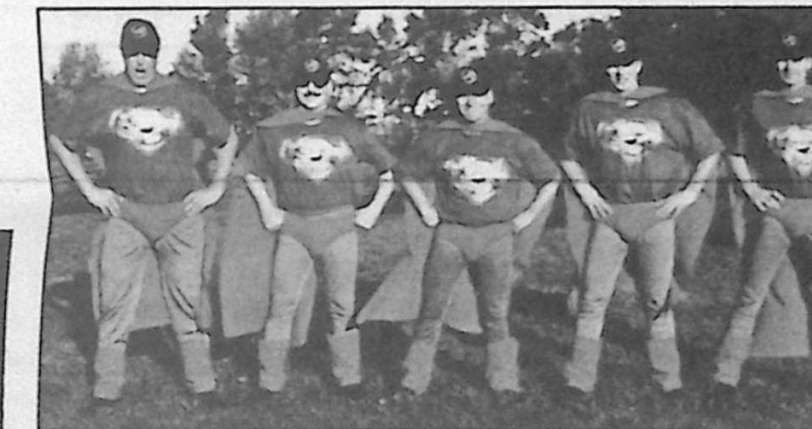


Sgt Robillard and MCpl Knubley treat a crash victim during the medical phase of SAREX 98.



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(L-R): Cpl Woznow, Cpl Adrian, Cpl MacLellan, OCdt Haley, Cpl Funk.

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News from 19 AMS

By Capt Eric Travis

Local News

Hi there and welcome to another 19 AMS update. Things have been rather hectic lately on the Armament side with storage licenses continuously changing, being denied, revoked, and finally re-approved. The storage area on the other side of the runway (Area 85 - not as mysterious as Area 51!) now contains only two buildings out of seven that can store ammunition.

This is due, in part, to the upcoming construction of a new ammunition storage complex in the spring, as well as safety distance requirements between storage magazines and the runways. In the meantime, storage of lower order explosives (i.e. pyros, flares, smokes, etc) will be in Buildings 119 and 120 and will be of minimal quantity.

Storage of higher order explosives (torps, etc) will be in one of the remaining licensed buildings

in Area 85. Also, licenses for loading and arming a/c have gone through a number of changes recently. DLA1 is now divided into three parking areas, DLA-1A, 1B and 1C. The benefit of this change is DLA-1A has no restrictions on its use and meets all necessary distance requirements. 1B and 1C still require closing runway 11 to civilian air traffic during loading operations.

Sports Report

Since our last meeting, numerous events have taken place. A squadron curling funspiel on lucky Friday the 13th was well attended. Fifty personnel gathered at the curling club downtown and chucked a few rocks down the ice. From what I observed as organizer, we need a lot more practice! This inspired me to suggest the possibility of having another one some time in the future. (It's the only time sweeping has been fun.)

Commander's Cup football was well attended by 19 AMS who put

on a strong showing to finish in third place. (OK, so there were only three teams - it's still worth points!) All I can say is that traction is highly overrated and mud is actually quite good for the skin. We wish the best to 407 and 414 Squadrons in the final - may the best team win.

Entertainment

Next month is December and with it comes all the parties and get togethers. I would like to take this opportunity to promote the 19 AMS Christmas Party on 11 December. It's only \$25/couple if you belong to S&E, so come see me for tickets. Other than our own Christmas party, the Jr. Ranks Singles dining-in is on 8 December, the WO&Sgts at home to the Officers is on 10 December and the section walk-around is on 17 December. So, enjoy the festive season but be careful (if you take in any liquor, walking may be quicker!). See you all at the parties.



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

Tuesday ladies 6:45-9:00 p.m.
Wednesday ladies 1:00-3:15 p.m.
Wednesday mixed 6:30-9:00 p.m.
Thursday mixed 6:30-9:00 p.m.
Casual Bowling
Fridays 6:00-9:00 p.m.
Sundays 1:00-4:00 p.m.

Contacts

Moe Eisan 338-7569
Nancy Potvin 339-1782
Rod Spurr 339-6067
Rod Spurr 339-6067

Saturday Youth Bowling League

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

We also take bookings for section parties, sports afternoons, various organizations, birthdays, etc. If there are any queries, or if unable to contact the persons listed above, please call the Bowling Centre manager, Scott Teasdale, at 334-1937 or Pat Andrews at 338-8317.

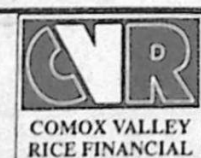
ASK THE PROFESSIONAL

QUESTION:

Can I lose 1/2 of my RRSP to income tax when I die?

ANSWER:

When you die, RRSPs can be rolled over tax-free to your spouse without tax consequences. However, on the death of the surviving spouse, all remaining RRSPs and RIFs would have to be taken into income in the year of death which would result in a large tax bill (as high as 54% depending on your income). One solution is to transfer this tax liability to a life insurance company where they could provide the funds at death to pay the tax bill. The result would be 100% of your RRSPs or RIFs going to your estate or children, rather than to Revenue Canada.



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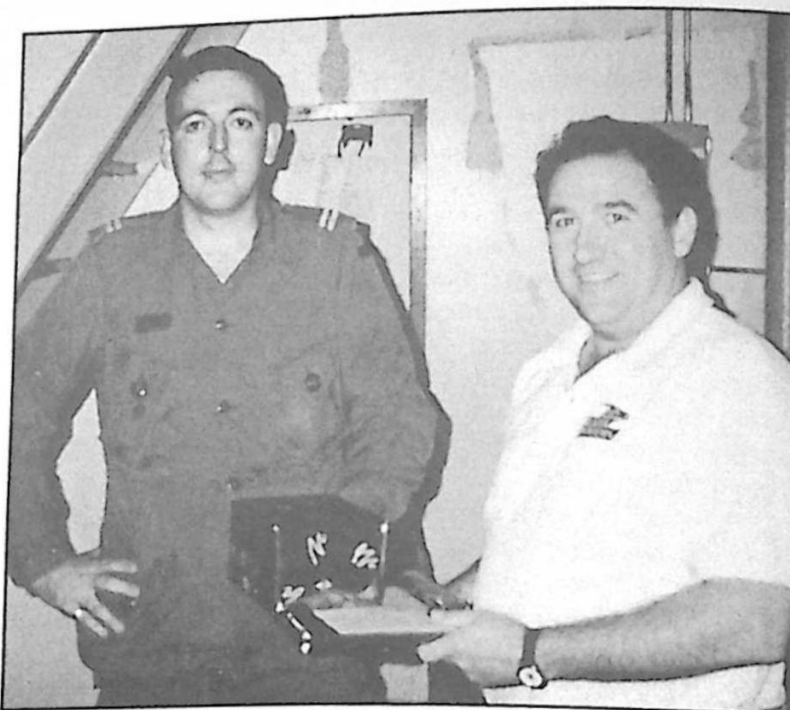


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By MCpl Chris Meaden

On 30 October, we here at EME said goodbye to one of our own, Cpl Jeff Hogan, a Materials Technician with 23 plus years service. Jeff had been offered a welding job at ATC Meaford, Ontario. The Hogan family considered their options and decided to move to Orillia, Ontario. Jeff will still utilize his welding skills, now as a civilian at ATC Meaford.

Meanwhile, the annual United Way campaign has kept some of our members busy during lunch with the annual Headlight Clinic. We would like to thank everybody who took time to have their headlights adjusted. The donations went to a good cause. Thank you!



With the festive season almost upon us, our interests have turned to those families that are less fortunate. The Santa's Workshop is swinging into action rebuilding toys and bicycles to give to these families. If you have any old/unused toys or bikes, please just drop them off here at EME.

Think ahead for college

By Pat Allan,
CFCCN Coordinator

If you plan to take distance learning courses starting in January, now is the time to start the process. And if you plan to take full time or part-time studies at North Island College in the fall, you need to be making decisions and getting organized even now.

Many distance learning programs have intake three times yearly, including winter. This means that students are expected to begin working on their courses in January. Prior to that you need to apply to the college and supply documentation as necessary. Sometimes personal records need to be requested. You have to be accepted and have paid for and received the course materials. With only about six weeks left until January, there's no time to procrastinate.

If you've been thinking about "maybe doing something" during the damp and dark winter months, the Canadian Forces Community College Network (CFCCN) has a catalogue of distance learning courses and programs available across Canada. These are available to our members, even though they may be offered by a college thousands of miles away. The catalogue is available to browse through in the WPSO's Resource Room in Bldg 22. There is such a variety of programs, chances are you'll find something that appeals to you.

On the local scene, at North Island College, heavy student demand has already filled almost all their second semester courses. Even though many students make course changes at this time of year, dropping some courses and changing others, there are unusually long waiting lists. This means that if you aren't already on the waiting list, chances of getting into most courses are not good. There are a few second year courses which still have openings but these often have prerequisites; this makes them out of reach for many people.

However, this is a good time to start the admission process for the fall. Most programs accept applications all year. For example, if you

have been out of school for a while, you may be asked to take placement tests to determine your level of math and English. For some people the result will be that they must take upgrading courses before registering in their program of choice. If these upgrading courses aren't available locally, we can probably find you a distance program, so you can start into your program immediately in the fall.

If you have already registered for the winter semester and the College, don't forget that fees are due by December 11, or you will forfeit your spot.

For the New Year, the Canadian Forces Community College Network is looking forward to bringing more courses to 19 Wing. This will include more courses in the Management Development Program: Introduction to Management, Labour Relations, Management for Results and People Management. These each take place over one intensive weekend.

We'd also like to bring in a college-level course in small business start-up. We are exploring a couple of options and will have more information shortly.

The CFCCN is here to serve military, civilian and NPF employees and their families. If you are interested in Management Development Program courses, small business, or in just discussing your concerns and questions about what colleges have to offer, contact the CFCCN Co-ordinator at Local 8889. I'd be happy to hear from you.

CANEX News



(L-R): Claudette Kingston, Georgina Crawford, Sharon Perry and Dorothy Oakley, long-time CANEX employees.

Santa is coming to CANEX!

That's right, Santa is taking time out in his busy pre-Christmas schedule to visit all the boys and girls at CANEX. Every Tuesday in December prior to Christmas, from 5:30 to 8:30 p.m., and on Saturday from 1:00 to 4:00 p.m., Santa Claus will be here to listen to your Christmas wishes. For a minimal fee, you can also have a Polaroid picture taken of your child or your pet with the man himself so you will have another Christmas Memory. (Pet pictures on Tuesdays only, please.) All funds raised will be donated to Wallace Gardens.

See you at CANEX - your Christmas store.

As Christmas draws closer, the staff at CANEX are busy putting new arrivals for the Magic of Christmas sale on the shelves and in the aisles. Come in and see what has arrived and remember the deferred payment plan for all your holiday purchases. Buy now and start paying in March of '99. Whether you need new furniture or appliances, or all those gifts for the special people in your life, come in and see us.

A retirement party was held for four long-time CANEX employees. Retiring were Claudette Kingston, Georgina Crawford, Sharon Perry and Dorothy Oakley. A fun evening was held at the Edgewater Grill with all the current staff and the retirees enjoying dinner and gift presentations from all the CANEX staff.

These ladies worked a good number of years for CANEX and we wish them all the best in their retirement.

Proud winner of the CANEX Halloween colouring contest was Neville Seymour, who took home a Halloween goodies collection bag as well as a collection of goodies from Coke. Congratulations!

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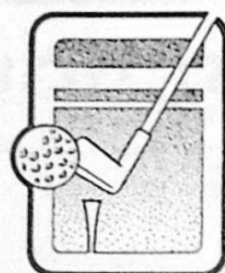
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Glacier Greens Winter Golf news

By Barb Carter

Winter Golf was a complete washout on Nov 15, but Nov 22 saw 24 turn out in what proved to be rather a nice day; the rain held off so no one got wet. 1st LG went to Floyd Merrill's team with Jim Trask, Ralph Glass and Jim Hume all helping out. 1st LN was Dave Kelly, Lloyd Billings, Steve Shaw and Carmel Horochuk. 2nd LN - Frank Martin, Wayne Ogilvie, Glen Caslake and Bruce Horochuk. The big hero for the day was Norm Fellbaum who got the KP on #12 and repeated the same feat on #15. He was playing on Glen Meere's team with Fran Hume and Joyce Merrill. Super shooting guy. **Remember:** in December the sign-up

time is 8:30 a.m. for 9:00 a.m. start. Keep your fingers crossed that it will be a go on Nov 29. Come early and enjoy one of Steve's great breakfasts.

The Ladies Club will be holding their Christmas Luncheon on Dec 8. Choice of menus are Baron of Beef or Seafood Lasagna. Please enter your preference at the Pro Shop. Cost is \$13 per person. Cut off date is 4 Dec. so get on with it.

The Salvation Army will be in attendance; a cash donation or a gift for a teenage boy or girl would be appreciated. Pacific Playgrounds will be helping us enjoy our party. It will be nice to renew old friendships.



Day Two: Through Thulin Passage

By Hans Gassner, 19 Wing Sailing Club

It was the type of day that would make a Bedouin trade two camels for a McFlurry. (The successful completion of our cruise eventually did require two camels and a McFlurry, but that's another story.) Sailing to Desolation Sound we had twice the heat, thanks to whoever invented water that reflects sunlight.

Every few minutes we were overtaken by an American super yacht that was so big even the hired crew had servants. Their wakes usually sent our boat into convulsions, causing lonely food items to spontaneously test the laws of gravity and inertia. Ever try cooking lunch under these conditions? Cheryl started making grilled-cheese sandwiches, but we ended up gnawing philosophically on little blackened stumps that had something on them that might have been butter once, before it was rubbed around on the cabin floor. But every sailor knows that when he's really hungry, in other words, when he's awake, even bilge scum looks appetizing.

So, with our spreaders periodically dipping to the waterline, we motored on through Thulin Passage, an oasis of chaos in a sea of tranquility.

When we rounded the point, we

were met with the fabulous Desolation Sound landscape, the reason why so many boaters come here. My impression was that the mountains were really, really... vertical. We pulled into jellyfish-choked Grace Harbour an hour later, still wishing for a McFlurry. City folks trying to get away from noise and exhaust fumes built the summer cabins lining the protected approaches to this harbour. When we rounded the corner there were 30 boats anchored at the head of the bay. Most were happily pumping out noise and exhaust in the pursuit of that traditionally nautical pastime, the race to see who could cool their drinks quickest.

Anchoring is a collection of skills that is refined with experience, and enough invectives to choke a small horse. When one first motors into the desired anchoring field it is not just a matter of dropping the big, heavy thing in the hope that it will snag some underwater obstacle, such as a scuba diver. There are many important things to consider first, like prevailing winds, and type of bottom (under the boat, not on the crew). Because shouting over engine noise would be considered gauche, anchoring crews have

developed a quaint, highly effective mode of hand signals to communicate with the helmsman. For example, one hand held over the head in a slow circling motion means, "Back up, I'm about to drop the heavy thing." Two arms waved back and forth over the head, for hand-signal insiders, means "Not so fast, you just wrapped the anchor chain around the prop!" or "Stop, stop, we pulled up someone else's heavy thing!" At this point, spectator boaters typically join in, though most of their signal techniques involve the use of only one finger.

It was just a matter of time, and the law of averages, before we lucked out and set the hook. Sitting back, basking under the sun, toasting our anchoring skills with a good wine, we thought there was really only one other thing that would have made the afternoon perfect: a floating McFlurry salesman. But you can't have everything.

(Hans Gassner is still a member-in-good-standing of the 19 Wing Sailing Club, despite his sailing articles. To find out how you can join, surf to the Sailing Club site on the BBS, or check out <http://www3.bc.sympatico.ca/comoxcfsa>)

414 Sqn wins Flag Football Commander's Cup

Under favourable skies, the Commander's Cup Flag Football tournament was somewhat of a mud bowl but good flag football nonetheless. Competing in the first event of the Commander's Cup 98/99 series were 407 Sqn, 19 AMS and 414 Sqn.

The first game saw 407 Sqn taking on 414 Sqn, which turned into a defensive battle with 407 winning 6-1. The second game was between 407 Sqn and 19 AMS and, unfortunately for AMS, 407 walked over them 23-0.

The third game was between 19 AMS and 414 Sqn with 414 win-

ning 18-6. So, the stage was set for the final between 407 and 414 Sqn. 407 got off to a quick start scoring on the third play of the game but that was all for their point production. 414's defense and ground game proved to be too much for 407's defense and 414 snatched victory with a 13-7 win.

Jakes's Trivia Corner

1. Name the champion thoroughbred which won the Belmont by an amazing 31 lengths to capture the Triple Crown in 1973.
2. Name the pitcher who allowed 50 home runs in one season?
3. Which World Series was marred by a gambling scandal that caused the expulsion of eight players from baseball?

Answers on Page 14.

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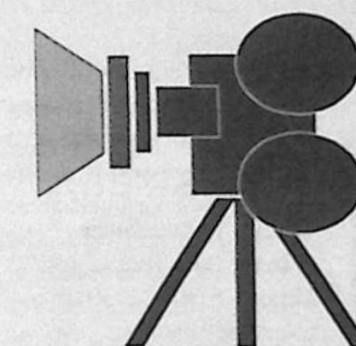
Ward 1:	Cheryl Morrow	MQ A2	339-1960
Ward 2:	Vacant		
Ward 3:	May LeBlanc	MQ 25	890-0719
Ward 4:	Liz Bech	MQ 59A	339-4570
	John Dubois	MQ 64A	339-3725
Ward 5:	Kathy Fancy-Bertin	MQ 78	339-7522
Ward 6:	Paul Taylor	MQ 88A	339-4400
Ward 7:	Vacant		
Ward 8:	Pat Nicholson	MQ 113D	339-1966
Ward 9:	Mona Baird	MQ 117A	339-4627

TEEN VIDEO

Saturday, 12 December, 7:00-11:00 p.m.

Wallace Gardens members - \$1.00
Non-members - \$2.00

For more
information call
Mona Baird at
339-4627



Christmas Sock Hop

When: Saturday 19 Dec, 6:00 to 8:00 pm

Where: Wallace Gardens Community Centre

Cost: Box/can of pet food which
will be donated to the SPCA

For more info call
Pat Taylor at 339-4400

CHRISTMAS BINGO

When: 06 December
Time: 1300-1500 hrs
Where: Community Centre
Cost: Members .25¢/card
Non-members \$1.25/first card,
.25¢/each additional card

Adult Craft Club POT LUCK DINNER

Craft: Christmas Angel Ornaments
Where: Community Centre
When: Sunday, 6 Dec. 6:00 - 9:00 p.m.
Cost: \$2.00/members

Please bring a "fine" brush (to do faces), plus your glue gun, sticks, scissors, etc.
For more information call Jane Bekus at 339-8211 (8571)

CHRISTMAS ACTIVITIES:

The following special events will take place in the month of December to celebrate the Christmas season:

CHILDREN'S COLOURING CONTEST *
LETTERS TO SANTA *
VISITS FROM SANTA *
SKATE WITH SANTA
MQ LIGHTING CONTEST
PICTURES WITH SANTA

* Activities marked with an asterisk are for Wallace Gardens members only. If you would like to participate, please ensure that you are a member. More information on each of these events will be forthcoming. Watch for it in the upcoming flyers or call Jane Bekus at 339-8211 (8571).



PET REGISTRATION

Wing Standing Orders Section 27.02
paras 3 & 4 state:

"No person shall acquire, own, keep, or harbour any pet within 19 Wing Comox resident areas unless such pet is licensed."

"The owner of every pet shall each year pay a license fee."

You may register your pet at the Wallace Gardens office located in the Canex building, Monday - Friday 0730-1200 hrs.

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RECORD

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AND OTHERS!



BUSHMEN:

By F.S. Lloyd G. Baker
RCAF Public Relations
(The following article is reprinted from the February 1944 issue of Wings - Log of the R.C.A.F.)

Talk about our early pioneers... they had little on West Coast construction and landline communications men of the RCAF whose trail-blazing experiences through some of the most hair-raising country possible are hard to beat.

When the tremendous task of fortifying the West Coast with air defences was begun, it was our communications and construction men who pioneered the whole area, a lot of it virgin territory. Stations sprang out of the woods at the most isolated locations and these had to be joined by telegraph. The job was tremendous. These airmen are members of Western Air Command's No. 9 Construction Maintenance Unit which is an amalgamation of the unit of the same name and No. 2 Land Line Maintenance Unit. It is commanded by WCJ.C. Dumbrie, former Ontario hard rock mining engineer, whose "let's get crackin' on this one, boys" is echoed throughout the unit in the enthusiasm of the men.

If it weren't for that spirit, it is safe to say that many of their assignments would not be complete today.

Take, for instance, a job one crew tackled of stringing a telegraph line over an area on Vancouver Island. Have you ever worked in muskeg? Not the variety which infests this particular spot. A monster caterpillar was being used to clear away small trees and underbrush and before anyone realized what was happening, the big machine sank practically out of sight. Only six inches of its structure were left showing.

Many's the time the men themselves slipped into the grasp of the muskeg and were dragged down waist deep. But the cat was rescued and the telegraph lead went through on time.

Small camps were set up three miles apart at another location. Only three miles - but it took twenty hours to haul provisions from one to the other, so rugged was the country between. Tragedy struck the unit during a job at a remote island location in March of '43 when LAC Alex Garonski of Morris, Man., drowned while supplies for the camp were being landed in a

small rowboat from the supply boat standing off shore.

The small boat overturned in a twelve-foot sea, throwing its four occupants into the ocean. Garonski was on the shore with LAC E.L. Collett, Vancouver, B.C., (now a corporal) and FL M.C. "Mike" Nesbitt of Royal Oak, Victoria, B.C., one of the construction engineers. They ran out on a point to assist the men in the water.

Dragged by undertow

The two airmen were caught by the seas breaking over the rocks, were swept into the water and dragged 100 feet offshore by the undertow. It is believed Garonski was injured as he was dashed against the rocks.

Collett held Garonski's head above water while another boat was put out from the supply ship. It took time in those seas, though, and Collett became exhausted in the icy cold water. FL Nesbitt stripped off and dove into the water to assist, but it was a futile effort. Nesbitt and Collett were rescued in the nick of time but Garonski died.

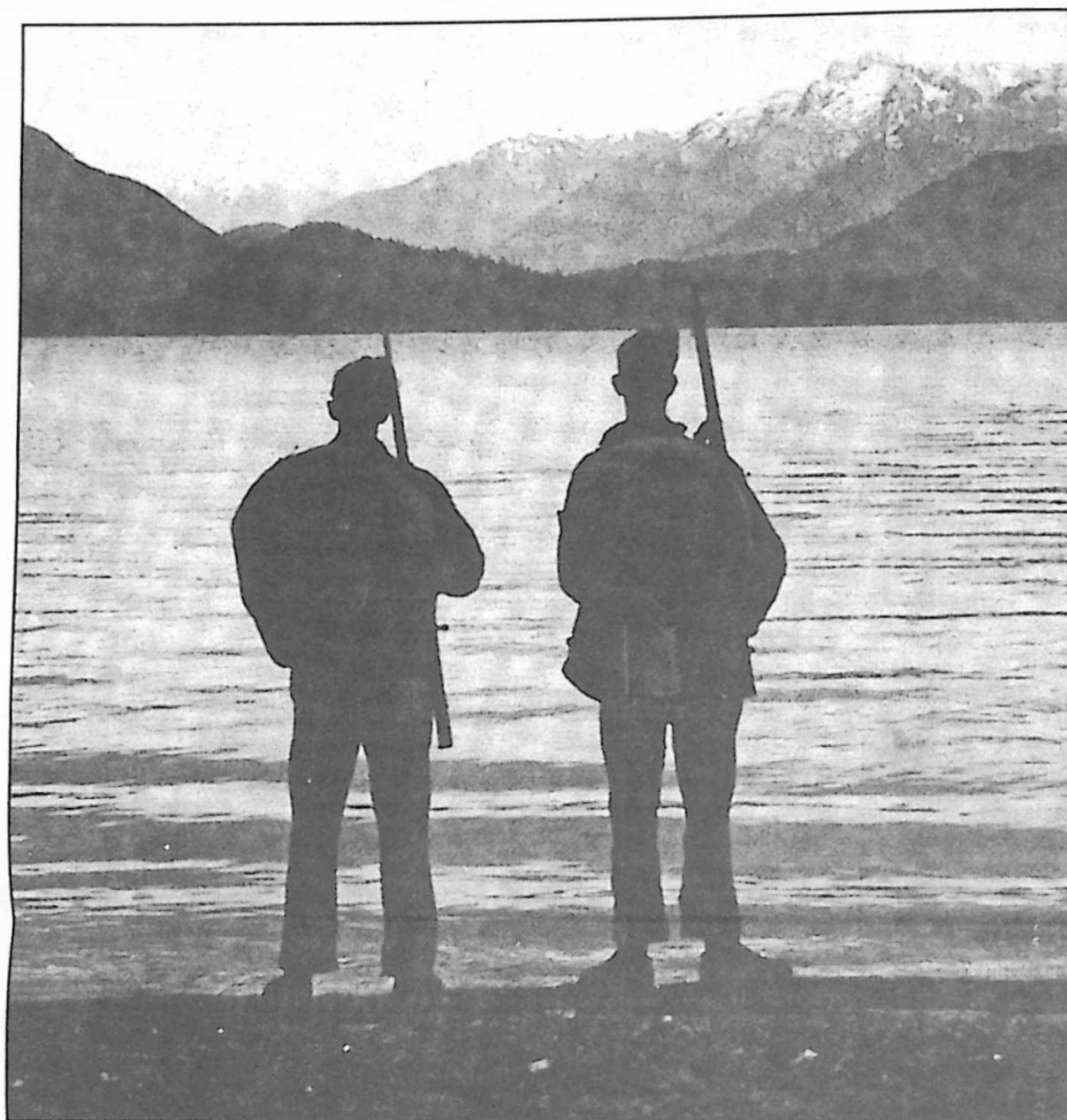
FL Nesbitt and Cpl Collett have since been commended officially for their acts of bravery. The memory of Garonski who died in an effort to assist his fellow airmen, lives in the minds of the men with whom he served.

On the other side of the picture, there are lots of laughs in connection with the work, like the time two other communications men went on temporary duty "by jeep and horseback." That's just the way it read in DROs, but the entry revealed nothing of what the two men went through. FO Bob Huband of Ottawa and Sgt Ben Attwood, of Hamilton, were away eighteen days, covered 1,700 miles and saw a lot of beautiful scenery.

Says Attwood: "It was beautiful, alright. I'd never seen anything like it... snow-capped mountains, tall graceful timbers, deep colourful canyons, roaring rivers tumbling down to the sea."

But there was a catch. The men couldn't stand back and admire the scenery. They had to head right into it if they were to carry out their duties of inspecting the landline.

They started up over mountain trails on sure-footed horses rented for the trek. "We were glad those nags were experienced on rocky trails only two and a half feet wide, because we weren't" Attwood related.



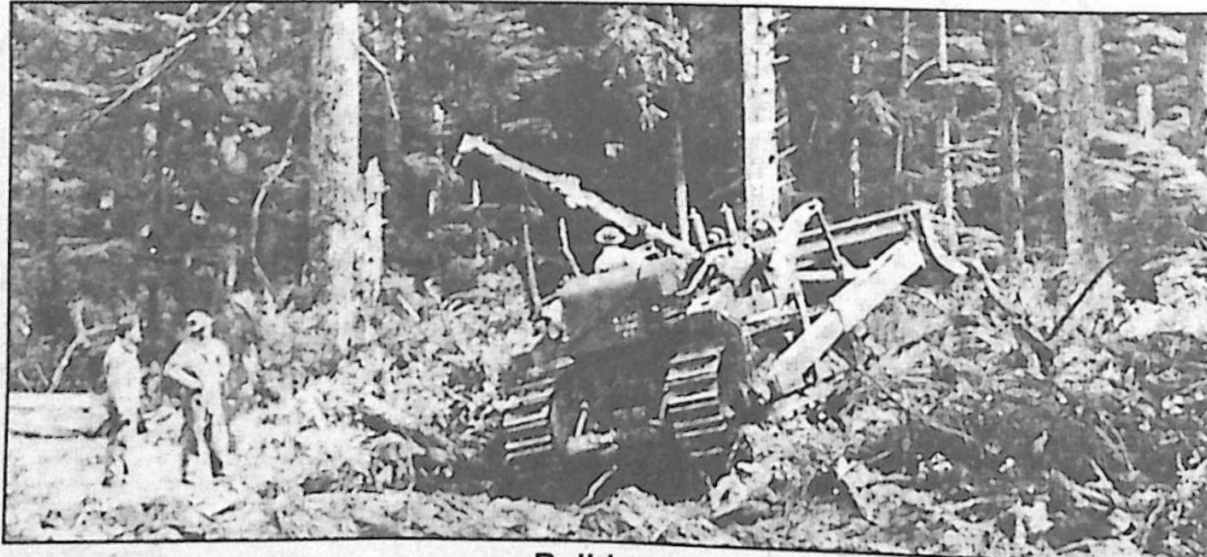
Grandeur

Construction crews find breath-taking scenery like this in B.C. but they must battle the mountains and forests.



Camp site

No weathertight barracks, no comfortable airman's lounge - you live like this in temporary camps of B.C. construction crews. Cpl Elmer Preston, Bristle, Man., is seen sharpening cross-cut saw.



Bulldozer

Airman plunges his big cat through brush and trees to help clear site for an RCAF telegraph outpost in wilderness. Land lines link vital coast defense bases.

RCAF construction crews battle the B.C. wilderness in defence of Pacific Coast

At one spot on the trip, the sore-seated riders had to zigzag down a canyon wall 2,000 feet so they could follow the telegraph line. They crossed raging rivers and they saw lots of moose, deer, coyotes and bear.

Headache powders were in order for the men of a line crew engaged in stringing leads over one-half mile of timber area in another of the isolated zones. No fires had swept this section for many a moon as evidenced by some of the trees which were estimated as being between 500 and 800 years old - trees twenty feet and more in diameter.

But the area was strewn with windfalls and for the whole half-mile the men never touched ground in their work. They had to clamber thirty and forty feet above the ground over the masses of fallen timber and tangled undergrowth.

Hundred pound loads

FL T.E. MacKell of Montreal, one of the pioneer RCAF communications men on the West Coast, still remembers that "toughest half-mile." He also recalls the time when a fifteen-mile line had to be strung along a road (using the term "road" loosely) between two bush stations. Equipment and supplies were conveyed to the camps out on line by tractor-trailer. It was not uncommon for the tractor to turn over twice a week, strewn with food and gear all over the countryside.

While the machinery was being righted, the men would load the supplies on pack boards and start out on the hoof with fifty and 100-pound loads.

Some of the boys with the flight lieutenant during those times were Sgt Johnny Tessier of Montreal; Sgt (now PO) Ralph Hummell of Chesterville, Ont.; Sgt Glen Michener of Red Deer, Alta.; FL Harry Code, Smith Falls, Ont.; FS Charlie McGregor of Almonte, Ontario and FS C.H. O'Callaghan of Kemptville, Ont.

Small groups of communications men at present are camped at intervals along stretches of the land lines, one of which extends over 900 miles through virgin territory.

These airmen patrol the lines by foot, boat and barge to keep communications open. Weather closing in without any warning often leaves the men stranded in trail-side cabins built for such emergencies.

In the area are a few remaining Indians and near one small settlement a crew of communications airmen came upon a flock of white trumpet swans. They quickly learned that these were sacred to the natives when one of the airmen thought he would test his marksmanship on one of the birds and drew a bead with his service rifle. To his amazement an Indian appeared from nowhere.

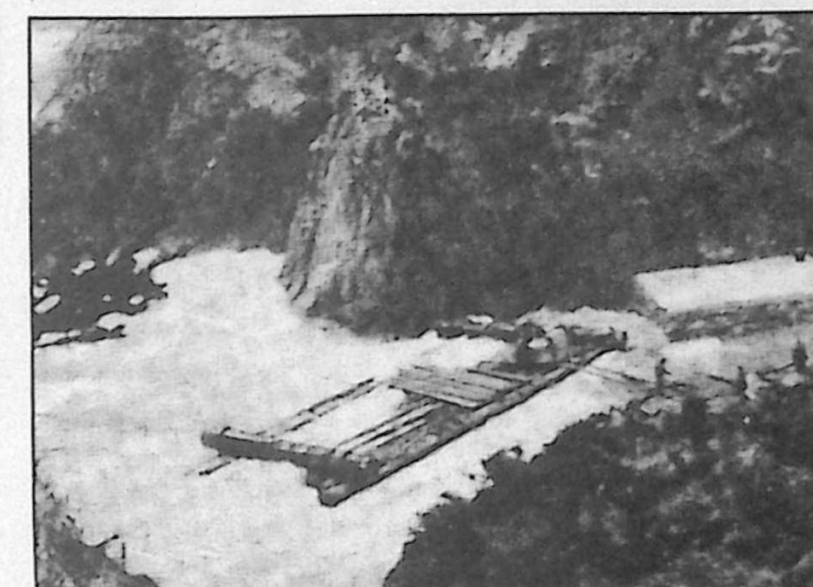
"You shoot swan, I shoot you," was all he said and, from the look in his eyes, that was enough. The airman made a hurried departure with an empty feeling in the pit of his stomach.

Perhaps one of the toughest jobs the landline airmen were ever assigned took them to a small, wind-swept island in the open Pacific. They had to transport the necessary machinery by scow. For three weeks the airmen attempted to beach the scow but heavy seas made it impossible. It was six months before better weather finally put in an appearance and the job was done.

If the seas are tough, the mountains are worse. Once twenty-five tons of equipment had to be taken to the summit of a 1,500 foot mountain... a rugged little thing with lots of tricks up its sleeve. It was decided that the equipment would be loaded on stone-boats and dragged up the mountain as far as the heavy-duty tractors could go. From that point, hand winches would take over.

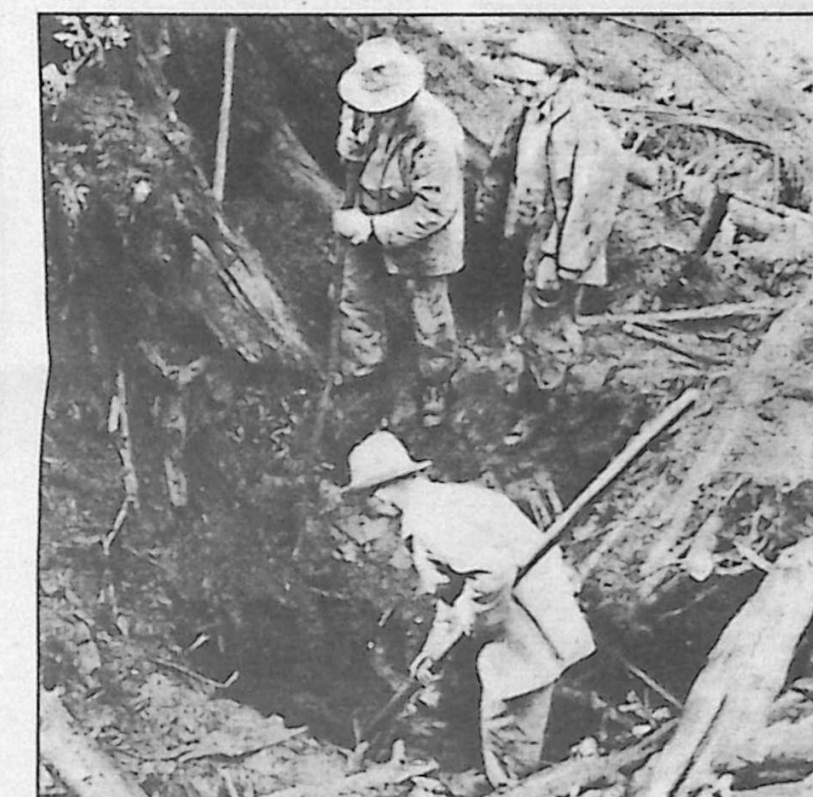
The mission was completed despite the head shakings of kibitzers on the sidelines, though those airmen cat operators had to put their big machines in such steep climbs at times that the water was pouring out of the radiators.

Oh yes, it's nice work... if your nerves can stand that sort of thing.



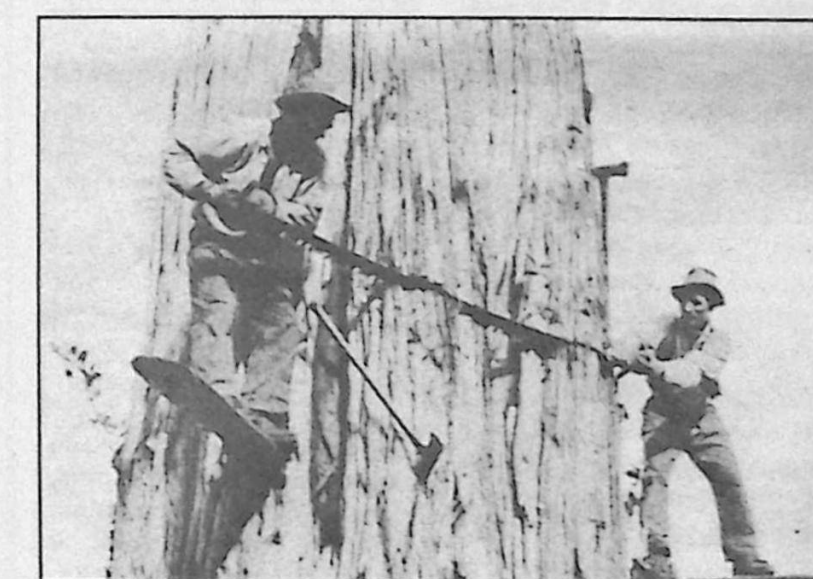
Beach head

Pacific surf breaks on rocks as land-line equipment landed by log raft in tiny cove.



Foxhole

Airmen tunnel hole under big stump to plant charge that will lift it clear.



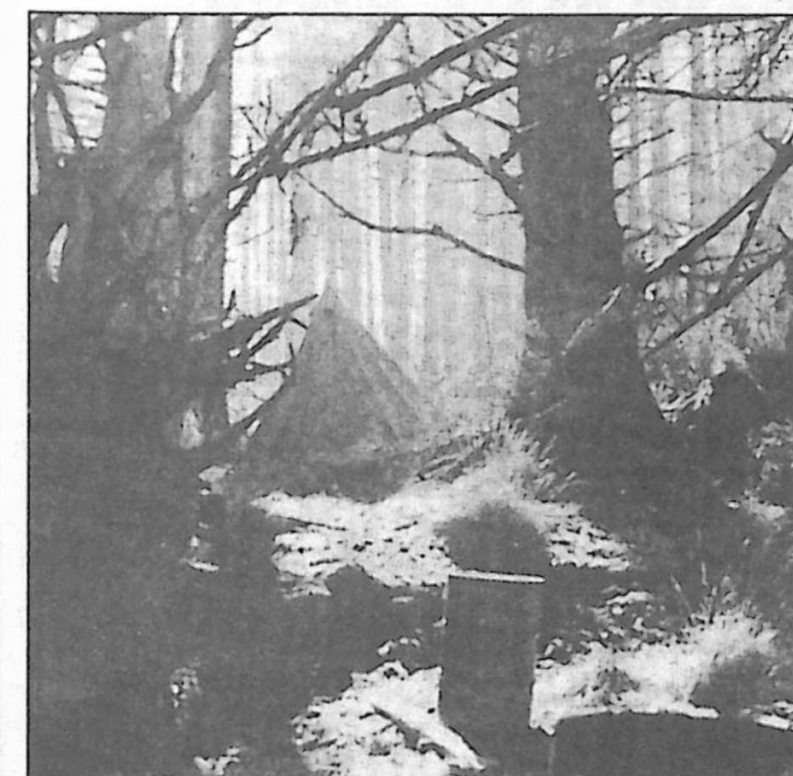
Big stick

RCAF lumberjacks R.J. Beaudet, Edmonton and Ray McCann, Carbon, Alta., take out giant cedar on Vancouver Island.



Pole climber

Cpl Don Delman, Toronto, rigging 115-foot mast land-line crew erected.



Silence

Sunlight seeps through the tall timber in lonely B.C. bush camp. Undergrowth is often jungle-like.

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 Saturday 9:30-5:50
 Sunday 12:00-4:00

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Mike FINNERON
PONTIAC BUICK GMC
334-2441
250 Old Island Hwy, Courtenay

**Miscellaneous for Sale**

Kenmore portable dishwasher \$125 obo; oak entertainment centre, bought in Holland, \$750 obo; wooden coffee table \$75 obo; backyard fencing, 8' & 10' panels \$20 ea (16 available); wooden shed 8x10x10' \$400 obo. Call John 339-0875 or Loc 8564. <1/2>

1992 Isuzu Rodeo 4x4, 3.1L engine, 5 speed STD trans \$12,700 obo. Phone John at Loc 8564 or 339-0875. <1/2>

Womens Air Force uniforms, like new cond. All weather coat size 18XT \$40. Tunics size 16T \$20. Skirts & pants size 18R \$8. Ph. Linda Leslie or Lt Crew, loc 8267. <2/2>

4 Michelin X radial, all seasons tires P205/70R/15, v.gd cond. Retail new \$187 ea. Asking \$160 for all 4. 334-0525 <1/2>

1987 Ford Crown Victoria 4-dr. Loaded. Asking \$3,500. 338-4851 <2/2>

Oak dining room set w/4 chairs & leaf asking \$250. 7pc oak bedroom set asking \$700. 338-4851 <2/2>

PC 486 DX2/66 w/14" monitor, 8X CD ROM, 16 meg RAM, 540 M HD, keybd & mouse \$200. 339-6225 <2/2>

Nordic Ryder exercise machine. Valued at \$600 asking \$250. 339-6225 <2/2>

- UWATEC - Aladin Pro diving computer for certified divers only, not for NITROX mix. \$300 - Soloflex exercise machine c/w butterfly and leg extension adapters. Valued \$1,500 asking \$750.

- Double bed mattress w/box spring c/w hook-on rails & coaster frame \$150.

- Computer games, Janes Fighters Anthology, Microprose F15 Strike Eagle III, DID EF 2000, Critical Path, Microsoft Golf (multimedia edition) \$100.

- Sony speakers Model SS-C760AV, 8 Ohm, 270 watts (pair) \$250. Model SS-C421AV, 8 Ohm, 220 watts (pair) \$200.

- Sony 5 disk carousel CD player, Mod CDP-C535 service manual incl. \$250. 339-9910 after 5 p.m. <1/2>

1985 Toyota Tercel \$2,200 obo. Computer desk \$65. Sega Genesis, 2 controls, many games \$150. Call 339-5783 or Loc 8783. <1/2>

For Rent

One bdrm, own bathroom, own fridge. Close to Guthrie & Anderton. Includes utilities, furnished, non-smoker, no party animals \$400. 339-2157. <2/2>

House for Sale

Quiet cul-de-sac, 2-storey stucco, 2240 sq.ft, 3-bdrm, 2-1/2 baths, cherry hardwood floors, gas fireplace, spacious kitchen w/island. Immaculate cond. 2 yrs old. \$173,900. Ph 339-6797. <1/2>

Wanted

Reasonably priced mens Airforce Mess Kit. Chest 43" waist 34" inseam 32". Will consider larger size for alteration. 339-6784 <2/2>

Services offered

Experienced bilingual child care provider will care for children in own home, Puntledge Park area. Full, part-time or casual day care. Certified. Call Jadette 334-0525. <2/2>

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

New in the Valley! The Pampered Chef is here and so are all the great kitchen tools. To book your home kitchen party call Susan at 338-2467 today. <1/2>

Miscellaneous for Sale
Ladies Raleigh 20, folding bike with carrier bag, lights. Great for trips. \$90. 339-3486 <1/2>

White Westinghouse portable dishwasher. Bought at Canex Trenton. Protective plastic still on. \$250. Tracy 334-4581 <1/2>

UTPNM Reunion

The UTPNCM Sqn of RMC, Kingston, ON, will be hosting the 25th Anniversary of the UTPNCM program 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@rmc.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>

Wee Cooks Catering
For any gathering - large or small, let us take the hassle out of your party and do your planning, cooking, serving (& clean-up). Ph Shelley 339-1102 <1/2>

Flight Lines Art Studio
Original aviation drawings and paintings by Dave Miller. For appointment/commission call 339-3573. Visit our electronic gallery at: www3.bc.sympatico.ca/flighthlines

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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 Bdrms. units.

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2nd Annual Walk Against Violence
Sat, 5 Dec at 10:30 a.m.

Starts on Harbourside Rd. near Cumberland Rd. Ends at Sid Williams Theatre (by the fountain). To raise awareness of the impact of violence in our lives.

Cadet Christmas Trees
The 386 Royal Canadian Air Cadet Sqn is holding its 4th Annual Christmas Tree Sale. Pre-order your tree by calling Pam at 338-0432 prior to Dec. 12. Tree pick-up is scheduled from 10:00 a.m. - 2:00 p.m. on Sunday, Dec 13 at the Air Cadet Building, 1298 Military Row, Lazo (across from Glacier Gardens Arena). The beautiful trees are available in varying sizes, supplied by Arbordale Nurseries.

Support your local Air Cadets

Nouveau dans la Vallée de Comox
Meeting A-A français
Le Groupe L'Espoir vous invite à venir fraterniser le dimanche soir à 7:30 p.m. au 1413 Little River Road, Lazo. Le Groupe L'Espoir est un groupe ouvert (Bienvenue aux AL-ANON). Pour plus de renseignements, appelez Celine 339-4008.

Jake's Trivia Answers
1. Secretariat.
2. Bert Blyleven.
3. 1919.

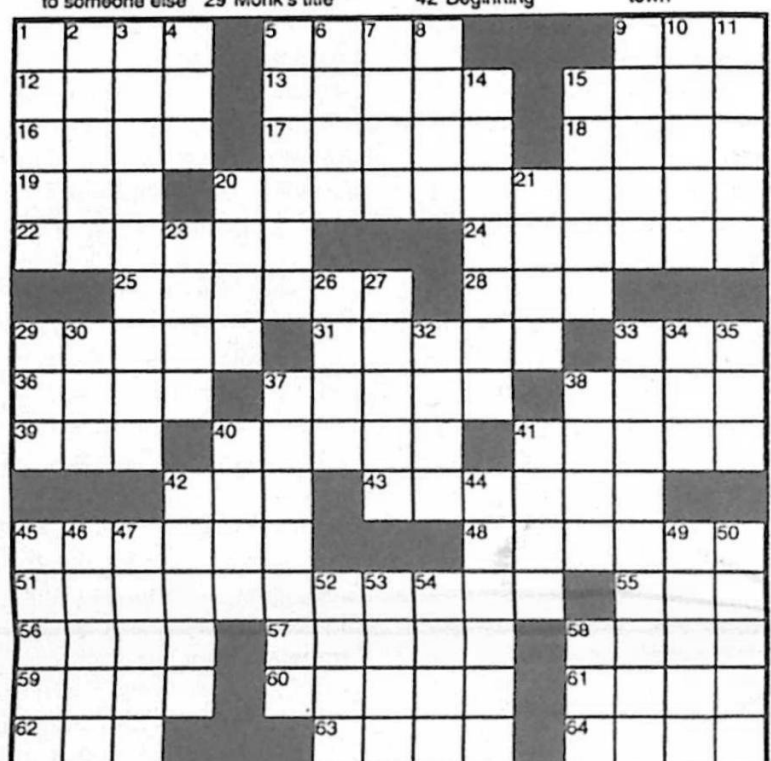
HAPPY 4TH BIRTHDAY STEPHANIE

Love,
Dad, Mom & Jessica
xxx

TODAY'S CROSSWORD PUZZLE

ACROSS
1 "A Boy Named Sue" singer
5 Scare away a fly
9 Bark or yelp
12 Ark. neighbor
13 Doves
15 Puppeteer Baird
16 Steep rock
17 Actor Cantor
18 Similar
19 "Alley" musical
20 Start at the bottom and work up
22 Reply
24 Proper
25 Made fun of
28 Picnic pest
29 Coquette
31 Throng
33 Pen point
36 Marathon
37 Iron
38 Pueblo Indian
39 Inquire
40 Branch
41 Damp
42 "Is that a yes - no?"
43 Gown fabrics
45 Picturesque
48 Restless state
51 Shift the blame to someone else
55 Slangy "no"
56 Pierre's deed
57 Noblemen
58 Land measure
59 Guiltiest Atkins
60 Office worker
61 Venison
62 Ending for "auction"
63 Baseballer
64 Musical
64 Helper: abbr.

DOWN
1 Hot drink
2 Ohio city
3 Stooges' forte
4 Witch
5 Scissors
6 Actress Lamarr
7 Church calendar
8 Norse god
9 Dogpatch name
10 "The Little Mermaid"
11 Bedding plant
14 Teeter-totters
15 Military student
20 - moss
21 Transmit
23 "No Angels"
26 Neutral color
27 Coffee grounds
29 Monk's title
30 - Vegas
32 Job-safety org.
33 Pests
34 Those holding power
35 Chomped
37 Hunts illegally
38 Area
40 Slangy
41 Englishman
41 Luxury fur
42 Beginning
44 Arizona city
45 Gap
46 Stash
47 Chemical compound
49 Fathers
50 Put forth effort
52 Has a meal
53 Author Harte
54 Arm bone
58 Oklahoma town



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SERVICE QUALITY WORKMANSHIP SERVICE QUALITY

Denman Island Christmas Craft Faire
December 5 & 6

Take a Denman Christmas Stroll amongst 70 booths with original tree decorations, edibles, candles, wood boxes, fabric art, cosmetics, calendars, wreaths, doll clothes, hats 'n mittens, jewellery, cards, earthenware, stained glass and much, much more! Homemade lunch available. At the Denman Island Community Hall and the Seniors' Hall, 10:00 a.m. - 4:00 p.m. Visitors ferried continually, leaving every half-hour. Two block walk from landing. Free admission.

Christmas at the barn

Sunday, 13 December, from noon to 4:00 p.m. is the annual Comox Valley Therapeutic Riding Society Open House with hay rides, a live nativity, petting zoo, crafts, Santa and much more. "This is a great opportunity for people to come down, meet our horses and have a great time. Cost for the various activities is minimal and the proceeds go towards looking after the therapy horses" says Marg Hind, Program Coordinator. For more information on this event or CVTRS, call 338-1968.

Officers' Mess Ladies Club Calendar of events

December
There will be NO meeting due to Christmas parties throughout the month.

Jan 18 Bowling Night at the Base Bowling Alley.
Note the night change - it is on MONDAY.

WO's and Sgts' Ladies Social Club Calendar of events

The Warrant Officers' and Sergeants' Ladies Social Club cordially invites their members to join the fun in the upcoming year. We have a wide variety of activities planned and hope you come out and participate in the events.

December 6 Hosting the Children's Christmas Party
December 14 Aromatherapy
January 18 Self Defense
February 15 Reflexology

Don't forget to sign up your children for the Christmas Party. The list will be at the Mess, along with all the details. We look forward to seeing you.

For further information, please call Carla Calmes 890-0672 or Debbie Yelf 897-0106.

Crisis Line
334-2455
24 hours a day
7 days a week

Ask the Vet

Question:
I am going away on holiday to a place that doesn't allow pets. How should I care for them while I'm gone?

Answer:
The logical alternatives to taking your pets on holidays are either to have someone come into your home to look after them, or to take them somewhere to be boarded.

Bringing someone into your home to live while you are away is often financially viable and can reduce stress levels in pets since their environment never changes, even though the owner is away. To some people, having stranger in their house is distasteful, but having someone looking after the house as well as the pets can often outweigh this disadvantage. There are also commercial services available that are bonded that will come to your home throughout the day. This service is good for cats but only short term since contact with humans is minimal.

Boarding is usually done at a kennel. Referral from friends or veterinarians is probably the best way to choose a kennel. You should visit the establishment well in advance and make the bookings with lots of notice since sometimes the ones you may want book up quickly - especially during holiday seasons.

Doggy bed and breakfast establishments now exist, where your pets would be boarded at a private house for a fee. This can be more or less expensive than a kennel, but would make your pets more comfortable than spending time in a cage or a run.

Tip: There is now a hormone, available through veterinarians - which if sprayed in your home, will reduce or eliminate spraying by felines.

Woofy's DISCOUNT PET FOODS
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TECHNI-CAL Adult Cat Food 7.5 KG. \$23.99
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All other TECHNI-CAL Products Now 14% off

841B Cliffe Ave., Courtenay (Beside Safeway) 338-0455
1782C Comox Ave., Comox (Next to Lorne Hotel) 339-2272
#12-795 Ryan Rd., Courtenay (Beside Superstore) 338-0424

Consumer Tips Early Christmas shopping

Is there a computer on your Christmas wish list?

If you are buying a new computer, the Better Business Bureau warns, **DO NOT GET STUCK WITH A PRODUCT THAT IS NOT YEAR 2000 READY.**

With the countdown to the Year 2000 just 14 months away, it is possible that products may get dumped onto the festive market at very attractive prices but will these products function properly past 1 January 2000?

This is a time period when consumers must be very cautious. In order to avoid disappointment, Valerie MacLean, spokesperson for the Better Business Bureau warns, "Consumers must systematically seek out Year 2000 ready products. Get a written guarantee from the seller and the manufacturer that the hardware and the software you are purchasing is Year 2000 compliant."

Remember, always call the Better Business Bureau, (604) 682-2711 for a reliability report on any company before you buy.

Telephone bandits

Some BC Tel customers have complained of receiving messages on their answering machines and voice mail indicating that there is an urgent message for them at the number 011-592-571848. Valerie MacLean, Better Business Bureau spokesperson, reports, "This number is in Guyana and the caller will reach a recording that asks them to hold and then listen to a frivolous message. In the end, all the caller receives is a very high bill for an unwanted overseas call."

The message states there is no charge for "this" call, but the call they are describing is the call that you received, not the one you are being asked to make. "Don't call back a number you don't recognize," said Norm Beattie, BC Tel's security investigator. "You can check an area or country code you're not familiar with by looking it up in the front section of the BC Tel White Pages directory, or by calling a BC Tel operator."

Groupe AA en français

Nouveau dans la Vallée de Comox, meeting A-A français. Le Groupe L'Espoir vous invite à venir fraterniser le dimanche soir à 7:30 p.m. au 1413 Little River Road, Lazo.

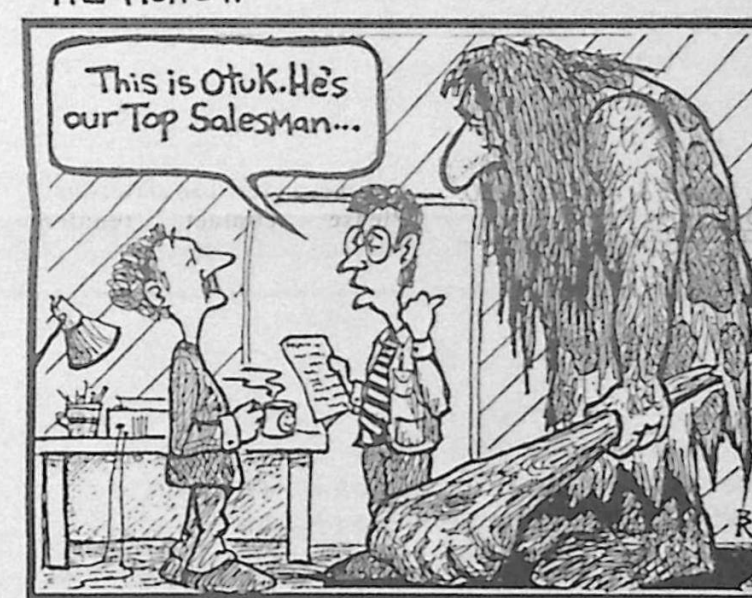
Le Groupe L'Espoir est un groupe ouvert (Bienvenue aux AL-ANON). Pour plus de renseignements, appelez Celine, 339-4008.

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Traffic light is lowered. 2. Skyline is added. 3. Signpost is missing. 4. Number 1 is transposed. 5. Cap is different. 6. Arm is raised.

FREAKSHOW**Royal Canadian Legion****Branch 17 Courtenay (334-4322)**

Dance: every Friday evening, 8:00 p.m.
27 November Norm's Combo
04 December Alley Cats
11 December Downhoms
18 December Ventura Highway
New Year's Eve Dance Wylie & The Other Guy
Tickets \$12.50 each - Food 9:00 p.m.

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)

27 Nov Eldorado
04 Dec Double Play
11 Dec Country Cousins
18 Dec Norm's Combo
New Year's Eve Dance Ventura Highway
Tickets available now - \$15.00 per person



COMOX MILITARY FAMILY RESOURCE CENTRE

Making Separation and Divorce Easier on Children

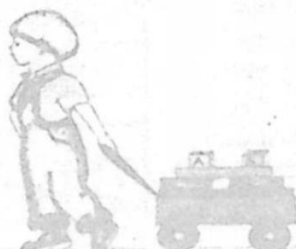
There are varying national studies available on marital success and the findings are very surprising. John Gottman, Ph.D. in his book Why Marriages Succeed or Fail ... And How You Can Make Yours Last states that more than half of all first marriages end in divorce. Second marriages do worse, failing at a rate of 60 percent.

With over fifty percent of new marriages in North America ending in separation and divorce, there is a greater increase in parents dealing with raising families in separate homes.

Separate homes often mean that children are "visitors" in one of the parent's homes. This may be where difficulties and challenges of parenting separately arise. If either one or both of the parents have unresolved issues of anger or grief, this can affect the ability for them to co-parent effectively.

To help make the visits as positive and routine as possible for the child,

the Department of Alberta Justice and Alberta Family Social Services has prepared a program entitled "Parenting After Separation."



Some of the suggestions to make visits easier are:

1. Speak positively to the children about the other parent.
2. Be civil to your ex-spouse when you happen to be together.
3. Let the children talk about and show enthusiasm for the other parent's living quarters and the activities they share.
4. Encourage your children not to blame the parent who initiated the divorce or separation.
5. Acknowledge the child's deep seated wish for a re-united family

without offering false hope or ongoing denials.

6. Don't try to mediate conflicts or involve yourself in disagreements between your child and the other parent.
7. Don't pump your child for information about the other parent.
8. Don't force the children to become involved in adult business by asking them to take messages to the other parent (i.e. pick-up times, child support, etc.)

These seem like common sense suggestions, yet when there is frustration and anger these guidelines may be difficult to follow. If you find these helpful you may want to share them with the other parent. Clip them out and place them where you can remind yourself of them often.

Counselling sessions for parents who are experiencing co-parenting difficulties may be arranged free of charge by contacting the Counselling Services Coordinator Coreen Cherry at 339-8286.

Coin des Francophones

Réseau-Femmes du CRFMC

Atelier - Stratégies pour mieux gérer son temps et son stress

Animatrice: Dianne Bouchard - Ergothérapeute de North Island Rehabilitation Services

Date: jeudi le 26 nov.

Heure: 7h00 pm

Coût: \$5,00 - non-membres (gratuit aux membres)

L'ergothérapeute aide une personne à retrouver ou développer une autonomie optimale dans les différentes sphères d'activités de la vie quotidienne soient; les soins personnels, la productivité et les loisirs. L'ergothérapeute oeuvre auprès de personnes de tout âge avec des problématiques à une vision holistique de l'être humaines en interaction avec son environnement physique, culturel et social.

CMFRC Christmas Hours of Operation

Thursday, December 24	8:00am - 12:00pm
Friday, December 25	Closed
Monday, December 28	Closed
Tuesday, December 29	8:00am - 4:00pm
Wednesday, December 30	8:00am - 4:00pm
Thursday, December 31	8:00am - 12:00pm
Friday, January 01	Closed

Kinnikinnik Child Care Centre Cristmas Hours of Operation

Thursday, December 24	Closing at 12:30pm
Friday, December 25	Closed
Monday, December 28	Closed
Tuesday, December 29	Regular hours
Wednesday, December 30	Regular hours
Thursday, December 31	Closing at 12:30pm
Friday, January 01	Closed

Souper de Noël entre Femmes



Les femmes membres et non-membres de la communauté féminine militaire se regrouperont pour partager un souper communautaire "du temps des fêtes". Nous avons choisi de partager un souper au restaurant *Union Street Grill*. Divertissement, plaisir, jasette, bon vin et chansons du temps des fêtes seront au rendez-vous! Ne manquez pas cette occasion de plaisir en français! Téléphoner Nathalie au 339-7369 ou Michelle au 339-8290 pour plus d'info.

Date: jeudi le 3 déc.
Heure: 7h00 pm
Bienvenue à tous!

A letter from the Study Shack

Hello!

My name is Shelly Dale. I am a military wife, a mother of two, a teacher and a volunteer at the Family Resource Centre. I have been a volunteer at the Family Resource Centre since being posted to 19 Wing with my husband a year ago. I am currently volunteering with the Study Shack, which provides a study hall environment for students from grades 6 to 12 who need a place to do their homework. There are adult volunteers who are available to lend their support in any way they can and there are two computers for word processing purposes. The teens who come, provide input about how they would like the program to run. We meet from 6:30 - 8:30pm every Tuesday in building 120 at the Fam-

ily Resource Centre. So bring your homework and join us.

Currently, I am running a Correspondence Support Program at Sylvan Learning Centre in Courtenay. This program is designed for students from grades 4 to 6 who are enrolled in correspondence courses with North Island Distance Education School (NIDES). I assist the students in their individual course work and help them with their time management skills. I also have adult students who are up-grading some of their secondary school courses with the intention of going to North Island College. The Correspondence Support Program operates from 9:00 to 2:30 Monday to Friday. It offers an education alternative for families

and allows students to progress academically at their own pace, with plenty of individual attention in a positive and caring environment.

In the evenings I tutor students of all ages who need individual attention with their studies. I tutor all subjects but I find the greatest need is for math and reading.

I find it very rewarding to work individually with students who are struggling. "I can't" are two words I do not accept. Any of us can do anything we set our minds to, and I try to instill that belief in all my students. If we believe in ourselves we can reach the stars!

Shelly

Meeting A-A français

Le Groupe d'Espoir vous invite à venir fraterniser le dimanche soir à 7h30 pm au Centre de Ressources pour les Familles Militaires - 2e édifice. Le Groupe d'Espoir est un groupe ouvert (Bienvenue aux Al-ANON)