



# TOTEM TIMES

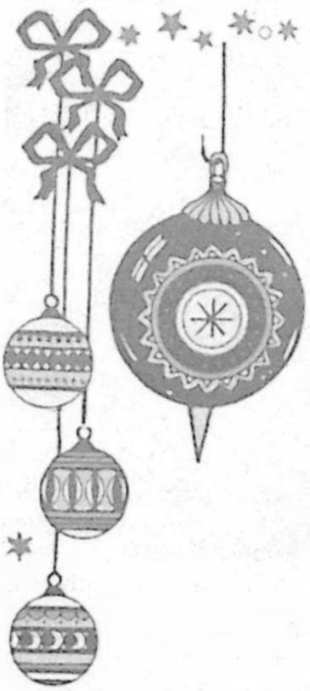
19 Wing CFB Comox

THURSDAY 10 DECEMBER 1998

The Comox Valley's Oldest Newspaper

VOL. 40 NO. 20

### Inside this issue:



## Buffalo 465 lives

page 14

## Survival of the fittest: SAR training

see page 11

## 442 Sqn delivers humanitarian aid to Mexico



Enjoying a brief taste of the Mexican sustance (L-R): MCpt Truesdell, MCpt Brian... Don Thain, Capt Laz Nemedy, Capt Frank Cannon and Capt Steve Eyre. (Photo by Wing.)

By Lt Dario Rossi

Seven members of 442 (T&R) Sqn enjoyed a quick break from the Comox November rains while carrying out a humanitarian mission to Mexico.

The CC-115 Buffalo was tasked to deliver 4000 pounds of medical supplies to the Red Cross, consisting mostly of hospital beds, wheel-

chairs and walkers.

The much-needed supplies were delivered to Mazatlan and to Los Cabos, on the southern tip of the Baja peninsula. From there they will be distributed to local centres by the Red Cross.

After offloading the medical supplies, the Buffalo began its secondary mission, a long-range

trainer for the Operational Training Flight.

The aircraft returned to Comox via San Antonio, Dallas, Albuquerque, Las Vegas and Reno.

Many thanks to the Red Cross in Los Cabos and Mazatlan for their hospitality. Hope to drop by again soon!

## 19Wing is the safest Base in North America

The base is tops in safety - again. The Wing placed first in the federal government category in the 1998 North American Occupational Safety and Health (NAOSH) Week competition. Wing General Safety Officer Mr. Ken Ilnitski, will be presented with his award at a gala occupational safety luncheon at the Delta Airport Hotel in Vancouver. The Wing has won in the category since NAOSH Week began in 1997. NAOSH is a multi-national safety competition INVOLVING Canada, the United States and Mexico. It has superseded the Canada Occupational Safety and Health (COSH) Week activities, at which 19 Wing placed first overall in 1996.

Continued on page 3

## In the Christmas spirit



Monday morning, Col Neumann, WComd, and a small helper turned on the main breaker to light up the tree for the annual MP Christmas Tree of Light Campaign. See complete story on page 5. You can also read the Wing Commander's Christmas message on page 3 and see what the WCWO and his elves have been up to on page 4.

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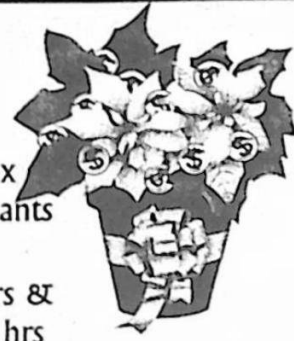


Come to H.E.R.E. not there



The staff and management of Zellers, Courtenay

invites all currently serving 19 Wing Comox Military, Civilian employees and their dependants to save 10% on purchases on:  
Monday 14 December, from 18:00-22:00 hrs &  
Tuesday 15 December, from 18:00 - 22:00 hrs



Interested personnel **MUST** report to the Zellers Service Desk with their ID card and complete an application **PRIOR** to shopping. There will be free refreshments available and a chance to win a Gift Basket. Proper ID card is required for the discount and entry to the draw for the Gift Basket.

### Association Francophone Hosting bilingual holiday event

L'Association Francophone présentera un Concert et Soirée de Variétés de Noël le samedi 19 Décembre à 19h30, au "Old Church Theatre." Au programme: des petits danseurs de ballets, un accordéoniste, un violoniste, un quatuor à cordes, la chorale Les Voix de l'Île, etc. Cette soirée est bilingue. Vous pouvez vous procurer vos billets à l'Association Francophone, 1491 McPhee, ou composez le 334-8884.  
The Francophone Association is presenting a "Concert et Soirée de Variétés de Noël" on Saturday, December 19, at 7:30 p.m. at the Old Church Theatre. Tickets can be purchased at the Association, between 12:00 and 4:30 p.m. The program is as follows: Ballet dancers (children), accordionist, violinist, String Quartet, the Francophone Choir: Les Voix de l'Île, etc. Come one, come all! This is a bilingual event and is for everyone.  
Mini Franco-Fun: le jeudi 17 Dec de 15h15 à 16h30 pour enfants de 2 mois à 8 ans. Prix: Membres \$2, Non-membres \$2.50. Pour plus de renseignements, composez le 334-8884.

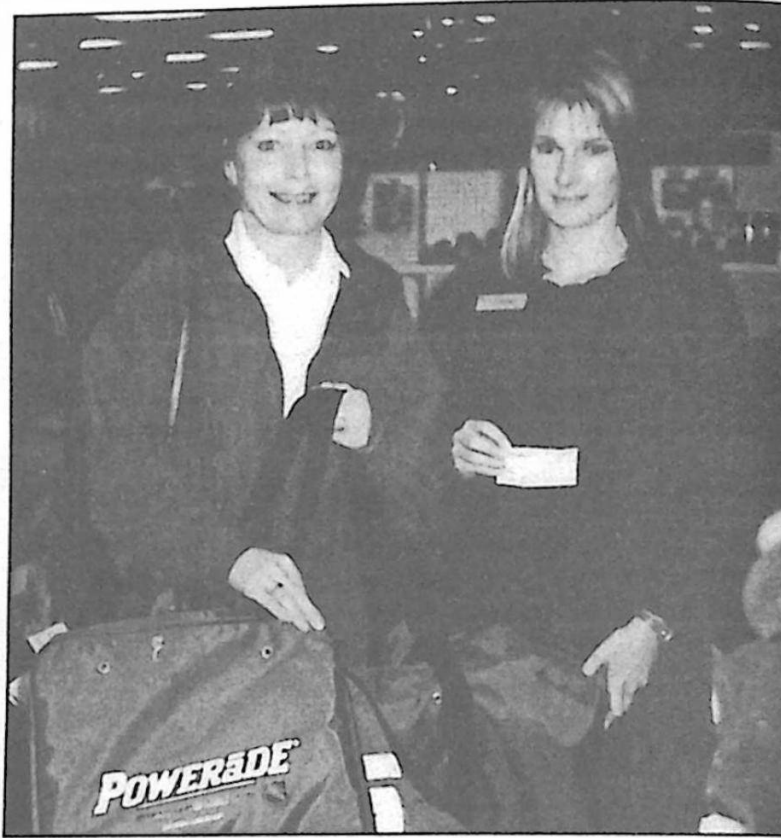
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bringing the local news that matters to you

## CANEX News



Karen McNulty, winner of Powerade hockey bag from Coke, with Trish Johnson of CANEX.

With all the liquid sunshine over the past two weeks, it may be difficult for some of you to believe it but Christmas is well on its way!

Santa has moved to CANEX for two days a week, Tuesdays from 5:50 to 8:30 p.m. and Saturdays 1:00 until 4:00 p.m.

Polaroid pictures will be available for a small fee, with all proceeds going to Wallace Gardens Community Association. If you would like your pet's picture taken with Santa, you are welcome to bring your pets in on Tuesday nights.

The staff at CANEX have been busy setting up new goods for your Christmas gift list. Come in and have a look you just may find the perfect gift for that hard to buy for person on your list.

The big winner in the latest COKE contest, was Karen McNulty. Her name was drawn from over 200 entries - she wins a POWERADE hockey bag. Congratulations Karen!

For all of you who were interested in the DAEWOO computers, our stock arrived this past week. So come on in and have a look, they are a very popular item and they are moving fast. Bicycles are also on sale and a great Christmas gift.

Come and see us at CANEX, your Christmas store.

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## Wing Commander's Christmas Message

Season's Greetings to one and all! I am sure that many of you are making plans for this festive season; maybe to welcome family and friends for the holidays, or perhaps preparing to travel in order to spend this joyous time with loved ones elsewhere; or maybe you plan to stay home and simply put your feet up for awhile. In any case, you should take your rest in the knowledge that you have truly earned a break from the pace of work at 19 Wing.

All of us at 19 Wing can look back with pride on all of your accomplishments in 1998. Over the past year you have attained an excellent flight and general safety record; flown or supported many successful hours protecting our sovereignty, providing combat support to our Navy and allies, or saving lives in the conduct of

Search and Rescue Operations. You reacted quickly in providing support to those people severely affected by the ice storms that devastated Southern Ontario and Western Quebec, as well as providing infrastructure support to our troops in Bosnia. Throughout it all, professionalism, dedication, and the fortitude to get the job done prevailed. Indeed, you demonstrated the spirit of cooperation, teamwork and excellence that makes 19 Wing the place to be in our Air Force!

I fully understand that the past few years have been extremely challenging and stressful for all military and civilian members of the Canadian Forces. Continuous change, Quality of life frustrations, uncertain funding levels, aging equipment, and a perception of diminished external support for our

organization have not exactly been morale boosters. I am, however, becoming increasingly more confident that we are turning the corner. We hope to have news in the near future on action flowing from the SCNDVA recommendations, and several Air Force equipment programs are nearing the top of the CF priority list. We at 19 Wing are blessed with a very supportive local community and clearly defined missions with tangible benefits to Canada. The combination of these factors warrants an optimistic outlook on the behalf of all of us.

My family and I wish each and every one of you a very Merry Christmas, and a prosperous New Year. May the holiday season be a safe and joyous one for you and your family. Let me close by asking you to join with me, in offering our prayers and wishes to the

## Base wins North America's Safety Award

Continued from page 1

For Mr. Ilnitski, the latest triumph marks four consecutive years in which Comox has won a major award in a national or international safety competition. He attributes the Wing's success to a basic principle: practical application of theory.

"This Wing has a safety program that is regulated, relevant and real: we train people in preventative safety measures and how to respond when accidents occur. Training is everything. Safety isn't about platitudes; it's about taking specific actions to avoid or resolve specific crisis situations," says Ilnitski.

For many, safety concerns at an operational air base are obvious, what with heavy machinery and a busy flight line serving three squadrons and four support aircraft. But making a base safe is not about recognizing the obvious examples of danger; it is about finding the latent threats to safety and enabling personnel to be ever vigilant.

The 1998 NAOSH competition took place over the week of 18-24 May. During the week Ilnitski and his handpicked safety deputies blanketed the base with safety training and education. A safety legislation course taught participants about the importance of recognizing and enforcing safety practices in the workplace; participants were reminded that the Canada Labour Code is meant to be enforced. Confined space training was conducted in the training tower and students were given a

realistic sense of what it feels like to work in a cramped, constricting area. Fire simulation demonstrated the effective use of fire safety measures and extinguishers. A defensive driving course taught safety on the road. A massive equipment display at the Officers' Mess showcased the latest in safety devices.

The Comox Valley community became involved through seminars on the Neighbourhood Emergency Preparedness Program, which teaches local residents how to respond to disasters by being self-sufficient for the first 72 hours following abnormal disruption of life.

But Ilnitski went beyond the normal confines of safety education and brought in experts on ergonomics who suggested ways to reduce the stress and strain of working in a computerized office. Going to the very crux of preventative safety measures the safety week program also featured in-depth workshops on drug use and alcohol abuse, which underlined how unsafe lifestyle practices can lead to unsafe workplace practices.

The secret of Ilnitski's success as a safety officer has to be his recognition that the parameters of workplace safety are impossible to define. Safety begins at home and follows you to work.

"You don't just decide on a given day to perform in a safe manner," says Ilnitski. "It has to be a part of your life and you have to realize that stress at home will affect safety at work."

## Pine Tree Reunion 2000

The Pine Tree Line, a series of 44 radar sites that stretched across Canada from sea to sea from the early 1950s to the late 1980s were once occupied by the Armed Forces of Canada and the United States.

These sites, many located in isolated areas of the country, are now gone but for many thousands of people, service and civilian from both sides of the border, these sites were home for better than 30 years.

To celebrate the new millennium, present and former American and Canadian servicemen and women stationed at these once secret installations will gather in

the beautiful resort town of Gimli, Manitoba, to rekindle old friendships and remember the contribution they made to the defense of North America during the Cold War. All present and former servicemen and women and their families who were stationed on the Pine Tree Line are invited to this reunion scheduled for three days in the first week of July 2000.

For more information visit our website at: <http://www.magma.ca/~lwlison/reunion.htm> or contact: Pierre Parent, 11 Eider Bay, Thompson, Manitoba, R8N 0Z8. Ph (204)677-2153, Fax (204)677-5859.

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On behalf of the President SISIP and all SISIP staff, thank you for the privilege of allowing us to serve you during 1998.

Best wishes for peace, happiness and a prosperous and safe holiday season.

Au nom du Président du RARM et de tout le personnel du RARM, merci de nous avoir accordé le privilège de vous avoir servi en 1998.

Nos meilleurs vœux de paix, de bonheur et de prospérité vous accompagnent. Soyez prudents.

### BRITISH COLUMBIA Electoral Boundaries Commission

Public Hearings in Campbell River on January 22, 1999

Following public hearings held earlier this year, the British Columbia Electoral Boundaries Commission has presented to the Legislative Assembly its report setting out the Commission's proposed changes to the area, boundaries, names and number of British Columbia's electoral districts.

Any amendments which the Commission wishes to make to its report must be submitted to the Speaker of the Legislative Assembly by June 3, 1999.

In order to hear the views of British Columbians about its proposed changes, the Commission is holding a number of additional public hearings.

A public hearing will be held in:

- Campbell River at the Coast Discovery Inn 975 Shoppers Row

Friday, January 22  
9:00 am - 11:00 am

To make a presentation regarding the Commission's report, please contact the Commission.  
The Commission also invites written submissions.

Electoral Boundaries Commission  
Suite 6 - 1818 Cornwall Avenue  
Vancouver, B.C., V6J 1C7

TELEPHONE: (604) 660-6390  
TOLL FREE: 1-888-657-1188  
FAX: (604) 660-4621  
EMAIL: [ElectoralBoundariesCommission@gems3.gov.bc.ca](mailto:ElectoralBoundariesCommission@gems3.gov.bc.ca)

To obtain a copy of the Commission's report, please contact the Commission office. The report is also available on the Commission's website at: <http://www.elbcomm.bc.ca>



**If you're anything like me**

It is with mixed emotions that we greet this festive time of the year. At least that's what I'm assuming. If you're anything like me, Christmas is a special time of the year to be enjoyed...and endured. The countdown to exhaustion starts about mid November, when those things begin to appear in Zellers and Canadian Tire (as I said, if you're anything like me) to warn you of the pending maelstrom. Then, as each passing day brings us a little closer to the 25<sup>th</sup>, we realize just how many things we have yet to buy, send or accomplish in the remaining days. Thrown into this pressure cooker are those items that the kids want that just don't seem to be available. How do they do that anyway? ...and what's a Furbee?

Christmas is particularly interesting for the military. Chances are that many of our loved ones don't live in the same town as our immediate family. This means that we either have to travel to them, or they have to travel to us. Not an easy task at any time of the year. It's especially fun at Christmas. It has been said that airline travel has all of the inconveniences of train travel, crammed into the space of 12 hours. Of course you don't have to travel, you can just send those presents and your warm regards. This implies that you are organized, know what the others want, and act in a timely fashion to avoid the mail traffic. If you're anything like me...well, that's a bit of a pressure cooker too.

So if this festive season is such a pain in the asp, how come we only remember the good times? If you're anything like me, you really look forward to the Christmas holidays. It's for the children, right? And I fully expect that, when they're grown and gone, they too will participate in this most festive ritual. They can come visit too, and if they can't do that, then they can send me a gift that's really hard to find. Merry Christmas.

Joel Clarkston



**Letter to the Editor**

Imagine my disappointment and the disappointment of all single military parents here in Winnipeg, when the initial QOL report summarized by Mitch Gillett, staff writer at D-News, appeared in the Voxair. I have invested at least a year, following the events of Personnel-Friendly, Forces-Friendly policies dated back to September 1995, as all the policies make their way to stone. Single military parents account for approximately 5% of the Canadian Military and number approximately 3,000.

Now, it's a reasonable assumption that with the amount of hard work put into the report, that it is undoubtedly, in whole, quite a lengthy document. So now, what remains to be seen is whether or not single military parents' needs are on the list of "Quality of Life" issues and I am looking into that as this goes to press.

Gen Baril specifically stated, in his presentation in the House of Commons, in June of this year, "To further enhance the quality and quantity of support that we provide to the military families, a child care support allowance that meets operational requirements, irregular

working hours and short notice call-outs for operations is required. Increasing numbers of single parent members and married service couple families have created an ongoing need for child care support options to ensure that operation capability and effectiveness are not adversely affected. We cannot leave these parents to themselves."

So, I am asking ALL single military parents and everyone who knows a single military parent to assist me in a timely fashion, to ensure that our concerns are addressed equally and with compassion.

Call me [in Winnipeg] at ext. 5116. Leave your name, work ext., home phone number, age and gender of dependants. As well, if anyone knows of a single military parent who is currently dealing with a tasking, course or deployment, I would like his or her name as well. The CDS, Gen Baril, has everyone's best interests at heart in this endeavour. It behooves us to have the uniqueness of our situation addressed.

Capt Cathy Sherman, Chairperson, Single Military Parents of Winnipeg

**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)



**Christmas cheer around the world**



CWO Dupuis, WCWO, and his elves sent 25 care packages to servicemen and women of 19 Wing who are presently serving UN Peacekeeping tours abroad. Each package contained enough Comox Valley Christmas cheer to hopefully last them until their return.

**The Wing Hospital is hosting a Canadian Blood Services Blood Donor Clinic**

on  
Thursday,  
10 December  
from  
12:00 - 1800 hours  
in the  
Base Gym

The clinic is open to military and civilian employees, dependants and the general public.

For more info, contact Lt(N) Combs 8647.

**Next deadlines**

Advertising: 13 January  
Articles: 15 January, NOON



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

**Tree of Life shines again**



Santa and Cpl Crispin were on hand Monday morning to help Col. Neumann, WComd, and his young friend light the Christmas tree.

The eighth annual Christmas Tree of Light campaign started at 10:00 a.m. on December 7 at CFB Comox. The Comox Military Police section watched with pride as Wing Commander Col Bill Neumann pulled the breaker to illuminate the lights on a giant Christmas tree located outside the main gate of the base. The eagerly awaited event represents the MP section's major fundraising commitment to support the national Military Police Fund for Blind Children (MPFBC).

Founded in 1957, the fund has raised millions of dollars for visually impaired children in its years of dedicated service and now, in its fortieth anniversary year, the program shows no signs of abating. Locally the MPFBC has been used to purchase visually enhancing teaching aids - like specialized computers - for deserving families in the Comox Valley.

Throughout the campaign, the base and community are encour-

aged to contribute to the blind fund by buying a Christmas tree light. Donations will be accepted at the MP Guard House.

**Weather Summary**



November was a very wet month with the total monthly rainfall falling short of the record of 380.1mm. A new 24-hour rainfall record was set on the 24<sup>th</sup>, surpassing the previous record of 70.4mm set on 19 November 1991. You will be happy to know that the month was warmer than average.

Highest monthly temperature	14.5°C on 15 <sup>th</sup>
Lowest monthly temperature	0.0°C on 11 <sup>th</sup>
Total monthly rainfall	359.4 mm
Average monthly rainfall	181.2 mm
Record 24-hour rainfall	78.8 mm on 24 <sup>th</sup>
No. of days with 0.2 mm or more rainfall	26
Total hours of bright sunshine	33.5 hrs

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

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**Storm-felled**



Fire fighters secure area by Officers' Mess after falling Lombardy poplar in tenuously held up only by adjoining trees. (Photo by Finn.)

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**Attention: Victims of Flooding**

British Columbia's Disaster Financial Assistance Program provides assistance to victims of natural disaster. Direct financial support may be available for uninsured losses to help you recover from the damage caused by the Nov. 23 to 24, 1998 flooding within the Comox-Strathcona Regional District:

- Courtenay
- Comox
- Cumberland
- Electoral Areas A,B & C

The Disaster Financial Assistance Program is administered by the Provincial Emergency Program (PEP). It provides funds to replace or restore items essential to a home, livelihood or community service.

There is a \$1,000 deductible with 80% of the balance - to a maximum of \$100,000 - payable to the claimant. Home owners/renters, small businesses, farm operations and charitable organizations are all eligible to submit claims for assistance.

Disaster Financial Assistance does not cover lost or damaged property for which insurance is available. Claims will only be considered for uninsured losses.

If recent flooding caused damage to essential items and you feel you might qualify for assistance, please pick up an *Intent to Claim* form from your regional district/municipal/village office or a Government Agent's office. The form may be viewed on the PEP Web site at: <http://hoshi.cic.sfu.ca/~pep/dfa-intent.html> Please submit the completed form as soon as possible but no later than March 2, 1999 to:

Provincial Emergency Program  
P.O. Box 9201 Stn Prov Govt  
Victoria, B.C. V8W 9J1  
Phone: 1-888-257-4777  
Fax: (250) 952-4888





# Demon Doins

# Congratulations!



Sgt Bull (MSOP) receives his new rank from Maj Berry (WOCD). Sgt Bull's promotion was effective 1 December. Congratulations from the entire WOC staff. (Photo by Wlmg.)

# Supply conquers the mountain once again

By LS I.H. Daigle

Although we were fewer in number this year, we were big on spirit and enthusiasm. The hardy crew of six: Lt. Bruce, PO2 Harrison, MCpl Crawford, Cpl Martel, Cpl Unrau and LS Daigle, along with three dogs, headed up the mountain on 23 October with the sun shining and the wind at our backs. Everyone made it to the top in good time with a couple of real keeners speed walking and running part of the 19 kms. The great effort by this group raised \$540 for United Way.

A special thank you goes out to our support staff and driver extraordinaire, Cpl Riendeau. Also the folks at Subway who, once again, provided us with delicious subs for our walk.

Bravo Zulu to all those involved and we hope to have a challenge on next year here at 19 Wing to raise more funds for this worthy cause.

# FIVE STAR HOCKEY TRIVIA

## ALL-TIME GREATS

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

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

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

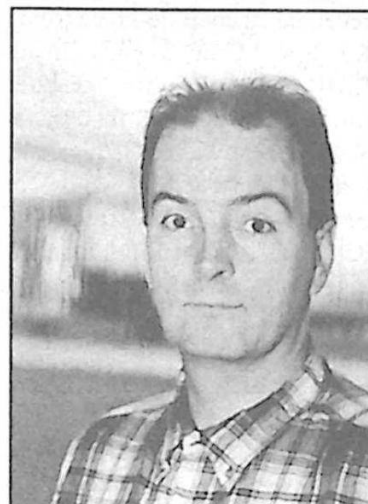
Answer:

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

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

- News Canada

# WTIS exposed



We would like to extend a warm welcome to Mr. Rick Krimble who has been hired as one of our CS02s and came to us from Wainwright, Alberta. Mr. Krimble will be responsible for the software side of the house, such as ADP training, Programs and Programming.



Congratulations go out to MCpl Bob King who works in RTT Labs; he received his promotion on 24 November. Even more good news, the promotion was backdated to July. The extra cash will come in handy just before Christmas. Way to go Bob.



MCpl Rob Nicholson, one of our Linemen who works in Tel/Data Services, was promoted 01 December. Congratulations Rob.



Congratulations! Mrs. Jean Van DerMark's position has been changed from a Data Processor to a CS01. She is now employed as a LAN Administrator and remains responsible for the TNR circuits utilized here at the Wing.



Let's not forget, we have two individuals who have been deployed and will be away during this festive season when families normally get together and share a good laugh. Our thoughts are with you and we hope that your Christmas away from home will be good. MCpl Andy Euteneier is in Sarajevo and Cpl Lance Marshall is in the Golan. See you soon.



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**Envirofacts...**

(NC) - Although motor vehicle carbon dioxide emissions have decreased as fuel efficiency has improved, total emissions rose slightly between 1990 and 1995 as a result of more vehicles and increased use. Vehicles account for almost 11 percent of total carbon dioxide emissions.

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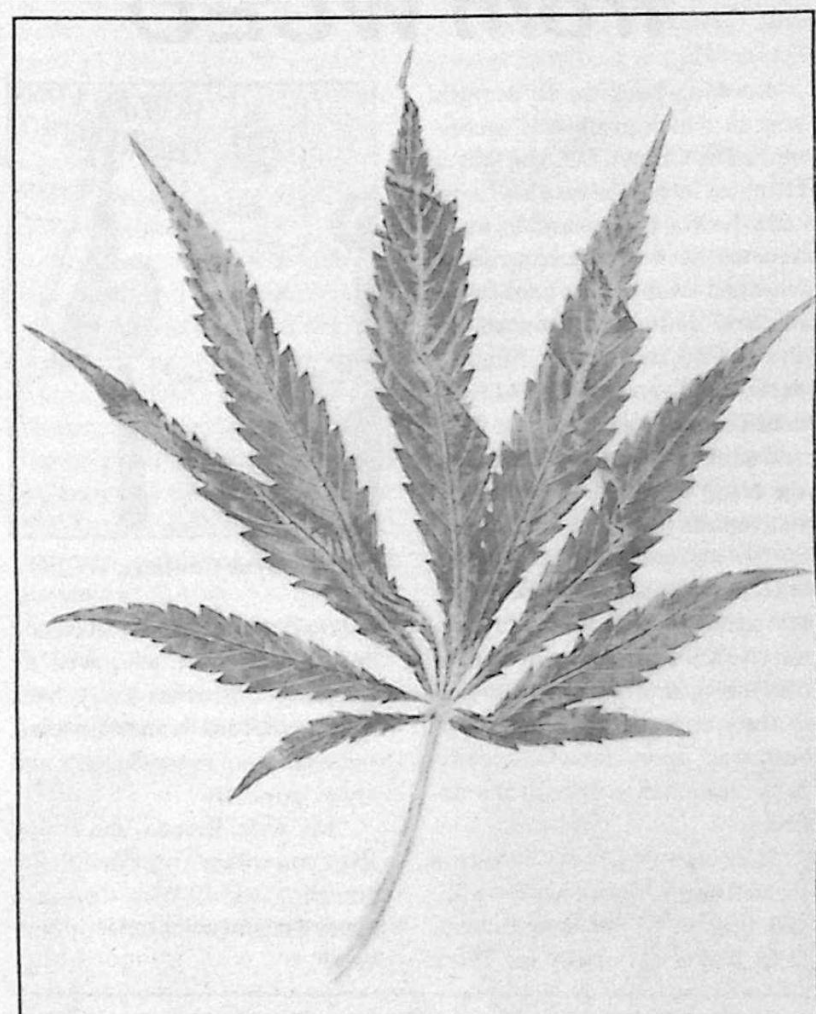
**UAP/NAPA AUTO PARTS**

*Merry Christmas*

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# Cops Corner



By LS Stevens

In this month's article, I would like to discuss Drug Awareness Week, which took place 15 - 21 November. Two Family Awareness seminars were held at the Officers' Mess. Parents and teens from our community attended both events. During the seminars, the parents and teens were broken into two groups. The parents were involved in open discussions on marijuana and drugs in the Comox Valley with members of the John Howard Society, Youth Outreach and the RCMP. Teens participated in a 20-minute quiz, followed by drug lectures from the Military Police and the RCMP.

Also a part of Drug Awareness Week were displays at the Driftwood Mall which explained the effects of marijuana, alcohol and other drugs, such as heroin and cocaine.

The following are some drug facts:

- Currently, there is a great deal of marijuana grown on Vancouver Island. This product is approximately one thousand times stronger than that grown in the 1960s and 1970s.

- Marijuana is three to seven times more addictive than alcohol.

- Smoking three to five marijuana cigarettes a week is similar to smoking 16 tobacco cigarettes every day for an entire week.

- The tar in marijuana cigarettes is 50% to 100% greater than in tobacco.

- Children exposed to marijuana prenatally have increased behavioral problems, along with decreased visual perception, language comprehension, attention span and memory.

- The use of marijuana can lead to the use of more illicit drugs like heroin or cocaine.

- Over three billion dollars worth of marijuana was exported on the black market from the province of B.C. last year.

As you can see, marijuana is a destructive drug which can affect our children and families. As parents, we must protect our kids from drugs. Police and parents must work together in hopes of curbing use of marijuana and other deadly drugs.

If you have any concerns or questions regarding drug abuse, please call our Military Police Section at 339-8236 or the Comox Military Family Resource Centre 339-8270.

# Congratulations!



Sgt Paul Wehmeier (W Int) was presented his new rank by Lt Col Ruck on 3 December. (Photo by Wlmg.)

Did you know, B.C.'s Children's Hospital is the province's major teaching, research and health promotion facility for child health care?



# How can the Canada Education Savings Grant help your children?



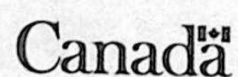
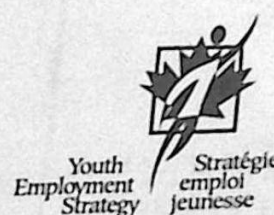
# = \$120

- The Government of Canada is working with Canadians to help families save for the post-secondary education so important to every child's future.
- Now, the **Canada Education Savings Grant** provides an additional 20 cents for every dollar you save in a Registered Education Savings Plan (RESP).
- An RESP is a tax-sheltered way to save for a child's post-secondary education. It can be started by parents, grandparents, relatives or friends.
- Each child can receive a maximum **Canada Education Savings Grant** of \$400 per year (with a savings contribution of \$2,000).

- If a child does not use his or her RESP you can transfer the savings to another child or roll the savings into your RRSP.
- The important thing is to start today. Even a modest RESP contribution, along with the grant, can grow into a nest egg to help offset the cost of post-secondary education.
- This program is part of Canada's Youth Employment Strategy.

Need more details?

Call 1 800 935-5555 and ask about the Canada Education Savings Grant. Using TTY devices call 1 800 465-7735



# Merry Christmas from WCEO

Looking back on an eventful year in which much was accomplished by CE, WCEO, Maj Wayne Gauthier, recalls the excellent work carried out by CE Ops in daily maintenance as well as on projects, large and small; by the hard-working and dedicated crew of the Crash, Fire and Rescue Flight at the Fire Hall; and the airfield Engineer Flight's support of the Wing and deployed Ops, culminating in the effort to bed down a flight of helicopters that went to Bosnia.

"In a situation like Bosnia, where dwellings have been destroyed, schools lack running water, food is still scarce, even candles are in short supply, one gets to truly appreciate the blessings bestowed upon Canada, specifically this small corner of the nation.

"During this Christmas season we will be thinking of our five military Engineers, Sgt Ernie Linden, WO Wayne Alley, MCpl Terry



Maj Wayne Gauthier, WCEO

Wilkinson, Cpl Clifford Turcott and Sgt James May, who will be spending Christmas away from their families on UN and Alert tours, and wish them as much peace and joy as possible.

"My wife, Brenda, and I wish all of you within Construction Engineering, and 19 Wing Comox, a Merry Christmas and a Happy New Year!"

# Heroic efforts go unrewarded



Photos by Finn.

When the call came in that a fir tree was about to topple by Canex and the ballpark, CE's Roads & Grounds responded with alacrity lest personal injury result. Having secured the area, the crew, under the direction of team leader Brian DeVries, unsuccessfully tried to save the nearby fence by pushing the tree away with a front end loader, driven by Norm Maximick of R&G. The machine proved no match for the tall tree. Above left, R&Gs Carrie Nagel and Robyn Boguski commence clean-up of the severed branches. The cut in the fence is clearly visible.

# Weather Wreaks Havoc

By Finn

Weather gods took leave of November by rockin'-sockin' Base and environs, wantonly soaking and buffeting those labouring or dwelling therein. The cause was a series of low-pressure systems crossing the island with recurring changes in wind direction.

Long hours were put in by CE crews attending to damage or attempting to prevent further injury to structures and other facilities. Roof panels on the new wash hangar (H12) as well as on Hangar 10 by QRA were either damaged or outright ripped off, with immediate repairs being rendered extremely hazardous by ongoing gales and roofs made slippery by rain.

The Central Heating Plant "drowned" - at least its condensate return pit did, with a resulting closing-down of boilers and loss of heat throughout the Base. Though the flooding had been fought since early in the night - at one point no less than seven pumps were going full out, and Chief Engineer John Stoll with CHP staffers Rick Valentine and Manuel Furtado spent much of the night trying to stem the flow of water - it was mid-afternoon before steam, and therefore heat, could be announced back on.

CE's main building, B109, and B31, where its design offices are located, were amongst the very last buildings to benefit from the res-

toration of warmth. Leaks were inevitably noted in several places, amongst them the Protestant Chapel, 19 AMS' Refinishing Shop, Jr Ranks Mess, the Officers' Mess, the kitchen at Quadra - rains driven before gale force winds are difficult to keep out.

The deluge flooded the large carport at H7, and made it impossible to use several parking spaces at the dental clinic.

Yet, that was relatively small change. B16 (Clothing Stores) became an island, Buildings 6, 25, 45 and 28, in effect a large tract of the southeast corner, were completely inundated, with another lake forming from CFSSAR to B111 (the Museum). Additionally, "A river flows..." might have described the area behind Combined Mess, while the dip at the Ryan Road Base entrance transformed into something not quite resembling "On Golden Pond." Only about as deep.

Dave Souter and Team Leader Steve Eggiman of CE's Plumbing and Heating Shop were called in mid-evening when the high water alarm at B23 went off. Dennis Kennelly of CE's Electrical Shop twice responded to call-outs, the second time with colleague Dave Burke, as late as 01:40 hrs, when fire alarm panels went awry, including the Securtron computer at the Fire Hall. Chester Lewis, CE Electrical Generating Systems technician, spent practically from early

evening to the following morning keeping generators running, giving for four hours by fellow-technician Bob MacKillop.

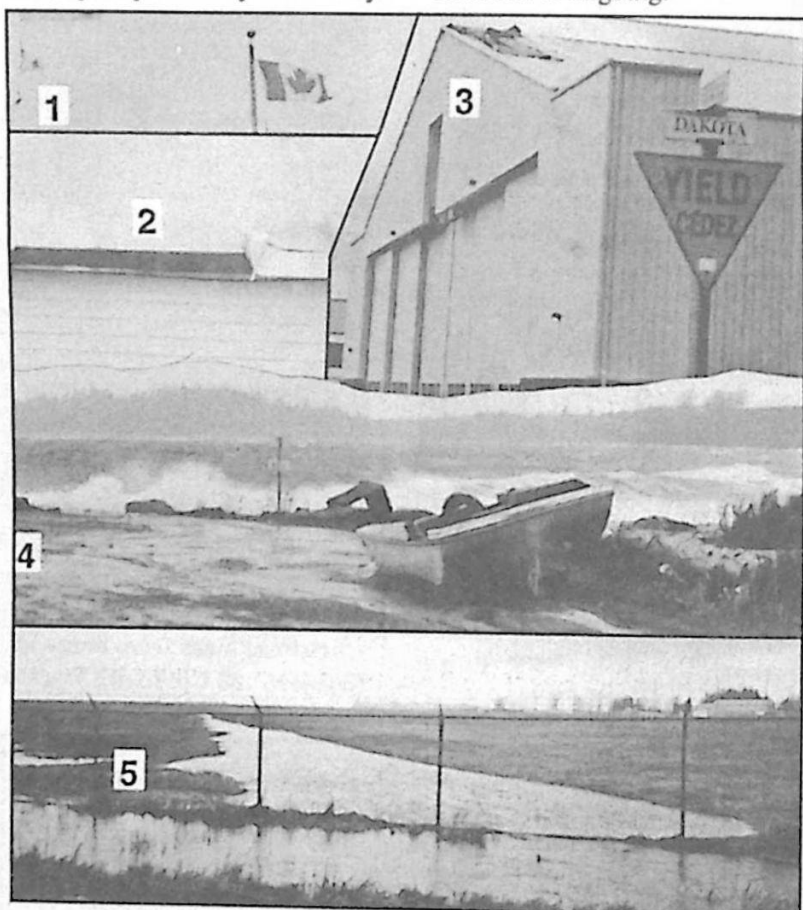
A falling 60-ft tree behind the Officers' Mess for a while became a major concern.

Luckily, an adjoining tree momentarily prevented the wind casualty from toppling all the way, giving Fire Hall personnel under the WFC, MWO Don Armstrong, time to block off the area. The tree received its coup-de-grace from a Roads and Grounds crew already fully occupied with "flooded ditches and downed fences," as WCEO, Maj Wayne Gauthier, later put it. "Midst strong winds and pelting rain, the tree was debranched, sawed into manageable pieces, loaded on a trailer and - all within one hour - hauled away for disposal.

The AEF contingent to Bosnia had the bad luck of arriving back at the height of the storm, resulting in some drenched heads and soaked luggage, but probably not by one iota diminishing the joy at being home again.

At a town hall meeting later, Maj Gauthier thanked all those who had been especially involved in tackling storm damage. "It was a super job, and I've heard many complimentary remarks not only from WComd and W Log O, but from many other units."

Clean-up of scattered twigs and branches is ongoing.



Wind, water and wreckage

Gale-force winds blow the HQ flags stiffly straight; rip open fascia on the Officers' Mess; force the roof on the new wash hangar to "yield" to their battering; send waves crashing onto Airforce Beach; and create a veritable river along the runway approach strobe lights by Kilmorley Road. (Photos by Finn.)



# Capt John Lalonde retires



Members of 19 Wing gathered at The Old House Restaurant on 12 November to bid a fond farewell to Capt John Lalonde, the Wing Financial Counsellor. John has just retired from the CF after more than 28 years of dedicated service. Although John was adamant that a fuss not be made over his retirement, co-workers and friends toasted and roasted him, and the folks from NPF Accounts even sang songs honouring his departure. John was a good sport about it and seemed to actually enjoy being put on the hot seat. The video will be on sale in the coming weeks!

## (Sung to the Brady Bunch)

Here's the story  
Of a man named Johnny  
Who was fed up with the Air Force...don't ya know?  
So he slapped down  
A thirty-day notice.  
They asked... "When will he go?"  
Here's the story  
Of a tiny section  
That gets smaller and smaller every year  
A Major, a super and three workers  
Would they shed a tear?  
Can John live without the meetings and the noon walks?  
Can he survive not having every Friday off?  
Will he miss the military doctors  
Once a year, just reaching down and saying "Cough!"  
Hey John...you're out!!  
Now hear us shout  
And you can't come back  
Don't cry...don't whine...don't pout!!!

## (Sung to Gilligan's Island)

Just sit right down and you'll hear a tale,  
A tale of a little twit  
Who we all know as John Lalonde  
An annoying little s...t...an annoying little s...t  
He likes to take each Friday off  
And make his staff work late  
If we were on the B.D.F.  
We'd never get off the Base...we'd never get off the Base  
The weather will not stop this guy  
From biking all the time  
He says it keeps him physically fit  
And Viagra's not a crime...and Viagra's not a crime  
The Air Force started getting rough  
And Johnny didn't get his way  
So he slapped a 30-day notice down  
And ruined the Comptroller's day...  
and ruined the Comptroller's day...NOT!!  
No job, no gym and no more staff  
No "Hey! Where is my tea?"  
The only one left he can p...s off  
Is his poor wife Peggy...his poor wife Peggy  
Don't push you luck Johnny  
The red marks have been showing up  
On his calendar every day  
But the 15<sup>th</sup> is on a Sunday  
And it's November, it's not May...  
It's November, it's not May  
So solong John and fare thee well  
We know you'll miss us too  
From Melanie, she's our Wing Serv O  
And Linda L...she's our boss  
From Lucy, and Larry and Angie too  
May you have a healthy long life  
And, Peggy, we feel sorry for you!



By Sgt Bill Einarson

It is that time once again to put pen to paper or, in this case, fingers to the keyboard, and pass on the latest info from 19 Air Maintenance Sqn. There is no earth shattering news - we are always quite busy with ongoing projects involving the four flying squadrons that we support.

One such project that was covered extensively in an earlier report was reviving the "Spirit of a Burnt Buffalo." Buff 465 suffered massive damage from an engine explosion which occurred during a ground-run. This aircraft is presently being repaired at 19 Wing. We have expended approximately 3300 person-hours to date and feel the work is about 65% complete. It is always difficult and costly when our aircraft are damaged to this extent. However, on the brighter side, it has presented an excellent training opportunity for the Aircraft Structures technicians by challenging their problem-solving skills at a level seldom seen.

Who do you call when you need a suit of armour restored? An ACS technician of course! The infamous Sir Cedric (Black Knight) who has been with 414 Sqn off and on since 1960 was once again looking a little rough around the edges. The task of returning Sir Cedric to a "knightly state" was completed by Cpl Hocquard. Well done, Brian! As for Sir Cedric, he once again stands guard over the hallowed halls of 414 Sqn.

Cpl Burton, formerly of the AVN shops, and having completed his Non-Destructive Testing course, will return to us as the newest member of our NDT section. The rumour that Capt Rossell was posted back to Goose Bay Lab was not true. He was, in fact, in another cool location - Winterpeg - attending an advanced Aerospace...or was it AEREofficers in Space course. He will be returning just in time for our squadron Xmas party; like an hour before!



(NC) - In honour of Canada's rich hockey tradition, Seagram Canada has put together a Five Star selection of facts and trivia questions for the 1998-99 season. Here are some facts on the origins of the Zamboni.  
Did you know that a California rink operator named Frank Zamboni invented the four-wheel-drive vehicle that scrapes, cleans, and floods the surface of a hockey rink before each period of a game? It grew out of an experiment he conducted with a tractor pulling a sled across the ice at his rink. The one-driver Zamboni made its debut in 1949 and soon became a fixture at rinks all over the world.  
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.  
Source: Hockey for Dummies, John Davidson

# News from 19 AMS

Congratulations go out to MCpl Savage, Cpl Aplin-McCoristan and Cpl Lefebvre on their receipt of a No-Retreat Award for their outstanding commitment in making the Aircraft Fuel Systems Confined Space Entry conference happen. Well done!

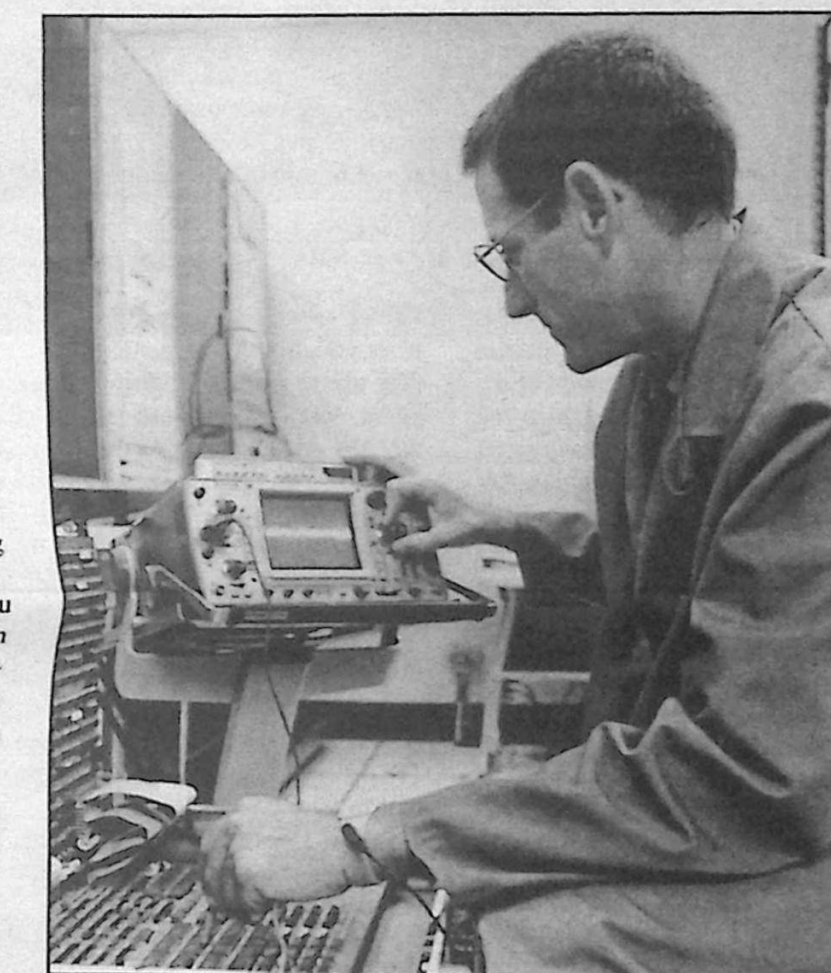
In this era of Downsizing, Rightsizing and Cutbacks, 19 AMS has not escaped unscathed and we will be losing nine positions. These positions were carefully chosen so that our customers will not be greatly affected and it will be business as usual. The year 2000 looms on the horizon and it has been said that many computer systems may crash. Will our hammers, rivet guns and other tools stop? I seriously doubt it. Life will go on as it has in the past.

As this is the festive season

and, like most families at this time of year, the kids make their Christmas wish lists. A few of the bigger kids at 19 AMS have also sent a list to Santa.

It has been rumoured that MWO Donovan (Duffy) would really like to see a pair of airline tickets to sunny Mexico in his stocking this year. The SWO really wants a new Red 4X4 with "big tires" so he can get to where the fish are hiding. Sgt J. Naugler wants a Bull Elk draw for the island for 99; and that's no bull!

As part of the 19 AMS family, I would like to take this opportunity on behalf of the squadron to wish all the families of 19 Wing and the surrounding civilian communities a safe and happy holiday season. May all your wishes be realized.



MCpl Jean-Yves Boulay does some of that electronic voodoo in the DIAC section. Jean-Yves has now left our unit and has remustered to the AESOP trade. He is on his basic course at the ABATS School. Good luck Jean-Yves. (Photo by Wlmg.)

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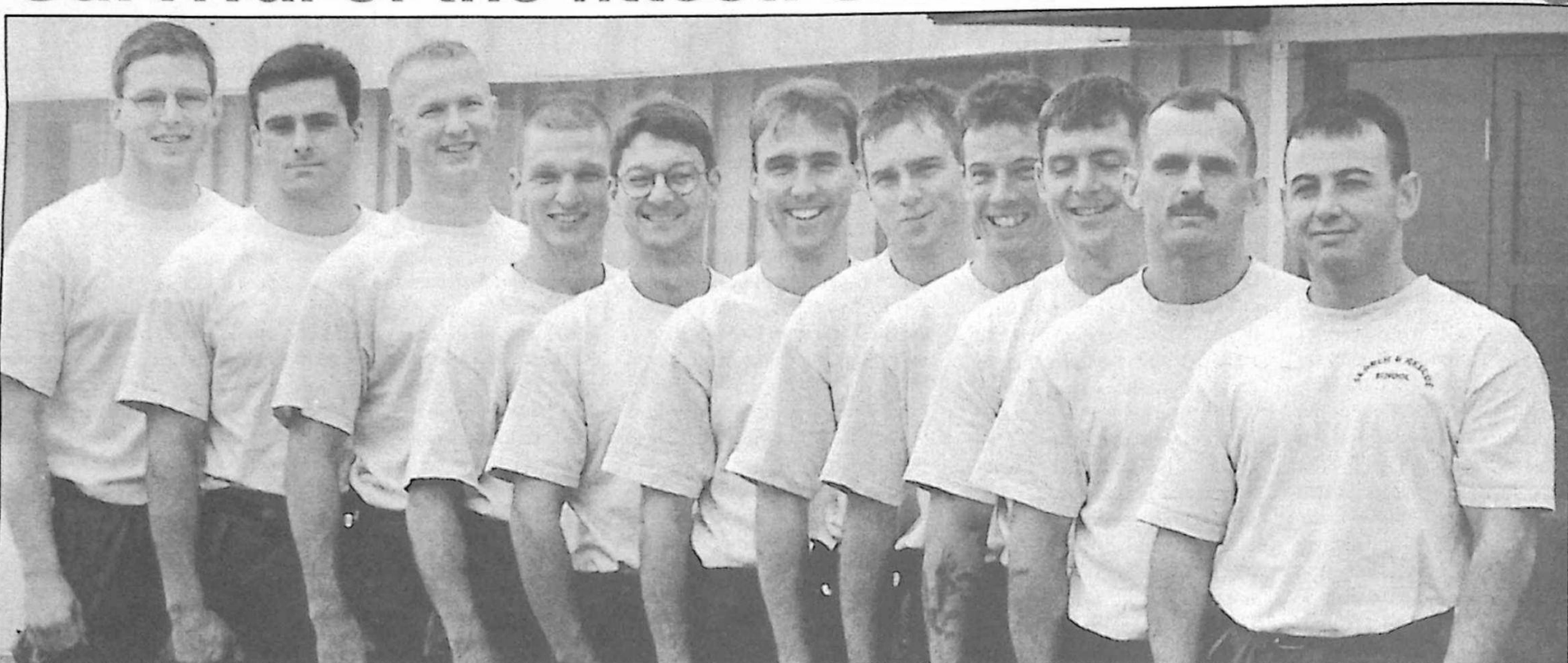
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# Survival of the fittest: SAR techs in training



SAR QL5A students (L-R): Cpl Paul Moquin, Cpl Rob Dumonceau, Cpl Duane Bryson, Cpl Kevin Bergquist, Cpl Dave Payne, Cpl Stephane Roy, Cpl Steve Rutt, Cpl Stu Neill, Cpl Shawn Calis, Cpl Ed Miller and Cpl Derek Rogers. (Photo by Wimg.)

As you may know, the SAR School has had a QL5A course in house since the beginning of September. You may recognize the eleven of us by our matching red backpacks - riding around on bicycles. (Does anyone have a BIG old car they'd like to donate or offload real cheap?)

So what have we been doing since the beginning of the course? Well, we started the first week with push-ups, supply, PT, push-ups, more push-ups, chin-ups, more fittings and issues at supply, more push-ups...then on Tuesday, well you get the picture. (For those of you keeping score, that's 2277 chin-ups per person since the start of the course.)

The following week, we started the land survival phase with the SAR PT test done under the watchful eye of the entire school staff. At this point, we lost one body, and came down to our current eleven.

PT test out of the way, it was time to start learning about navigation, bush survival and bears. According to the "experts" that were brought in, if you see a bear - he's hunting you. Yes, it may look

like he's scared and running away from you, but this is just a tactic they use to get you to drop your guard. Just as you start to relax - WHAM - you're going to be devoured. So their advice to us was "As soon as you see a bear start shooting. Forty or fifty rounds ought to be enough." But wait...none of us are going to have a gun, well, not the students (the instructors all showed up at Jarvis Lake packing heat.) We were each given a bell and a can of bear spray. The bell was for two purposes, the first to let the bears know where we were (is that a good thing?) and the second to test our sanity. Have you ever had to listen to the constant ringing of bells for two straight weeks?

So, after the week of lectures and preparations, we were on a Buffalo (courtesy of 442 Sqn) headed to Jarvis Lake, Alberta. A couple of guys must have been really nervous about those bears because they were sick for the entire flight.

Days in Jarvis were, for the most part, hands on and physically demanding. The mornings started early. We had to get the wood

sand lit to boil the water so that we could warm our rations. Does anyone out there actually eat macaroni and cheese for breakfast? Then it was off to learn the essential skills of survival, including various ways of starting fires, making shelters, signals, and keeping yourself fed.

Then in the evening, after a belly full of boiled rabbit, it was time for an exercise. Split into two teams and given a series of grid references, we were off and running with our webbing and one of our dummies. (The dummies I'm referring to are named Slider and Unmotivated. They weighed in at about 180 lbs.) A short run to the helo pad, put Slider in the Zodiac, lift and carry them down to the water, shoot another bearing, and we're off on the next leg. Hmm...that's odd, there's six of us and Slider, yet there are only four paddles - one of which is broken off at the shaft. Across the lake we shoot another bearing and start paddling again, this time to a boat launch at a campground. Once there, it is out of the boat and a long uphill run to our next objective; up and down a very steep

sand hill, some push-ups, and then back down to the Zodiac and head for home.

On about the sixth day in Jarvis, it was time for us to leave the (relative) comforts of the camp. After a full day of navigation up and over a hill, we set up our lean-to and spent the night under the stars. The next day was a repeat of the last - hump all day with the rucksack then set up camp. For those of you that have not had the pleasure of carrying a military backpack (a.k.a. the big green tick - because it sucks the life out of you) it is best described as having a shopping cart strapped to your back.

This final part of the Land Survival Phase was to assess us on the skills that we had learned. We were searched for any food and dropped off on our own. We had to survive off the land with no outside contact (apparently Cpl Bryson didn't realize that a centrefold was classified as outside contact).

We had to complete a number of tasks including a fire, shelter, smoke signal, the construction of a fishnet and other snares. Apparently Cpl Calis was thinking of a

cold and frosty beer and some food because when he emerged from the bush 4 1/2 days later, he was carrying a beer mug and utensils carved out of wood.

When it was over, the first thing we each noticed about one another was the weight loss. Each of us lost between 10 and 15 lbs., leaving us all looking like an ad for some diet plan. Back at camp we were fed real food for the first time in two weeks and then it was onto the Buff for a trip back to Comox.

A few days in Comox cleaning up the equipment and then we were off to Winnipeg for our High Altitude Indoctrination Training and a tour of the SAR facilities there.

Back in Comox again, we began the 10-week medical phase. This can be best described as drinking from a fire hose. A lot of material to be covered in a very short time. Everything from lectures on anatomy and physiology, to advanced life-saving skills, as well as hands on training in which we would start IVs on each other. If you can't find the vein the first time - then try, try again...and again...and again.

When there's nothing left of that arm, switch arms - and if that fails, then bring in Cpl Miller. You can't miss the garden hoses running up his arm.

To get us some experience with real patients, we have done a 3-day familiarization trip to Victoria and we will be returning there in a few days for two more weeks of riding along with ambulance crews and working in the hospitals. THAT OTHERS MAY LIVE! RESCUE!

# 191 Airfield Engineering Flight returns from Bosnia

On 23 November, 191 Airfield Engineering Flight (191 AEF) returned from a 6-week deployment to Bosnia-Herzegovina. The deployment was in support of deploying three CH-146 Griffon helicopters to support Canadian Contingent Stabilization Force (CCSFOR). 191 AEF was augmented by members from Wing Supply and Transport, 192 AEF (Reserve Flight from Abbotsford), and two fire fighters from Cold Lake and Bagotville.

The 6-week deployment consisted of various construction tasks to ensure the helicopter detachment, from 408 Sqn Edmonton, could operate and support CCSFOR.

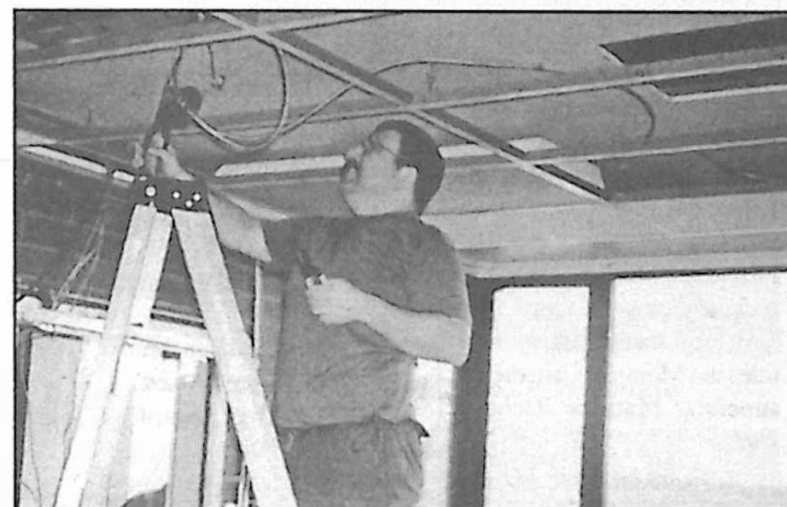
191 AEF was tasked with construction of transient quarters for 50 personnel, constructing offices for maintenance and operations, upgrading a warehouse for helicopter maintenance, upgrading

existing POL farm to house JP-8 fuel distribution system, and upgrading existing helicopter landing sites. In addition to these tasks, 191 AEF constructed two offices - one for supply and one for R&D at the camp in Velika Kladusa and donated some of their spare time to upgrade a local school.

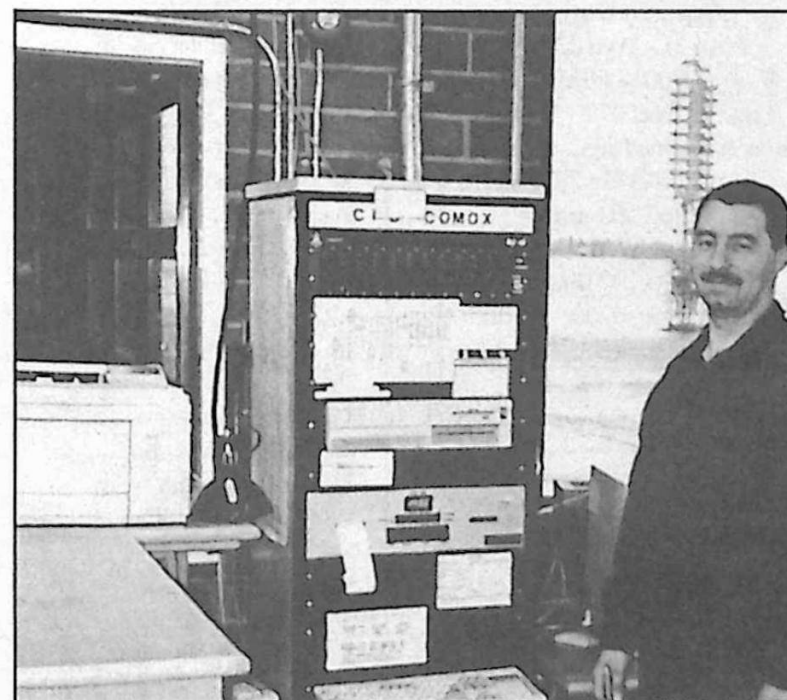
Although this deployment was short in duration, 19 Wing can be proud of the work completed by the Airfield Engineers.

The deployment can be summed up in the words of the Commander of CCSFOR, Col Natynczyk, in his commendation to 191 AEF; "...The Airfield Engineers demonstrated superb trade skills, hard work and flexibility in all tasks. Their professionalism, excellence and teamwork played a key role in the Canadian Forces first ever deployment of helicopters into Bosnia-Herzegovina..." Chimo!

## Modernizing FH control room



Before: Cpl Terrance Doucet of AEF rewires control, or alarm, room at Wing Fire Hall...



...leaving, After, Platoon Chief WO Roger Gosteau beaming as he stands beside brand new control panel in refurbished FH nerve centre, appreciative of the efforts by AEF and master joiner John Stokes of CE Ops' Structural Shop (cabinets and counters). (Photos by Finn.)

# Wing Commander's Commendation



Capt Harlin F. Price was recently awarded a Commander's Commendation which reads as follows: Capt Price has been instrumental in establishing and executing the 19 Wing Contingency Capability Training (CCT) program, which has been recognized by ICAD as being second to none. His unwavering dedication to both the principle of the program and its practical implementation has led to consistency in training standards, acquisition of necessary supplies and enthusiastic course graduates. Upon his arrival at WNBC, Capt Price inherited the task of creating and executing a CCT program with the goal of training approximately 200 personnel within 18 months. The task might have overwhelmed some, given that the program was already one year behind schedule. Undaunted, Capt Price was stimulated by the extra challenge and displayed outstanding leadership as he meticulously planned for the arrival of CCT. His ability to gain the cooperation of all agencies and units involved in the program was evidence of the expertise gained over a long and distinguished military career in the CF. Capt Price remained in charge of the WNBCO and Wing RADSO and continued to display the same enthusiasm, energy and consummate professionalism that has made him a high achiever who embodies those qualities one expects and admires in a leader.

## Silver lining



If struck, nice to know that medical help is j-u-s-t across the street. (Photo by Finn.)

*Wishing All The Best Of The Season*

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### 19 Wing Flyers Front Office Report

I figured it was time to let interested hockey fans know what's happening with the Base Hockey Team.

Our management and team committee has put together what looks to be a very challenging road ahead. A 28-game season and playoffs in the Comox Valley Men's Hockey League, two "on the road" tournaments, home-in-home exhibition play with Powell River and Woss Lake, but most importantly - the CF Regional Hockey Championships (hosted by CFB Esquimalt 10-12 Feb, 1999) and, when successful, off to CF National Sports Central, CFB Borden 21-27 Mar 99.

The Flyers did not get off to a great start, losing their first two bouts to the Courtenay Rippers and Lizards, both 3-1. 19 Wing bounced back, trouncing the Stars 7-0 with Bill Johnson potting four goals and goaltender, Mark Glowach, recording the Flyers' first shut-out of the season. Jeff Clairmont bagged a pair with helpers from Dionne, McLaughlin and Warden as the Flyers downed the Courtenay Log Hogs 5-2 Thursday night at the Gardens.

Our boys hit the ice on 8 Nov for an exhibition match-up vs the Woss Lake Capitals. The Flyers had the Capitals 3-1 after two periods of play but the Woss Lake squad battled back to down Comox 7-4.

The month of November was good to the Flyers as we went through it without a loss in league play. The Courtenay Rippers and 19 Wing split the points as they were tied at three after 40 minutes.

The Flyers bounced back with a win over last season's playoff champs, Courtenay Bloodshots. The Bloods jumped out with a three-goal lead but a strategic timeout called by the Flyers' bench seemed successful as 19 Wing skated to a 7-4 victory. The Mamye, Simpson and McCann line potted seven points with helpers from Johnson, Clairmont, Lagace and McLaughlin.

We packed our gear on the bus and headed to the Sports Centre for our first road game vs the Courtenay Log Hogs. Kelly McLaughlin opened the scoring to put the Flyers up 1-0 in the first. Clairmont added another with a slapshot from the right side to beat netminder Perry Elderbrook. JP Dionne scored twice in one shift to bury the Hogs late in the second as 19 Wing downed them 4-0. Flyers' goaltender Mark Glowach logged his third shutout.

Our next bout was a rematch with the Courtenay Pirates. Assistant captain Tim Mamye opened the scoring with a pair to put 19 Wing up by two. Jeff Clairmont matched with another two. Additional scoring came from Gallant, Prinzing, Lagace and Roy to bury the Pirates 8-3. A great outing from keeper Spud MacMillan kept the Pirates' offence in check.

Tim Mamye again opened the scoring in our next game vs the Courtenay Lizards. The Flyers needed a win against the Lizards who are tops in the C-V Commercial League with a 9-1 record. The Lizards answered back with a pair late in the first to take the lead. John Clairmont took a pass from Bill Johnson to even the score in the second. Brother Jeff Clairmont intercepted a pass from Lizards' "D" man and found the back of the net to put the Flyers up by one. Flyers' penalty trouble led to a Lizards power play goal to force a 3-3 split. A tie with the first place Lizards helps top off a successful November, putting up a 5-2-2 record.

The Flyers' Commercial League hockey schedule is supplied below for those who enjoy a good hockey game. Grab your cowbell and mitts, come out and root for your 19 Wing Flyers. A heated viewing area is available for fans to be comfortable while following their team and Reggie's corner is now open, serving up a great menu.

#### Schedule

\*Note: all games will be played in Glacier Gardens

8 Dec	10:15 pm	vs Log Hogs
13 Dec	8:30 pm	vs Rippers
17 Dec	10:15 pm	vs Bloodshots
5 Jan	10:15 pm	vs Pirates
7 Jan	10:15 pm	vs Lizards
14 Jan	10:15 pm	vs Stars
17 Jan	10:30 pm	vs Log Hogs
21 Jan	8:30 pm	vs Rippers
26 Jan	10:15 pm	vs Blood Shots

The Flyers are still looking for players who want to try out. We will be taking a full roster to the Regionals in February so come out and show your stuff. All those interested should contact coach Gregg Carr or team captain Wayne Simpson.  
Let's go Flyers!!



### Commander's Cup sports need volunteers

For the 98/99 Commander's Cup sports programme to succeed, volunteers are needed.

All sports are advertised weeks before the competition dates and requests are put out for volunteers, mainly to be officials. If volunteers don't come forward to help in the programme, sports may have to be cancelled. As it is, two teams had to drop out of Flag Football for just that reason.

Even if you play, the schedule will be worked around you. Commander's Cup is working on a zero budget so please help out.

To volunteer, call Jake Plante at Loc 8783.

### Glacier Greens Winter Golf

By Barb Carter

Sun 6 December and surprise, surprise, we finally did get a Sunday in. Although we had a two-hour frost delay, 26 sturdy players stuck around to play. Most agreed they were happy to have waited, because it was such fun after all the rain to get back out and enjoy the fresh air. We got there early and enjoyed a great leisurely breakfast prepared by Justin, a really good guy.

First LG went to Duke Dutrisac's team with Fran Hume, Len Doyle and Bud Bryn helping the cause. They came in with a plus 13. First LN went to Duane Miles, Jim Trask, Bill Pomponio, Bruce Horochuk and Joyce Merrill, with a minus 9. Second LN, it was the team of Floyd Merrill, Wayne Ogilvie, Glen Caslake and Lori Cameron, with a minus 7.

KP on #12 was Glen Meeres making the shot for his team of Ray Cossette, Ralph Glass and Jim Hume. On #15, Duane Miles' team with Bruce Horochuk did the honours.

Keep your fingers crossed for December 13 - maybe it will be lucky 13! Remember December and January it is 8:30 a.m. sign-up for a 9:00 a.m. start. The Good Lord willing, we'll see you on the 13<sup>th</sup>. Till next time...

Glacier Gardens General Holiday Schedule		
21 Dec	0630-2030	Minor Hockey Tournament
22 Dec	0700-1245	Minor Hockey
22 - 24 Dec	1445-1700	Base Teams combined practices
22 & 23 Dec	1715-2000	Minor Hockey
23 Dec	2015-2145	Whistle Stop Express
24 Dec	1100-1245	WGCA Skate with Santa
CLOSED CHRISTMAS DAY & BOXING DAY		
27 Dec	0700-1245	Minor Hockey Novice Tournament
	1445-2015	Minor Hockey Novice Tournament
	2030-2400	Commercial Hockey games
28 Dec	2045-2215	Glacier Kings
28-31 Dec	0700-1245	Minor Hockey Tournament
28-30 Dec	1445-2030	Minor Hockey
30 Dec	2045-2215	Glacier Kings
31 Dec	1445-1700	Combined Base Teams Practice
CLOSED NEW YEAR'S DAY		
2 Jan	0600-1245	Minor Hockey
	1430-1900	Minor Hockey
	1915-2100	Legends
	2115-2315	Ladies Hockey
	2330-0030	Western Supplies
3 Jan	0600-1215	Minor Hockey
	1345-1545	Silver Totems
	1600-2015	Minor Hockey
	2030-2400	Commercial Hockey games

Glacier Gardens - Holiday Casual Skating Schedule	
Sat 19 & Sun 20 Dec:	1300-1430 hrs
NO casual skating Mon 21 Dec.	
Tue 22, Wed 23 & Thur 24 Dec:	1300-1430 hrs
CLOSED Xmas & Boxing Days Sun 27 to Thur 31 Dec:	
	1300-1430 hrs
CLOSED 1 January	
Sat 2 Jan:	1300-1415 hrs
Sun 3 Jan:	1230-1330 hrs
Entry fees	
Military Dependents/DND	Employees: Children \$1.00, Adults \$2.00
Civilians:	Children \$1.50, Adults \$3.00
Military members and Rec Pass holders "FREE"	

#### Jake's Trivia Corner

1. Which New York Yankees' first baseman was dubbed "Broadway Joe?"
2. Which versatile footballer did the Pennsylvania towns of Mauch Chunk and East Mauch Chunk merge and rename themselves for?
3. How many NHL scoring titles did Montreal Canadiens' superstar Maurice Richard win?

Answers on Page 14.

#### Rec Centre Holiday Hours for Gym, Weight Room & Squash Courts

Mon 21 - Wed 23 Dec:	0700-2000 hrs
Thur 24 Dec:	0700-1600 hrs
Xmas & Boxing Days - CLOSED	
Sun 27 & Mon 28 Dec:	1300-1600 hrs
Tue 29 & Wed 30 Dec:	0700-2000 hrs
Thur 31 Dec:	0700-1600 hrs
Fri 1 Jan:	CLOSED
Sat 2 & Sun 3 Jan:	1300-1600 hrs

### Swimming Registration

When: 12 December  
Where: Base Rec. Centre  
Time: 8:30 - 12:30 hrs.  
Start: 14 January

For more info contact J.C. Fromont,  
- Rec Co-ordinator Local 8989

### Swimming Pool 1998/99 Holiday Hours of operation

Mon 21 Dec:

0930-1030 CMFRC  
1130-1245 military swim  
1300-1600 open swim  
1800-1930 open swim  
1930-2000 lane swimming

Tue 22 Dec:

1030-1130 aqua aerobics  
1130-1245 military swim  
1300-1600 open swim  
1600-1800 CV aquatic club  
1800-1930 open swim  
1930-2000 lane swimming

Wed 23 Dec:

0930-1030 CMFRC  
1130-1245 military swim  
1300-1600 open swim  
1800-1930 open swim  
1930-2000 lane swimming

Thur 24 Dec:

0800-1000 CV aquatic club  
1130-1245 military swim  
1300-1600 open swim  
1600-1800 CV aquatic club  
1800-1930 open swim  
1930-2000 lane swimming

Fri 25 Dec: closed

Sat 26 Dec: closed

Sun 27 Dec:

1300-1600 open swim  
Mon 28 Dec:  
1300-1600 open swim

Tue 29 Dec:

0930-1030 CMFRC  
1130-1245 military swim  
1300-1600 open swim  
1600-1800 CV aquatic club  
1800-1930 open swim  
1930-2000 lane swimming

Wed 30 Dec:

0930-1030 CMFRC  
1130-1245 military swim  
1300-1600 open swim  
1800-1930 open swim  
1930-2000 lane swimming

Thur 31 Dec:

0800-1000 CV Aquatic club  
1130-1245 military swim  
1300-1600 open swim  
1600-1800 CV aquatic club  
1800-1930 open swim  
1930-2000 lane swimming

Mon 4 Jan:

1300-1600 open swim  
Back to normal schedule.

## Snakes alive!

### Qu'Appelle in Grace Harbour

By Hans Gassner, 19 Wing Sailing Club

We'd heard there was a trail leading to a lake, so, after ensuring that Qu'Appelle was firmly hooked to the bottom, we trekked into the woods.

At the lake we surprised a couple who were skinny-dipping; looking relieved, annoyed and, of course, wet; the woman made it to the safety of a towel before we quite burst onto the scene. The man had been farther out. Grinning broadly, we shared a look; he knew that I knew that he knew that I knew. Naturally I was quite prepared to wait it out, standing on the bluff, while my adversary slowly sank in the tepid water. It turned out that he was way ahead of me.

As Cheryl dipped her toes into the rippled pond, he mentioned casually that it was great swimming, as long as you weren't afraid of snakes.

Our eyes flicked to the reeds at the water's edge. Yup. Right over there, the water was broken by a thumb-sized oval thing skimming ahead of a suspiciously reptilian-looking body. There were snakes

in the water.

"There are snakes in the water," I cleverly observed, my eyes glazing over.

"Oh yes," explained the woman. "But they're only small, and they don't bite."

"Well," added the swimmer, "as long as you don't aggravate them."

As long as I don't aggravate them? What could possibly aggravate a snake? Not enough yummy

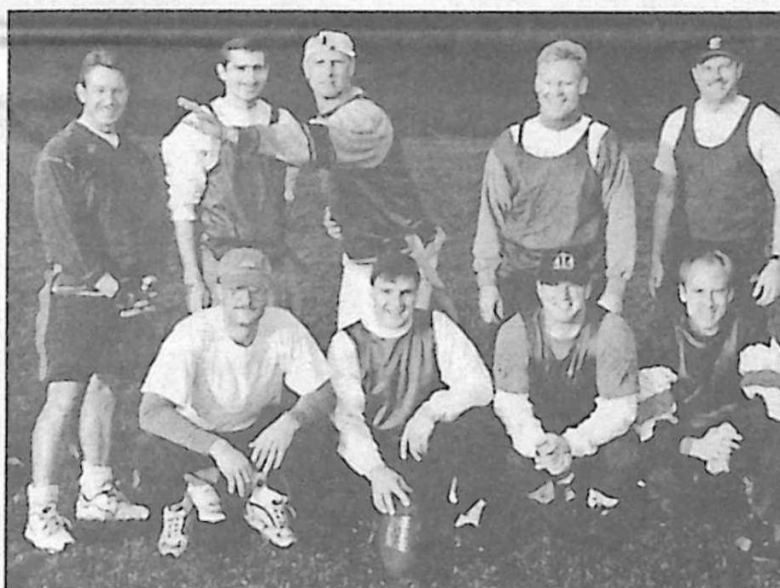


orange colour in my Speedos? Too many earth worms in the ratatouille?

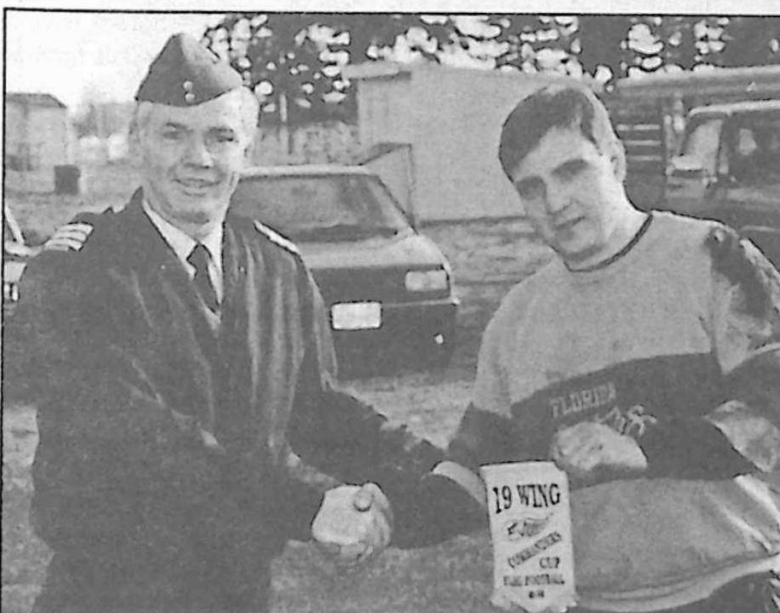
Cheryl looked like she'd just swallowed a raw oyster the size of a football.

"I'm not going swimming," she said in that low female growl which leaves the male with two options:

### Comd's Cup Flag Football Champs



414 Sqn: Commander's Cup Flag Football champions.



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## Asset Allocation - a fancy phrase or something that can work for you?

By Don Somers, CA

As a Financial Consultant, part of my job is to stay abreast of the latest instruments (financial jargon for product) and strategies to help maximize investors' returns. One strategy that I particularly like is "asset allocation." To put it simply, don't put all of your eggs in one basket, because you never know when you might trip, or if the bottom will fall out of your basket.

Spread out your investments across the three major investment classes: cash and equivalents, fixed income, and equities.

- Cash and equivalents: basically this one is for the unforeseen emergencies life throws at us.

- Fixed income: typically this is the base of a financial plan. It contains securities that generate interest or dividend income. These are generally low risk securities; they won't disappear if the market heads south.

- Equities: Usually this one is common or preferred shares. They can be held by owning individual company shares or investing in a mutual fund. This part of a person's portfolio is usually the riskier one.

- Once you start looking at your finances in an organized and structured manner, you're off and flying. Now you know how much you can use to generate growth in equities. What's tucked away in bond collecting interest (and potentially capital gains in today's markets). And, last but not least, the old rainy day fund "cash," is actually there when you start spitting turbine blades out the tailpipe of your old family T-Bird.

The following table provides a guide to asset allocation ranges. These numbers vary, as do different investors' objectives and risk tolerances, but they will give you an idea of ranges.

LIFE CYCLE INVESTING				
Life Cycle	Major Concerns	Asset Allocation Ranges		
		Safety/Liquidity	Income	Growth
Expense Years (20's to 35)	<input type="checkbox"/> Liquidity* <input type="checkbox"/> Growth	15 - 25%	10 - 35%	25 - 65%
Growth Years (35 to 55)	<input type="checkbox"/> Growth <input type="checkbox"/> Tax Minimization	5 - 10%	25 - 50%	50 - 75%
Balanced Years (55 to 65)	<input type="checkbox"/> Tax Minimization <input type="checkbox"/> Security	10 - 15%	45 - 60%	30 - 50%
Security Years (65 Plus)	<input type="checkbox"/> Safety <input type="checkbox"/> Income	15 - 25%	50 - 70%	15 - 25%

Essentially, as you head into your retirement years, you protect your investments and take on a more conservative approach. It makes sense when you think about it: you spent a lifetime building your nest egg. Why risk it all in one basket now?

As we head toward the Christmas Holidays, I would like to wish all the members of the services a Merry Christmas and Happy New Year, especially those folks who are overseas or separated from their families during the holidays.

Topic next issue: RRSPs - call me with specific concerns or suggestions 338-2422.

(Don Somers is a financial consultant with Merrill Lynch Canada Inc. (Members-CIPF). The information contained in this report was obtained from sources believed to be reliable, however, we cannot represent that it is accurate or complete. Merrill Lynch Canada Inc. is not a tax advisor and we recommend that clients seek independent advice on tax related matters. The views expressed are those of the author and not necessarily those of Merrill Lynch Canada Inc.)

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# Buffalo 465 lives

By Pte Andrew McCann

The new year approaches quickly and this will be the last edition of the Totem Times for 1998. This seems like a perfect time for an update on the Buffalo project that has been on-going throughout this past year.

Some people come into the squadron hangar and ask themselves what is with the big plane in the middle of the hangar floor. Well, that is our very own Buffalo 465 which is in the process of being repaired after it was damaged earlier this year. This is the story of Buffalo 465...

During a routine engine run, in which three 442 techs were involved, the left-hand engine began to over-speed. This caused a large explosion and fireball to occur. The blaze could be seen by personnel inside the Junior Ranks' Mess. When the techs realized what happened they began emergency procedures to put out the fire. As they attempted to set off the internal fire extinguisher, it failed to deploy, so now the left-hand engine was completely engulfed in flames. As Cpl Rob Hunt and Cpl John Grant were exiting the aircraft, they saw the extent of the fire that was raging on the side of the aircraft, so they took one of the portable fire extinguishers and began to fight the engine fire. Cpl Mike Johansen left the plane moments later, after shutting down the engines. Not knowing if the



(L-R): Cpl Marty Underwood, Cpl John Grant, Cpl Rob Hunt, Cpl Mike Johansen and MCpl Ben Therrien. (Photo by Wlmg.)

three techs were still inside the aircraft, MCpl Ben Therrien and Cpl Marty Underwood raced to the burning Buffalo with the 50-pound fire extinguisher to try and douse

the flames, putting themselves in incredible danger. After realizing that all were safe, they backed off from the aircraft and waited for the Base Fire Department to arrive.

This act of professionalism and heroics by all involved has not gone unnoticed, as all members involved were rewarded with the CF Good Show Award, which has yet to be presented.

After a lengthy battle with 1 CAD, the squadron was given the go ahead to begin repairing the Buffalo. This has proven to be a monstrous task. The first step was to acquire a replacement engine nacelle, which was unearthed in an American aircraft graveyard. After receiving the (somewhat used) nacelle, it was apparent that it would be some time before it could be installed on the airframe. Through the hard work of Wing personnel, the new nacelle has



Buffalo 465 will soon be flying again thanks to the dedicated efforts of all aircraft technicians involved.

been refitted and is now on the aircraft. 19 AMS ACS techs are now hard at work repairing the fuselage which was riddled with shrapnel during the explosion.

Currently, we do not have an accurate completion date for these extensive repairs. I am sure that the whole squadron is looking forward to seeing 465 up and flying again in the New Year.

## 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.

Feb 17 Antique and Collectible Night

## WOs' 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 14	Aromatherapy
January 18	Self Defense
February 15	Reflexology
March 15	Spring Fashion Show
April 19	Earthquake Awareness
May 17	Spring Craft
June 21	Dinner/Sport Night

We look forward to seeing you.  
For further information, please call  
Carla Calmes 890-0672 or Debbie Yelf 897-0106.

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**WOs' and Sgts' Ladies Social Club  
Come out and join us**

By Carla Calmes  
Who are we?

We are a group of women who like to get together every third Monday of the month. We meet at the Mess,

starting at 7:00 p.m. The whole idea is to meet different people from all walks of life, exchange ideas, have a good time and get involved in the community. We are a non-profit organization and we also do some fund-raising to help our community.

We try to be informative and entertaining but we do need your help and membership to be successful. We welcome the wives, mothers and any dependant from the Mess of Associates Membership. If you are a WO's & Sgts' Mess member or a member of one of the other Messes, but married to a SNCO, you may also join us.

If you are interested in finding out a little bit about us, come out any third Monday of the month, just drop in and say "Hello." Our drop-in fee is only \$2.00 for the evening and our membership fee for the year is \$10.00. You are welcome to bring as many guests as you like.

### What do we do?

We try to do something different every month to please all members. Sometimes we do crafts, other times we provide you with entertainment such as Reflexology, Self-defense, and we always have an End of the Season Dinner. We are always open to new ideas and suggestions. Do You have any?

### Monthly note

Christopher McKee, a young Army Private, has just returned from Bosnia to celebrate an early Christmas and he has one Christmas wish; to return to Bosnia with a shipment of candles for the Bosnian families who are without electricity or heat.

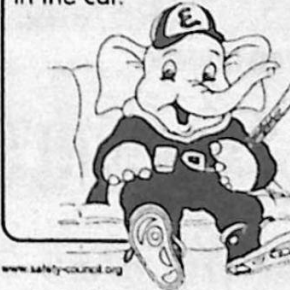
Help us make his wish a reality. If you have extra unwanted candles at home, drop them off at the Canex (Attn: Denise) or at 72 Elm Street in PMQs.

### Club Executives

Hon. President: Sandra Dupuis  
President: Carla Calmes 890-0672  
Vice-Pres: Denise Potvin 890-0350  
Secretary/Treasurer: Gail Bolduc 890-0193  
Entertainment: Debbie Yelf 897-0106  
Fashion Co-ordinator: Carol McKee 334-1651.

**ELMER THE SAFETY ELEPHANT SAYS**

Always wear your seat belt in the car.



A message from the Canada Safety Council.

## HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree is added. 2. Cloud is moved. 3. Mailbox is taller. 4. Logo is missing. 5. Earmuffs are removed. 6. Cap is different.

## FREAKSHOW



## Royal Canadian Legion

**Branch 17 Courtenay (334-4322)**

Dance: every Friday evening, 8:00 p.m.  
11 December Downhomers  
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)**

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

## VALLEY COLLISION

Merry Christmas from the Gang

Terry Davies  
Claye Chamberlin  
Rhuari Mcaulay

Crystal Pelltoma  
Hank Ewert

2805 Kilpatrick Ave., Courtenay 334-3417

## HAPPY HOLIDAYS

~ Christmas Day Brunch Buffet ~  
10 - 2 pm, Adults Only \$15.95, Seniors Only \$12.95

~ Christmas Day Special Dinner Buffet ~

Great Holiday Buffet & Christmas Cheer. Reserve Now! 4:30-8 pm

~ New Year's Dine & Dance Party ~

Gala New Year's Buffet, Live Music, Champagne, Fireworks, Great Prizes, Midnight Snack, Party Toys & More!  
Call Today to Buy your Tickets to a Great Party.

~ New Year's Day Brunch Buffet ~

10 - 2 pm Celebrate the New Year with your Family.

~ Spa Gift Certificates for Christmas ~

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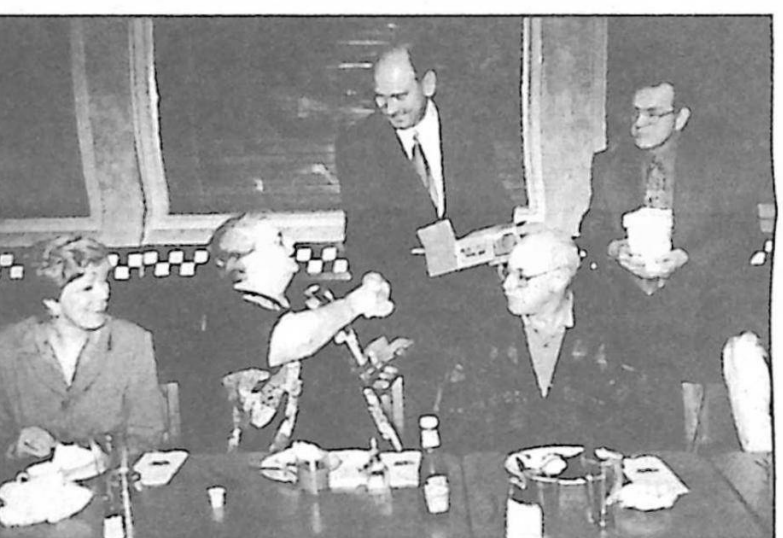
# Heritage Happenings

By Joel Clarkston

The annual Christmas get together for the Comox Air force Museum was held on 2 December at the conference room of the White Spot Restaurant. I'm happy to report that there was a record turnout, with thirty volunteers and spouses attending. This informal affair is held each year to thank the volunteers for their efforts and support of the museum. It is estimated that about 3900 hours of volunteer time was expended in the maintenance of aircraft, construction of new displays and organization of the library.

During the evening's events, it was announced that the curator, Corky Hansen, and his wife Shirley will be taking full retirement by resigning their positions, effective 31 December. The opportunity was taken to present Corky and Shirley with a set of wine goblets as a gift from the museum and staff in recognition of their dedication to the museum and 19 Wing heritage and history. It was also announced that Capt (ret'd) Bob Richter will be assuming the position of museum curator, effective 1 January 99.

The evening ended with the Chairman presenting each of the volunteers with a small gift in appreciation of their efforts. Small "leatherman" multi-purpose tools were presented to each of the heritage aircraft maintenance volunteers and pen and keychain sets were presented to each of the library volunteers. Each gift was engraved with the museum stamp and marked "Volunteer 98." Departing on a good note, the staff and volunteers wished each other the best of the holiday season and resolved to work towards an even better year in 1999.

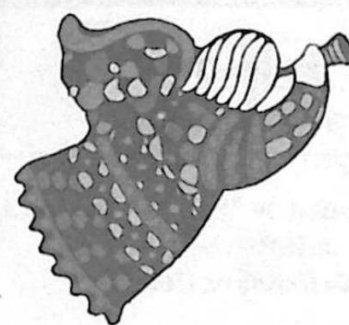


# Museum building takes flight

It was a dark and stormy night last November 24, and the winds were gusting up to sixty knots. This was just a little too much for the shelter over the museum's fire truck and it decided to literally fly the coop. The entire structure, steel frame and all, was lifted from its moorings and deposited on the intersection of Military Row and Ryan Road. Fortunately, the quick actions of the military police averted any injury in a situation that had the potential for injury and property damage. The wreckage was dragged off the road by the police, with the assistance of passers by, and the museum curator was alerted to the incident. Little damage was sustained by the firetruck that was in the building when it took flight.



# Wallace Gardens Community Association



## Letters to Santa

This event is open to Wallace Gardens members only.

Christmas is coming up fast and Santa is getting busier every day! So, if you would like to write a letter to Santa and receive a reply before he gets too busy, you must bring your letter to the Wallace Gardens office or drop it into Santa's mailbox located in the Canex before 14 December.

Phone Jane Bekus 339-8211 (loc 8571) for more info.



## Christmas Video

**Afternoon**  
**Sunday, 20 December**  
**1:00-3:00 p.m. in the Community Centre**

Popcorn & drink:  
 \$1.40 non-member

For more info call Yvon Bertin 339-7522



## Christmas Colouring Contest

Wallace Gardens members to 12 years old are invited to enter this year's contest. Entries can be picked up at the Wallace Gardens office and must be returned no later than 18 December. Winners will be announced 21 December. There will be first, second and third place prizes for each age group.

For more info contact Jane Bekus at 339-8211 (loc 8571).

## Pictures with Santa

From now until Tuesday 22 December, Santa Claus will be coming to the Canex every Tuesday evening from 5:30-8:30 p.m. and Saturday afternoons from 1:00-4:00 p.m. For a fee of \$1.50, you will receive a polaroid picture of your child with Santa. Fifty cents from each of these fees will go to WGCA.

Tuesday evenings you are invited to bring your pet as well. Santa will be happy to have his picture taken with your pet.



## Visit from Santa

Last year Santa really enjoyed himself when he visited with the boys and girls of Wallace Gardens; so he decided to do it again this year! If you would like Santa to visit your MQ on the evening of Monday 21 December, you must fill out the notice attached to this month's flyer and return it to the Wallace Gardens office in the Canex building no later than 16 December. Only those who have responded will receive a visit. Please make sure that you list all of the children in your family who would like a visit and indicate the language preference.

This event is open to Wallace Gardens members only.

**TEEN VIDEO** This will take place on Saturday 12 December, not 4 December as previously advertised!  
 Time: 7:00-11:00 p.m. Fee: Wallace Gardens members \$1.00, non-members \$2.00.

## Skate with Santa

Come out and join Santa at the Base Arena from 11:00 a.m. - 12:45 p.m. on 24 December. Hot chocolate and cookies will be served.

You do not have to be a member of WGCA in order to participate. Note: Arena policy states that only those persons wearing skates will be allowed on the ice. Any persons wishing to be on the ice, whether on skates or otherwise, do so at their own risk. Neither the Crown nor WGCA can be held responsible for any injuries incurred.



## New Year's Teen Dance

Saturday 2 January: 7:30 - 12:30 p.m.  
 Entry: Wallace Gardens members \$1.00, non-members \$3.00.

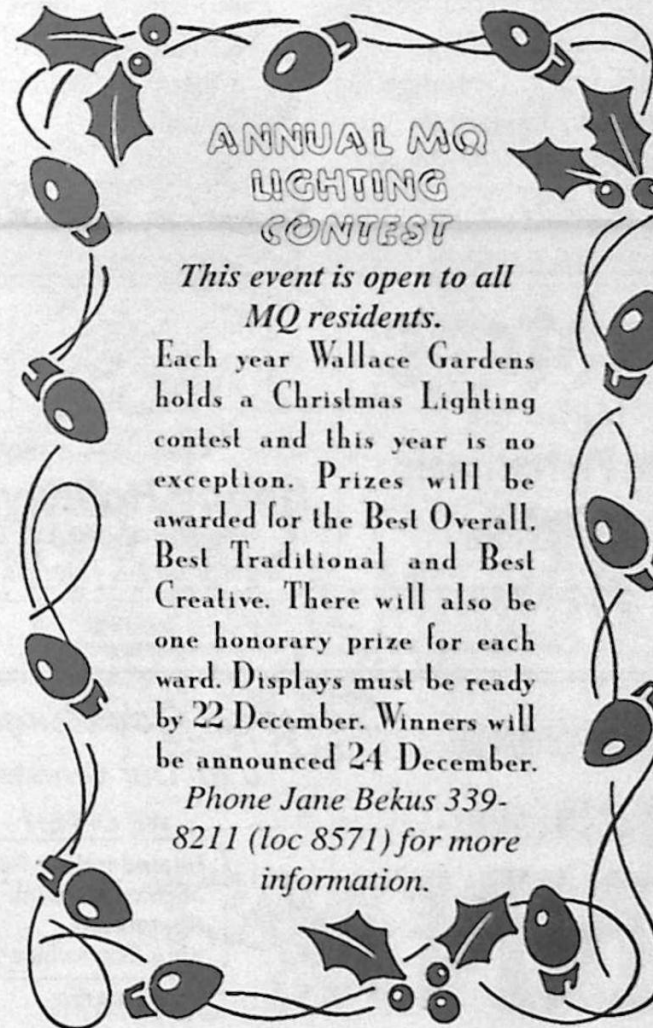
For more info call Mona Baird 339-4627

## ANNUAL MQ LIGHTING CONTEST

This event is open to all MQ residents.

Each year Wallace Gardens holds a Christmas Lighting contest and this year is no exception. Prizes will be awarded for the Best Overall, Best Traditional and Best Creative. There will also be one honorary prize for each ward. Displays must be ready by 22 December. Winners will be announced 24 December.

Phone Jane Bekus 339-8211 (loc 8571) for more information.



## Thank you for your support

We, at the Totem Times, would like to encourage all our readers to support our advertisers, without whom we would not exist.



## Comox Air Force Museum

Wishing everyone health and happiness in the holiday season

Open 10 a.m. till 4 p.m. Dec 12, 13, 19 & 20 with a well stocked Gift Shop for all your holiday needs.

**SEASON'S GREETINGS**  
 From Jack, Terry, & Russ at....  
**JACK'S MOTORCYCLES**  
 Mention this ad for 10% off all Riding Gear  
 1611 Hudson Road, Lazo, B.C. 339-4825

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**Season's Greetings**  
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From the Management and Staff of Comox Moving & Storage To All Personnel of Canadian Forces Base Comox  
**A VERY MERRY CHRISTMAS & A HAPPY NEW YEAR**  
**northAmerican** VAN LINES CANADA  
 De la Direction et du personnel de Comox Moving & Storage  
 A tous les membres des Forces Canadienne de la Base de Comox  
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**Season's GREETINGS**  
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# The Origin of the Christmas Tree

Every year, Christmas Trees embellish the holiday celebrations around the world but the origin of the custom is fairly unknown:

Trees, used as a symbol of life, are older than Christianity. Romans and Egyptians adorned their homes with evergreens and palm branches during their winter festivals. Germanic and Celtic peoples decorated trees with apples for their winter solstice festivities. Derived from the so called Paradise Tree during the Middle Ages, the December 24th feast of Adam and Eve, was symbolized by an evergreen hung with red apples.

The first recorded references to Christmas Trees appeared in 16th century Germany. In Bremen in

1570, a chronicle describes how children of craftsmen were shaking apples, pretzels, and nuts of a little fir tree during a Christmas celebration. In the early 17th century, notable citizens of Selestadt (France), placed an evergreen trimmed with apples and wafers in the city centre where on January 6th, the Epiphany, children were allowed to gather the treats. At the same time, families in nearby Strasbourg decorated fir trees with colored paper, fruit, and sweets. This custom spread from home to home and quickly became popular throughout Europe.

In 1841, Prince Albert, husband of Queen Victoria, set up the first Christmas tree at Windsor Castle. So far, this tradition had been uncommon in England, but soon the

Victorians introduced new fancy trimmings and garlands. European settlers then brought the tradition to North America. Their Christmas trees were illuminated with candles. Then, in Boston around 1912, electric lights gave the traditional trees a new look. Shortly after this invention, artificial trees made of metal wire and dried green goose feathers, appeared on the market.

Today we can celebrate the holidays with the fragrance and beauty of a real tree or choose to purchase an artificial tree for our convenience. A vast variety of trimmings make every Christmas tree unique.

Angelika Guerin

### CMFRC Christmas Hours of Operation (call 339-8290)

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 Christmas 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

## Coin des Francophones

LA PROGRAMMATION 1999 EN FRANÇAIS DU CENTRE DE RESSOURCES POUR LES FAMILLES MILITAIRES DE COMOX

### Groupe de conversation en anglais

les mercredis - 12h30 à 2h débute le 27 janvier. Frais : 10.00 \$ (10 sessions)

### Atelier de réflexologie bilingue

le lundi matin, 1 février 9h à 11h Garderie et entrée gratuites

### Journée Internationale de la Femme (6eme anniversaire)

- le samedi 06 mars - 9h à 4h30 Club de golf Crown Ile
- Thème de la journée : l'humour et la femme
- Frais de la journée : 30.00 \$ le repas de midi inclus, café, goûter, etc.

- CHOIX D'ATELIERS EN FRANÇAIS:
- La réflexologie (animatrices: Louise Veilleux et Jill Sturrock)
  - Comment partir une entreprise (animatrice: Renée Chamberland de Réseau-femmes Victoria)
  - Conférencière: Patricia Pitsel, Psychologue de Université de Calgary



### Services offered

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

### 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. <2/2>

### 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 <2/2>

### Wanted

#### Sea Cadet Officers and Civilian Instructors

Royal Canadian Sea Cadet Corps 189 Port Augusta is accepting applications for Sea Cadet Officers and civilian instructors in navigation, sailing, music, marine engineering, first aid and leadership. If you have any or all of these skills please submit a resume of qualifications to:

189 Port Augusta Sea Cadets P.O. Box 1448 Comox, B.C. V9N 7N9 Attn: Lt(N) H. Godbehere or Fax (250) 338-6749

Positions are subject to criminal record checks. Civilian instructors are unpaid but may be considered in future for employment as officers. Applicants should be free to work Tuesday nights, some weekends and enjoy working with cadets aged 12-19.

### Synchro Coach

Urgently needed for Comox Valley Orcas Synchronized Swim Club. Swim days are Monday, Wednesday and Sunday from 4:00 - 6:00 p.m. Contact Susan 334-4072.

### For Rent

Unique 3-bed & bath 3-level split, East Courtenay, like new, 1300 sq.ft. Vaulted ceilings, skylights, sep 2-car garage, workshop, N/S, N/P. Refs required. \$800 mo. 338-4212 or 897-0072.



### HARBOUR WOOD Aitken Road & Comox Ave., Comox

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Comox's newest rental Community

### 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@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



### 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 until Dec. 11. Tree pick-up is scheduled from 10:00 a.m.-2:00 p.m. Sat & Sun, Dec 12 & 13 at Arbordale Nurseries (across from Sunnydale Golf Course on N. Island Highway.) These beautiful trees are available in varying sizes, supplied by Arbordale Nurseries.

Support your local Air Cadets!

### Newcomers' Club

For women new to the Comox Valley within the last two years. Our next meeting will be December 14 at the Comox Community Centre, Meeting Room A (upstairs and to the left) at 1855 Noel Avenue. Come and celebrate the holidays by joining us in our gift exchange (max. \$5 value) and cookie exchange (bring 2-1/2 dozen of your favourite cookies). You will get two dozen assorted Christmas cookies to take home with you. Join us for coffee at 7:15 p.m. Meeting starts at 7:30 p.m. We offer many interesting activities each month. For more info contact Carolyn at 890-1082 or Pat at 339-7137.

### Poetry Contest

The National Library of Poetry has announced that \$48,000 in prizes will be awarded this year in the North American Open Poetry Contest. Poets from the Comox Valley area, particularly beginners, are welcome to try to win their share of the 250 prizes. The deadline for the contest is 31 December, 1998. The contest is open to everyone and entry is FREE.

Every poem entered also has a chance to be published in a deluxe, hardbound anthology. To enter, send ONE original poem, any subject and any style to: The National Library of Poetry, Suite 1946, 1 Poetry Plaza, Owings Mills, MD 21117-6282 or go to www.poetry.com. The poem should be no more than 20 lines, and the poet's name and address should appear on the top of the page. Entries must be postmarked or sent via the Internet by 31 December 1998. A new contest opens 1 January, 1999.

## TODAY'S CROSSWORD PUZZLE

ACROSS  
1 Computer numbering system  
6 Alberta tribe  
10 Luck  
14 Pleasant odor  
15 Corridor  
16 Miscellany  
17 Vaults  
18 Eye amorously  
19 Laze in the sun  
20 Type of test  
23 Is, in Berlin  
24 Bohemian  
25 Hari  
28 Pika; var.  
30 Window units  
35 Vital statistic  
36 "Quiet!"  
37 Type of cocktail  
38 Forces  
40 Lettering guide  
41 Knight's suit  
42 Singer Janis  
43 Actor Wallace  
44 Squander  
45 Father's sister  
47 Worry  
49 Mine entrance  
50 Nest-egg letters  
52 In a hopeful manner  
59 Electric sign  
60 Actor Guinness  
61 Blossom

63 Taunt  
64 Roman ruler  
65 Baseball's Yogi  
66 Capital of Norway  
67 Org. or soc.  
68 Textbook part

DOWN  
1 Western alliance; abbr.  
2 Study at the last minute  
3 Soy product  
4 Aviator Earhart  
5 Endures  
6 Karate or lamb follower  
7 Frothy sleeve  
8 Mystery's Queen  
9 Choose a candidate  
10 Gray wolf  
11 Jal  
12 Phonograph record  
13 Blouse part  
21 Needs  
22 Dash's kin  
25 Parrot  
26 Plato's market  
27 Abounds  
29 Exclamations  
31 Prince Valiant's son  
32 Friendlier official  
33 Writer Zola  
34 Divide  
36 Noise from the roller coaster  
37 Radio problem  
39 Spoil  
40 Peccadillo member  
45 Walkways  
46 Says  
47 Ruined  
49 Singer Ross

51 Synagogue  
52 Latch - grab  
53 Church seats  
54 Work hard  
55 Facilitated by  
56 Saint's picture  
57 Parliament  
58 Days of - long ago  
62 Utmost, for short

PREVIOUS PUZZLE SOLVED

CASH SHOO YAP  
OKLA HERDS CORA  
CRAG EDDIE AKIN  
OOP PAYONESDUES  
ANSWER SEEMLY  
TEASED ANT  
FLIRT CROWD NIB  
FRACE PRES ZUNI  
ASK BOUGH MOIST  
ORA SATINS  
SCENIC UNEASE  
PASSTHEBUCK NIX  
ACTE EARLS ACRE  
CHET STENO DEER  
EER STAN ASST

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**Bike for Sale**  
Touring bike, 5-speed, good condition. \$50.00 339-0054.

**Jake's Trivia Answers**  
1. Joe Pepitone  
2. Jim Thorpe  
3. Zero

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**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.

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# Have a fire safe holiday

For a safe, enjoyable holiday, your Wing Fire Department offers the following tips:

1. Be watchful of dangers to children.
2. Buy only safe toys.
3. Choose a fresh tree.
4. Check out lights.
5. Take care with candles.
6. Make your fireplace fire safe.

**Watch children:** see that matches and lighters are out of their reach. Teach them to stay away from candles, fireplaces and space heaters. Give them flashlights or light sticks, not candles, for Christmas.

**Choose toys wisely:** pass up those that could be highly flammable. Make sure electric toys are labelled for fire safety and keep them away from your tree.

**Party safely:** make sure every festive occasion is fire safe. Decorations must be flame-retardant or non-combustible. Smokers must be given large, deep ashtrays and watched at all times. Check for cigarette butts in upholstery and trash cans. Always cool ashtrays

before emptying and keep matches and lighters away from small children.

**Check out lights:** make sure all Christmas lights are labelled by a testing laboratory. Replace any worn sets or those with loose connections. Outside, use labelled outdoors lighting and inside do not overload outlets. Never put lights on a metal tree and always unplug everything before you leave your home or go to bed.

**Care with candles:** always put candles in candlesticks before you light them. Do not use them in decorations or displays. Keep candles away from curtains or other combustible materials. Never put them in windows or near exits and *never* leave candles in the reach of small children.



**Choose a fresh tree:** look for one without shedding needles.

Trim its trunk at an angle before you put it in a non-tip stand. Make sure it is watered constantly and placed away from all exits and sources of heat.

All man-made trees should have fire-retardant labels.

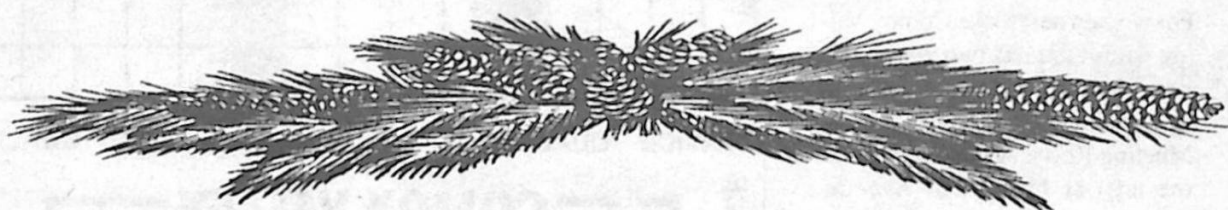
**How many lights for your tree:** use the following formula to find out the number of lights you need to create a full effect on your tree.

Height of tree (in feet) times width of tree (in feet) times 3 (e.g. a 6ft high tree that is 4ft wide =  $6 \times 4 \times 3 = 72$  lights.)

Then divide the number of lights by the number of lights per string (e.g. 72 lights divided by 25 lights per string rounds out to three strings.)

More lights are needed if mini lights are used – multiply by 6 or 8 instead of 3.

The members of the Fire Department and their families wish you and yours a Merry Christmas and a Happy New Year.



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