



# TOTEM TIMES

19 Wing CFB Comox

THURSDAY 11 FEBRUARY 1999

The Comox Valley's Longest Running Newspaper

VOL. 41 NO. 2

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## Sod turned at new Rec Centre site

By Capt Phelan

The official sod turning ceremony on the new Fitness and Community Centre took place on January 27.

The total cost of the project will be \$9.5 million and will include a gymnasium, a six lane 25 metre swimming pool, weight room, cardio room, aerobic room, hydra fitness room, two squash courts, locker rooms, sauna, steam room, sports stores, scuba club, multi purpose rooms, craft club, teen activity club, computer club, Padres offices, Military Family Resource Centre and the Mayor of Wallace Garden's office.

The complex will be centrally located, bordered by the CANEX store, the sports fields, Wallace Gardens and Military Row.

The user groups include military personnel and a cross section of community groups and clubs from the base.

The Fitness, Sports and Recreation Director, Bobbi Howard, stated "The consultant worked with us in designing a functional layout which would meet a wide variety of needs. This resulted in a design that we believe will better serve the military community by having a majority of the personnel support services under one roof. We are really excited about this new facility."



On January 27, the Chief of the Air Staff, LGen D.N. Kinsman and Col W.J. Neumann officially opened construction of the new Fitness & Community Centre during the sod turning ceremony. Also present at the ceremony were: Mayor George Kirkwood, Mayor Ron Webber and Mayor Bill Moncrief, as well as the CMFRC Director, Mr. Glenn Turner, and the Chief Programs Officer of the CFPSA, Mr. Greg Pearson. The new complex will be built by Bird Construction of Richmond, B.C.

(Photo by Wing Imaging.)

The new complex will replace the existing gymnasium, Community Centre and MFRC.

The current recreation facility was constructed in 1942 as a Servicing Hangar and subsequently converted into a gym with additional sections added which include a pool, administration offices, squash courts and a bowling alley.

The layout of the facility is very poor due to the fact that it was never designed as a gymnasium. The gym ceiling is low, limiting the sports that can be played and, finally, the overall structural integrity is suspect.

ity is suspect.

The current facility meets minimum requirements for FS&R programs at CFB Comox, but passed its life expectancy in 1995. Emergency repairs to the main support beam and pillars were carried out in October 1997. As a result, the second floor weight room could not be expanded because of weight load limitations. The location inside the Base perimeter also causes accessibility problems.

The existing Community Centre (Bldg. 199) was constructed in 1972 as a Credit Union.

(Continued on page 3)

## Air Show '99 will be flying at you!

The 1999 Comox International Air Show, slated for Sunday, July 18, is less than six months away.

The biennial event was postponed last summer to coincide with this year's 75th anniversary celebration of Canada's Air Force. As such, the show will focus on Air Force heritage as well as featuring some of today's fastest jets and high-performance aircraft.

The date will also honour "Armed Forces Day" and provide an opportunity for the public to meet the men and women behind the base fence.

As in 1996, the air show committee is welcoming the direct involvement and assistance of the local community - before and during the show - in order to make this year's celebration of military aviation a huge success for 19 Wing and the Comox Valley.



## Beat the February blahs with No-Sno-Fest '99



Capt Travis pinned the first button for this year's No-Sno-Fest on the Wing Commander, Col Neumann. Col Neumann demonstrated his support for the carnival and eagerness to take part by purchasing button numbers 000 and 001 and by declaring the No-Sno-Fest day a No-Fly/No Maintenance Day. For more info, see pages 2 and 13. (Photo by WImg.)

By Capt David Krayden

Just over two weeks to go. Friday, February 26 is the date for the 1999 No-Sno-Fest: 19 Wing's answer to a winter carnival, in the land where snow just can't survive.

Your No-Sno-Fest Committee has been hard at work since the dawn of the new year, making sure that this year's celebration of the fun, fitness and the good life is better than ever. The posters are up, the BBS has all the information on events, timings and where to get your \$5 No-Sno-Fest button, which will make you eligible for all the day's events and fun, including the legendary pancake

breakfast that leads off the day and the swinging dance and casino night that wrap up the gala event.

It looks like an episode of MASH around here with all those beards in pursuit of growth. Participants officially registered for the Beard Growing Contest on January 18 and will compete for prizes awarded for all types of beards, including most colourful, worst/mangiest and fullest/best; and if you don't qualify for any of these, there'll be a fourth, random draw with all beard growers eligible.

You just can't get more value  
(Continued on page 3)

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## Prizes galore

This week's Early Bird Draw prize of Sunday Brunch for Two at the Greenhouse Restaurant in the Coast Westerly Hotel was won by Cpl Marie Lapierre of 19 AMS. There are more great prizes to be won, including:

Two rounds 18-hole golf (Sunnydale Golf Club); two rounds 18-hole golf (Storey Creek Golf Club); \$50 gift certificate (Courtenay Lewis Centre); \$25 gift certificate (Thrifty Foods); 6-week membership (Phase II Athletic Club); 1-month membership (Fitness Excellence); certificates (Joe Read's Internet Café); 7-inch cake (Rolling Pin Bakery); sightseeing tour (Courtenay Flight Centre); certificates (Canadian 2 for 1 Pizza).

We would like to thank all the local merchants who have generously donated these prizes. There are still many more wonderful gifts to come in.

Don't forget the Early Bird Draw every Friday so buy your button soon.

# NO-SNO-FEST '99

## Arena Events

### Schedule of events

0630-0830 hrs	Pancake Breakfast (Jr Ranks Mess)
0815-0830 hrs	Form up in the Gym parking lot
0830-0840 hrs	Opening ceremonies
0840-0910 hrs	Beard Contest judging
	Team Captains briefing
0915-1130 hrs	Gym & Pool Tabloid events
1130-1300 hrs	Lunch
1245-1300 hrs	Team Captains briefing
1300-1530 hrs	Arena & Outdoor Tabloid events
1530-1600 hrs	Sand Sculpture judging
1830-1900 hrs	Doors open for Dance and Casino
1900-0200 hrs	Dance in Jr. Ranks Mess
	Free pizza
	Casino in WOs' & Sgts' Mess
	Prize auction

## Spousal participation

Spouses of 19 Wing personnel are encouraged to participate in the 1999 No-Sno-Fest and may submit a team of their own or join their spouse's team.

## No-Sno-Fest Casino

26 February, starting 1800 hours

Entry fee is a No Sno Fest button or \$5.00 to buy a button. The casino will be held on the Senior NCO's side with the Rat Pax band. On the Junior Ranks side there will be a DJ. Pizza will be served every hour on the hour, starting at 2000 and ending 2300.

Door prizes will be given throughout the night.

More No-Sno-Fest info on page 13.

### Canucks Accuracy Shoot

-Teams may consist of as many members as desired.  
-The objective will be to shoot as many balls as possible into a hockey net. There may be some minor obstacles but nothing that would intimidate a future Hall of Famer.

### Human Shuffleboard

-Teams will consist of three Human Stones and a maximum of three skips.

-The objective will be to push your teammate over the ice in a predetermined direction, scoring more points the further you push them. Maximum points awarded when nothing but a bloody smudge is left on the end boards.

### Honeymoon Race

-Teams will consist of three members (two honeymooners and one person to close the top of the sack).

-The objective is for the two honeymooners to put on a pair of coveralls, run the width of the arena to where a large sack is located, climb into the sack and change coveralls with your partner, then run back to the starting point. Points may be taken away for teams who refuse to come out of the sacks.

### Smoosch Race

-Teams will consist of four members  
-The objective is for team members to strap on the Smoosch and to Smoosch the width of the arena, turn around and return to the starting point. Team captains are to ensure that their team members are aware of the difference between Smoosch and Smooch.

### Fork Hockey

-This is a relay event and teams can consist of as many members as desired.  
-The objective is for a team

member, using a fork to push a hockey puck to the end of a slalom course then back to the start line, handing off to the next team member who repeats the performance or repeatedly sticks the previous team member with the fork for their poor performance.

### Wheelchair Race

-This is a relay event and teams can consist of as many members as desired.

-The objective is for one team member to sit in the wheelchair and another to push that person to the end of a slalom course, then back to the start line, switching over to the next team members. Riders are encouraged to dangle carrots, donuts or any other item to spur the pushers (mules) to a better performance.

### Paper Airplane Toss

-Teams to consist of six members.

-The objective is for the team to construct some paper airplanes then have them fly to a particular destination. Life size models, while encouraged, may not be practical.

### Name That Tune

-Teams to consist of six members.

-The objective is for the team to identify as many songs as possible in a given amount of time. Teams will be immediately disqualified if their attempted sing-a-longs permanently damage the judge's hearing.

### Blind Pickleball Toss

-Teams to consist of six members.

-The objective is for the team to toss a ball over a sight-blocking obstacle and into a garbage can. Team members are encouraged to verbally assist the toss. "Hit the @##\$3@# can!!" while effective, is not considered positive reinforcement.

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Wendy Sheppard	890-3055	Elaine Rose	890-3060
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Bank of Montreal

## Venez célébrer la St-Valentin!

Come and celebrate Valentines Day with the Francophone Association. We are having a Spaghetti Supper on Sunday, February 14 at 5:00 p.m. at the Salish Club. Tickets must be purchased at the Francophone Association, 1491 McPhee, Courtenay, Unit #2. Cost of tickets: Members (adults) \$5, 6-12 years \$2.50, non-members (adults) \$6, 6-12 years \$3, under 5 years FREE. Please phone 334-8884.

Venez célébrer le St-Valentin avec l'Association Francophone au Salish Club a 17h00 le dimanche 14 février. Les billets doivent être obtenus à l'avance à l'Association Francophone, 1491 McPhee, Unité 2, Courtenay entre 12h et 16h30. Coût: Membres (adultes) \$5, 6-12 ans \$2.50 non-membres \$6, 6-12 ans \$3. Le tout est gratuit pour les moins de 3 ans. Pour des renseignements, composez le 334-8884.

## Canadian Values in a Global Society

Second Canadian Conference on Ethical Leadership  
hosted by Queen's University and  
the Royal Military College of Canada  
4 - 5 March 1999

### Purpose

-To bring together key leaders from business and the professions, the public service, politics, education, philosophy, the arts, religion, community organizations, the military and the media to focus on the role of leadership in shaping ethical behaviour in contemporary Canadian society.

-To provide an intergenerational forum for probing critical values that help Canadians cope with and contribute to the challenges of a shrinking world, an accelerating pace of change and an increasingly global society.

### Speakers

Hon. Lloyd Axworthy, Minister of Foreign Affairs and International Trade  
George E. Lafond, Tribal Vice-Chief, Saskatoon Tribal Council  
Michael MacMillan, Chairman and CEO Alliance Atlantis Communications Inc.  
Gen. (Ret'd) Paul Manson, CDS (1986-93), former Chairman, Lockheed Martin Canada  
Ann Medina, Broadcaster and Journalist  
George Thomson, Former Deputy Minister of Justice and Skelton-Clark Fellow, Queen's University  
Laurier LaPierre O.C., Author and broadcaster, now Chair of Telefilm Canada.

For further information:

Ethical Leadership Conference  
Department of Alumni Affairs  
Queen's University  
Kingston, ON K7L 2N6  
Phone: 613-533-3007 Fax: 613-533-6777  
E-mail: ecel@post.queensu.ca

## No Sno Fest (Continued from front page)

for your money, what with all the wacky sports events - including a sand sculpture contest - at venues ranging from the gym to the arena. The fun culminates on Friday evening, with a dance in the Jr. Ranks' Mess and a casino night in the WOs' and Sgts' Mess wrapping up the party. The local jazz

trio, Rat Pax, will perform swing and lounge tunes at the casino to get you into the Vegas spirit.

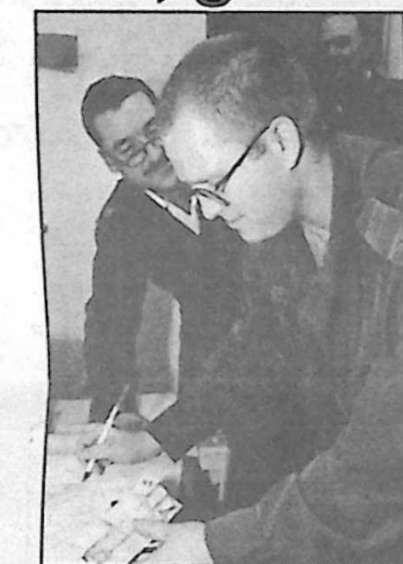
Come on out and keep the tradition going.

## Sgt Warden On top of the world

Sgt Jeff Warden, a SAR tech with 442 Sqn, recently reached the peak of one of the highest mountains in the Western Hemisphere. He successfully scaled Mt. Canalieta, a 6959 metre peak situated in Argentina, near the Chilean border.

Sgt Warden is an experienced climber whose earlier conquest of Mt. McKinley (North America's highest peak) was reported in the 16 July 1998 issue of the Totem Times.

## Ready, set, grow!



MCpl Jim Laverriere signing up for Beard Growing contest. Inspecting his clean shaven mug is Sgt Tom Robichaud, WCWO assistant, and (in background) Sgt Jacques Calmes, Beard Growing contest OPI. (Photo by Wmg.)

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## New Rec Centre

(Continued from front page)

In 1991, the Base purchased the building and renovated it to accommodate the Community Centre.

As is the case with the current Recreation Centre, the Community Centre is also lacking in space. The facility has a capacity of 55 personnel. As well, the lack of adequate washrooms and service areas make it extremely difficult for organizations such as Wallace Gardens Community Council, Francophone Association, Teen Club, Scouts and Guides to properly hold their activities.

The Wing Family Resource Centre buildings were constructed originally as married quarters and converted in 1986. The size of the Resource Centre is insufficient for their mandate and the layout of the old PMQs is not suitable for their requirements.

It was clearly evident that something had to be done in order to

better serve the military community. Renovating the existing Recreation and Community Centres would only meet the short-term needs of the facilities and the cost of renovating these facilities was quite substantial. Renovations would neither solve the problem of inadequate space nor the inappropriate location of the existing facilities.

Plans for construction of a new community centre had already been approved by NDHQ when the PSP Infrastructure Recapitalization Project was announced. This gave Comox the opportunity to combine the FS&R, MFRC and community centre needs into one project.

Defence Construction Canada will manage the construction contract, which will be complete in January 2000. Questions can be directed to the Project OPI, Capt Katy Phelan, at local 8498.

### Lifeskills Course

The best time is...NOW!

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

The next course will be held 29 March - 1 April

Registration: through CMFRC. Military members and DND employees must submit a registration form with signed section head consent. Course location: Sailing Club at HMCS Quadra. Who may attend: Military members and spouses and DND employees and spouses.

More info: Sgt Brian Buttner @ loc 8789 or CMFRC @ 339-8290

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## Before you light a fire in BC.....

Some of BC's outdoor burning laws changed on February 1. Under the changes, Forest Service burning permits are no longer required. Now, you must call a toll-free number to register some types of burning.

Information brochures outlining all of the changes are available from:

- BC Forest Service offices
- Government Agents' offices
- Local government offices
- www.for.gov.bc.ca/protect

To register your burn call:  
1-888-797-1717

As of February 1, winter burning conditions have been declared which exempt fires from certain rules. Before you do any burning, you must still call the toll-free number to register.



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February...

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## Guest Editorial by Jo Chen

For Oh Fore,  
why for art thou?

It's ba-ack! Just when you thought it was safe to throw away all those archaic bits of paper. You know the ones. Little bits of cellulose that gave the official DND nod of OK-ness to you so that you could carry out your duties. One example, the DND 513A Hospital Corner Certificate, issued to all Nursing Sisters prior to 1913 and all WHosp Nurses since. Another juicer, the DND 79BM Creative Toilet Paper Use Permit, which empowered the lucky few on Imposed Restriction to decorate even the shabbiest barracks on a shoe string budget. However, my personal favourite had to have been the DND 404 Drive it Our Way Concession.

Those of you born before the era of broad shirt collars, and broader ties, may remember the 404. That was the hunk of cardboard in your wallet that you needed to drive a military vehicle. As everyone knew back in the good old days, a civvy driver's license wasn't worth the paper it was printed on, so DND came up with its own standards, training and extraneous wallet fluff. The problem with the 404 was that it was worthless once you moved to another base where it somehow became invalid. Something to do with Newton's fifth law of bureaucracy, for every rule there is an equal and opposite rule somewhere else. Rather than redo all the training and learn to park the Company Econoline according to the local policies, most people simply learned to do without.

Well, it seems that some evil Headquarters gnome (EHG) has come up with the perfect job security package for him, or her, self. First, after noticing that most of the people didn't bother with the 404, they convinced the powers that be that thence what had a civvy license probably could handle the wheel of an MSE Caprice Classic. After all, if they could consistently keep the family Road Monster out of the ditch then chances were pretty good they wouldn't put anymore dents into the MSE Love Machine than it already had. Rip up all the DND 404s, they said, and much mental anguish would be avoided. Not only that but the Holy Grail of PY Savings would be found.

Then, in a mini flash of Headquarters illumination, the EHG insisted that everyone really should have the official sanction of some higher body to drive an MSE vehicle or any Rental Vehicle MSE might have on hand to assist the DND Travelling Public. Keep in mind that Headquarters is based on the Latin word for brain mush. So now everyone needs a newer and better DND 404. Sadly, since most everyone has long since given the heave-ho to their old 404, all those unfortunate sods and sodettes will need to take some time off for a little real.

The EHG suggested that at least one day should be spent learning to safely back a car. Don't forget to toot. Another day on proper procedures for using a rental vehicle on an airfield would not be wasted. Handy if you're late for a flight and the plane hasn't taken off yet. Yet another day or two on steering with your knees while holding a Chocolate Dutchie in one hand, a scalding hot cup of Tim's finest in another hand and dialling 911 on your cell phone with a third would be of great value.

If proof of the plan's exceptional qualities were needed, one need go no further than the introductory date. What could be more brilliant than starting the reprogramming the year before the Y2K problem erases all personnel records and you have to do it all again?

Job security for years and years and PYs be damned.

So long as we're moving backwards and such a great rate let's reintroduce Donuts and the 15-cent beer to all the messes. Oh ya, turn out your FP97 cards...they're obsolete.

Just an opinion.

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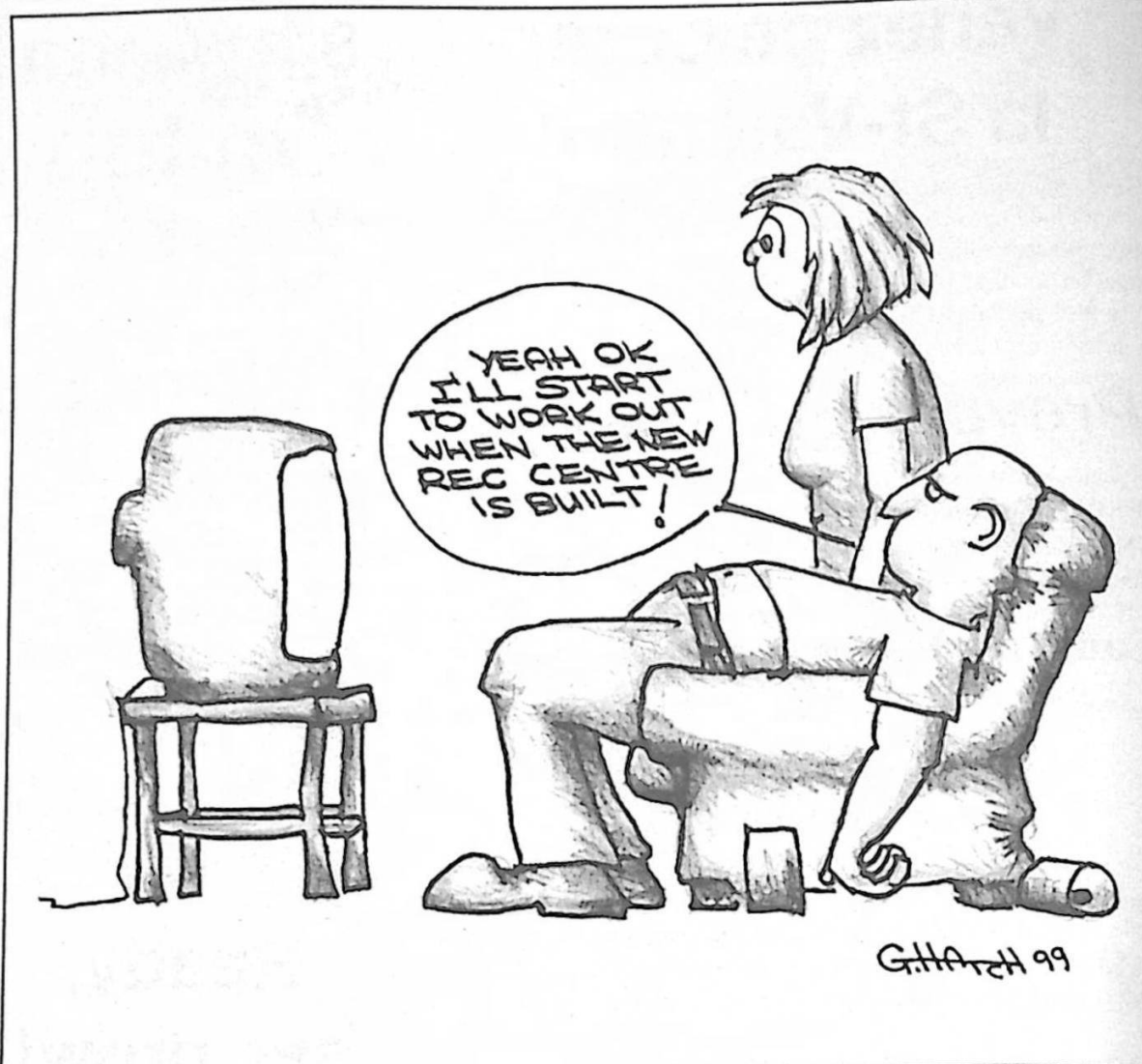
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Weather  
Summary

January was both warmer and wetter than normal. Total rainfall, although well above average, fell short of the monthly record set in 1992. Total snowfall for this month was also well below average.

Highest monthly temperature	11.6°C on 14th
Lowest monthly temperature	-2.4°C on 3rd
Total monthly rainfall	228.1 mm
Average monthly rainfall	147.7 mm
No. of days with 0.2 mm or more rainfall	24
Total monthly snowfall	3.0 cm
Heaviest 24 hour snowfall	3.0 cm on 28th
Total hours of bright sunshine	60.4 hrs

(Information provided by 19 Wing Comox Military Weather Unit.)



## Letters to the Editor

## Thank you from Sarajevo

Dear Editor,

We would like to express our sincere thanks to Col Neumann, CWO Dupuis, and all personnel responsible for sending the Christmas Care Packages to us in Sarajevo.

The time and effort put into the project was greatly appreciated, as the two members from Comox were the only ones to receive a personalised package from their home

Base. We admire the concern displayed by 19 Wing to ensure something from home would be with the members who were deployed and away from their families and friends during the holiday season.

We hope that everyone back home enjoyed the festive season and wish the best of health and prosperity to all for the New Year. *WO John Bain (WINT) and MCpl Andy Euteneier (WTIS)*

February 8 - 15  
National Citizenship and  
Heritage Week

Let us set this time aside to recall our pride in being citizens of one of the most envied countries in the world - a country built on the values of freedom, caring and democracy.

Throughout this week, which includes National Citizenship Week, National Flag of Canada Day and Heritage Day, communities will organize a variety of activities. I encourage everyone to participate.

Take the time to recognize and honour local and national heroes - past and present. Heroes such as World War I flying ace and Canada's most decorated soldier Colonel William Barker, VC, our Canadians of Ukrainian, Chinese,

Italian and German origin unjustly treated by public policies, and the First Nations and Inuit who lived in Canada long before recorded history.

Let's also connect with the generation who helped build and define our nation. 1999 is the International Year of Older Persons. Let's honour our seniors for their many contributions to Canada.

Together we have built a nation. Make Canadian Citizenship and Heritage Week the time to celebrate our rich heritage.

Yours truly

*Inky Mark, M.P.  
Chief Opposition Critic,  
Canadian Heritage*

## Next deadlines

Advertising: 17 February  
Articles: 19 February, NOON



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

B.C. Burn Awareness  
Week  
February 7-13

## Prevent Burn Injuries

## In the Kitchen

Never leave cooking foods unattended - oil or fat can ignite.

If you are faced with a grease fire, carefully slide a lid over the pan and turn off the heat source.

Always turn pot handles to the back of the stove when booking to avoid pots being pulled or knocked off.

Never leave hot liquids or food unattended or at the edge of a table or counter where they may be pulled down by a child.

When cooking, avoid wearing loose fitting sleeves that may contact stove.

## Water Temperature

When running a bath always run the cold water into the tub first, then add hot water to the desired temperature.

Before placing a child in the bathtub, test the temperature of the water by moving your hand through the water for several seconds. If the water feels hot, add

cold water until the temperature feels comfortable.

## Matches and Lighters

Many fatal burns to children are the result of their playing with fire.

Teach children that matches and lighters are tools, not toys.

Use child-resistant lighters and store all matches and lighters out of the reach of children.

## Stop, Drop and Roll

If your clothes catch on fire, Stop immediately, Drop to the floor, cover your face with your hands and Roll over and over to extinguish the flames.

## Cool a Burn

If someone is burned, cool the burned area immediately with cool water for 10-15 minutes.

Never put ice, very cold water, butter or lotions on a burn.

If the burn blisters or chars, seek medical help immediately.

Purchase and install working smoke alarms and practise home escape plans.

B.C. Burn  
Facts

Did you know that:

- Every hour a fire causing damage occurs in B.C.
- Every day someone is injured by fire in B.C.
- Fire causes approximately \$450,000 damage each day in B.C.
- Fire kills in B.C. every 10 days.
- 42% of burn injuries in B.C. are caused by hot liquids or vapours.
- 43% of burn injuries in B.C. are caused by fires.
- 42% of persons burned in fire are between 20 and 44 years of age.
- Persons aged 1 - 14 years have the second highest incidence of burn injuries from fire.
- The majority of fire injuries occur in private dwellings.
- The ignition of flammable liquids and substances such as cooking fats and gasoline are major causes of burn injuries from fire.
- Having a working smoke alarm in your home cuts your risk of dying in a fire by half.

Cpl Wade earns  
Spooner Award  
for leadership

Cpl C. Wade, an ACS Tech currently serving with 19 AMS Comox receives the LAC Spooner Award from MGen L.C. Campbell, Commander 1 Canadian Air Division, during the 25 Nov 98 Graduation Parade of JLC 9802 at the Air Command Professional Development and Training Centre (ACPDTC), located at CFB Borden.

ACPDTC has instituted the LAC Spooner Award for presentation to the one JLC candidate per course who has achieved academic excellence and demonstrated superior leadership qualities and conduct.

LAC K.G. Spooner was awarded the George Cross in 1943 for his swift and selfless actions in keeping his Anson aircraft in flight after the pilot had fainted. His sacrifice enabled three fellow trainees to escape safely before the aircraft crashed. LAC Spooner died as a result of wounds received. (Photo courtesy of CFB Borden.)

## Congratulations to all 19 Wing Award recipients



Col W.J. Neumann recently presented the latest 19 Wing awards: NATO Service Medals - MCpl Coutu, MCpl D. Easton, MCpl Reddick, Sgt L. Scott; Wing Commander's Commendations - MWO Verret, Sgt Boutin, Sgt Robillard, Sgt Taylor, Cpl Clouter, MCpl Negraef; For Professionalism - Lt Laffeur, MCpl Schall, Cpl King, MCpl Falardeau, Cpl Jomphe, MCpl B. Therrien, Cpl J. Grant, Cpl R. Hunt, Cpl M. Johansen, Cpl M. Underwood; CWO Scroll - CWO J.R.D. Phaneuf; CD2 - CWO P. Jenkins; Army Achievement Medals - Sgt Lunge, Cpl Perry; 25 Year Service Plaque - Carol Anderson. (Photo by Wing Imaging.)

as an example. The phone number for the base operator is 339-8211 and it is the same number for the auto-attendant. If you go to your bank and they ask for your work phone number, you must give them 339-8211 as well as extension 8XXX. Never give them 339-8XXX.

When asked where you work, you should give the name of your

unit or Squadron and base, not "DND". That way, if they cannot provide your extension number, we can locate and transfer calls to you knowing your unit and base.

Of course, since we answer for over 20 bases in Canada, it is impossible for us to take messages.

When calling the switchboard, you may have to wait more than a few rings. Be patient and do not

hang up or you will lose your call priority.

The switchboard is operational 24 hours a day, seven days a week.

If you ever need assistance and are not sure how to dial a number to reach someone, we are here to help and serve you. All you have to do is dial zero (0).

Thank you for your cooperation and good communication.

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# Congratulations When the big one hits!



Jenny Spence of the Personnel Support Section receives her new rank from the WAdminO, LCol M.R. Spooner. Her promotion to Sergeant brings new responsibilities and Jenny will now head the Wing Release Section. (Photo by Wing Imaging.)

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Often we gaze at the serene majestic mountains that surround us and, all too often, we fail to relate this beauty to the cause of its creation. The forces beneath the earth's crust that form these peaks can be the very cause of the most destructive natural disaster this country is ever likely to experience. It's only after disaster strikes that we realize the helpless situation we can find ourselves in. You can prepare yourself for such an event!

Vancouver Island is surrounded by a series of faults, making it the most active earthquake zone in Canada. The Juan de Fuca ridge lies 200 km off the West Coast of the island. It is at this site four tectonic plates converge and move at a rate of four to five centimeters per year. Over time, it is this small movement that can build up enough stress to produce significant earthquakes. Two to three earthquakes occur every day in B.C. - most too small to be felt.

In the past one hundred years nine earthquakes in or near Canada have registered between seven and eight on the Richter scale. The strength of an earthquake can be measured and expressed in terms of magnitude of energy released. An earthquake measuring 7.4-8.0 on the Richter scale is of great intensity and considered disastrous. In the aftermath of one such shock affecting one of Canada's major urban areas, you are likely to see broad fissures in the ground, major land slides and floods. Few buildings will remain standing and bridges will be destroyed. As well, nearly all services such as railways, underground pipelines and cables will be out of commission.

Experts predict that a major earthquake will occur along the B.C. coast but exactly when and where is unknown. However, there is a high likelihood that it will be in our lifetime. According to information provided by agencies such as the B.C. Earthquake Data Centre and the Federal Emergency Management Agency (FEMA), awareness and preparedness is your best defense.

**Earthquake Preparedness: Before, During and After**

**Before:**

You and your family should

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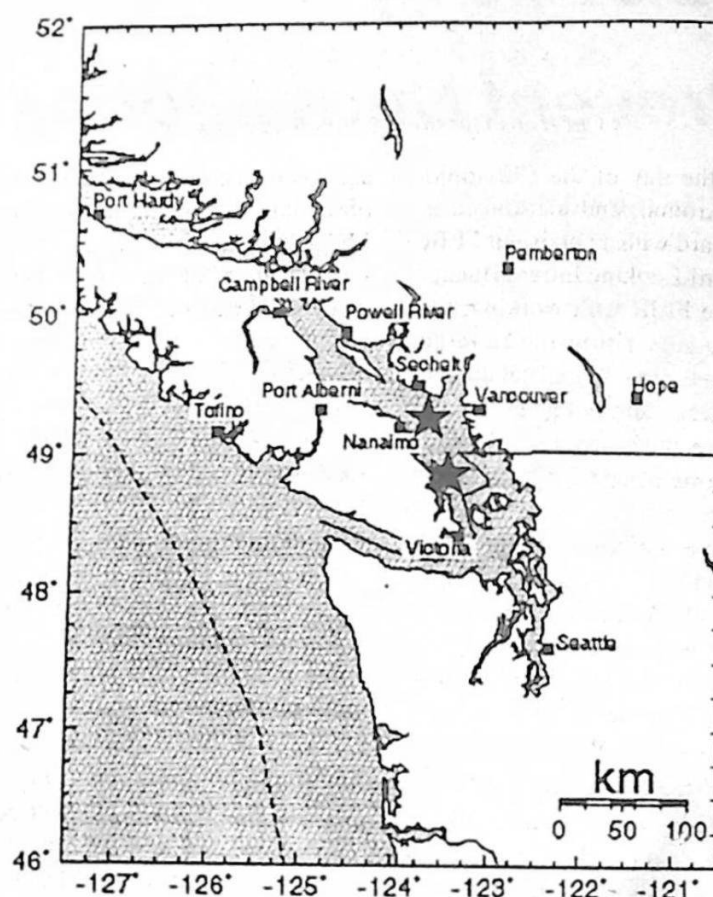
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By MCpl B. Clouter, 442 Sqn

## January 21 and 25, 1999 Southwest BC earthquakes



prepare a survival plan. This will enable you to avoid injury and help others. It can also minimize damage to your property and should, as well, assist in your survival for at least 72 hours without help from emergency response crews.

• Develop a plan with links to neighbours and friends.

• Drill and practice your plan.

• Identify out of province relatives as the family contacts (after a disaster it is often easier to call long distance than local).

• Designate safe places in your home and at work (under heavy tables or desks, inside hallways, corners of rooms or strong archways). Stay clear of windows, mirrors, under or around heavy objects that can shift and fall.

• Designate safe places outside away from buildings, trees, telephones/electrical lines, and overpasses.

• Hang heavy items such as pictures away from beds.

• Store breakables low, in enclosed cabinets.

• Secure your water heater by strapping it to the floor or wall studs.

• Teach family members how and when to turn off gas, electricity, and water services. Clearly label the ON/OFF positions of these utilities.

• Prepare a home emergency kit. Include such items as: dried high energy food and candies, bottled water, first aid kit and manual, medications, survival manual, flash light with extra batteries, cash and phone cards, gloves and warm clothing and a small battery powered radio.

**During:**

When an earthquake strikes you must be ready to act immediately.

• Take cover under heavy furniture or against an inside wall.

• Do not run outside as there may be hazardous falling objects.

• Avoid doorways (they may slam shut and cause injuries).

• If outdoors, move into an open area until shaking stops.

• If in a vehicle, drive clear of buildings, trees, overpasses and utility wires then stop.

• If in a hotel, keep shoes under the bed and clothes near by. Pre-determine safest places in your room to take shelter and take note of all emergency exits on your floor. Do not use elevators.

**After:**

• Remain calm, be part of a solution not a problem.

• Deal with life threatening situations immediately.

• Take care of yourself first, then others.

• Examine home for damage and secure hazards. Do not re-enter home if unsafe.

• Do not light matches or turn on switches until ensuring there are no gas leaks.

• Check that your phone receiver is hung up. This will help phone circuit restoration.

• Stay off the phone unless for a serious emergency.

• If tap water is available fill bathtub or other containers.

• Tune into your local radio station for information and instructions.

• Beware of aftermath threats: high tides, tsunamis and aftershocks.

Earthquakes are not a fallacy, nor are they harmless. They happen much more frequently than we realize and they are a definite threat for us on Vancouver Island. Not knowing when or where an earthquake may hit can be very unsettling for some.

Awareness and preparedness can offer peace of mind and instill confidence to survive such a disaster.

So make your plan, get informed and be prepared today.

The information within this article was provided by several sources, both provincially and outside of Canada. For more information, access the B.C. Earthquake Data Centre at: [www.nisa.com/QuakeCentre/](http://www.nisa.com/QuakeCentre/)

## 19 AMS Avionics Labs Local laboratory tapped for expertise

By Cpl Hans Gassner, Avionics Technician

It's the day of the Christmas Walk-Around, and an Aurora is down hard with a persistent FLIR (Forward-Looking Infrared) snag.

If the FLIR isn't working, the aircrew sees zip in the infrared spectrum, making it difficult to track that smuggler through a nasty weather situation. To make matters worse, the CP-140 Maritime Patrol asset is burning through FLIR power supplies like diet cokes. The folks at 407 Servicing have just had their last FLIR turret burn out. Wing Ops wants to know if the airplane can go flying.

Now what? Who you gonna call?

Now you're going to call 19 AMS Avionics Laboratories, or just AVS Labs. It's the place on base where recalcitrant aircraft electronics get whipped back into shape. The above scenario actually occurred just before Christmas, with the result that six of our techs spent half a day replacing power supplies, and soldering circuit boards. They didn't party as much as the rest of us, but the airplane went flying.

It's not always a similar happy ending, but with our complement of technicians, we'll cover anything from an intermittent headset, to a snagged multi-level circuit card. Our lab exists to support the three local flying squadrons.

### Section News

What do you call a man who plays bagpipes? A bagger? A Pipist?

In our case, we call him Colin Clansey. He's one of the newest Privates to begin his apprenticeship in the Lab. Is he good? Well, he might be getting the nod to play at a Tattoo in Halifax - Colin probably knows a note or two. He's been observed showing his supervisor, MCpl Barry Kazimer, a thing or two on the ARC-511 bench, so perhaps a spell out east might be a smart career move.

Also moving through their apprenticeships are Ptes Hugo Lemay and Eric Hayton. Both are extremely motivated and talented, and obviously have enough cash to pay me to write these things.

Dan Forget, Nancy Richard, Curtis Waldner and card-playing buddy Ron Normand were invited to join the Base Badminton Team, which is lucky for them, because that's the team they tried out for!

Curtis and Dan hang out in the Lab's Flight Systems section and apparently are real hard nuts to crack on a badminton court. MCpl Waldner and fellow Flight Systems guru, Dan Gagnon, are busy building JB-15 Junction Boxes for 442 Sqn, when they get some time off from whacking a birdie across a net.

There is no shortage of bearded fellows in the lab these days. I understand that this is due to a contest wherein the loser gets ridiculed for being the least simian. Am I missing something here? I suppose there's a family of apes out there, somewhere up on Forbidden Plateau, trying on blue smocks and glasses, viciously taunting each other with calls of "Hey, my pocket protector is bigger than yours!"

The next time you find yourself on the top floor of 7 Hangar, wander into the Avionics Lab. Our annual VCR Cleaning and Pancake Breakfast for charity are popular events. And if your FLIR starts going bug-eyed, you know who to call.

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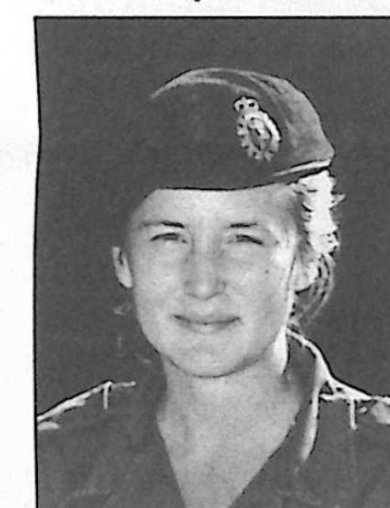
## WTIS exposed

As 1999 begins, we've had some personnel changes that have come rather unexpectedly, including one release and two deployments.

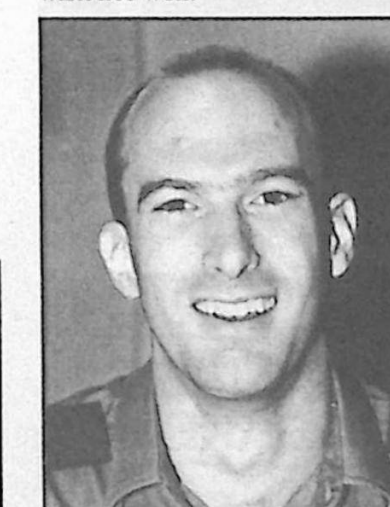
With other taskings and postings on the horizon, implementing changes to the network, Y2K issues, replacing hardware and resolving IT problems through the Helpdesk, we have been, and continue to be, extremely busy.



MCpl Walsh is being deployed to Alert. His tour of duty is from February to the end of August 99. This will be his second tour there. All the best to you.



Cpl Malanson has been deployed to OP DANACA in the Golan. Her tour of duty is from February to the end of August 1999. This will be her first trip over there and we wish her well.



Cpl Brearley and his wife Joanne have moved on to greener pastures. They have pulled stakes and moved to Marshfield, Wisconsin.

## Demon Doins

Hey, is this an exciting time to be a Demon or what? Just check out the schedule, with posted deployments to Norway, France, Iceland, Scotland, Guam, San Diego, Hawaii, Whitehorse and, of course, Greenwood. It is an exciting and ambitious plan and an opportunity to demonstrate our excellence to the world! Hopefully the aircraft will remain serviceable through it all, so best of luck to Demon technicians.

To rekindle that sense of squadron community before these deployments befall us, we also have the Squadron Sports Day on 11 February, thanks to Capt Sereda. The schedule of events looks like a lot of fun on the slopes, at the arena, gym and social centre.

The squadron Officers Mess Dinner was a grand event. (Thanks to Lt Cooke for organizing the affair.) The guest of honour, Col Neumann, gave a stirring address, commemorated by the presentation of a superb (though somewhat dusty) painting by Lt Shipton. The WComd graciously donated it (back) to the "O" Mess where it will have a place of honour (again) over the mantle of the fireplace.

JP added to the revelry and celebrated his recent promotion to Captain with the traditional ringing of the bell at the back bar during the post dinner hours. Congrats, JP. Congrats also to Capt Johnsrude who has been selected for Occupational Transfer to pilot. He will soon be away on course in his pursuit of those flashy new wings and, hopefully, we'll see him back at 407 in the not too distant future - this time with a window seat.

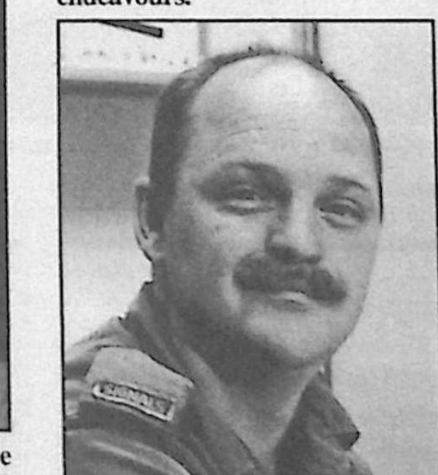
Our next article will have a wrap-up of Crew 3 Dawgs performance at the international exercise SAREX 2000 which took place off Victoria on February 6. This event (involving a staged propane explosion/fire on a BC ferry, with hundreds injured and abandoning ship) had official viewers from Search and Rescue organizations of nations around the world. It should certainly heighten the public awareness and appreciation of what capabilities the squadron and base provides for them and make the citizens (especially patrons of the ferry system) extra secure knowing that there is a working system to deal with a disaster scenario of this magnitude.

MPSet have just completed their annual inspection of the squadron and, while their evaluation hasn't hit the street yet, we're sure to get a glowing report. Along with that, and with the completion of the crew checks, we're all now waiting with bated breath for the announcement of which will be this year's O'Brien competition crew. Perhaps Crew 2 who reportedly kicked butt during their sub hunting exercise in Hawaii. The Standards folk are holding the info close to their chest and apparently the scores are close. Great rewards are in store for the victors who will be quickly sent off to Greenwood to hone their skills on HMCS Onondaga.

For those who may have been wondering whatever happened to Capt Wenzel's smiling face behind the glass in squadron ops, she managed a recent phone call from the bowels of Kosovo where she is proudly representing the squadron and Canada as a UN Observer. Her spirits were high on the phone, despite the bombing and sniper fire a mere 10 miles distant. She will be back home on leave later this month so you can hear firsthand all the horrific tales.

Well, such are the latest events at 407. Weatherman says it'll be time to put away the galoshes soon, so cheer up and remember - you could be in Ontario and this rain could be snow!

Joanne has secured work there as an emergency room nurse and John will be looking after their newborn while he watches the Packers. Good luck in your new endeavours.



MCpl Rioux is not leaving us but is assuming a new role. Paul will

be taking over the duties of MCpl Walsh in building 35. He is enthusiastic about the change and is looking forward to new challenges. (All photos by Wing Imaging.)

Just a reminder: if you have any IT problems, please phone the Helpdesk at 8841 or E-mail them with your problem. There is a label on your PC with a number and instruction on how to contact the Helpdesk. Since we assumed the role in April 1998, we have received over 3,600 calls.

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# 19 Wing winners of the 1998 CF Photo Contest

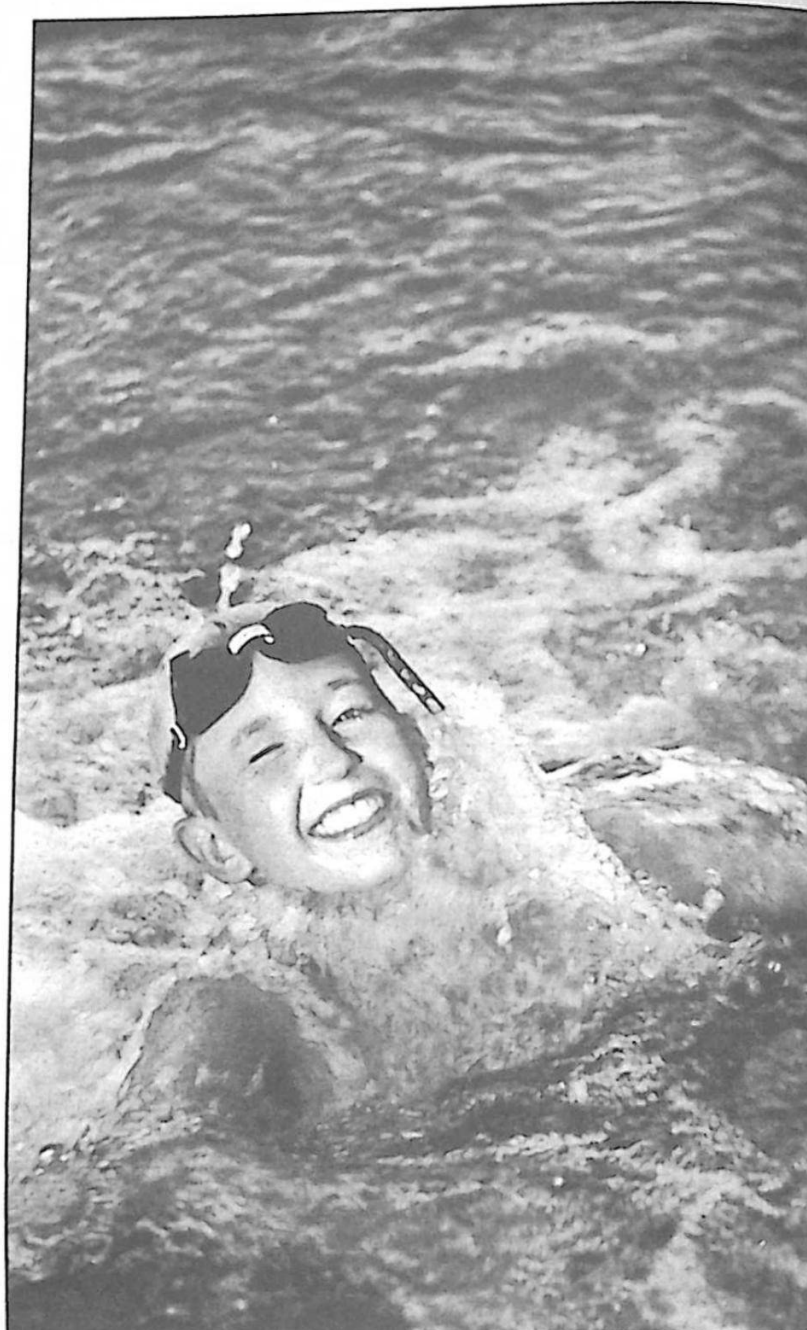
Sgt Eileen Redding of the 19 Wing Imaging Section took third place in the Professional Colour Portrait division and Ms Katie Wylie, 414 Sqn, earned three Honourable Mentions in the amateur category of the '98 CF Photo Contest. Congratulations to them both.



"Sun's Warmth," Professional Colour Portrait - third place for Sgt. Eileen Redding.



"Best Friends," Amateur Colour Portrait - honourable mention for Katie Wylie.



"Smiling Waters" Amateur Colour Sports - honourable mention for Katie Wylie.



"Teddy and I," Amateur Black & White Portrait - honourable mention for Katie Wylie.

## ASK THE PROFESSIONAL

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### ANSWER:



Kim Vogel  
Financial Advisor

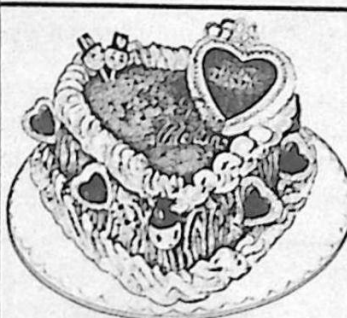
The Working Opportunity Fund invests in small and medium sized B.C. businesses. The managers are looking at companies which have a good opportunity for future growth potential. Because the fund invests in companies and therefore assists in job creation, the provincial and federal government each give 15% tax credit for investing in the fund; this means that for every \$1,000 invested, you will receive a 30% tax credit. In addition, you can also purchase this fund in your RRSP for additional tax savings. Ask for a prospectus and read it carefully before investing.



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# 19 Wing salutes 90 years of powered flight in Canada

By LCol Liversedge

In this 75th anniversary year of the Royal Canadian Air Force, it is also fitting to remember an even older anniversary. On 23 February 1909, on an ice-covered lake in Baddeck, Nova Scotia, J.A.D. McCurdy flew a distance of about one-half mile at an altitude of just 30 feet above Baddeck Bay in an aircraft known as the *Silver Dart*. This event represented the first powered flight in not only Canada but also in the British Empire.

The story surrounding this first flight began almost two years earlier in 1907 when documents were signed in Halifax, Nova Scotia creating an Aerial Experimental As-

sociation (AEA). Dr Alexander Graham Bell, the eminent scientist and inventor, J.A.D. McCurdy and F.W. Baldwin, two young Canadian science graduates, Glen Curtiss, an American motorcycle and engine manufacturer, and Lieutenant Thomas E. Selfridge from the US Army, were the five founding members of the AEA. Although created in Canada, the AEA did much of its development work and experimentation at the workshop of Glenn Curtiss in Hammondsport, New York. Sadly, Lieutenant Selfridge was also to become the first North American military aviation fatality when he was killed in a flying accident with Orville Wright at Fort Meyer, Virginia in September 1908.

The AEA continued with experimentation, however, building and flying a variety of aircraft. Work on a fourth aircraft, the *Silver Dart*, was also ongoing at the time with McCurdy providing the engineering supervision. The *Silver Dart* was so named because of the silver coloured rubber compound used on the wing covering. The aircraft was readied for flight on 8 December 1908 and first flew on this day in Hammondsport, NY with McCurdy at the controls. Several other successful flights quickly followed.

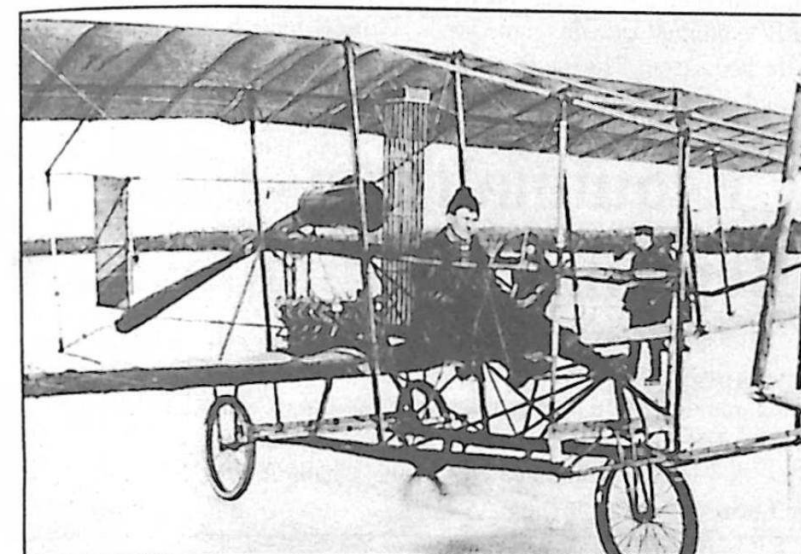
The *Silver Dart* incorporated many lessons learned from preceding aircraft and represented a considerable advance in aircraft design. It was a biplane with a 49-foot wing span. The wings had a maximum 6-foot chord, which tapered to 4 feet at the tips. Each wing ended in a movable triangular section (aileron) for lateral control. Similar to other aircraft of the period, a biplane bow control (elevators) extended in front of the

aircraft. Another framework extension to the rear carried the rudder. The aircraft was designed to allow two persons to be carried in tandem and the pilot's seat was readily adjustable forward or back to balance the machine. The aircraft was fitted with a tricycle undercarriage and the power plant was a 50 hp 8-cylinder, water-cooled Curtiss engine driving a single, 8-foot diameter propeller via a chain mechanism.

While other demonstration flights on other replacement aircraft were quickly carried out by the AEA in 1909, military interest in this new fad then faded until the advent of the First World War. Aircraft were simply then considered "too expensive a luxury." McCurdy, however, went on to a long and successful career in aviation. He opened one of the first and most successful flying schools in Toronto, providing badly needed pilots for Canada and the British Empire during World War I.

### Postscript

Exactly 50 years after the first flight of the *Silver Dart*, the Royal Canadian Air Force (RCAF) commemorated the event in a unique and special way. A full-scale replica of the *Silver Dart* was flown by Wing Commander Paul Hartman in Baddeck, NS at virtually the same time and precise location as the original. The replica had been built at RCAF Station Trenton by Leading Aircraftmen L.



Close-up of the Silver Dart, February 1909.

on the ice covered surface of Baddeck Bay on Bras d'Or Lake, J.A.D. McCurdy lifted off after a take-off run of about 100 feet. The *Silver Dart* flew on in a straight line for approximately three quarters of a mile at a speed of just 40-mph before McCurdy landed gently back on the ice. Although reporters and spectators witnessed this first flight in Canada, the historic event attracted relatively little attention. It was not front-page news at the time and most Canadian newspapers of the time devoted only one or two paragraphs to the event on inside pages.

This first flight was quickly followed by other successful flights. On 24 February, McCurdy surpassed all previous AEA records by flying four and a half miles, circling to complete a landing at the spot from which he had taken off. One wing was slightly damaged when the aircraft skidded on touch down. This set back was quickly repaired and the aircraft was back flying in early March. Longer and more complicated flights followed in quick succession. These later flights garnered more attention from both the media and from the government.

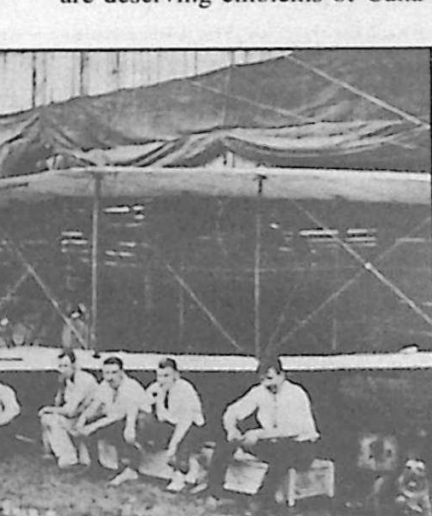
In May 1909, the Militia Council of Canada expressed some interest in this new field of technology by requesting a demonstration. They offered Baldwin and McCurdy the use of military grounds at Petawawa to carry out trials. Early in June, the *Silver Dart* was shipped to the camp at Petawawa and, assisted by military engineers, the aircraft was carefully re-assembled under the cover of a newly constructed hangar. In August, three successful flights were carried out, including carrying a passenger. A fourth flight



The Silver Dart - Canada's first successful powered aircraft flight occurred on 23 February 1909 in Baddeck, Nova Scotia.

ended in disaster, however, when McCurdy was preparing to land close to the hangar with Baldwin on board as a passenger. McCurdy misjudged his height and the aircraft crashed. While both occupants were only slightly injured, the aircraft was effectively destroyed.

While other demonstration flights on other replacement aircraft were quickly carried out by the AEA in 1909, military interest in this new fad then faded until the advent of the First World War. Aircraft were simply then considered "too expensive a luxury." McCurdy, however, went on to a long and successful career in aviation. He opened one of the first and most successful flying schools in Toronto, providing badly needed pilots for Canada and the British Empire during World War I.



The successor to the Silver Dart, the Baddeck I, in front of the newly constructed hangar at Petawawa, 1909.

McCaffrey and J. Trimm, with assistance from Flight Lieutenant W. Bell. Subtle modifications to the replica had to be incorporated. Stronger wheels, better brakes and a different engine and engine arrangement comprised the major differences. A 65 horsepower, air-cooled A-65 Continental engine substituted for the original powerplant.

On 23 February 1959, amid suitable fanfare and dignitaries, including the Honourable J.A.D. McCurdy himself, the *Silver Dart II* was hitched to a horse drawn sleigh and towed out to the starting point. Unfortunately, the weather conditions at the time were not ideal. Strong crosswinds, gusting to as much as 30 mph, promised to scrub the flight entirely. A brief lull in the weather, however, prompted the RCAF team to proceed. Wing Commander Hartman, an experienced test pilot having flown over 100 different types of aircraft, ran through a final check and then proceeded to

take-off. The *Silver Dart II* lifted off smoothly and climbed steadily reaching a peak altitude of 50 feet. But approximately one half mile after take-off, a gust of wind abruptly tossed the frail aircraft about 25 feet higher. Momentarily on the verge of a stall, the left wing dropped sharply. Wing Commander Hartman quickly recovered, chopped the throttle and landed the aircraft heavily onto the ice. The pilot was unhurt and the replica was slightly damaged. It was perhaps a more realistic ending to the recreation than was first envisaged. This commemorative flight effectively ended the replica's flying career but the *Silver Dart II* now proudly rests in Canada's National Aviation Museum in Ottawa.

19 Wing proudly salutes these first aviation pioneers along with our military aviation heritage. The *Silver Dart* and its proud replica are deserving emblems of Canada's first steps in a distinguished aviation history. *Per Ardua Ad Astra*.

References:  
"Too Expensive a Luxury ...Part I" - The Roundel (RCAF Magazine) - Vol. 11, No. 6, July-August 1959.

"Too Expensive a Luxury ...Part II" - The Roundel (RCAF Magazine) - Vol. 11, No. 7 September 1959.

"Souvenir Edition-Fiftieth Anniversary of Flight in Canada" - AIRCRAFT (Canada's Aero Trade Magazine) - February 1960.

## Heritage Happenings

By Joel Clarkston

### Heritage Week February 15 - 21

It's Heritage Week beginning 15 February and the call has been received to participate in the celebrations.

This year, as last, the museum will be putting on a display in the Comox Mall. The display will be set up on Sunday the 14th and will include a number of photographs and paintings received from our many donors.

There will also be a number of models of historic aircraft that will feature the Fleet biplane used by the Aero Club of B.C. at Mission just prior to World War II.

In addition there will be a large model of the Curtiss P-36 Mohawk used by many Canadians during the Burma campaign.

The Heritage Restoration Committee plans to display the Willys jeep and engage any of the visitors in the art of volunteering for future restoration efforts.

The Courtenay, Cumberland and the new Comox Museum will also be displaying many of their artifacts in the mall over the same time period, so there should be something of interest for everyone in the valley.

### Visitors welcome

The Comox Air Force Museum is teaming up with the Rotary Club to host a number of visiting students from Washington State. The students, approximately 50 of them, normally visit the area as guests of the Rotary Club and take in some of the local heritage and history.

They were scheduled to spend a day with the Comox Indian Band at the Big House, but that structure suffered some damage due to the recent high winds in the valley. There was, therefore, an urgent need for an alternate site since the visit was scheduled for Saturday, 13 February.

LCol Terry Liversedge and the museum staff stepped in to help with the situation and the students will now visit the museum and 19 Wing instead.

Hopefully the visit will be positive and this relationship can continue in the future.



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holidays  
10:00 a.m. - 4:00 p.m.



## Glacier Greens Golf Shots

By Barb Carter

January 24 was a bright sunny day. Twenty-one people came to play, but with the sun comes that devil Jack Frost so there was a frost delay. Most golfers decided to wait it out and, after two and a half hours, they hit the tees with determination.

1<sup>st</sup> LG went to Dave Kelly's team of Norm Felbaum, Greg Young and Lori Cameron with a plus 18. 1<sup>st</sup> LN was Phil Nakashima, Len Doyle (who didn't wimp out this time), Carmel Horochuk and Ken Doll came in with a minus 9. 2<sup>nd</sup> LG went to Lloyd Billings' team of Rick Forster, Vic Crisp and Dick Anslow with a plus 18.

The only KP this Sunday, due to the small number of people, was on #15 and it was Ken Doll making the shot. Well done to all.

## Jake's Trivia Corner

1. Which legendary defenseman won the Norris Trophy eight times with the Boston Bruins?
2. Which heavyweight boxer kept the crown longer than anyone else in boxing history?
3. What was Babe Ruth's real name?

Answers on page 14

## Glacier Gardens Parent & Tot Skating

**Times & Fees**  
**Tuesdays & Thursdays**  
**0900-1000 hours**  
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 Civilians: Children \$1.50, Adults \$3.00

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## Shank, lift, hit! Women's Volleyball Team wins Region

In September, when the women of the Wing began training for the Volleyball Regionals, their motto was "Shank, Lift and Hit." As the 1999 Volleyball Regionals approached, their motto and play began to resemble the true volleyball motto: "Bump, Set and Spike."

Early in August, Luce contacted all female personnel at the Wing to try to recruit enough bodies to form a volleyball team. After many phone calls and several more E-mails, enough women were recruited, coerced or bribed and the practices began.

As the training continued to provide positive results, the team organized a mini round robin tournament to test their skills.

The tournament allowed the team to see their opponents from Esquimalt for the first time. Although neither team won the tournament, it provided them an opportunity to play against each

other. Unfortunately, after the tournament, some of the people who had been training with the team left. The hunt was on for more players.

The remaining six members of the team continued practising, not knowing if there would be enough players for the Regionals, which were still two months away. At the end of November, the Esquimalt team hosted a tournament which allowed the Lady Totems to compete against them again.

The final recruiting drive was very successful as three new women joined the team and began training. These three late additions allowed the team to go to Esquimalt to compete.

The Lady Totems were finally on their way to Victoria to play a best out of three matches, each match being best of five games.

It was evident that both teams came out to win. The Lady Totems

won the first two games. During the next two games, CFB Esquimalt became more defensive and their serving improved, which ensured that the match would go to five. Both teams played hard during the fifth game and the lead changed with each serve. Esquimalt was able to win a few consecutive points that, eventually, led them to a 17-15 victory in the fifth game.

The Lady Totems were on fire during the second match. The first game was over before the team went through the second serve rotation. The following two games were similar to the first with Comox dominating. The second match was over within forty minutes. The first two games of the third match saw Comox continue playing as they had at the end of the second match. Comox won the first two games. Strong serving by CFB Esquimalt saw the game go to the home team. The fourth game started out as poorly for the team

from Comox as the third one had ended. Both teams played hard and rarely were more than two points earned on the serve until Esquimalt hit ten. The game then broke open; the home team widened their lead to 13-8 during one of the serve rotations. Comox realized that they had been in this position before and did not like the end result. Showing strong determination and will, the team from Comox fought back to win the fourth game, 15-13. This meant that Comox would be the team representing the Pacific Region at the Volleyball Nations for the first time since 1995.

Congratulations and best of luck at the Nationals to the 1999 Lady Totems team: Sandra Abbott, Kim Fournier, Lucie Gagne, Luce Gilbert, Joan Hurley, Mary Lee, Mimi Prevoreau and Jean Traynor. Special congratulations to Luce Gilbert who brought home the MVP award for the tournament. **BUMP SET SMASH.**

## Esquimalt wins third Regional Championship

CFB Esquimalt won its third straight Pacific Region Basketball Championship here in Comox on January 9. Esquimalt went through the Round Robin undefeated. In the final they played Comox and took them to the cleaners 101 to 78. Esquimalt now goes to CFB Borden, 7-12 February, where they will be defending two National Championships. Good luck on the 3-peat.

## Intensive day program for women



By Marie Helgason

A program for women who have experienced problems with alcohol and/or drugs is now being offered in a number of Upper Vancouver Island communities on a rotation basis. The programs are now under way for 1999. Anyone interested may contact the Courtenay Alcohol and Drug Services clinic at 334-5850 or Marie Helgason of the Upper Island Women's Day Treatment Program at 897-0929.

The Courtenay clinic has hosted many four-week programs since September 1996. According to Sam Sommers, the director of the clinic, both counsellors and participants were enthusiastic about the results experienced by the women who took advantage of the program. The next Courtenay program is scheduled for 1 March. However, Sam encourages women to make connection with the clinic now in preparation for the spring group.

Labour Relations will be offered February 19-21, from 6:00 p.m. to 10:00 p.m. on Friday and 9:00 a.m. to 5:00 p.m. on Saturday and Sunday. Registration deadline is February 16, at the WPSO's office in Building 22. Tuition is \$120.00 and materials are \$32.65.

These courses are available to all CFCFN members, including serving, retired and reserve military, civilian and NPF employees, and family members. If you would like more information, please call Pat Allan, CFCFN Co-ordinator at local 8889 or 339-2280.

Women may abuse substances as a way of coping which often reduces their power, choices and abilities. Each woman's journey towards inner knowledge and empowerment is an individual one

which is self-defined and done at her own pace. There are many roads, one journey.

Joan van der Holt, executive director of the Comox Valley Transition Society says, "Many of the women have family, work and home responsibilities that make residential treatment a difficult choice. The arrival of a new day treatment program removes one of the barriers that have made it difficult for them to seek the help they are looking for."

Women who face additional obstacles in accessing treatment – because they live in outlying areas, such as Hornby Island, or have young children at home – may be able to receive assistance with travel, accommodation and childcare if they do not have access to other resources.

In the booklet *Making Connections*, published by Aware Press Inc. (1995), the authors explain:

"Any woman can have a problem with alcohol or drugs. It doesn't matter how much money or education you have. It doesn't matter how old you are. No matter what your life is like, you can have an alcohol or drug problem. And some women's lives can be even more difficult... (B. Barnes, et al, 1995, p.13)

The Women's Day Treatment program supports women's recovery by recognizing that healing takes place on many levels – mind, body and spirit. The success of the program experienced in other communities around the province strongly suggests the program is a welcome addition to existing services of the Upper Vancouver Island Region.

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## First time lucky-running Beasley Pass

By Hans Gassner, CFSA



Our first year on the water was a year of firsts. None were more terrifying than the time we transited Beasley Pass, up at Surge Narrows, after misreading our navigation tables.

The plan was to head up to the Octopus Islands, known as an idyllic mini-archipelago way up on the northern end of Quadra Island. Nothing good comes easy, so naturally a tidal obstacle blocked the route.

A "narrows," for all you landlubbers, is a geographical feature where the land crowds incoming tidal waters into an extremely narrow waterway. The current speed then increases, in some coastal areas up to twelve knots. That knot figure also accurately describes the state of your lower intestines after going through a particularly nasty run. Don't forget that this current will run one way on the flood, and the other on an ebb tide, twice daily. You've got to pick and choose your time carefully.

We decided we were too early to run Beasley Pass, a harmless-looking five hundred yard waterway between two tiny islets. The current was against us at the moment, but it would shift a few hours later. The government dock at Surge Narrows would be a good place to hang out until then.

Just about when we tied up to wait, a boat came through the Pass from the other direction. That should have been our first clue, but it pretty much takes negative stimulus therapy to teach me anything.

Three hours later we approached the Pass, yours truly on the tiller, our little 9.9 horsepower noisy thing whirling away. Strangely enough, the boat seemed to be picking up speed between the two islets. This was flat out impossible, of course, because the Current Tables declared, with biblical certainty, that this was slack time, the relatively calm interval between flooding and ebbing. I decided that being so close to land just created the illusion of speed. And having land so close

to you on either side obviously meant twice the speed. Cool.

By the time I realized we were doing six knots through a body of water moving at nine knots, it was too late for anything. The boat swung one way, and my liver went the other.

That was a first.

Just when I thought I could probably avoid hitting that island if I just worked the tiller frantically enough, a second whirlpool grabbed hold of us. This one swung us away from the rocks, which were now so close that barnacles were expertly spitting at me. The tiller had no effect at all.

Cheryl was sitting on the bow, ostensibly to enjoy the solitude, but what her thoughts were during those moments, she never told me. The porpoises that swam by were unheralded, and remained unheeded.

We lost some innocence that day, but what we gained was far more valuable, an insight into the crystalline purity of nature. There is room for error, but not much, and you'd better learn from your mistakes.

The Octopus Islands are a recurring destination for us but, unlike that first time, now we read the proper tables. And we avoid as many whirlpools as we can.

## Fifteen important RRSP strategies and tactics



By Don Somers

**Contribute your maximum limit as early as you can**

Time, money and tax savings are a powerful combination. Here's proof: a 25-year old investor who contributes \$1,000 per year to an RRSP earning 12% would have \$767,091 at age 65 to show for a total investment of only \$40,000. Doubling the investment to \$2,000 annually results in a nest egg of \$1,534,182.\*

**Develop a fully balanced portfolio**

Consider the full range of investments available, along with the risk and return ratio of each. With the help of your Financial Consultant, develop a balanced, diversified portfolio of RRSP funds.

**Don't do what everybody else does**

Remember: your needs are unique. Many Canadians make uninformed investment decisions that aren't worthy of emulation. Do what is right for you on the strength of professional advice.

**Consider a Spousal RRSP**

You get the tax savings but the money compounds tax-free in your spouse's name for retirement. This could mean two lower tax brackets at retirement instead of one higher one. The goal here is to equalize income in retirement. You can make spousal contributions even if you contribute to your own plan, but the total amount must not exceed your own maximum allowable contribution. Keep in mind that the assets belong to your spouse in this case and you should watch out for the attribution rules.

**Take advantage of the foreign content allowance**

Many Canadians are not aware that you can invest up to 20% of your RRSP's book value in certain non-Canadian securities. International investing can build greater stability through diversification, and offers other growth opportunities.

**Consolidate your RRSP holdings for easier record-keeping and better growth**

There's no limit to the number of RRSPs you can own. But, review your holdings periodically to make sure you're getting the most from them. And remember that when you mature your RRSPs at retirement, it's easier to move your savings into a Registered Retirement Income Fund from one or two sources rather than several.

**As a last resort, consider borrowing to contribute**

With today's interest rates, it may make sense to borrow money to invest in an RRSP, as long as the RRSP is earning a good rate of return, which is greater than the cost of borrowing. Borrowing costs are not tax-deductible and you should pay off part of your debt with your tax refund. In addition, the loan should be paid off within one year. This should provide a bigger nest egg for retirement.

**Ask about the pre-authorized chequing plan**

It's a no-cost way to contribute to a RRSP from your bank, trust company or credit union and it allows you to take full advantage of the benefits of dollar cost averaging.

**Investigate a Group RRSP at work**

Employees benefit from a Group RRSP with its instant tax savings through payroll deductions.

**Understand**

**over-contribution rules**

All RRSP holders now have a lifetime over-contribution allowance of \$2,000. Beyond that, a penalty of 1% per month is payable on the excess contribution.

**Rely on professional advice**

Professional financial consultants can help you set your goals and determine the right choices for your RRSP – ones that fit your personal investment objectives.

**Avoid taking a short-term view**

Remember: RRSPs are intended to be long-term investments.

**Make the most of a golden handshake**

Tax laws allow you to transfer a retiring allowance to your RRSP up to certain limits. You are allowed to transfer \$2,000 a year for each year you've worked for your employer up to 1995, plus \$1,500 a year for every year you worked before 1989 during which your employer contributions to an RPP/DPSP did not "vest." So an RRSP can save and make you money, even under less than ideal circumstances.

**Investigate a RRIF**

Subject to transition rules, generally by the end of the year in which you turn 69, you must choose a maturity option for your RRSP. But you may draw income much earlier. For many Canadians, rolling an RRSP into a Registered Retirement Income Fund (RRIF) is the preferred solution.

**Get started today!**

\*For illustrative purposes only. Returns are not guaranteed or reflect future results.

Don Somers is a Financial Consultant with Merrill Lynch Canada Inc. (Member-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 adviser and we recommend that clients seek independent advice on tax related matters.



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- ♥ Valentines Dinner at the Greenhouse 13th & 14th
- ♥ Fondue in the lounge Feb. 14th
- ♥ 80's Retro in the Pub Feb. 13th

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1590 Cliffe Ave. Courtenay



## News

Those of you who have been over to CANEX will notice a big difference. As many of you already know, we had the old tiles taken up and replaced. The new floor also lead to some changes in the store's layout. We have moved the computers closer to the Administration and Customer Service ar-

ea so we can be on hand for your questions. The shoes were moved to the back corner and sporting goods have also been moved around a little.

We think that the new layout will lead to better service and make it easier for our customers to find what they need. For added zip, we have new red and blue trim and some new signage.

Don't forget Valentine's Day is almost here and your Sweetheart deserves to be spoiled. We have cards, candy and cute stuffed animals, as well as novelty items that are sure to please.

We started off February with recognition of two staff members' birthdays. Happy Birthday Denise and Gary! Terry says Gary is really old!

Remember our Price Advantage items – we save you money on basic everyday items like bread, milk, eggs, Beel margarine, apple juice, Kraft Dinner, 2kg sugar and butter. We match the lowest prices in town on these items.

February Madness Sale started Wednesday 10 February and runs until the 17<sup>th</sup>. So come in and check it out!

Remember CANEX – we are YOUR store.



We discovered Manon Popp's painting skills.





## COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

### 6th Annual Comox Valley Women's Day Conference

~ A Celebration of Women and Laughter ~

#### Workshops include: (Ateliers)

- How to Deal with Difficult People
- Food for Happy Thoughts
- Singing and Laughter
- Genderspeak
- Humor in the House
- Work Happy Work Healthy
- Comment démarquer une entreprise
- La joie de la réflexologie

**Key Note Speaker/Conférencière: Patricia Pitsel, Ph.D**

**Saturday, March 6th/ samedi 6 mars 1999**

**9:00 am to 4:00 pm**

**Crown Isle Club House, Courtenay**

**Admission/Entrée: \$30 • Call/Tél. (250) 339-8290**

Tickets available at The Comox Military Family Resource Centre, Crow Isle Golf Club, The Comox Valley Women's Resource Centre, l'Association Francophone de la Vallée de Comox, Sylvia's boutique, The Blue Heron

### Who is Patricia Pitsel?

*Awarded the Outstanding Instructor Award for four consecutive years from the University of Calgary*

The Comox Military Family Resource Centre is proud to have Patricia Pitsel, Ph.D. to give the keynote address and facilitate two exciting workshops at the much anticipated 6th Annual Comox Valley Women's Day Conference. Dr. Patricia Pitsel is an Educator, Human Resource Professional, and Chartered Psychologist in the Province of Alberta. Patricia received her M.S. Ed. in Counselling from Fordham University in New York City, and her Ph.D. in Counselling Psychology from the University of Calgary. As well as counselling, Patricia also conducts training programs in both the public and private sectors in such areas as conflict management, time management, improving personal effectiveness in the workplace, interpersonal communications, genderspeak, creative problem solving, and humour in the workplace.

### 6th Annual International Comox Valley Women's Day Conference

(6e conférence annuelle de la journée de la femme)

#### Schedule of Events - horaire des événements

- |         |  |
|---------|--|
| 9:00am  | Registration and Coffee<br><i>Inscription et café</i>  |
| 9:40am  | Opening Remarks<br><i>mots d'ouverture</i>   |
| 10:00am | Workshop Session #1 <i>session d'ateliers</i>  |
| 12:00pm | Keynote Address: Break Up or<br>Break Down: Humour as a<br>Coping Skill<br>Lunch<br>Booksale/vente de livres |
| 1:30pm  | Workshop Session #2 <i>session d'ateliers</i>  |
| 3:30pm  | Closing/Fermure and/et Raffle  |

**For more information call (250) 339-8290**  
**Register soon as space is limited**  
(pour de plus amples renseignements tél: 339-8211 (L) 8655)

### No Sno Festival

Child Minding Service  
at  
the Kinnikinnik Child Care Centre  
(ages 6 months - 12 years)

Complementary for No Sno Participants  
Friday February 26th  
8:30am - 4:30 pm

Registration Deadline:  
Friday February 19th

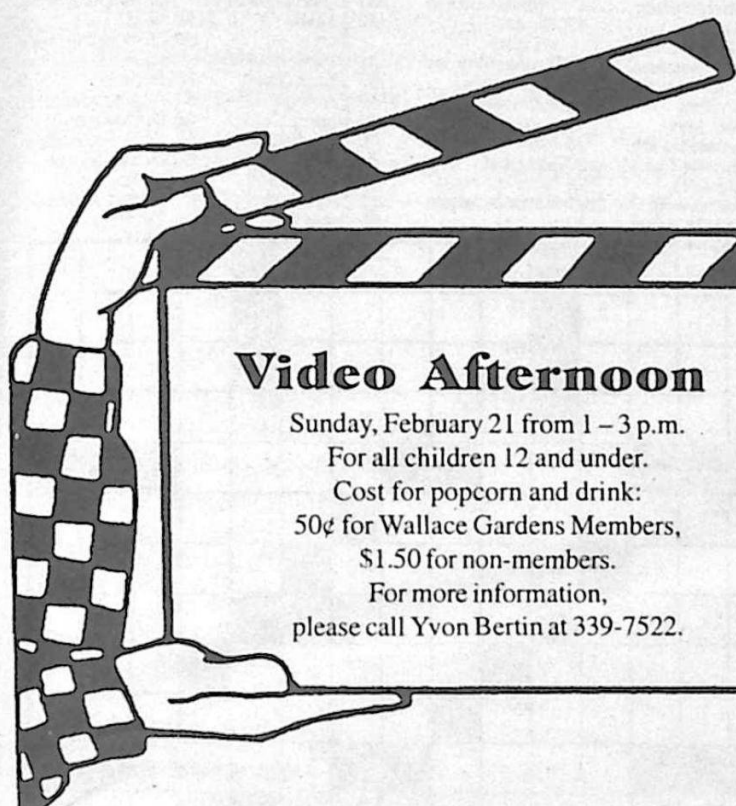
For more information and registration call 339-5051

## Wallace Gardens Community Association

### Valentine's Sock Hop

Where: Community Centre  
When: Saturday, 13 February  
Time: 6 - 8 p.m.  
Cost: If you wear something red:  
"free"/Members,  
\$1.00/Non-members  
If not wearing red:  
\$.50/member,  
\$1.50/non-member

For more information, please call Pat Taylor at 339-4400



### Video Afternoon

Sunday, February 21 from 1 - 3 p.m.  
For all children 12 and under.  
Cost for popcorn and drink:  
50¢ for Wallace Gardens Members,  
\$1.50 for non-members.  
For more information,  
please call Yvon Bertin at 339-7522.

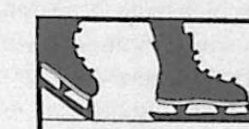
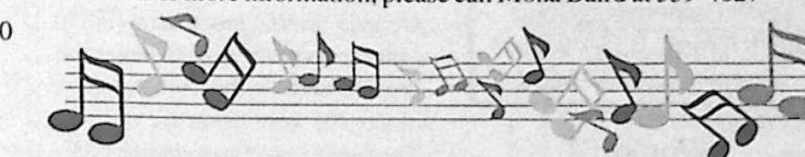


### Teen Dance

Community Centre  
Saturday, 20 February  
1930-2300 hrs

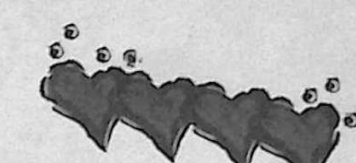
\$1.00/members, \$3.00/non-members

For more information, please call Mona Baird at 339-4627



### No-Sno-Fest Family Skate

Wallace Gardens Community Association in conjunction with the 19 Wing Comox No-Sno Fest committee, are holding a Family Skate Thursday, 25 February from 6:45 - 8:15 pm at the Base Arena. All military members and civilian employees and their families are welcome to attend. This event will be free of charge to all participants. For more info call Jane Bekus at 339-8211 (8571)



### Adult Craft Club Love Knot

Where: Community Centre  
Date: Sunday, February 21  
Time: 7:00 pm - 10:00 pm  
Cost: Free/W.G. Members,  
\$3.50/Non-members

A list of materials can be found in the Wallace Gardens office Mon - Fri 0730-1200 hours.

or call  
Jane Bekus at 339-2354  
or  
Pat Nicholson at 339-1966.



### Ward 7

#### Representative Required:

Wallace Gardens Community Association requires a ward representative for ward #7. This includes Row houses 102, 103, 105, 107, 108 and 110.

The ward representative acts as a liaison between their respective ward residents and the WGCA on all matters pertaining to their ward. If you would like to ensure that your ward receives proper representation, please call Jane Bekus at 339-8211 (8571). We need your help to make Wallace Gardens a better community.



**Don't  
Drink and Drive  
Use the  
No-Sno-Fest  
Courtesy Bus**

## Flight Safety Week

### Schedule of Briefings

#### Monday 15 Feb

Officers' Mess  
0800-1000 hrs DFS Annual Briefing by Col Legault. Applicable to everyone on the Wing.  
1015-1115 hrs Flight Safety is Everyone's Business, presented by Maj Camm, 1 CAD FS. Applicable to everyone.  
1230-1430 hrs Controlled Flight into Terrain (CFIT) and Situational Awareness, presented by Maj Gibbs (WFSO). Applicable to aircrew and ATC but everyone welcome.

#### Wing Main Briefing Room (7 Hangar)

1230-1315 hrs Safety on the Flight Line, presented by CWO Jenkins (D/WFSO). Applicable to everyone.  
1330-1415 hrs Air Weapons Safety Brief. Annual requirement for everyone who works on the Flight Line.  
1430-1515 hrs Tool Control Brief presented by MCpl Wetmore of 19 AMS. Annual requirement for technicians.

#### Tuesday 16 Feb

Officers' Mess  
0800-1000 hrs DFS Annual Briefing presented by Col Legault and applicable to everyone.  
1015-1115 hrs Fatigue and Countermeasures, presented by Maj Gibbs (WFSO). Applicable to everyone.  
1230-1530 hrs Decision Making Seminar presented by Mr. John Heiler of Transport Canada. Applicable to but everyone welcome.

#### Wing Main Briefing Room (7 Hangar)

1230-1315 hrs Company Safety Culture, presented by Sgt Jim Harper of 19 AMS. Applicable to everyone.  
1330-1415 hrs Tool Control Briefing presented by MCpl Wetmore of 19 AMS. Annual requirement for technicians.  
1430-1530 hrs 407 Sqn Flight Safety Issues. Applicable to 407 Sqn technicians.  
Old Command Post (Second deck of 7 Hangar)  
1300-1400 hrs Air Weapons Safety Issues, presented by MWO Fuhr (1 CAD FS). Applicable to all AVN technicians.

#### Wednesday 17 Feb

Officers' Mess  
0800-1000 hrs Annual DFS Briefing presented by Col Legault. Applicable to everyone.  
1015-1115 hrs Flight Safety is Everyone's Business, presented by Maj Camm (1 CAD FS). Applicable to everyone.

#### Wing Main Briefing Room

1230-1315 hrs Company Safety Culture, presented by Sgt Jim Harper of 19 AMS. Applicable to everyone.  
1330-1415 hrs Air Weapons Safety Briefing. Annual requirement for everyone on the Flight Line.

### Register your team now

Anyone interested in forming a team must recruit a minimum of 10 people and give their names to their Unit representative who will forward the information to the FS&R director NLT 19 Feb 99. Each team must have a team Captain and 2i/c. A maximum of 20 teams will be accepted, so get your teams in now. All are encouraged to show their spirit through unique team names, themes and costumes.

### Sand Sculpting Event

Start 1300 hours  
Finish 1530 hours  
Judging 1530 hours

Location: Parking lot outside the Ice Arena

#### Rules:

1. Only sand or natural materials can be used;
2. Only sand will be provided, all other materials (i.e. wheelbarrows, buckets, shovels, etc) to be provided by the participating teams;
3. Place to build will be chosen by the teams on a first come first choice basis;
4. All non-sand objects must be cleaned up by 1600 hrs;
5. Modular tents will be set up in case of inclement weather;
6. One person from each team must be present during judging;
7. Scoring:
 

Idea/Theme	5 points
Detail	5 points
Overall impression	5 points
Total possible	15 points

These scores will be used to determine the ranking of the sand sculptures and will not go towards the score of the overall team.

### Free Child Minding Service

Child minding services will be provided throughout the day (0900-1630) by the CFMRC for children 15 months to 12 years old. Personnel wishing to use this service are to contact local 8847 or 339-5051 to reserve a place for their child prior to 19 February. Please identify any special needs for your child when calling.

## SPECIAL DEALS!

**BATH TOWELS**

• 23 INCH  
REG. 5.99... **3.99**  
• 27 INCH  
REG. 6.99... **5.99**  
• 30 INCH  
REG. 6.99... **5.99**

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**COTTON THROW BLANKET**

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**House: Cumberland, \$600.**  
2-bdrm, large yard, fruit trees, garden, good neighbours.  
**Apartment: \$400.**  
1-bdrm, large deck.  
897-3069

## Miscellaneous for Sale

1997 Palomino tent trailer, sleeps 6, propane heater, stove, 3-way fridge, awning, ex. cond. \$4,900. Guy 334-9244. <2/2>  
Size 7 snowboard boots \$60.00. Call 338-1068. <2/2>

97 Jeep TJ, 2.5 litre, 4 cyl, navy blue with tan soft top, sound bar, centre console, trailer hitch & wired, 48000 km. Contact Marc 897-3177 or loc 8607. <1/2>

Digital satellite system, Echostar model 3000 receiver, universal remote, 18" dish, for the American network. Easy to install. Asking \$325.00 o.b.o. Call 334-8684. <1/2>

Bevelled glass top dining table and four black high back chairs \$250.00 o.b.o. 334-8684. <1/2>

## House for Sale

Quiet cul-de-sac, 2-storey stucco, 2240 sq.ft. 3-bedrm. 2-1/2 baths, cherry hardwood floors, gas fireplace, spacious kitchen w/island. Immaculate cond. 2yrs. old \$169,900. Ph. 339-6797. <2/2>

## Babysitting

Mother of two will babysit in her home across from Airport School. Non-smoking home, First Aid CPR/playroom/ fenced yard. Full/part-time or after school. Susan 339-0390. <2/2>

## Business

A perfect part-time home business! 2 hours/day earns you financial freedom. 24-hr. msg. 1-888-571-9565. <1/2>



Mayor (ret'd) Viljo and Sylvia Kippel are pleased to announce that their son Christopher is a 1998 graduate of the Canadian Memorial Chiropractic College. Dr. Kippel has returned to the Comox Valley and is now an associate Chiropractor with Dr. D. Price in Comox.

## Jake's Trivia Answers

1. Bobby Orr.
2. Joe Louis 1937 - 1949.
3. George Herman Ruth.

## Reunion

**4(F) Wing, Baden Soellingen**  
Members, wives, widows and children who were stationed at 4(F) Wing during the years 1952 to 1960 are invited to a reunion to be held at the Officers' Mess, CFB Comox, 19 June 1999 at 1900 hours.  
A buffet will be provided at a small fee. To make a reservation contact:  
A.W. Chub Lenz  
2343 Catherwood Road  
Black Creek, B.C. V9J 1J3  
Phone: (250) 337-5608

## Women's Business Network

The Comox Valley Women's Business Network will be holding their next meeting on February 11 at the Kingfisher Resort. Doors open at 6:00 p.m. for registration and drinks, with dinner being served at 6:40 p.m.

Our February speaker will be Ian Thompson who is presently the Director of Sales for Central Island Broadcasting. His topic for the evening will be *The Marketing Bridge*. You won't want to miss strategies for "expanding your slice of the market pie," "building top-of-mind customer awareness" and more.

*In the Spotlight* will host Glenice Neal of Jack's Shine Shop for all your car detailing needs. Please bring a pair of scissors with you for our Valentine's Surprise.

Call our hotline now at 338-0113 and make your reservation for this event-packed evening.

The WBN, with a membership of over 80 women, meets on the second Thursday of every month for a dinner meeting. The cost to members is \$20.00 and non-members \$25.00. If you are interested in joining our network, or just wish to come out for an evening, please call our hotline for more information.

Don't forget to bring your business cards to be the lucky winner of one of our draws.



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Comox's newest rental Community

## Resolve...to make a difference

A new year means a fresh start. But for thousands it means relying on your generosity to mark a new beginning.

The Kidney Foundation of Canada, BC Branch, is seeking volunteers who are interested in canvassing door-to-door in their neighbourhood during March. As a volunteer canvasser you will be provided with the proper identification, tax receipts and canvasser kit.

March is Kidney Month in Canada. In BC, more than 12,000 volunteers are needed to help raise crucial funds. In the Comox Valley alone 300 volunteers are needed. The funds raised go towards medical research, helping local kidney patients and organ donation awareness programs.

The Kidney Foundation is a non-government funded agency dedicated to helping those living with kidney disease and to organ donation awareness.

Resolve to become a volunteer canvasser. Call Sheila O'Callaghan at 339-5286 for further information or to sign up.

## Canadian Cancer Society Comox Valley Unit February Programs

**Fresh Start - Quit Smoking** program starts Tuesday Feb 16 and runs every Tuesday and Thursday to March 11 (8 sessions). Time: 7:00 - 9:00 p.m. Place: Cancer Society office, #102-1509 Cliffe Avenue, Courtenay. Call 338-5454 for more information or to register.

**Do yourself a favour!**  
**Breast Cancer Support Group** Feb 11 at 10:00 a.m.

For those who have recently undergone surgery. 335-2595.  
**Monthly Society Meeting** Feb 17 at 2:00 p.m.  
Courtenay United Church.

## 75th Anniversary Charity Golf Tournament

Friday, 25 June 1999  
at  
Glacier Greens  
Shotgun start 0930 hrs

## Reception:

19 Wing Officers' Mess - cocktails, dinner, prizes and charity auction.

## Cost:

\$50.00 - charity receipt will be provided.

(Most proceeds to YANA and a small portion to the RCAF Heritage Museum.)

## Registration:

Tickets go on sale 1 March in the Tel Adm Section in Bldg 45, or contact Karen at local 8755. First people to pay will be confirmed and those remaining will be placed on a waiting list.

## Format:

36" five-person teams in a Texas Scramble (5 balls best ball).

## Golfers:

180 total - 15 VIPs, 15 Sponsors, 20 retired members, 130 19 Wing personnel.

## TODAY'S CROSSWORD PUZZLE

## ACROSS

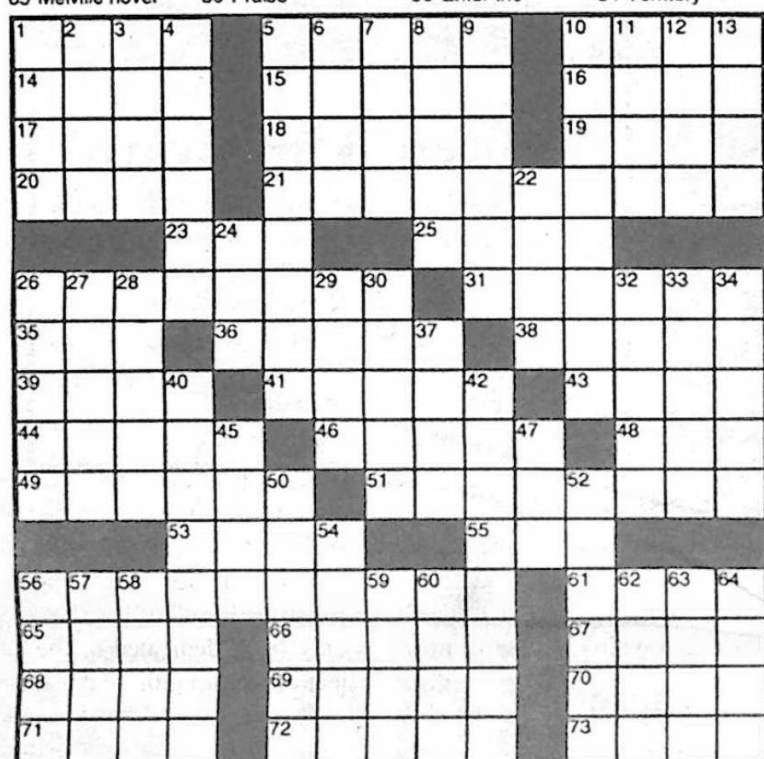
1 Office note  
5 Hosiery hue  
10 Watch chains  
14 Leave  
15 Welles or Bean  
16 Singer Guthrie  
17 Mailed  
18 More prudent  
19 Prom attendee  
20 Movie dog  
21 Melodious  
23 "is me!"  
25 Plod  
26 Hatchet  
31 Giggles  
35 A Gabor  
36 Music hall  
38 Actress Hunt  
39 Simple  
41 Former president of  
43 Spanish lady  
44 Heyday  
46 Violinist's need  
48 Little swallow  
49 Actor Peter  
51 Accents  
53 Fork part  
55 Timetable info  
56 Eugene Debs' followers  
61 Norm's wife  
65 Melville novel

## DOWN

1 Plateau  
2 Former spouses  
3 Type of tea  
4 Capital of Canada  
5 Blondes  
6 Opera song  
7 Old-map units.  
8 Sonnets, e.g.  
9 Sign up  
10 Tired  
11 Popular cookie  
12 Cordon —  
13 Some relatives  
22 Actor Wyle  
24 Expression of surprise  
26 Pam film director  
27 Manifest  
28 Novelist Puzo  
29 Become frayed  
30 Praise

## PREVIOUS PUZZLE SOLVED

PLATO OMAR DIPS  
AILED OMAR ASEA  
SNIDE SILO USED  
TEA SITTING BULL  
ASSISTS CHEESY  
HAE BLOOD  
YOYO MORASS AMI  
ALONG CAR TABOO  
KEN RATTAN LAIN  
LOGOS IDS  
APPEAR FLOODED  
POINTOFVIEW OVA  
ALAS URAL NAMED  
CANE NEIL ONEND  
EROS DIENS NASTY



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## A Valentine's Day treat for island gardeners



David Tarrant, CBC TV's *Canadian Gardener*, will be speaking at 2.15 p.m. on February 14 at the Hornby Community Hall.

David has been Education Coordinator at the UBC Botanical Gardens since 1974. A highly respected horticultural expert, he is

in demand nationally and internationally. He will bring some cut flowers, show slides concerning spring and fall gardens and give cultural tips on planting and pruning. A question period will follow — so bring your pre-spring garden queries for David's advice.

This "Hearts and Flowers" event is sponsored by the Hornby Festival Society.

Tickets are \$7.00 at the door and refreshments will be available. The 1:00 p.m. ferry from Buckley Bay will get Vancouver Island visitors to Hornby on time. Last ferry from Hornby leaves at 6:00 p.m.

For more information, please call the Festival office at 335-2734.

## Dog Morsels

By Gerry Gerow



## The Complete Standard Poodle

By Eileen Geeson

(Howell Book House, Macmillan Publishing, New York. \$41.95)

The first place I turn to when a new breed book comes into my possession is the breed history. Not only is it extremely interesting reading but also it reveals how much the author knows about his/her subject. The history in this one is excellent.

Everything you would hope to find in a good breed book is here. I was pleased to see that Canada has not been neglected as it has in so many other dog books.

Poodles come in three varieties: standard, miniature and toy. This book is about the largest of the three. These dogs must stand over 15 inches high, or they will be classified as a miniature poodle. Most are somewhat larger than this — they are quite a large dog.

Many don't suspect that the poodle was originally bred and used for waterfowl hunting. They are excellent retrievers when bred for this, although many have lost the instinct. They love the water.

This is a 175 page attractively bound hard cover edition. It is well illustrated with 130 photos, most in colour.

In addition, there are a number of line drawings to illustrate points in the text. Certainly an excellent book which should be in the library of every poodle fancier.

## Adopting the Racing Greyhound

By Cynthia A. Branigan

(Howell Book House, Macmillan Publishing, New York \$16.95)

The purpose of this book is to provide information on the adopting and caring for the racing greyhound.

Dog racing is not allowed in Canada, but in many states south of the 49th Parallel it is and, once these animals end their usefulness as racing dogs, they are of no use to the handlers and trainers and are usually destroyed.

In some respects this is a breed book because all of the information on care, health problems, feeding, exercise requirements and much more will be found here.

Branigan is also the author of an authoritative book on the greyhound breed, *The Reign of the Greyhound*, which I reviewed last summer. She is a freelance writer who is heavily involved in animal protection and rescue work.

The appendix at the back of the book is loaded with information on contacts and authorities regarding adoption procedures.

In the book, you will also find a lot of information on the so-called sport of dog racing. I found this section extremely interesting. I am led to understand that this is the only book dedicated to the subject of adopting these dogs.

It is a very well illustrated 178 page paperback edition which was published last summer and is a must have for anyone who is thinking of adopting a greyhound.

## Two days with the CAS

The Chief of the Air Staff (CAS), LGen David Kinsman, was at 19 Wing from January 26-27 to inspect facilities, better define and understand the operational roles of the Wing and invigorate morale.

As he said, "the worst is definitely behind us. For those who have persevered for the last decade, I have these words: the future looks brighter." LGen Kinsman was here chiefly to officially announce construction of the new Recreation and Community Centre.

The CAS pointed to the new Rec Centre as another example of Quality of Life initiatives in the Air Force and the importance that personnel issues have for the senior leadership.

## RRSP Tax Tips

By Kim Vogel

1. Deadline for normal contributions is 1 March 1999.

2. Consider contributing to a spousal RRSP for future income splitting purposes.

3. Individuals age 69 have until 31 December 1999 to make their last RRSP contribution unless married or living common-law with a spouse below age 69.

4. Check your 1997 Notice of Assessment from Revenue Canada to determine the amount of contribution allowed. In addition, determine whether you have excess contribution amount not declared.

5. Do not make a RRSP contribution if you have no taxable income in 1998, even though Revenue Canada says you can. The deduction will not create a tax savings if you are not taxable.

6. If you turn 65 this year or are a widow and have no other qualifying pension income, you may be eligible for a \$1,000 tax-free withdrawal from your RRSP.

7. Severance or retirement allowances transferred to RRSPs are no longer calculated under the alternative minimum tax calculations.

8. Non-eligible severance or retirement allowances can be transferred to either your RRSP or a spousal RRSP if you have unused contribution room.

9. RRSP educational loans are available for workers who become full time students to withdraw up to \$10,000 in one year or a cumulative \$20,000 maximum over four years. Repayments to the RRSP must be made over a maximum of 10 years.

10. Surviving spouses have until 1 March 1999 to make a spousal contribution to offset tax liability on the deceased spouse's return if contribution room is available.

11. If a deceased taxpayer had little or no income in the year of death, it may be advisable to cash some RRSP assets before transferring the balances of these plans to a surviving spouse.

12. Students planning to give educational tax credits to a parent or grandparent should consider making RRSP contributions to lower taxable income.

## HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Tree is taller. 2. Vapor puffs are missing. 3. Fence is shorter. 4. Earmuffs are removed. 5. Arm is raised. 6. Ladder is taller.

## FREAKSHOW



Remember to tell our advertisers that you saw their ad in the Totem Times.



## Royal Canadian Legion

## Branch 17 Courtenay (334-4322)

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

12 Feb ... The Easterners  
19 Feb ... Vested Interest  
26 Feb ... Ventura Highway  
Zone Crib Tournament 27 & 28 Feb, start 1:00 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)

12 Feb ... Country Kings  
19 Feb ... Country Cousins  
26 Feb ... Double Play  
5 Mar ... Nite Life

## Officers' Mess Ladies Club Calendar of events

Feb 17 Antique and Collectible Night  
Mar 17 Back by popular demand: Craft Night  
April 21 Hands-on Gardening Night  
May 19 Great tips for the Barbeque season

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

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

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.





# Park Place

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## Grand Opening!

February 20-21, 1999

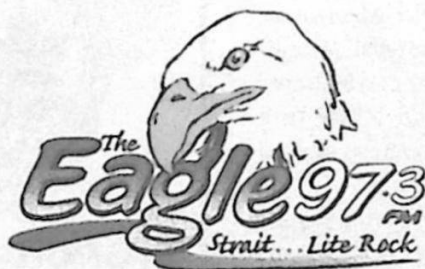
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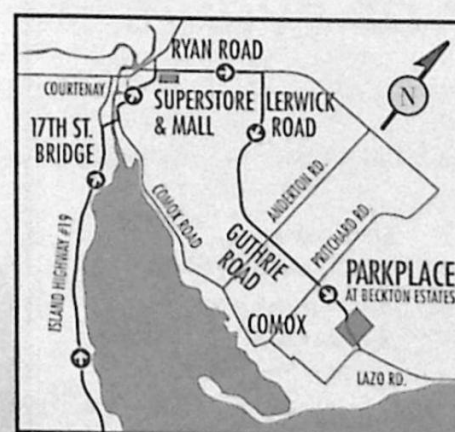
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