



TOTEM TIMES

19 Wing CFB Comox

THURSDAY 25 FEBRUARY 1999

The Comox Valley's Longest Running Newspaper

VOL. 41 NO. 3

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**DND
gets
\$175
million**

By Mitch Gillett, D-News

A jump in defence spending by the government announced in the February 16 federal budget paves the way for a multi-million dollar improvement in the quality of life of military personnel.

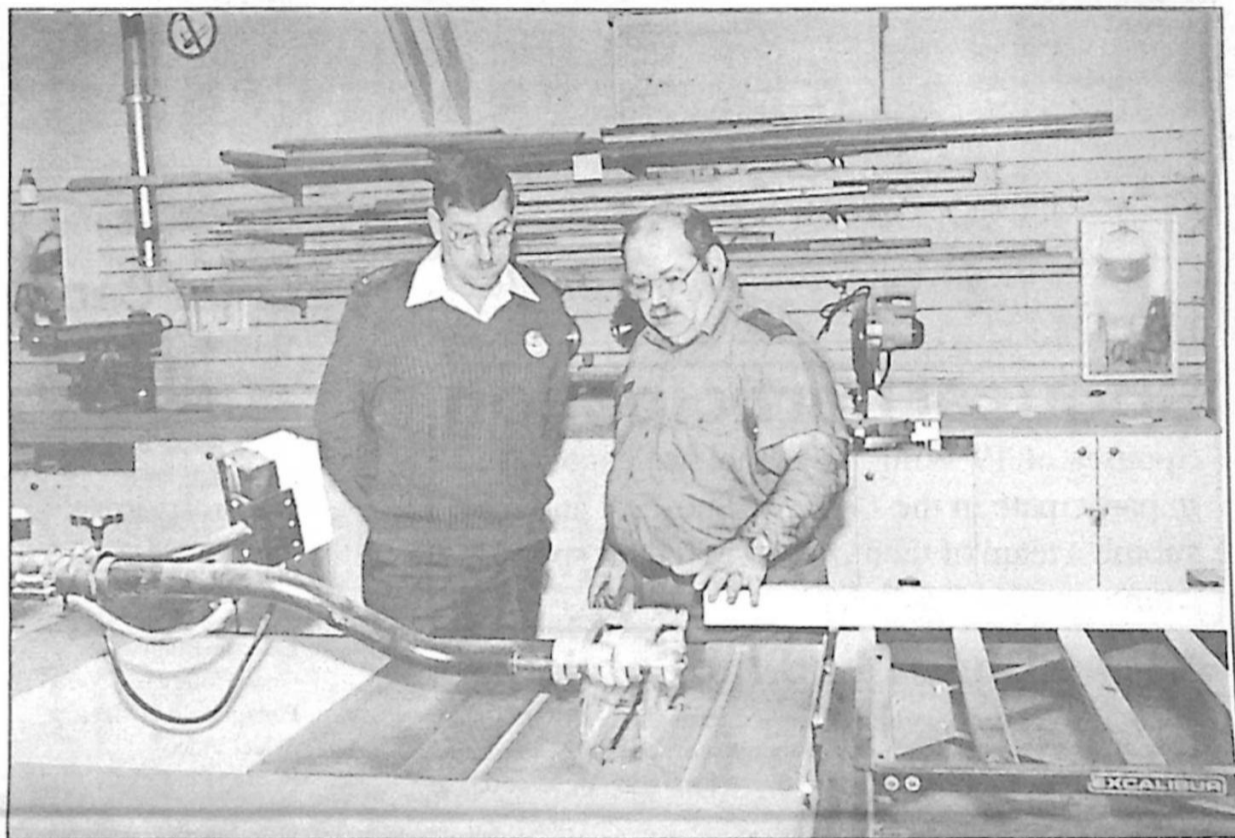
In the 1999 budget, Federal Finance Minister Paul Martin announced that DND/CF would get \$175 million of new money for Quality of Life initiatives in the next fiscal year. The government also reinstated the \$150 million cut from last year's defence budget. With adjustments, the DND/CF budget will increase by about \$400 million, which is close to a four per cent hike in funding.

"Our purpose is not just to build a better bottom line, it is to build a stronger nation," said Mr. Martin. "That is why we are improving the compensation and benefits of the men and women of the Forces - Canadians who put their lives at risk every day around the world and who have demonstrated uncommon dedication there and at home helping their country cope with a series of disasters."

Pressure for an increase in military spending reached a peak when the Standing Committee on National Defence and Veterans Affairs (SCNDVA) tabled a report with 89 recommendations to improve the quality of life in the military. Among the suggestions in the document was a pay hike for all military personnel, with the lower ranks getting up to a 10 per cent raise.

Each year for the next three years, DND/CF is expected to re-

QOL funds improve safety at Wood Hobby Shop



WCWO Dupuis (Chairperson FPFL committee) with Sgt Nault (President Wood Hobby Shop) check out the newly installed equipment. (Photo by Cpl Colin Kelley, Wlmg.)

By Sgt J.R. Nault

Part of the 98/99 Flight Plan for Life funding, which is allocated to the Wing each year by the Chief of the Air Staff, has been used in the Wood Hobby Shop.

This money was mainly spent to eliminate safety concerns that were associated with old and outdated equipment. The refit of this facility includes the replacement of a table saw complete with a unigard system, a new drill press, new router and personnel protective equipment (face shield, ear defenders, goggles and proper face masks for refinishing).

This update has enhanced the Wood Hobby Shop capabilities for members. For example, the new ta-

ble saw with the unigard system allows members to perform any cut they require without having to remove the guard. This includes dado cuts, which were impossible to do in the past. The addition of a new variable speed router now permits the members to use router bits of any size, no longer being limited to a maximum of 1-1/4 inches. With the addition of personnel protective equipment, members can now operate any power tool with the proper safety gear at their disposal.

Since the installation of this new equipment, the usage of the shop by members has increased and there have been many favourable comments received.

ceive \$175 million to improve pay for CF members.

Pat O'Brien, chairman of the SCNDVA committee, said they would have liked more, but it is the case for all Ministers. "I am quite confident that this amount of money is going to allow the Minister of National Defence to deal with the pay raises that are needed by the ranks," he said.

"The speech made it very clear that the new money is for the Quality of Life issues, starting with pay and support services," he said. "You are talking basics. So much of the stress in a family is income-related, so certainly they could use more of a pay raise. So to give them a 10 per cent pay raise, or something close to that, is a pretty good start."



**No-Sno is
on Friday
- see you
there**

By Capt David Krayden

The Wing takes a break from winter, February, and the hectic pace of the 1990s this Friday with the No-Sno-Fest. The annual celebration has become a tradition at 19 Wing, where, eschewing the regular sort of winter carnival, we choose to spend the day at fun but challenging sports events, creating works of art out of sand and having a ball at the Sgts' and WOs' Mess, well into the evening hours. I have to admit

Continued on page 2...

**BORROW MONEY
TO SAVE MONEY?**

HERE'S HOW IT WORKS.

*This is one time where
borrowing really
makes sense. And it's
simple and easy.*

THE SCOTIA RRSP CATCH-UP LOAN

1) BORROW \$15,000

(Or as much as \$50,000 at Rates as low as Prime)

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(This depends on your tax rate)

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4) WATCH YOUR RRSP GROW TO \$22,000 IN
5 YEARS & 6 MONTHS, WHEN YOUR LOAN IS
PAID OUT. IN 25 YEARS, YOU'LL HAVE
\$102,727

Of course, you'd rather not borrow. But this is borrowing to save. So you can catch up and keep up. Because doing nothing is the worst idea of all.

(This example is based on all the
following assumptions.)

1) Investor is in 40% marginal income tax bracket and is eligible for a \$6,000 tax refund. 2) Loan is amortized over 10 years and is subject to applicable credit criteria. Loan rate over the life of the loan is 6.75%. Rate is fixed for each term of the loan. 1-5 year terms available. 3) Tax refund is used to pay down principle at the fourth month - you pay back an additional \$10,946 (\$1,946 in interest). 4) RRSP investments earn an average annual compound return of 8.0% in a diversified portfolio.

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NO-SNO-FEST '99



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
 Gym & Pool Tabloid events
 Lunch
 0915-1130 hrs Team Captains briefing
 1130-1300 hrs Arena & Outdoor Tabloid events
 1245-1300 hrs Sand Sculpture judging
 1300-1530 hrs Doors open for Dance and Casino
 1530-1600 hrs Dance in Jr. Ranks Mess
 1830-1900 hrs Free pizza
 1900-0200 hrs Casino in WO's & 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.

Free Child Minding Service:

Child minding services will be provided throughout the day (0900-1630) by the CFMRC for children 15 months to 12 yrs old. Personnel wishing to use this service are to contact at local 8847 or 339-5051 to reserve a place for their child prior to 19 Feb '99. Please identify any special needs for your child when calling.

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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 Jennifer Larson 703-5340 Ted Powell 703-5342
 SAT. FEB 27, 10AM - 3PM (RRSP'S ONLY) MON. MARCH 1, 9:30AM - 6PM

Comox Branch

Wendy Sheppard 890-3055 Elaine Rose 890-3060
 SAT. FEB 27, 9:30 AM - 3PM, MON. MARCH 1, 10:00AM - 2PM 9 (RRSP'S ONLY)



Tax return?

By Kim Vogel, Comox Valley Rice Financial

If you've received a refund or are expecting one, the following are some ideas on how to keep your money working hard for you.

- If you borrowed to make your RRSP contribution, use this money towards paying off the loan. It's only worthwhile to borrow if the loan is repaid within the year.
- Make a contribution to your 1999 RRSP now, instead of later. The sooner the money goes in, the sooner it starts earning tax-sheltered interest and the greater your long-term compound accumulation. For further contributions, consider a Pre-Authorized Chequing (PAC) plan for automatic dollar cost averaging. This will also eliminate the need to borrow for your 1999 contribution, plus the tax savings begin immediately.
- If the return is mainly due to tax breaks from limited partnerships or labour-sponsored investment funds, reinvest it. Chances are, your refund will be the biggest, if not the only return on that investment.
- Pad your "rainy day" fund. In these uncertain times, it's recommended you have three to six months' expenses socked away, in case of emergency. Consider money market funds or short term GICs.
- Plan for your child's education with a registered education savings plan. If you want to invest for capital gains, consider opening a mutual fund account in trust for your child. Capital gains are not attributed back to you for tax purposes.
- Invest for income splitting. If your spouse is in a lower tax bracket, don't combine refunds unless you keep accurate records. His or her refund should be invested separately so future returns will clearly be taxable at his or her lower rate.

Finally, it's alright to skim 10% or even 20% off your return and treat yourself before making your investment. This still leaves the bulk of money to apply to any of the above options.

Winter Carnival Prize List '99

Merchant	Donation
Courtenay Flight Centre	Tour of Glacier
Canadian Regional	Round trip for 2 QJ/VR.
Coast Westerly Hotel	Brunch for two
Crown Isle	1 round 18-hole golf
Sunnydale Golf Club	2 x 18-hole golf
Storey Creek Golf	2 x 18-hole golf
Phase II Athletic Club	6 week membership
Fitness Excellence	1 month membership
Extreme Runners	2 x \$10 certificate
Gone Hollywood Video	\$10 certificate
Panagopoulos Pizza	4 x \$10 certificate
Select Video	Assorted kids certificate
Rolling Pin Bakery	7 inch cake of choice
Java Junction - Base	10 free coffee card
Java Junction - Harbour	5 free coffee card
Joe Read's Internet Café	\$10 certificate
Garf Baxandall Ford	Free oil & lube change
Burger King	Assorted free items
Boston Pizza	2 individual Pizza & Pop
Thrifty Foods	\$25 certificate
Lewis Centre	\$50 certificate
Simon's Cycles	3 x bike accessories
Black's Cycle	2 x bike helmet
Canadian 2 for 1 Pizza	Certificates
Sound Station	2 x T-shirt
Riverside Wines	Wine making kit
Comox Box Co.	Wood fly fishing box
Sole Sensations	Reflexology session
Griffin Pub	2 x free entrée
Ski Tak Hut	Tote bag, 2 x ski rental
Mudshark's Coffee Bar	Ball cap
Edgewater Pub	\$15 certificate
Mulligan's Golf Centre	9-hole golf
Madman Mackay	Certificates
Hartman's Auto	Certificate
Kirk's Auto Body	Certificate
Canadian Airlines	Accessories

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

No - Sno Friday

...Continued from page 1

that once again I couldn't get Pamela Anderson to make a guest appearance, despite our both having attended high school at Highland back in the early '80s, but it's her loss.

No matter. In the immortal words of Ed Sullivan, we've got a really big show for you, thanks to a lot of dedicated people who all deserve WComd Commendations for their superlative efforts. Capt Travis and Sgt Bieber have been a formidable two-man team as committee chairmen and have been supported by an enthusiastic group of volunteers. Always one to lead by example, Capt Travis enthusiastically endorsed the beard-growing contest by cultivating his own brand of facial growth.

If you're reading this and still don't have a No-Sno-Fest button - get one now. What are you waiting for, a truck to hit ya? And that button will get you into all the day's events - from the top of the morning's pancake breakfast (with multi-flavoured syrup) to the casino night (complete with some real Vegas gambling music, compliments of yours truly and Rat Pax).

In between, you can head to the gymnasium and arena to see what incredible sports events the Sports and Recreation folks have come up with this year or try to be the Michaelangelo of the sand box. Underwater frisbee throwing is not on the list of events this year, however. And remember, the Family Resource Centre will look after the kids if spouses want to participate in base teams. Did we mention the prizes? Take a look at what's available; Capt Mary Lee managed to get 37 sponsors on board with more than 40 prizes to give away. Talk about a supportive local business community!

Is there a downside to all of this? Yes - that we don't do it every month: but you can only handle this much fun just so often.

ASK THE PROFESSIONAL

QUESTION:

Why do I need a
 Financial Planner?

ANSWER:



Kim Vogel
 Financial Advisor

If you have financial goals that you want to reach, (i.e. retiring comfortably, providing money to finance your children's education, investing for income, etc.) then you should consult a financial planner to help you with these issues. Managing money is a learned skill - not something you are born with - and it's never too late to start learning! You probably consult your mechanic to fix your car, and your doctor to advise you on health issues, your financial planner is your "money coach" to help you learn about financial planning and encourage you to stay on track to reach your financial goals.



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

It's safety first for the 19 Wing Service Person of the Year



Sgt Jim Harper is the 19 Wing Service Person of the Year. The award is bestowed on the military member who is judged to have contributed most to the base over the previous year. Candidates are forwarded by unit commanding officers to the Wing Commander, who then seeks input from the Wing Chief Warrant Officer before final selection.

Sgt Harper is the non-commissioned member in charge of the 19 Air Maintenance Squadron Avionics shop. During the past year, Harper has displayed an extraordinary initiative and dedication in doing his job.

He was a key player in the base's confined space training. Last December, 19 Wing hosted an aircraft fuel system confined space entry conference, which Harper organized. His contribution to this conference as well as other safety programs, resulted in his being awarded a Wing Commander Safety Award.

As a member of the Crash Guard and Salvage Team, Harper was also involved in the removal and replacement of the CF-101 Voodoo from its pedestal in front of the base's main gate in order to complete restoration work on the aircraft. Dealing with a host of organizations, Harper ensured that all materials and personnel were in place to safely move the plane.

The sergeant has also applied his professional skills to off-duty projects. The chairman of Tee-Pee Park, Harper created a park committee and has initiated sweeping changes to the base park including upgrades to the playground, a laundry room and new camping sites.

Sgt Harper's professionalism, team spirit and dedication have resoundingly surpassed the basic requirements. His significant and appreciated contributions to the safety, operations and quality of life at 19 Wing make him an obvious choice for Service Person of the Year.



From Left: Sgt Harper enjoying the ocean view at Tee Pee Park, receiving his award from the WComd and taking a break at his desk in the Avionics Section. (Photos by Cpl L'Ecuier, Wlmg.)

If you're concerned about the Year 2000 Bug...

"Together, we can beat the Bug!"

No one has all the answers.

But we can help.

Your computer

When the year 2000 rolls around, your personal computer could get confused. It could start to read the year 2000 as the year 1900. Essentially, that's the Millennium Bug. Lots of other electronic devices could catch it too, but your computer is the most vulnerable. Hardware, software, operating systems, data - all could be affected. So could printers, modems, and scanners. We can show you how to test your computer for possible Year 2000 difficulties. And we can help you to find out which products and suppliers are Bug-free.

Your finances

Canada's banks, other deposit-taking institutions and related organizations such as VISA, MasterCard, and the Interac Association expect to have their technology fully prepared. They are developing back-up systems and contingency plans to deal with any unforeseen events. If you have questions, you should contact your financial institution.

Your household appliances

You probably don't have to worry about your appliances. The Bug will hit only those that depend on dates to work properly. If you can unplug an appliance and then turn it back on without having to reset anything, it should be OK. None of your equipment should stop working altogether. But timing devices could be a problem on some VCRs,

fax machines, security alarms, digital thermostats, answering machines, and video and digital cameras. We can help you to get Year 2000 information supplied by appliance retailers and manufacturers.

Your car

Manufacturers say it is highly unlikely that the Bug will cause car problems. We can show you what several of the major car manufacturers have to say about the Bug and their products.

Don't wait until you have a problem to begin finding out about the Year 2000 Bug. Start now! Watch for the Millennium Bug Homecheck guide in your mailbox. For more information call:

1-800-270-8220
 TTY: 1-800-465-7735
 Or visit us at:
 www.canada.gc.ca



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FP 97 - Back to the Future

I admit that I had limited experience with Flight Plan 97. I was with the initial Op Glacier programme for about six months before I moved on to other things. In that brief period, however, I was assured that open communication and frank discussion with the troops was paramount. The old salts informed me that this was a tough row to hoe and, despite our best efforts, things would return to "normal" very quickly if allowed to.

Our most recent editorial (Feb 11 issue Totem Times) has received some attention from Ottawa. Apparently the opinions expressed in the guest editorial by Joe Chen are not sitting well. There is a communications strategy about to be implemented to illuminate the benefits of reinstating the DND 404. The very idea that this will not be popular is causing some consternation.

So be it. I anxiously await the information that will convince us once and for all that the DND 404 is good for us. Of all the things that were promised in Flight Plan 97, the one thing that I could point to as a streamlining of bureaucracy was the DND 404. As for open and frank discussion from the troops, the editorial page remains open as long as it is in good taste. And as for you, Joe Chen, they're looking for you and your opinions.

Joel Clarkson

Next deadlines

Advertising: 3 March
Articles: 5 March, NOON

Letters to the Editor

We seem to be in a big rush to end the 20th Century. You hear on the news that the 2000 Olympics will be the first in the 21st Century and there was the local article about this year's Polar Bear Swim being the last of the 20th Century, and the list goes on and on.

A century ordinarily means 100 years. The years one through 100 after the birth of Christ are called the 1st Century; from 101 to 200 the 2nd, and so on. So, the year 2000 is the last year of the 20th Century, not the 1st year of the 21st Century, which will start soon enough. January 1, 2001 is not that far away.

Jake Plante

Dear Editor,
Re: The new Licensing Standard - a safety and leadership issue

You may be surprised to know that even Evil Headquarters Gnomes (EHGs) read the 19 Wing newspaper. After reviewing the editorial "For Oh Fore, why for art thou?" I decided to take some time away from perfecting my "job security package" and shed some light on the history of the "extraneous wallet fluff" otherwise known as the DND 404 and the new licensing standard.

DND is the only organization other than provincial governments with a self-licensing right. This right is not only desirable but essential for DND to meet operational requirements. The principal reasons for self-licensing are:
a) It provides flexibility in a complex legal environment. Federal and Provincial regulations

regarding transportation in Canada are complicated and varied. Self-licensing provides the CF with one standard to meet and maintain.

b) It permits the operation of Standard Military Pattern (SMP) vehicles. These vehicles are outside of the licensing classes normally issued by provinces, therefore the CF needs the right to issue licenses on these vehicle types.

c) It provides standards for qualification and training, and d) It gives the CF a stronger legal position for lawsuits. With the self-licensing privilege, the CF must demonstrate "due diligence." In order to do this, the CF has a structured qualification and training standard which may appear to be more stringent than that of provincial authorities. This, in turn, gives the CF a stronger legal position with regard

to claims of negligence against the Crown.

Why then was the requirement to hold a DND 404 amended in 1993 to allow all casual drivers to operate MSE based solely on their Provincial Driver's License (PDL)? The issue of a DND 404 was identified as an overly bureaucratic and inefficient process where experienced drivers were required to rewrite tests and pass road tests.

At the same time, budget cuts were resulting in reduced MSE Safety staff. Therefore, from 1993-1999, a casual driver required only a PDL to operate specified classes of MSE. The result of this - a lack of visibility of our assets and, more importantly, an increase in the number and percentage of accidents by the non-DDC qualified, casual driver population.

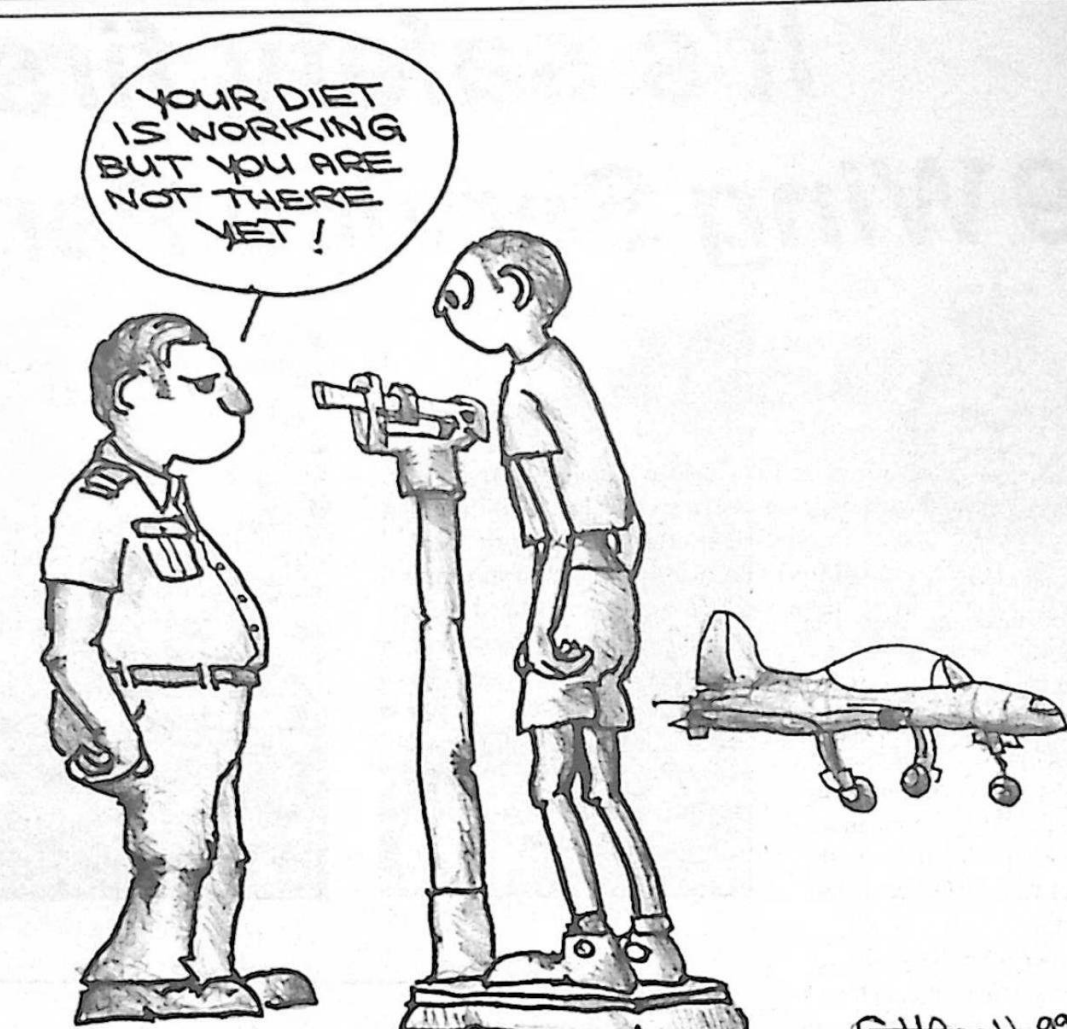
The solution to this is not to return to the system in place prior to 1993 but to move towards a fast

and efficient driver registration process in the Fleet Management System (which is Y2K compliant) and the requirement for all personnel to be DDC qualified. DTM 5 staff have done extensive research to demonstrate that this policy saves money and lives. A series of articles in the next Safety Digest will provide a statistical analysis of the benefits of this policy.

The new licensing policy is a forward-looking, safety-based policy which will save lives. This is not a transportation issue, it is a leadership one. When was the last time the Totem Times published an editorial ridiculing flight safety policy? Vehicle safety and professional drivers deserve more attention and respect.

These are just the facts.

Major Katherine Vigneau,
Corporate Fleet Manager,
NDHQ



The T-Bird gets picky in it's old age

G.HATCH 99

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needs your help.
Contact us today at
339-2541

Our apologies to the PMQ residents whose last Totem Times was not put in their mailboxes. Those responsible for delivery have been contacted and we have been assured that this will not happen again. Many thanks to the Spruce Street residents who notified us.

RCAF Station Comox

EDITOR IN CHIEF
Major Joel Clarkson

MANAGING EDITOR
MCpl Edith Cuerrier

CARTOONIST
Gord Hatch

TYPESETTER/
BOOKKEEPER
Jenny Cooper

PRODUCTION STAFF
MCpl Brenda Trombley
MCpl Pat Dunn

CIRCULATION
Jenny Cooper
Bob Trombley

ADVERTISING AGENT
Pacific Rim Publications

PHONE: (250) 339-2541
FAX: (250) 339-5209
E-MAIL:
totemtim@mars.ark.com

Address Correspondence to:
The Editor, Totem Times
CFB Comox, Lazo, B.C.
V0R 2K0

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

Low interest education loans

The Canadian Forces offers an Education Assistance Loan Program to assist serving and former members and their dependants with costs of post-secondary education. This program offers low interest loans of \$1,200, \$1,500, \$2,000 or \$2,500 per student, per year, up to a maximum of \$10,000 lifetime per student. More than \$1.6 million was loaned last year.

To be eligible, the serving or former member must have served in the Canadian Army, after 1 Oct 46, or in the CF, after 31 Jan 68, and have a minimum of five years Regular Force military service. Selection may be based on family income, years of service and individual family circumstances.

Loans are repaid by the member over a 12 or 24-month period, beginning in September of the year in which the loan is granted. However, the payment of a subsequent loan regarding a student will not commence until the previous loan is paid out. The repayment schedule, including service charges, is as follows:

A amount of loan	Monthly repayment	
	12 month	24 month
\$1,200	\$101.09	\$ 51.05
\$1,500	\$126.36	\$ 63.81
\$2,000	\$168.48	\$ 85.08
\$2,500	\$210.60	\$106.35

Application forms are available from CF Base Financial Counsellors, district offices of Veterans Affairs Canada, and the Provincial Command offices of the Royal Canadian Legion. They may also be obtained by contacting the CFPAF office at 245 Cooper Street, Ottawa, Ontario, K2P 0G2. Phone (613) 996-3094.

The deadline for submissions is 30 June 1999. No late submissions will be considered.

Something new at the CF Management Development School Re-thinking your organisation

...In certain totalitarian countries, this would earn you some time in a damp and dingy place, if not something worse. In the CF, we provide you the training on the subject. Yes indeed, *Re-thinking your organisation* is the title of a series of modules offered by the Specialised Management Training (SMT) team of the CF Management Development School (CFMDS).

This training is intended for organisations which are striving to be the most efficient organisation in the context of Alternate Service Delivery initiatives.

The training consists of a series of four modules of four days each. The modules are offered over a period of a few months according to the need of the requesting unit.

This formula allows the unit to progress with its project while maintaining frequent contacts with the training agencies.

The latter can then provide feedback and advice as the project progresses.

The modules are as follows:

Module 1

Preparation: time management, project management, team building, dealing with change, communication plan.

Module 2

Defining your business: looking at the scope of the organisation, analysing the environment, identifying potential options.

Module 3

Development of the new organisation: reengineering, select the best external option.

Module 4

How to hold the gains: business planning, activity-based management, contract management, proposal writing.

This customer oriented approach allows participants to benefit from timely training that is tailored to their specific needs. There is no longer a need for participants to receive generic training that later needs to be adapted to their unit's context: tailored training... what could be better?

For more information on this course or other services offered by CFMDS SMT Team, contact the Team Leader, Maj Harold Arsenault (450) 358-7099 ext. 7175 or CSN 661-7175, or Cpl Linda Michaud at the Orderly Room, (450) 358-7099 ext. 7528 or CSN 661-7528. You can also visit our Internet site at www.cfmets.netc.net/

Register now Electronic Engineering Technician/Technologist program on base

By Pat Allan, CFCCN Coordinator

The Canadian Forces Community College Network is offering military members of MOC 526, QL5 the opportunity to take credit courses on base, leading to a diploma in the Electronic Engineering Technician/Technologist Program from Loyalist College in Ontario.

Loyalist College has led the way for community colleges across Canada in evaluating military training and awarding advanced standing in its program. Based only on the information recorded on the member's military training record, Loyalist will automatically award advanced standing once the member has successfully completed one additional course.

The Loyalist program offers both the Technician level (2 years, 19 courses) and the Technologist level (3 years, 41 courses). The first

year consists of nine courses; advanced standing will be awarded for five of them. The second year consists of 10 courses, with advanced standing for six. That means that for our members, by taking only eight courses, they can obtain the civilian credential of a diploma and certification by the Ontario Association of Certified Engineering Technicians and Technologists. This provincial certification makes it easier to transfer the certification to other provinces.

This program has been offered on base in Trenton, Moose Jaw and Cold Lake and we'd like to make this opportunity available at 19 Wing. The first course to be offered would be *Introduction to Engineering Mathematics*, followed by *Introduction to Calculus* and then *Calculus*. These are

45-hour courses; students at other Wings have found that they have about 1-1/2 hours of homework for every hour of class time. Success in this program requires significant dedication on the student's part.

Tuition is \$172.00 and the text is expected to cost about \$100.00.

The course has been scheduled for Wednesday afternoons, 1200-1600 hrs, starting 24 March and finishing 2 June. We are fortunate to have a very qualified instructor. He has a knack for making math understandable and his students normally enjoy a high level of success.

Register for *Introduction to Engineering Math* at the WPSO's office in Building 22. The deadline to register is March 9. For more information, contact Pat Allan, CFCCN Co-ordinator, at local 8889 or 339-2280.

5-week continuous French course starts in April

WCOL will be offering a Progress Level 2 (PL2) Block French course in early April (anticipate 5 April start date). This is a continuous 5-week course scheduled to finish 7 May. Members having previously completed PL1 (or equivalent), or who are tested at PL2 level are eligible for this course, as are DND civilians and military SOs (significant others). Interested members who are unsure of their level/eligibility must schedule an appointment for the standard placement test (approx. half-hour oral interview).

We expect that some members currently enrolled in PL1 courses will register for this next phase. Maximum class size is approx. 10 students. If interest is high, a second course could be run from 11 May to 11 June.

Members wishing to apply must fill out an application form available on BBS at (P:ALLUSERS/language/training/registration.doc), and have the form signed by their supervisor and CO prior to forwarding to WCOL.

Any questions can be directed to Capt M.A. Saint Jacques, WCOL, loc 8456.

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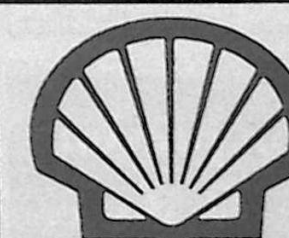
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Operation ABACUS: WTIS DND and the Y2K bug

The approaching millenium poses a potential problem for computers and processor-based systems due to the use of a truncated date programming technique.

Programs and hardware originally designed to accept only a two digit year format for date calculations, i.e. 1999 is entered as 99, may fail at the turn of the millennium, when the year becomes 00. Because computers and microchips are used to control a wide variety of services provided to the general public, such as telecommunications and electrical power generation and distribution, failures in these systems could result in disruption to basic utility services.

While the extent and magnitude of these disruptions are difficult to predict, it is expected that they may exceed the capacity of the provincial governments to address. In that event, the provinces will likely request assistance from DND in order to restore services experiencing disruption, mitigate suffering, and prevent loss of life.

Recognizing the potential for

large scale CF involvement in Year 2000 related activities, the Chief of Defence Staff had directed that the CF be prepared to operate in a Y2K degraded environment. The effort is dubbed OP ABACUS, and is intended to allow the CF to respond to civil requests for assistance as a result of Y2K failures, continue to support CF essential national and international tasks, and respond to other defence missions.

Several members from the WTIS organization are part of the 1 Canadian Division team involved in the preparation and planning for the Air Force's involvement in this Y2K initiative.

Capt Darrel Duckworth, WO David Bolster and Cpl Brian Reid form part of the A6 organization responsible for the supporting Command, Control and Information Systems assigned to Y2K operations. During the year they will be actively involved in several national level exercises to prepare DND for the upcoming change to the next millennium.

WTIS exposed



Capt Darrel Duckworth is the TIS OPS O. His office is located in 7 Hangar, on the first floor, next to the Message Centre.



Congratulations are in order for Cpls DJ and Dan Gagnon who, on 6 February, became proud parents for the first time of a baby boy named Nicholas. DJ works in the Crypto Centre, located in 7 Hangar, and Dan works for 19 AMS in AVS Labs.



Cpl Brian Reid is employed in the Computer & Crypto Maintenance Centre located in 7 Hangar, second floor.



WO Dave Bolster is the ITPWO. He can be located in B35, Tel Ground. (Photos by Wimg.)



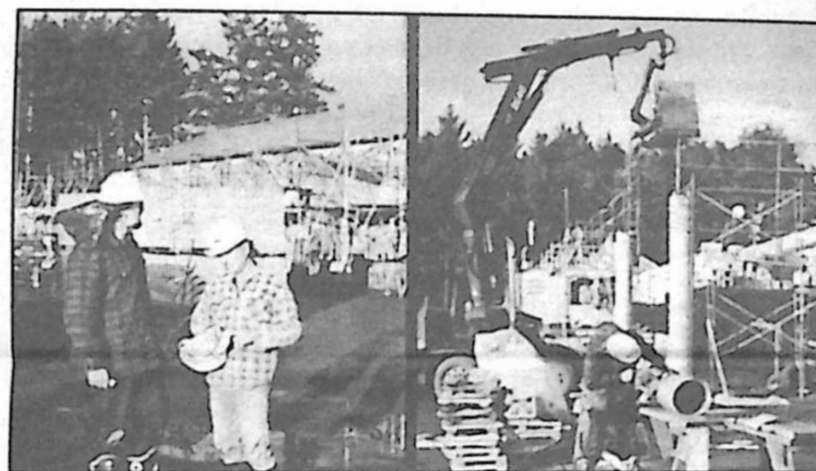
Big Block Party

The thousand words that a picture supposedly replaces do not always, as in the case of this photo montage, reflect true circumstances. During the construction process at the Arena, sunshine has very much been the exception.

In fact, the weather for the crew of brick and block layers, mortar mixers, carpenters, electricians and other CE tradespeople, has been miserable: mostly cold, often stormy, precipitation from drizzle to driving rain, snow and sleet. Yet, construction is on schedule, to the great credit of all involved.

Constructed primarily of concrete blocks, many sized 8"x8"x16" and 75 to a pallet, 90 when using the small sizes, the structure is built to last. In all 11,000 blocks will go into its construction, of which a good 9,000 are already in place. The addition, its walls 12 feet tall, will house change and mechanical rooms.

In April members of the US National Air Guard will start working on the new structure as part of the work-exchange program. Completion of the project is expected in time for next hockey season.



CE carpenter Mike Powers confers with fellow carpenter Dave Blythe. He cuts pipe while a load of blocks is being lifted in the background. Below, Mike Powers stands on level of arena reached after several gruelling weeks. (Photos courtesy of Finn.)



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19 AMS Grips and Grins

By Sgt Bob Auchison

Greetings from 19 Air Maintenance Squadron. Work has carried on as usual around the squadron since the Christmas/New Year's holidays. There are just a few personal interest items to report at this time.

Our congratulations to Cpls Dan and DJ Gagnon, the proud parents of new son Nicholas Daniel, born February 6 at St. Joseph's Hospital. Just ask any parent and I'm sure they will tell you that the joy and fun are just beginning.

Sgt Jim Cole, who was the moving force in the Armament section, has left the CF and the Comox Valley to pursue his next career. He is heading for greener (whiter?) pastures in southern Ontario. Good luck with all your future endeavours, Jim. As a footnote, Sgt John Naugler bought Jim's house in Comox and moved in before Jim had even left the valley. There goes that neighbourhood.

If you were wondering why the sticky buns at the WO & Sgts' coffee break seem to be disappearing faster these days, or if you haven't heard him around the Wing, WO Keith Spragg is back in town after a two year tour in our nation's capital. He has been posted into the 19 AMS Armament section. Word has it that anyone who wants to move him out of there will need dynamite. Unfortunately, within a couple of months he hopes to have figured out how to de-fuse that. Welcome back Keith.

Yes world, there is light at the end of the tunnel and it isn't an oncoming train. The ACS section is pleased to announce the well-earned promotions of MCpl (now Sgt) Mel Carmichael and Cpl (now MCpl) Mike Coles-Webb. Nice to see that there are promotions out there. Congratulations to both.

On 10 February, the Wing Com-

mander graced 19 AMS with his presence in order to present Sgt Jim Harper with the "Service Person of the Year" award. Well done and congratulations, Jim! On the same occasion, our CO presented WO Keith Spragg with the latest in a series of awards for Aerobic Excellence. He has now amassed a total of 12,000 points, running them up at a rate of one point per kilometre. Can you imagine how many pairs of sneakers that took? Just ask him; I'm sure he'll be more than willing to tell you all about it.

Has anyone noticed people wandering around muttering in their beards, shaking their heads, consulting with "experts" and spending abnormal amounts of time banging away at computer keyboards? Rest assured that they aren't trying to figure out the latest in computer games, and that it's not tax time yet. It's the dreaded PER season! The introduction of (yet another) Personnel Evaluation System is sure to cause some disruption to the normally tranquil operations around the squadron.

However, we will, under the unfailing leadership and guidance of our fearless SWO, continue to deliver our normal high level of service in a timely and professional manner. (Note: this is a good line for PERs.)

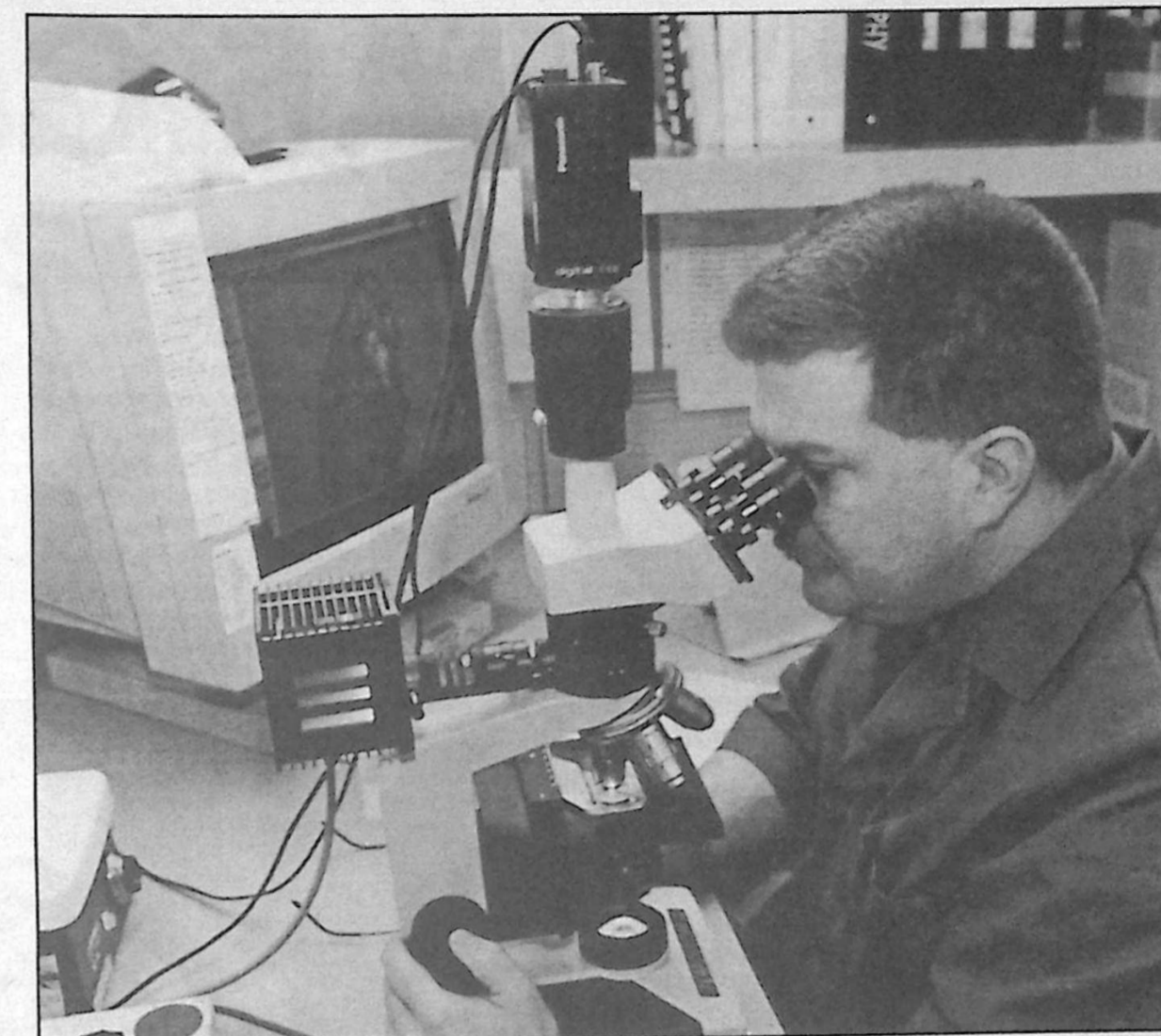
As I look around the squadron, I can see that we have some serious contenders for all categories of the No-Sno-Fest beard-growing contest.

If the scruffy faces I see are any indication of the effort squadron personnel are putting forward, we will have an awesome presence at the festival this year. So, consider this a warning to all other squadrons and units at 19 Wing: 19 AMS will be a force to be reckoned with on 26 February!

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At the 19 AMS Non Destructive Testing Lab, Cpl Brian Scott analyses ferrography slides. Oil samples from aircraft components are dripped over a slide. A magnet under the slide traps any ferrous material found in the oil. When looked at under the microscope the trained eye can tell what kind of metal is on the slide, what internal part the metal came from and what type of wear it is. Yes, with the right data you could do a 350 Chevy block. (Photo by Wing Imaging.)

CE upgrades General Stores

Lucky to have been working inside, given the mostly inclement weather, a CE crew is transforming General Stores (B171) into - well, currently, a small forest of cut lumber but, when work is completed, a thoroughly upgraded facility. Not only has Clothing Stores relocated into the building, necessitating changes, but when work is finished, General Stores will sport a series of brand new offices.

CE tradespeople have completed one major task in securing different storage areas with strong wire mesh and also assisted in the



Working hard at readying the new offices at General Stores are CE carpenter Charles Turner and electrician Andy Schwanike. (Photos courtesy of Finn.)

installation of shelving, where required. Work at General Stores by

CE is anticipated to be completed by end of March.

Sir Cedric says...

The last time the lance was put to work, it was received with much enthusiasm. So Sir Cedric will again try to amuse the masses with his witty weapons and poetic thrashes.

The first three months of the last year before the Millenium have the Black Knights spread out from the Cool Pool to the potato capital Idaho to San Diego and to the far reaches of Key West. Yes! Four lucky souls will be staged out of Key West for enough days to get sunburned. Of course, if one day is a little cloudy, there are several back-up days scheduled. Unfortunately it is also Spring Break. The beaches will be crowded with gorgeous students.

The TG EX saw some serious wave action at the beach. Spot knows some seriously local bars where the average pint of watered down beer is only \$1.

While in the wonderful state of California the Black Knight squadron hosted a part-eh. Of course, Canadian drinks were served along with massive amounts of Beautiful BC salmon. A huge thank you to Linda for dressing the salmon

like no other. Maj H had a hand in it too. Thank you both tonnes. Now if only there were dollars for such things, the squadron Lt wouldn't be \$300 out of pocket.

Yes, Streak is taking donations until the Wing says "Oh yeah, here is some cash that we didn't spend on all our important guests at places such as The Old House... Way to go Roberto! (Make wild cougar sounds, rearhh rearhh.) Squish, well done on the rentals. Can I please return them? Hey, do we need another map? I'll go get one. Cas and the boys, how was TJ? Oh yeah, that's right, you went to the mall. Anybody want to go swimming?

The squadron sports day is around the corner and I heard that there will be a lot of photographers at the hill to catch stylish glimpses of the Fighting 414th rip up the slopes during the huge HUCK A STINKY AIR contest. Of course, if the hill is not your cup of hot tottie, the NHL will be recruiting at the gym during the floor hockey tourney.

Goodyear Tires would like to thank Scrappy for keeping them in

business as well as providing a superb demo of an extremely short field landing. Just kidding Scrappys, we all love ya.

Okay, here is something a little different - it's an observation quiz. You walk by these every day, but do you really SEE them? Here goes - add 5 points for every correct answer and see how you did.

1. How many little doors are there in 414 hangar doors? (The ones that look like portholes.)

2. How many steps up to the smoking area is it from servicing?

3. How many tables in the lunch room?

4. How many toilets in the men's washroom by the pod shop? (Sorry ladies.)

5. How many toilets in the women's washroom by the pod shop? (Sorry guys.)

If you got over five, you're well on your way to being observant. Answers next issue or go look for yourselves. Till then, Sir Cedric says "When driving off the high board in Miramar, ensure that the huge bouncer doesn't see you with the big Black Knight that you just "borrowed."

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The RCAF Grey Cup

The Grey Cup has been Canada's symbol of football supremacy since 1909, and once, it was in RCAF hands, legitimately won, and not borrowed or repossessed on a lark. It was 1942; the war was draining most of the able-bodied young men and civilian football teams were having trouble filling their rosters. The service chiefs recognized the need to relieve the pressures of war on both civilians and servicemen, forming service teams for football competition. These teams very often had a large number of professional football players who had enlisted.

On the civilian side, the Western Interprovincial Football Union in the West and the Interprovincial Rugby Football Union in the East cancelled all operations for 1942. Both remained out of competition until 1945. In Winnipeg, the Winnipeg Rugby Football Senior League was formed consisting of the RCAF Flyers, the Winnipeg Bombers and the University of Manitoba Bisons. The Bombers consisted of a mix of civilians, sailors and soldiers, the Bisons of university students and the Flyers, not surprisingly, were RCAF personnel.

In the East, only the Ontario Rugby Football Union continued to operate. The ORFU was, however, mainly a base for the service teams. These service teams included the RCAF Hurricanes and the HMCS York of Toronto, and the mixed civilian-military Hamilton Flying Wildcats, while the civilian teams were the Oakwood Indians and Balmy Beach of Toronto and the Kitchener-Waterloo Panthers. In Ottawa, the Ottawa City Senior League was organized consisting of the RCAF (Uplands) Flyers (a different set of Flyers!), the Ottawa Rough Riders and the Civil Service.

The Hurricanes finished the season with an eight win, one tie and one loss season. Their only loss was to the Oakwood Indians in the second to last game of the regular schedule. Interestingly, the loss was at the hands of Annis Stukus, brother of Hurricanes quarterback Bill Stukus, and himself a quarterback and coach. Lew

Hayman, who eventually won five Grey Cups coached the RCAF Hurricanes. Hayman was the American who had introduced a revolutionary lateral passing offence to the Toronto Argonauts, leading to three Grey Cup victories for Toronto before the war ended the all-civilian league.

The final standings in the ORFU had the Hurricanes in first place with Balmy Beach just squeezing past HMCS York for the right to challenge the Hurricanes. On 25 November, the Hurricanes defeated Balmy Beach 24-0. The Hurricanes then played the Ottawa League champion RCAF (Uplands) Flyers 18-13 on 28 November. One finalist had been decided.

In the West, as the WIFU had shut down operations, the Winnipeg Blue Bombers, with the RCAF, decided to sponsor a league in the city of Winnipeg. Bert Warwick coached a team consisting of civilians, soldiers and sailors. Bob Fritz, an American import who had been both quarterback and coach of the pre-war Blue Bombers, and was now a Pilot Officer in the RCAF, coached the RCAF Flyers.

Reg Threlfall, previously a coach with the pre-war Blue Bombers, was the head coach of the two teams. The league was really a two-team race as the University of Manitoba Bisons were seriously outmanned. The city championship was decided in a two game, total points series. The RCAF Flyers won the first game, on October 30, 18-14 on the arm of Bob Fritz. In the second game, held November 2, the civilian Bombers won 20-11, winning the aggregate 34-29. It thus appeared that they were going to be the western representative for the Grey Cup. However, this

was not to be so easy.

While the two Winnipeg teams were getting ready to decide who would represent the West, Al Ritchie and Dean Griffing put together a team of naval personnel in Regina. They petitioned the Grey Cup governing body, the Canadian Rugby Union, who promptly agreed that the Winnipeg league winner had to play the Regina sailors for the right to represent the West. Without even a warm-up game, the scrappy naval types

that the Grey Cup would have to be cancelled.

Finally, on November 20, Squadron Leader Lionel Conacher (of hockey fame), Director of Recreation for the RCAF, stated that the RCAF might consider December 5 if there were RCAF teams involved. Relief was delivered on November 21 when RCAF Headquarters said that RCAF players could play until December 6. The Grey Cup was back on.

The Winnipeg RCAF Bombers left for Toronto on December 1, not having practiced from November 7-23. Nor had they played a game. The RCAF Bombers were the pre-game favourite. Jim Coleman, sports columnist for the Globe and Mail, did a position by position analysis and suggested that the RCAF Bombers would win by two on a dry field and by a greater margin on a wet one.

On arriving at Varsity Stadium, Winnipeg coach Joe Threlfall took one look at the field and asked if the game could be played at the Maple Leaf baseball stadium on Front Street. This was turned down. The field was muddy with very poor sod conditions. De-

spite the poor weather, 12,455 paid fans showed up.

The game was set. This would be the second meeting between coaches Hayman and Threlfall. In 1938, Hayman's Argonauts had beaten Threlfall's Blue Bombers 30-7. Air Vice Marshall G.O. Johnson kicked the ball while Air Commodore T.A. Lawrence held it. The game had started. The RCAF Bombers marched deep, to the Hurricanes' 11. Their passing attack had the Hurricanes confused. Quarterback Wayne Sheley passed to Ches McCance. Almost on the goal line, Eddie Thompson intercepted the ball and ran it back 64 yards before being pulled down. But to no avail, the first quarter ended scoreless.

By now, the ball itself had become quite slippery as only one ball was allowed to be used for the duration of the game. The game was a see-saw battle in slick conditions. Finally, in the second, the Hurricanes got on the board. Fred Kijek kicked a ball into the end zone for a single. He then repeated soon afterwards. The Hurricanes'

ground attack ran right over the RCAF Bombers defence, but the score was still only 2-0 at the end of the first half.

The second half started with the RCAF Bombers' passing game still causing problems for the Hurricanes. Sheley passed to Lloyd Boivin, the convert was missed and the RCAF Bombers led 5-2. These were the days of give point touchdowns and an extra point for a convert. The Hurricanes, not to be outdone, came right back with their deadly ground game. Don Crowe pulled off a 40 yard run to the Bomber 4. Bill Stukus handed off to "Pop" Poplowsky who broke through the line and scored a major. This convert was also missed by the Hurricanes were back on top 7-5. Thus ended the third quarter. The RCAF Bombers' passing game had been countered. The Hurricanes scored another single, but the RCAF Bombers couldn't respond. Thus ended the 1942 Grey Cup, 8-5.

1942 RCAF Hurricanes personnel

Many of the members of this team were already professional football players before enlisting. A few continued on to fame. Bill Stukus, co-captain of the Hurricanes, became one of the best quarterbacks in Toronto Argonauts history and one of the greatest aboriginal players. Jake Gaudaur went on to greater heights in the Canadian Football League, eventually becoming commissioner. Regrettably, there were casualties too. Stukus' co-captain, Eddie Thompson lost his life when a German submarine off Greenland torpedoed the *MV Amerika* on 22 April 1943.

Members of the RCAF Hurricanes were: Lew Hayman (Head Coach), Johnny Murray (Trainer), Jack Alexander, Jack Buckmaster, Ed Burton, F.O. Carney, Don Crowe, Don Durno, Art "Spiff" Evans, C. Foderingham, J.G. "Jake" Gaudaur, Spike Jackson, W.C. Kendricks, Earl Kennedy, Fred Kijek, "Truck" Langley, John Murray, George Oliphant, Mike Ozarko, Jack Parry, Jim Partridge, John Poplowsky, Ed Poscavage, Charlie Prince, Red Reynolds, G.C. Richards, Joey Richman, Ed Sarvis, Bill Stukus, Jack Taylor, Eddie Thompson and Art West.

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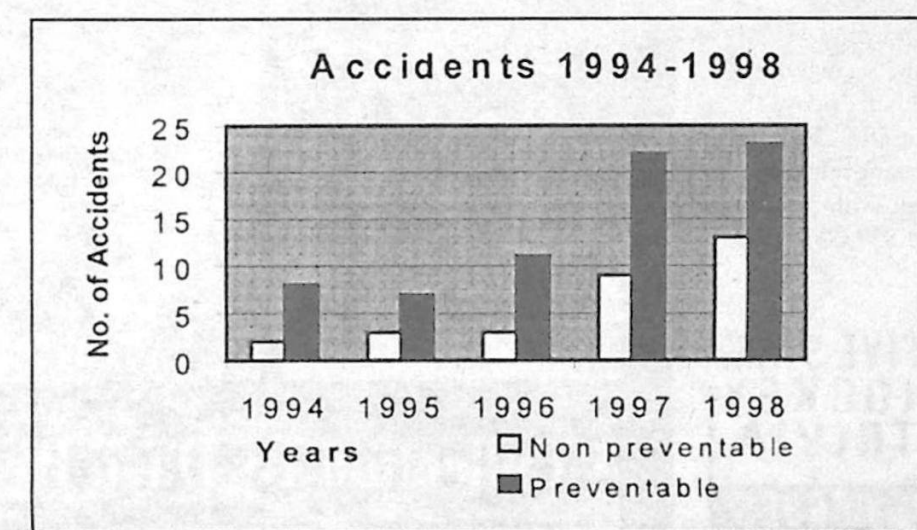
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Military Drivers permit: the DND 404 Saga

By Capt Suzanne Raby, Wing Transportation Officer

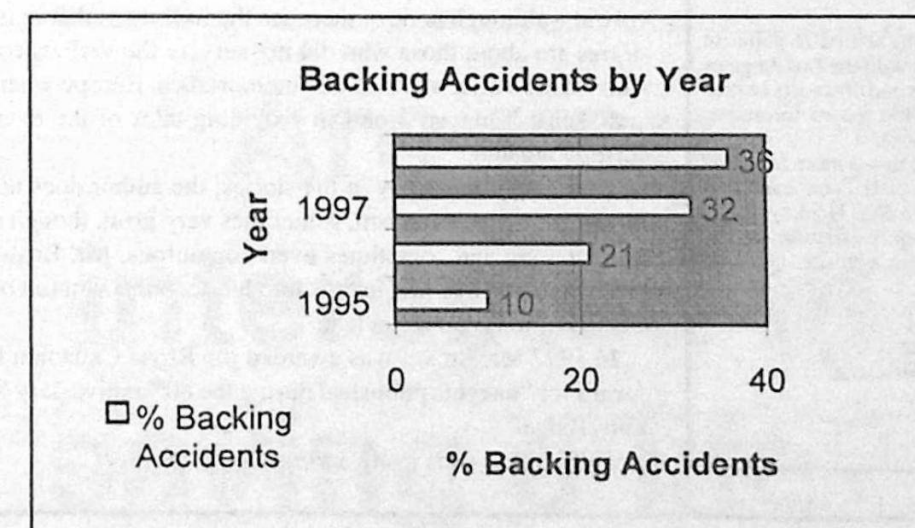
To say that the re-instatement of the DND 404 driving permit has caused frustration amongst 19 Wing Comox personnel is an understatement. As WTNO, I have heard numerous complaints with respect to the requirement to have a military driving permit, having to take a Defensive Driving Course, a Safe Backing Course, write tests, and so on. Many of us can recall the days when a DND 404 was required by all personnel performing military driving duties. When and why did this change? The mid 90s was a period of great flux within the MSE Op trade; restructuring and downsizing (FRPs) decimated the numbers of qualified MSE Ops. How did this affect bases and wings? With fewer personnel, transportation staffs had to decide what was and was not operationally essential. One area which Headquarters scrutinized was MSE Safety, in particular, the requirement for DND 404s. In December 1993, Headquarters staff decided to relax the requirement for user drivers to hold a military license under most circumstances. This allowed most Base and Wing Transportation organizations to respond to the FRPs by decreasing the number of personnel working within MSE Safety. It seemed to many that the DND 404 had gone the way of the dodo.

Then why, you may ask, have we recently seen its resurrection? Two reasons: a rise in the number of preventable accidents by user drivers, and direction from the Office of the Auditor General (OAG) and Treasury Board. To give you an idea of local trends, the MSE Safety section has prepared the following statistics:



As well, the OAG conducted an audit on the Canadian Forces transportation resources in 1996/97. The overall consensus was that the CF did not have adequate visibility of resources, which refers to both personnel and equipment. The requirement for drivers to hold DND 404s was mandated by Treasury Board to address the above observation.

I have heard the comment that the Defensive Driving Course is not productive. The DDC takes the information which the licensed driver has accumulated through driving experience and structures it so that knowledge is there in the forefront of the driver's consciousness when it is needed most. Drivers with less than two years experience are in the high-risk category for accidents. Our highest risk group of drivers are those who, after 10 years of driving, have not attended a refresher DDC. This is why a driver shall attend an initial DDC within the first 18 months of obtaining a DND 404. It also explains why drivers are required to re-attend the course after 10 years.



What about the Safe Backing Course? This course is not presently mandatory for casual user drivers (unless the user driver has a backing accident). The CF MSE Safety programme places great emphasis on this course because of the occurrence of an extremely high number of backing accidents. The above chart illustrates this very well, using 19 Wing Comox data.

To sum up: the 1998 MSE accident rate is at an all time high, and has been on the upswing since the regulations governing the DND 404 were relaxed. The vast majority of accidents are due to unsafe backing practices. To address this, the CF has been directed by Treasury Board and the Auditor General to re-introduce the DND 404. While the policy might be distasteful to some, it's time to get on with it!

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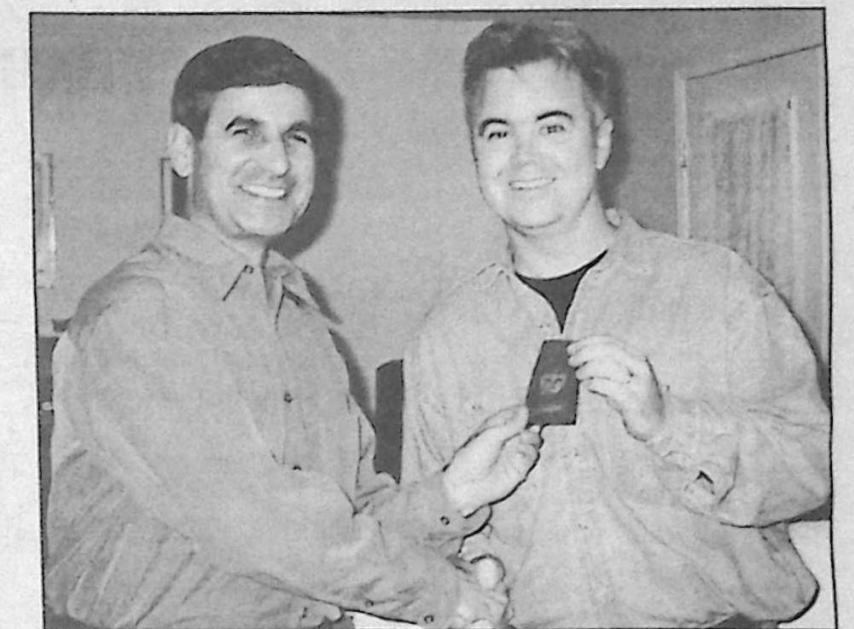
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Demon Doins



WO Steve Woodrow (407 Sqn) receives his promotion from LCol Reame.

Welcome to another edition of the Demon Doins. In our last article, we left everyone on the edge of their seats, waiting for the results of the MPSET audit. Crew 3 participation in CANAM SAREX 2000 and the imminent selection of the O'Brien Crew. Well, wait no longer. All of the assessments, reviews, evaluations and decisions have been made and edited for public viewing, along with a few modifications of my own.

MPSET (Maritime Patrol Standards and Evaluation Team) paid the 407th a week-long visit to evaluate the way we do business out west. It's all part of maintaining the standard among all of the four Maritime Patrol Squadrons in Canada, as well as providing input to assist us in improvements, or just keeping us on track. With the exception of the few unshaven faces and an AWOL navigator in Kosovo avoiding her check ride, the outcome looked fairly promising. I guess that means we did well. Congratulations to all of 407 (MP) Sqn and thanks to everyone who supports us in our daily tasks.

The CANAM SAREX 2000 took place February 6. The exercise was designed to assess the capabilities of all SAR resources in a major maritime disaster. On an international note, exercises like this are done so rarely that the SAREX drew interest from as far as Thailand and Japan, as well as from media from both Canada and the United States.

The simulated disaster involved 400 volunteers aboard a BC Ferry departing Swartz Bay. The emergency was such that it required assets from the Canadian Coast Guard (Cutter and Hovercraft), the United States Coast Guard (Cutter and two helos), the Canadian Navy (Frigate and MCDV), 443 Sqn (two Sea Kings), 442 Sqn (a Buffalo and a Labrador), and 407 (MP) Sqn (one Aurora). In addition, assistance was provided at triage centres by

Greater Victoria Emergency Agencies, the Red Cross and BC Ambulance.

As expected, the exercise started with a lot of commotion as the seven aircraft and four ships manoeuvred into the Straits to conduct hoists and passenger evacuation, not to mention a real life casualty in need of evacuation - the luckiest casualty in maritime history.

The Aurora's role in this exercise was to coordinate all air assets for safety and hoisting victims to the hospitals and to provide RCC and the On-scene Commander with a god's eye view of the rescue scene. Although the Aurora doesn't have the opportunity to practice this scenario very often, you can leave it to the crew 5 DAWGs to make it look easy and impress the hell out of everyone.

Congratulations to Crew 4, The Ice men, for being selected for the O'Brien crew, with honourable mention to the DAWGs for getting an extremely close second. Perhaps it was Crew 4's willingness to try new experimental tactics (Ematt drops) in the presence of MPSET that put them over the top. Good luck in Greenwood!!

On the topic of exotic away trips, Crew 5 and the DAWGs should be in San Diego right now warming up (no pun intended) for their future deployments to Europe and Guam respectively. In addition, Crew 6 will head down to San Diego and Crew 2 will be departing for Norway this month, all for some greatly missed ASW training.

The squadron Sports Day seemed quite successful, even with the gale force winds and pelting rain that scared a few skiers from the hill. Hats off to the SOR team that swept all the events they played. However, I'm not going to mention that it was largely made up of the skiers that joined the team at the last minute. Oops, I did it anyway.

Congratulations to Cpl Hann from all of 407 (MP) Sqn on the birth of a baby boy and to WO Steve Woodrow, who was presented with his new rank by LCol Reame.

Things to look forward to in the next Demon Doins: the VPI Pub Crawl, away trips results, and the inter-section hockey playoffs, where we can expect at least one of our three illustrious teams to kick butt.

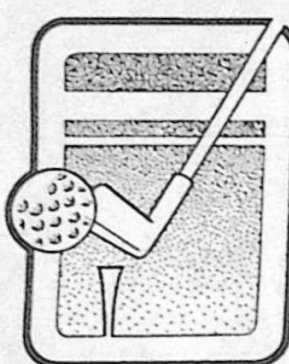
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Golf Shots

By Barb Carter

February 7 and winter golf is alive and well. After a delay until 9:30 a.m. all 14 players hit the tees. Such a small turnout but, what with the weather being so unpredictable, lots of people kinda turned off and tuned out.

1st LG: Phil Nakashima, Wayne Ogilvie and Rick Forster – they came in with plus 13.

1st LN was the Lloyd Billings team of Claude Dufault, Ralph Glass and Joyce Merrill. They carded a minus 9. 2nd LN: Ron Carter, Dave Kelly, Floyd Merrill and Ken Doll, also with minus 9.

Only one KP: on #12 it was again Ralph Glass making the shot. You're just getting too good, Ralph with the dancing feet.

Membership time is fast approaching. Fees have to be in by 1 March so don't be tardy, get them in soon and give Ron some work to do.

The annual Spring Meeting will be held on 31 March, so if you have any beefs or bouquets, make sure you get there.

Till next time...

Glacier Gardens Parent & Tot Skating Times & Fees

Tuesdays & Thursdays 0900-1000 hours

Military Dependents/DND Employees: Children \$1.00, Adults \$2.00
Military Members and Rec Pass Holders "FREE"
Civililians: Children \$1.50, Adults \$3.00

Century 21

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REALTY INC.

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1999

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If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call at the TOLL FREE number below and I will send you a "Worry-Enders Kit of Kingston" (with video) containing maps, home prices, school information, shopping facilities, transportation and much more.

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Visit the Canadian Military Relocation Network Website at www.cmre.com E-mail donwyld@limestone.kosone.com

Pro golf tour at Crown Ilse

The Crown Isle Golf & Resort Community is the title sponsor for the Canadian Tour's new Crown Isle Open in May.

The inaugural Crown Isle Open will launch the 1999 cross-country circuit during the week of May 17-23 at the resort's award-winning course.

"This is a major event for the entire Comox Valley and we're grateful for the support of Crown Isle as both the host and primary sponsor of the tournament," co-chairman Joe Oviatt of the Comox Valley Open Golf Society told the conference at Crown Isle.

Oviatt, speaking on behalf of the non-profit society organized by Comox Valley business people, said the event will stimulate the community's economy and heighten its reputation as a year-round recreational haven.

Edd Moyes, vice-president and general manager at Crown Isle said: "It's an honour for us to play host to such a prestigious event. There will be fantastic media exposure for the Comox Valley,

Courtenay, Comox and the Crown Isle."

Co-chairman Barrie Ingborg said participation of sponsor partners for the event will be announced as they are confirmed.

Ingborg confirmed that the Comox Valley Boys & Girls Club has been designated as the tournament's charitable beneficiary for 1999, with all proceeds from tickets sales to the tournament going to the youth organization.

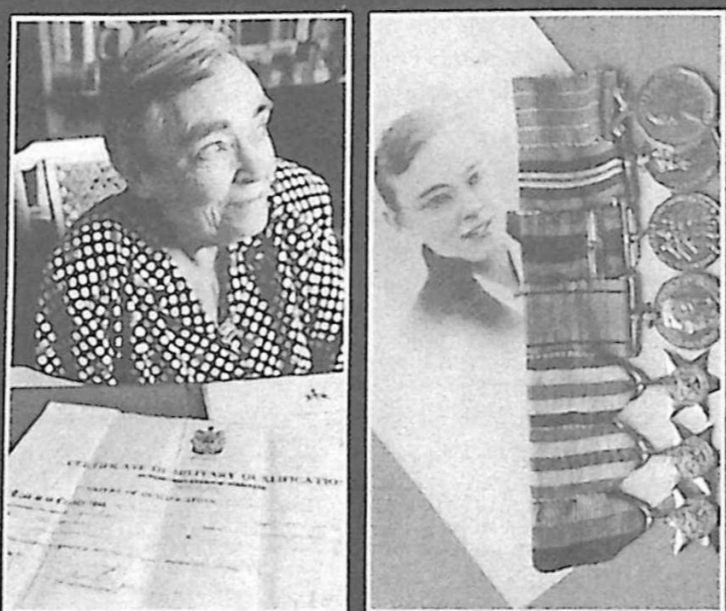
Crown Isle Open week begins on Monday, May 17, with the 18-hole qualifying event for the last of the 156 starting places in the \$150,000 tournament.

Tuesday is open for practice, with a full double-shotgun pro-amateur scheduled for Wednesday.

The tournament proper starts Thursday, with the second round for the entire field on Friday. The low 60s and ties after 36 holes compete in the closing rounds Saturday and Sunday, with the winner taking home \$27,000 of the prize purse.

Book Review

FACES OF WAR



A Collection By Dave Brown

Published by General Store Publishing House \$19.95
(ISBN 1-896182-97-6)

This is a collection of short stories, most only two pages long, featuring unsung heroes of the two world wars and the Korean conflict, ordinary people who often did extraordinary things while serving in the three armed services, as well as the Merchant Marine and various other support services.

The material was selected by the author from the hundreds of stories he has written for his *Brown's Beat* column in the *Ottawa Citizen*.

Many of the stories were written after interviews with the heroes involved – although none of them see themselves in that light. Some of the stories are about those who did not survive the various conflicts and so were written after visits to war memorials in Europe where inscriptions and "spirits" played a part in providing tales of the events which occurred long ago.

There's not much joy in the stories; the author does not glorify war. It's a solid dose of realism, sometimes very grim, though ultimately not discouraging and sometimes even humorous. Mr. Brown manages to bring the pain, loss and pathos into his accounts without over sentimentality – which is no mean feat.

In 1997 Mr. Brown was awarded the Royal Canadian Legion Media Award for "insights published during the 80th anniversary of the Battle of Vimy Ridge."

This book is well worth adding to your library.

FIVE STAR HOCKEY TRIVIA BLUELINE HEROES

(NC) - In celebration of the 1998-99 hockey season, Seagram Canada has put together a Five Star Selection of facts and trivia questions on Canada's most popular sport. Here's a tough question on some of hockey's top-scoring defensemen.

Who holds the record for most points scored in one season by a rookie defenseman?

A. Paul Coffey
B. Larry Murphy
C. Brian Leetch
D. Bobby Orr

Answer: B. Larry Murphy scored 76 points in his first season with the Los Angeles Kings, 16 goals and 60 assists (which is also the rookie record for assists by a defenseman).

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



Swimming Registration

When: 13 March

Where: Base Recreation Centre

Time: 08:30-12:30 hours

Lessons commencing: 27 March

For more info contact:

J.C. Fromont, Rec Coordinator, Local 8989

March Break 15 - 19 March

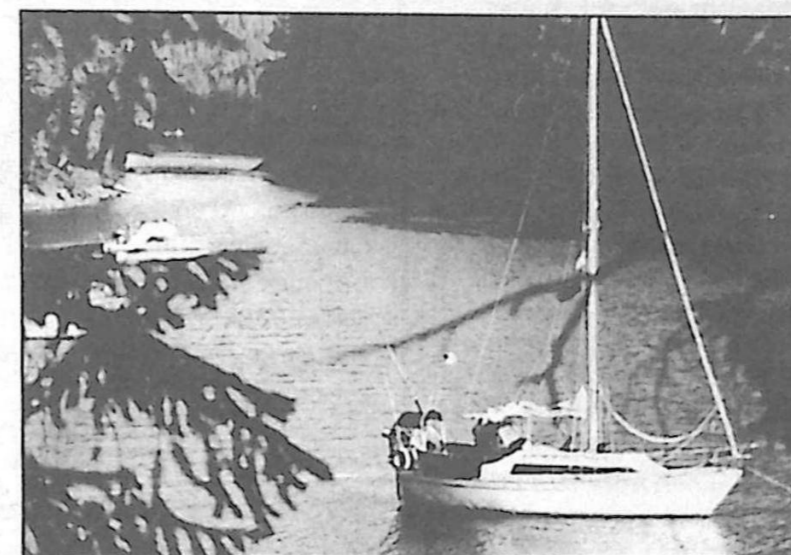
Swimming hours: Monday to Friday
1400-1600 hours



Boat buying secrets



By Hans Gassner, CFSA



Von Donop Inlet, on Cortez Island, is a popular cruising destination. The tidal lagoon in the background is a fascinating place to study marine life.

Buying a sailboat in Comox is not as easy as charging it to your Zellers Club card and popping it in the water on a sunny sailing day.

First off, there are no sunny sailing days in Comox. Secondly, eventually the boat's little string will reach the end of its travel, and you'll have to reel it back in. Do that a couple of times and you'll be mumbling for Prozac.

Buying the type of sailboat you actually get into is just a bit, but not much, more complicated.

You might hire a Marine Surveyor to go over the potential buy before you place yourself in hock to a grinning Zellers credit department for a lemon. Having been there, I can advise you that the Surveyor will tell you that the gleaming sailing contraption making your wallet throb like a love-sick yak is in perfect condition, except for a couple of provisos, which he will carefully photograph. For example, he might highlight the boat's pristine condition by explaining that it might require something before its first sail in real water, like a bottom. He'll point out that, to make the sails work to their design specs, you might want to add a nifty gadget, like a mast. Plus, it would be nice to have a deck to walk around on and attach the life raft to.

And you'll nod politely, study the photographs, and have absolutely no idea what the gentleman

is talking about. But you'll plunk down the dough, yes you will. At that moment a couple of fat cherubs attending King Neptune will puff wetly into a pair of corroded bugles and, inexplicably, coax from them unhealthy bleats. Another sailor is born.

After you buy your floating conveyance, you'll continue to need something else: gobs and gobs of money. Freeing up gobs and gobs of money from budgets that are already stretched tighter than nylons during Scratch-And-Save Day at Zellers, is something real sailors have perfected over millennia. At the risk of being drummed out of my Rag-Hangers

Club, I'll publish their secret here. I've enclosed it below to make it easier to cut out and post on your fridge.

Cool ancient sailing secret: don't forget the macaronis that always get glued to the inside of the Kraft Dinner box. Waste not, want not.

Don't be too hard on yourself, though. After spending all that dough, basically killing all that your children might have had for a decent education, you'll have something far more valuable than just a sailboat. You'll have a million Zellers Club points.

Are you interested in saving a life?

You could, simply by joining the Unrelated Bone Marrow Donor Program!

Many children and adults die every year simply because they were unable to find a compatible bone marrow match. All it takes is your time to attend a one-hour information session, then a simple blood test to register as a potential donor. If you are found to be a match for a waiting patient, you will be giving someone a second chance at life.

There is a cure for diseases such as Leukemia and it's you! So please deeply consider being part of the solution.

The Unrelated Bone Marrow Donor Registry is holding an information session on Thursday, March 25 at the Filberg Centre, 411 Anderton Avenue, Courtenay, B.C. at 7:30 p.m. The information session is an opportunity to find out how you could give the life-saving gift of bone marrow.

The bone marrow donation procedure is explained in detail during the information session. All donors must be between the ages of 17 and 59, meet the health criteria, be willing to donate their bone marrow to any patient they may match and attend an information session. For more information, call the B.C. Yukon Donor Centre in Vancouver at 737-1811.

Mutual Funds, You Ask?



By Don Somers

As we head into the tail end of RRSP season, I am reflecting on the various questions I have received from folks. The one that sticks out in my mind the most, regardless of the topic discussed, is mutual funds. Now, don't get me wrong, I'm not here to belittle the fund companies. In fact, with over 1400 mutual funds to choose from in Canada, they can be a good investment tool BUT they are just one of many investment tools available to the investing public.

Typically, if I discuss bonds, people assume we are talking about Bond Mutual Funds. If we discuss Short-Term Deposits people think we're talking about Money Market Mutual Funds and equities are – you guessed it, mutual funds!

These can be useful tools but, more importantly, you should look at the holdings in your bond fund. If it's predominately Bank of Canada or Provincial Bonds, why not own the underlying bond yourself? I like bond funds for foreign exposure and for some high-yield bond contact. However, I don't recommend junk or high-

yield bonds because you don't know if the company will be around to pay out your bond in the future.

Money Market funds tend to have a low rate of return so, if possible, consider holding the underlying T-Bills, Banker Acceptances or Strip Bonds yourself. This can potentially increase the rate of return on your emergency cash while ensuring it is available for emergencies.

The strong area for mutual funds, I believe, is in the equity end of things. Use your fund purchase for protection due to the diversity of what each fund holds. It can be a good way to diversify inside and outside of North America. If you do own more than one fund, make sure the underlying holdings aren't all the same for both funds.

Ask whoever is responsible for your holdings – what are the top ten or fifteen holdings of the fund – get a printout and put it in your binder with the monthly statements. When the time comes to adjust the mix of your holdings you will have the information you need at your fingertips.

Remember, it's your investment so make sure the investment tool being presented is the best one for the job you need done.

(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. The views expressed are those of the author and not necessarily those of Merrill Lynch Canada Inc.)

February is Heart Month

Give your heart a check-up

Are you at risk for heart disease? Answer "yes" to two or more criteria in the lists below, and your heart could be sending you a message.

Do you have:

- ♥ A family history of heart disease?
- ♥ High blood pressure?
- ♥ High "bad" cholesterol?
- ♥ Diabetes?

Are you:

- ♥ Advancing in age?
- ♥ Overweight or obese?
- ♥ A smoker?
- ♥ A woman in menopause?

Make the change today – Keep your cholesterol under control

A high level of "bad" LDL-cholesterol is one of the leading risk factors for heart disease. Reduce your risk by keeping your bad cholesterol in check:

- ♥ Increase your physical activity
- ♥ Eat a healthy diet
- ♥ Maintain a healthy weight
- ♥ Control your diabetes
- ♥ Quit smoking

If you are a woman of menopausal age, talk to your doctor about hormone-replacement therapy

If lifestyle changes are not lowering your level of bad cholesterol, talk to your doctor about medical treatments that may make a difference

This message is provided by Parke-Davis and Pfizer Canada, co-marketers of Lipitor®, a cholesterol-lowering medication. - News Canada



COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

Work Happy Work Healthy

Lt (N) Shelley Combs, R.N. BSc

Can you imagine spending one third of your life on something disagreeable? 240 days in a year on something you dreaded doing? 40 hours a week making yourself sick?

Well, lots of us do ... and there is no need for it.

"You live the life you choose" and if you choose to be an unhappy worker - unfulfilled, irritable, filled with dread and unease ... well, then you just do that. But, I'm not doing it.

One of the most difficult tasks facing any employer is developing a work place that is productive. After all, is that not the point of Work/Business ... to produce something? Your "something" may be a service, an item, information, money - you name it - but the bottom line is that you are producing something for someone and are being given something in return (money, trade, a roof over your head, food).

A number of studies have been done on the work place which reveal that people (employees) who are interested in their work, and are motivated and happy at work, are more productive and take less time off.

Why don't you come and find out how to influence your workplace - as a worker-bee or as a boss.

Work Happy, Work Healthy is only one of ten workshops offered this year at the 6th Annual International Women's Day Conference on March 6th 1999 at Crown Isle Resort, in Courtenay. The theme of this year's conference is *Women and Laughter*. We have great key note speaker and great food - a whole day's entertainment for only \$30. Bring a friend. Check out the other great workshops offered at the conference:

Dealing with Difficult People

Patricia Pitsel, Ph.D.

"A fanatic is someone who can't change his mind and won't change the topic". Have you ever come in contact with a tank? As soon as you cross their path they try to blow you up! These and more comprise a rogue's gallery of difficult people - whether they are clients or co-workers. You may not be able to love them - but you can learn to deal with them more effectively.

Singing and Laughter

Penny Sidor

This workshop will be a joyful exploration of voice and song. It will include the fundamentals of breathing, support, relaxation, and resonance, ending with a medley of rousing chorus songs. Previous singing experience and note-reading not required.

Chocolate Making

Coreen Cherry and Claudia Naaykens

How can anyone not smile when chocolate is involved? Come and learn how to mold, paint, dip, and enjoy the world's oldest and most pleasant aphrodisiac. You will also make decorative boxes in which you may present your creations.

Food for Happy Thoughts

Lucie Desjarlais

A happy mind starts with a healthy body! Come and explore the various facts, dietary and other that contribute to achieving and maintaining optimum mental health.

The Joy of Reflexology, (Bilingual)

Louise Veilleux and Jill Sturrock

Come out and explore the joys of the ancient art of reflexology. Reflexology is a natural healing technique that helps to relieve stress and promotes relaxation.

For more information on the 6th Annual Comox Valley Women's Day Conference call 339-8290.

Genderspeak

Patricia Pitsel, Ph.D.

"Why can't a woman be more like a man?" - Professor Henry Higgins in *My Fair Lady*. Men and women don't really speak another language, but it often seems as if they do. Have you ever wondered why women share their problems and men try to solve them? Do you know why women often don't like to work for another woman? Do you care? If yes, this entertaining and proactive presentation is guaranteed to get everyone talking ... and laughing.

Work Happy, Work Healthy

Shelley Combs

Do you love going to work? Do people laugh in your workplace? People who work in a supportive, caring, and happy environment are less likely to be sick, take less time off for personal reasons, and are generally more productive than people who are unhappy in their work.

Paintpots

Jody McLean

"Women" - what does this word mean to you? Take your interpretation of the word women and design a beautiful ceramic pot. Learn about painting techniques, colour, the design process, and take home a wonderful creation.

Humour in the House

Wendy Case

Come and learn the joy of using humour in your role as a parent. You will discover how to reduce conflict and stress in the home and learn how to increase joy and playfulness.

So You Want to be in Business, (Bilingual)

Renée Chamberland

This interactive workshop will give you ideas on how to create and develop a small business. Topics to be covered include: market research, financing, feasibility, and how to develop an action plan.

Soirées Réseau-Femmes du CRFMC

Vidéo/discussion

sur un thème qui touche la femme

Date: le jeudi 25 février de 19h à 21h00

Coût: \$5.00 non-membres - gratuits pour les membres

Lieu: au 2e édifice

Un vidéo qui te parle ...

Des mots qui te décrivent ...

Des images qui te ressemblent ...

Un sujet qui te touchent ...

Une discussion pour partager et/ou écouter ...

1er anniversaire de Réseau-Femmes du CRFMC

Date: le jeudi 25 mars de 19h à 21h

Lieu: à déterminer

Hé! C'est notre premier anniversaire de naissance! Ça se fête! Tu as des suggestions et des idées?

(téléphone: Nathalie au 339-7369 ou Michelle au 339-8290)

Apprendre des techniques de relaxation

Date: le jeudi 29 avril de 19h à 21h

Coût: \$5.00 non-membres -

gratuits pour les membres

Lieu: au CRFMC (2e édifice)

Initiation à l'ordinateur

Animatrice: Doris Houle

Date: le 12, 19, 26 avril de 19h à 21h

Lieu: à déterminer

Coût: \$10.00

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
- So You Want to be in Business (bilingual)
- The Joy of Reflexology (bilingual)

Key Note Speaker/Conférencière: Patricia Pitsel, Ph.D.
Saturday, March 6th/ samedi 6 mars 1999

9:00 am to/à 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, Crown Isle Golf Club, The Comox Valley Women's Resource Centre, L'Association Francophone de la Vallée de Comox, Sylvie's Boutique, The Blue Heron Book Store

Wallace Gardens Community Association

Get ready for Easter festivities

Saturday, March 27, Wallace Gardens will be holding Easter festivities. These include:

Pancake breakfast
Easter Parade
Face Painting
Easter Egg Hunt
And More!

Look for more information in upcoming flyers!!!

There will be no charge to you, however, you must be a member of Wallace Gardens to participate in any of these activities. If you are unsure about your standing as a member, please call Jane Bekus at 339-8211 (8571).

Volunteers Required

Wallace Gardens is looking for people to help with their upcoming Easter celebrations. If you would like to help, please call Jane Bekus at 339-8211 (8571).



Ward 7 Representative Required

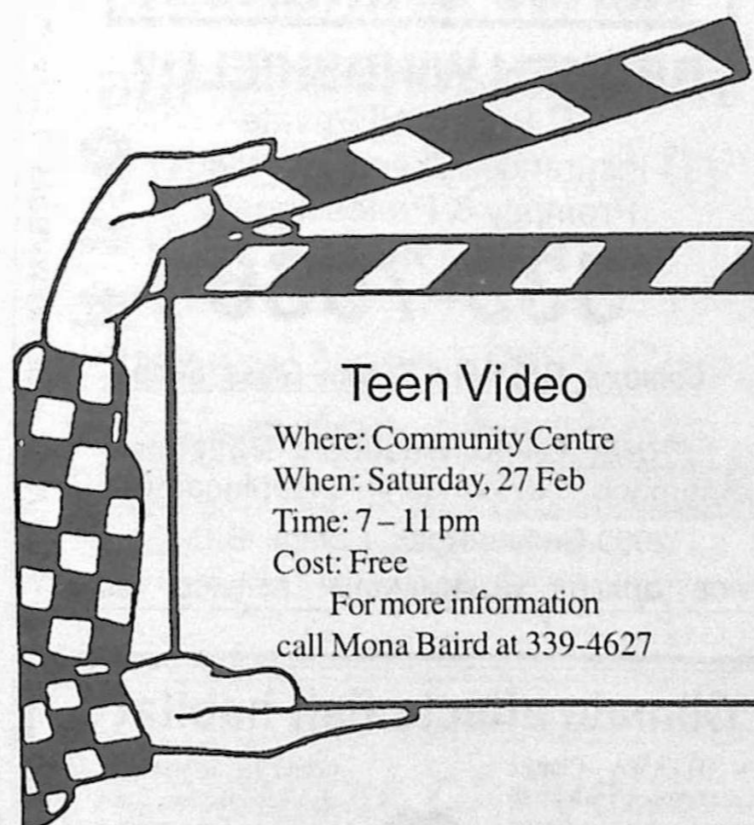
Wallace Gardens Community Association requires a ward representative for ward #7. This includes Row houses 102, 103, 105, 107, 108 and 110.

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.

Ward Reps

Ward 1:	Cheryl Morrow	MQ A2	339-1960
Ward 2:	Rene Fortier	MQ 16	339-4125
Ward 3:	May LeBlanc	MQ 25	890-0719
Ward 4:	Liz Bech	MQ 59A	339-4570
Ward 4:	John Dubois	MQ 64A	339-3725
Ward 5:	Kathy Bertin	MQ 78	339-7522
Ward 6:	Paul Taylor	MQ 88A	339-4400
Ward 7:	Vacant		
Ward 8:	Pat Nicholson	MQ 113D	339-1966
Ward 9:	Mona Baird	MQ 117A	339-4627



Teen Video

Where: Community Centre

When: Saturday, 27 Feb

Time: 7 - 11 pm

Cost: Free

For more information
call Mona Baird at 339-4627

To all MQ Residents

Help keep our streets clean

Due to the high winds received in the area during the past few weeks, blowing garbage has become a very unsightly problem in the Wallace Gardens Community.

Plastic garbage bags are easily torn and promote the congregation of birds, which become a flight safety hazard.

All garbage should be placed in a suitable garbage container with a lid. You are also reminded that it is the occupant's responsibility to clean up their garbage which has been spilled by either the wind or the birds. Containers, once emptied, should be removed from the curb, not left unattended for several days following pickup.

Please help keep your community clean!



No-Sno-Fest Family Skate

Wallace Gardens Community Association, in conjunction with 19 Wing Comox No-Sno-Fest committee, are holding a Family Skate Thursday, 25 February from 6:45 - 8:15 p.m. 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)



Help for Today. Hope for Tomorrow.

Today, 1 in 13 Canadians over 65 are affected by Alzheimer Disease and related dementias. For more information, contact your local Alzheimer Society or visit our Web site at www.alzheimer.ca

Alzheimer Society
*Canadian Society of Health and Aging

Heritage Happenings



The log cabin that was used as the first Officers' Canteen at RCAF Station Comox. Currently owned by Mrs. Francis Mitchell and used as a cottage at Kin Beach.

By Joel Clarkson

The members of the Comox Air Force Museum put on a very impressive display at the Comox mall during the week of 15-21 February. The display celebrated Heritage Week and also highlighted the 75th anniversary of the Air Force. The anniversary aspect was picked up on by the two local weekly newspapers and both carried photos of the display. In addition, the Comox Valley Echo has asked permission of L/Col Leversedge and the museum to re-run the heritage article which was in the February 11 issue of Totem Times. They are planning to print it in the Feb 23 edition of The Echo, as this is the anniversary of the first powered flight in Canada (February 23, 1909) by the Silver Dart at Baddeck, Nova Scotia. The museum will provide some archival photos of the event.

The museum staff also visited the location of the first Officers' canteen of RCAF Station Comox. The original canteen was a log cabin on the base and was removed when more permanent structures were built. It was transported down to Kin Beach where it was, and still is, used as a cot-

tage by Mrs. Francis Mitchell. Mrs. Mitchell contacted museum staff recently to see if they would be interested in the cabin's history. It appears that some of the logs in the structure have suffered the ravages of time and a decision will have to be made in the near future as to its disposition. It would be a shame to lose this heritage structure and inquiries are being made as to ways and means of preserving it.

It's a very busy time on the heritage front and there is plenty of activity on the weekends. There is a new display of flying helmets, on loan from Warrant Officer Ford, and this display can be seen in the passage way off the main museum. It is attracting a lot of interest from new and regular visitors.

The Heritage volunteers continue to put maximum effort into the restoration of the Willys jeep and planning is now starting for the next parade in Cumberland during Empire Days.

The museum has ordered seven vintage uniforms from a movie support company and hopes to have these for the volunteers participating in the Empire Days parade.

Yogourt What's in it for you?

Any way you spell it - yogurt, yogourt or yoghurt - this cultured (fermented) milk product is the result of adding various bacteria - all friendly - to milk. Once you have determined how to spell it, then comes the decision of why you should eat it and what type to buy or make your own.

The why is easy. Like milk, from which yogurt is made, yogurt is rich in nutrients, containing protein and a wide range of essential vitamins and minerals. It is especially useful as a source of calcium - one 175-ml container of yogurt has as much calcium as a 250-ml glass of milk.

The fermentation process used to make yogurt means that the protein is practically digested making it somewhat easier for the body to use. Also, the lactose levels are significantly reduced because the bacteria use the lactose (milk sugar) as fuel.

One of the reputed benefits of eating yogurt is that it encourages the right kind of bacteria to multiply in the gut. These bacteria help to digest food and protect against harmful "bugs" that can cause stomach upsets and infections.

Other possible benefits of yogurt include blood cholesterol reduction, lowered colon cancer risk and boosting the immune system.

Having realised that yogurt is a "natural" health food, then comes the question as to what type of yogurt to choose - stirred or set. The way in which the yogurt is fermented also has an effect. Set yogurt is fermented in individual container, while stirred yogurt is fermented in a large tank and transferred to containers after the cooling process.

There are also other choices to make, whether you want plain or

sweetened, fruit added or flavours such as chocolate and coffee. Some yogurts are also sweetened with aspartame. The fat content of yogurts can vary as well, so read the labels on the containers.

And finally, what is the deal with "live" cultured yogurts? All yogurts begin containing "live" bacteria and most yogurts produced in Canada still contain the live starter culture bacteria when they are sold. If the yogurt has been heat treated after production - so as to extend shelf life - then there will be no live bacteria and the label will state "sterilised" or "UHT", depending on the heat treatment used.

So, whatever way you slice it or spoon it, yogurt packs a nutritional punch. Use yogurt as part of a meal or a snack, as a dip or a topping, for a dessert or a blender drink. Yogurt delivers the nutritional goods! - News Canada



Fresh Halibut

From May to September
If you have friends coming
out from across Canada fresh
B.C. halibut is a treat.
Phone to pre-order
339-1263

Miscellaneous for Sale

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. <2/2>

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. <2/2>

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

11'x20' portable shop with floor and all hand and power wood-working tools. Also, complete home gym equipment. For more info 890-0096. <1/2>

Business

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

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. 2 yrs. old. \$169,900. Ph 339-6797. <1/2>

Groupe AA en français

Le Groupe L'Espoir vous invite à venir fraterniser le dimanche soir à 7:30 p.m. au 1413 Little River Road, Lazo.

Le Groupe L'Espoir est un groupe ouvert (Bienvenue aux AL-ANON).

Pour plus de renseignement, appelez Emile 339-4008.

Avis de changement

Veuillez noter que l'Association Francophone de la Vallée de Comox a un nouveau numéro de télécopieur: (250) 334-8203.

Notice of change

Please note that the Comox Valley Francophone Association has a new fax number: (250) 334-8203.

Jake's Trivia Answers

1. New York Rangers
2. The Christmas Tree
3. Chicago White Sox

N.I. Rhododendron Society

The regular monthly meeting will be held 9 March at the Comox United Church, 250 Beach Avenue. Meetings are free, visitors always welcome. Refreshments will be served. A library of gardening books is available to members. Members are reminded to wear their club name tags to be eligible for the door prize.

A club calendar is available on the Internet at <http://hedgerows.com>. Follow the links to Canada/clubbrochures/berhodo.htm

Newcomers' Club

For women new to the Comox Valley within the last two years. Join us Monday, 8 March, 7:15 p.m. at our new location, the Florence Filberg Centre, Evergreen Seniors Lounge (main floor), 411 Anderton Avenue in Courtenay to hear Julie Howell speak about "Reverse Culture Shock."

For more information contact Carolyn 890-1082 or Pat 339-7137.

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.

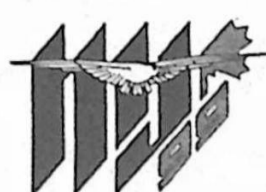
Small Businesses and The Internet QUICK TIPS

View multiple Web sites at once

(NC)—Need to see two sites at the same time? Tired of waiting for your favorite web site to load? Open another window and get to it. In Navigator, from the File menu, select New Web Browser. In IE, select New Window from the File menu.

Internet users can learn more about Netcom Canada on-line at: www.netcom.ca.

- News Canada



The CFB Moose Jaw Reunion '99

to be held 8-11 July

is well on track. Over 500 attendees have already registered with another 200-300 expected by day one. As an added attraction, there will be an airshow held the same weekend. The reunion has verbal confirmation that two locally trained, well known, Canadian astronauts will be attending as guest speakers.

For more info, or an invitational package,

Phone: 1-888-551-5531
E-mail: cliner@sk.sympatico.ca
Write: Box 164, 325 4th Ave SW, Moose Jaw, SK S6H 5V2.

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

Community Health Services

The Upper Island/Central Coast Community Health Services Society will hold its next meeting on 5 March, from 11-3 p.m. at the Adult Day Care Centre, 142 Larwood, Campbell River.

The society is responsible for the delivery of Continuing Care, Health Protection, Mental Health, and Public Health Services in the Upper Island/Central Coast Region.

The Community Health Services Society Board is always interested in hearing from members of the public regarding these services, or other issues regarding community health, and invites any member of the public to attend this meeting.

Canadian sports history trivia

(NC)—In what year was the first Stanley Cup championship game played?

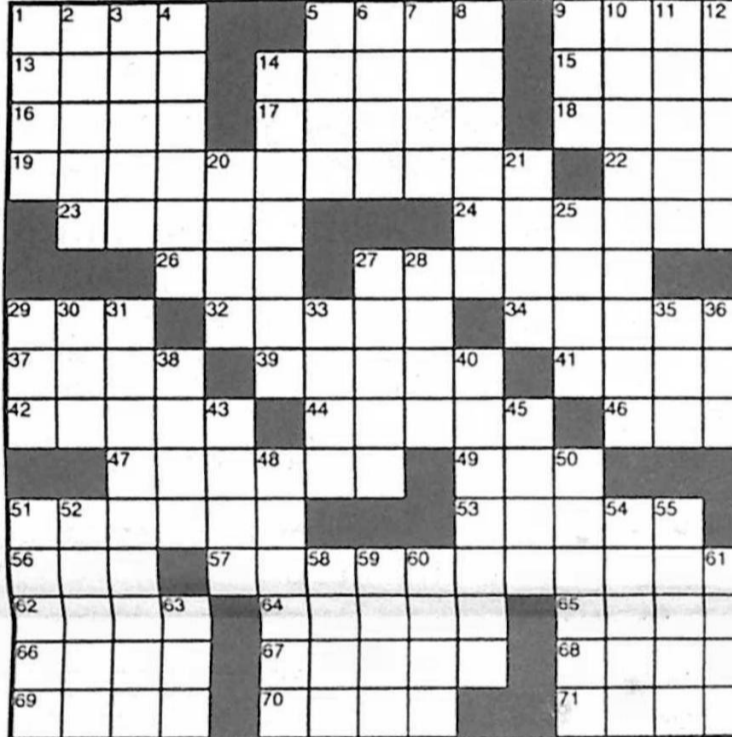
- a) 1875
- b) 1895
- c) 1910

Answer: b) In 1895 the Montreal Maroons beat the Ottawa Senators to capture the first ever Lord Stanley Cup. Less than one hundred years later the Ottawa Senators would make a comeback in the National Hockey League as one of two new expansion teams. This Canadian historical moment is just one of a selection of facts and trivia about the 1800s put together by Seagram's 83 celebrating its 115th Anniversary of whisky blending tradition. Seagram's 83 part of our Canadian heritage since 1883.

(Source: A Nation Launched: Macdonald's Dominion 1867-1896)

TODAY'S CROSSWORD PUZZLE

ACROSS
1 Close by
5 It comes in a bar
9 Make haste
13 Exclusively
14 Early mornings
15 Ancient Peruvian
16 Singer Adams
17 Goddess of peace
18 Stove part
19 Egg-cooking style
22 Draw to a close
23 Sedate
24 Motherless calves
26 Health resort
27 Cause to move forward
29 Type of cube
32 Edge past
34 Grit
37 Twofold
39 They could be proper
41 Hosiery problem
42 Assortment
44 Loose-fitting garment
46 Gunk
47 Brother's daughters
49 Assist
51 — Rico
53 Branches
56 Annapolis grad
57 Act like a detective
62 News
64 Strong point
65 Oscar-winner
66 Metric weight unit
67 — Fudd
68 Min. fractions
69 River of Greek myth
70 Paper quantity
71 Little kid
DOWN
1 Negative votes
2 Commercial prod.
3 Flash
4 Laughing animals
5 Hindu garment
6 Was in debt
7 "Green Gables" girl
8 Fake
9 — Grande
10 Revealing
11 Local
12 Clock parts
14 Scorn
15 Puppy noises
21 Boston —
25 Jewels
27 Purple fruits
28 Gambling city
29 B.C.'s neighbor
30 Mongrel
31 Sincerely
33 Doctor's spoonful
35 An Asian
36 Self-esteem
38 Wild creature's home
40 Strew (about)
43 Big Foot's cousin
45 Fuzzy fruit
46 Bestow
50 Absorb
51 Glimpses
52 Not capable
54 Like venison
55 Adhere
58 Short-tailed rodent
59 Columnist
60 Flower stalk
61 Otherwise
63 Bobby —



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Climate affects fish habitat

(NC)—OTTAWA—Climate change is expected to have an impact on Canada's freshwater resources and its fisheries, says A Primer on Climate Change, a publication produced by Environment Canada.

It says that climate change could affect water resources by changing the rate of evaporation and precipitation. This, in turn, could affect soil moisture levels, river flows and water levels.

The impact on fish is significant. Many species are sensitive to variations in the ocean's surface temperature and circulation patterns. These changes can affect migration routes and where the fish are found.

Inland freshwater fish are also sensitive to changing conditions. For instance, trout may move or die because they are extremely sensitive to heat. Salmon spawning may also be affected.



On the other hand, some species that thrive on warm water may move in. For information on climate change, visit the website: www.ec.gc.ca/cc or call 1-800-668-6767. Also, check out the Millennium Eco-Communities site at www.ec.gc.ca/eco for ideas, help and resources for starting projects relating to climate change.

Ask the Vet



Question:

I just got the cutest kitten as a pet. What can I do to give my cat a long and happy life?

Answer:

There is no magic formula for long life, but cats are living longer now more than ever before.

The first and foremost reason is superb animal nutrition. Reputable pet foods are well balanced and contain all the components that are necessary to promote good health. Cat food can even help in the prevention of certain diseases like Feline Lower Urinary Tract Disease.

Preventative health care, such as vaccines, yearly physical examinations and special geriatric care for the elderly, have greatly increased cat longevity. Fatal diseases such as leukemia can be prevented by vaccination.

Most people don't believe that cats get dental disease but 85% of cats over three years of age have some sort of dental disease. If not treated or prevented, the gums can get infected and the infection can spread via the blood to vital organs such as the liver, heart or kidneys, causing a potentially fatal disease. Often, this can be prevented by brushing your cat's teeth routinely with special toothpaste and sometimes by having a professional cleaning done by your veterinarian.

Finally, one of the best ways to prolong your cat's life is by not allowing it to roam freely. The average outdoor cat lives seven years less than an indoor cat. Outdoor cats die primarily from being hit by cars, attacked by predators, braving the elements or by coming in contact with infectious diseases from other cats. All this can be prevented by keeping your cat inside.

Tip:

Feeding raw meat can lead to serious intestinal infections. Feeding real bones of any sort can result in perforation or obstruction of the intestinal tract.

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Officers' Mess Ladies Club Calendar of events

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.

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.

WBN presents 1998 bursary award

Once again the Comox Valley Women's Business Network had an outstanding attendance for its February meeting at the Kingfisher Resort. Even with the cold stormy weather, over 60 women attended. Taking over the entire dining room, we enjoyed a wonderful meal and were then escorted to the spa for a tour of the new facilities.

The WBN was also pleased to present our 1998 bursary for \$500 to Tammy McElheron of North Island College. Tammy is enrolled in the office administration program and hopes to find employment in the field of accounting.

It was also announced that our 1999 Bursary will be given to Excel Career College to help a selected mature student continue their education.

Our speaker, Ian Thompson from The Eagle 97.3 FM, gave a dynamic lecture to the businesswomen attending on what to consider in marketing our companies and growing our businesses. Thank you Ian for all your helpful ideas.

Our next meeting will be held at the Coast Westerly Hotel on 11 March with special guest speaker Wendy McClelland "The Marketing Revolution." For more information regarding this special meeting or the WBN, please call our hotline at 338-0113. Mark your calendars for March 11 and call a friend to join you. Wendy McClelland will leave you knowing there is nothing out there that you cannot accomplish if you put your mind to it.

OUR website needs YOUR insight



Millennium
Eco-Communities
on the Green Lane

Concerned about the environment? Share your thoughts with other environmentally concerned citizens on the Millennium Eco-Communities (MEC) website. Designed as a way to connect people who care about the environment, the MEC website contains information on best practices, tools, tips, networking opportunities and more. So turn your concerns into action - visit www.ec.gc.ca/eco today.

Canada

HOCUS-FOCUS BY HENRY BOLTINOFF

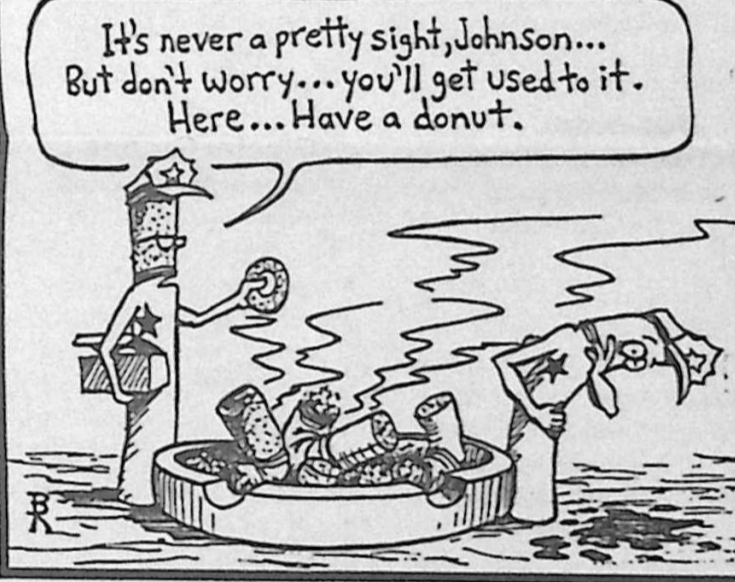


Find at least six differences in details between panels.



Differences: Picture is removed. Copy is changed. 4. Handbag is larger. 5. Silhouette is added. 3. Ad

FREAKSHOW



Royal Canadian Legion

Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m.
26 Feb ... Ventura Highway
Zone Crib Tournament 27 & 28 Feb, start 1:00 p.m.
05 March ... Ventura Highway
12 March ... The Easterners
Special Event: St. Patrick's Dance 14 March, 1:00 p.m.
Music by The Easterners. Food: corned beef & cabbage.

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)

26 Feb ... Double Play
5 Mar ... Nite Life

History of the Military Air Services of Canada

Part 2

Original prepared by Capt D. Nicks (editing and additional material by LCol Leversedge)

Canadians in service with the Royal Flying Corps/Royal Naval Air Service

Because Canada did not have a national air service during World War One, many Canadians served with the Royal Flying Corps, Royal Naval Air Service, and eventually, the Royal Air Force.

Canadians served on all the fronts of the war, from the Home Front (England) to the Western Front (France and Belgium) down to Italy and the Dardanelles, over the Adriatic and the Mediterranean and over Egypt and Palestine. Canadians served with pride and distinction (three Victoria Crosses were won by Canadian airmen), and by the war's end it has been estimated that over 23,000 Canadians served within the air services of the United Kingdom, of whom 1563 made the ultimate sacrifice.

At first the RFC and the RNAS recruited only trained personnel, mainly pilots. This severely taxed the training services in Canada. At this time candidates had to pay for their own training (about \$400 for 500 minutes of flying) and one prominent Canadian's training school was running at full capacity: J.A.D. McCurdy had a flying school at Toronto Island. However, as the war progressed the RFC decided to provide pilot training for suitable candidates.

The first Canadians to graduate from McCurdy's flying school were Homer Smith and Arthur Ince. Later, Arthur Ince shot down a German seaplane (14 December 1915) off the coast of Belgium; this was the first Canadian kill in World War One. Another Canadian who paid for his own training was John Bernard "Don" Brophy, of Ottawa. Don joined the RFC after graduating from the school at Toronto Island and departed for England on 8 December 1915. At the time Don reached the front, the life expectancy for a pilot was three weeks, but Don lasted an incredible five months.

During this time he suffered with most of the problems of the day: engine, airframe and propeller failures were common. In addition, during this time, air fighting was in its infancy: rifles and pistols were being carried in cockpits and bombs were strapped to the side of the aircraft. However, after surviving duty at the front and while serving on the Home Front, Don died on Christmas Eve 1916 when the airframe of his BE12 failed and he spiralled into the ground.

Life in the RFC/RNAS was not "a bed of roses" for the glamorous flyboys as depicted in the movie "The Dawn Patrol;" there were a lot of hardships. A typical air station on the Western Front consisted of an open field (air-strip), canvas hangars, an officers' mess (normally the only solid construction around) and living quarters (generally under canvas).

More often than not, there would be another squadron using the same open field, but established on the opposite side of the grass runway. Flying continued throughout the extreme summer heat with its dust and sweat; in winter during the rains (creating quagmires and muddy lakes) and the cold of November to February. Dysentery, fever, nerves and stomach problems were all commonplace in the air services and life expectancy for a new pilot in 1918 had decreased to a few days.

The missions varied with the aircraft. Originally the airplane was seen as an observation platform for artillery spotting. Then airmen started arming themselves and shooting at each other, with the occasional success. This brought technology to the forefront, as methods were devised to mount machine guns on aircraft.

Some of the early methods were an over wing mount to avoid the propeller, mounting the engine on the rear (pusher type) so a machine gun could be fired out the front of the aircraft, armour plating the back side of the propeller so that bullets fired by the pilot would not damage the propeller (this, however, meant that one in every five rounds fired bounced off the propeller) and, finally, after the design was found on a German aircraft, an interrupter gear mechanism (the machine gun ceased firing anytime the propeller swung through the firing arc). In addition, the pilots were also dropping things from aircraft, such as flechettes (large steel darts that could penetrate a steel helmet), progressing to grenades and finally to bombs.

Canadians were involved in all the various aspects of the flying war. Of the twenty-seven Allied pilots who had thirty or more combat victories, ten were Canadians, including the top ace (Maj Bishop with 72 victories) and the third top ace (Maj Collishaw with 60 victories). In addition, as previously mentioned, three Canadian airmen won the Commonwealth's highest award for valour, "the Victoria Cross" - Maj Bishop, Maj Barker and Lt McLeod.



Major William Avery
"Billy" Bishop, VC

William Avery "Billy" Bishop was born in Owen Sound, Ontario, 8 February 1894. At the termination of a very unsuccessful academic career, Bishop joined the

Mississauga Horse and at the outbreak of the war was a cavalry Lieutenant. Shortly after his arrival in England, Bishop saw his first airplane and at that point he decided that the only way to fight a war was "Up there above the clouds and in the summer sunshine."

Bishop originally trained as an observer and flew for four months at the front before an injury placed him in the hospital. Upon his release, he discovered he could now apply for pilot training. After completing the course in only fifteen hours, Bishop was posted to a Home Defence unit. Bishop was finally posted to the Western Front in March 1917, reporting to No. 60 Squadron RFC. It only took him eight days to score his first victory.

Bishop quickly established a reputation as a loner and a crack shot, and his score of combat victories grew very rapidly. On 2 June 1917 Bishop took off before dawn on a mission he and Albert Ball had discussed; the idea was to attack the enemy before he was prepared for the attack.

On that day, Bishop single-handedly attacked a German aerodrome and shot down three enemy aircraft for which he won the Victoria Cross. Late in 1917 he departed England for Canada for a well-earned rest. Upon his return in early 1918, Bishop was promoted to Major and posted to command No. 85 Squadron. In his final two weeks of combat he shot down an incredible twenty-five enemy aircraft, twelve coming in the last three days. After this feat, Bishop was posted to a staff job as he was now considered a valuable war symbol. His secondment to the RAF was terminated and he was attached to the Canadian Headquarters Overseas as a temporary Lieutenant Colonel. While in this staff job he pursued the creation of the Canadian Air Force.

Major Raymond Collishaw

Although he did not win a Victoria Cross, Raymond Collishaw was another prominent Canadian, finishing the war as third overall Allied ace. Collishaw was born in Nanaimo, British Columbia, on 22 November 1893. He joined the RNAS in 1914. His first mission over the front was flown in September 1916 with No. 3 Wing RNAS. On 1 February 1917 he was transferred to No. 3 (Naval) Squadron.

In April he was promoted to Flight-Commander and posted to No. 10 (Naval) Squadron. With him he took four other Canadians: Ellis Reid of Toronto, J.E. Sharman of Winnipeg, J.E. Nash of Hamilton and M. Alexander of Montreal. With these people Collishaw formed the "Black Flight" (each flight was assigned its own colour and black was the colour for his flight), one of the most successful flying units on the Western Front. Finally, by January 1918, Collishaw

had again been promoted and placed in command of No. 3 (Naval) Squadron. Naval squadron commanders were not expected to fly, but Collishaw disregarded this rule as much as he could.

On 1 April 1918, Collishaw officially transferred to the RAF and was placed in command of 203 Squadron. In his final four months in combat he scored an additional twenty victories. On 1 October 1918 Raymond Collishaw was withdrawn from the front, promoted to Lieutenant Colonel and posted to aid the formation of the CAF. Raymond Collishaw retired from the RAF as an Air Vice-Marshal in 1943.



Major
William Barker, VC

William George Barker was born in Dauphin, Manitoba, in November 1894. He initially joined the Canadian Mounted Rifles and fought in the Second Battle of Ypres.

When "Willy" first transferred to the RFC he went as a mechanic, but flew several missions as a machine gunner. In April 1916 he was commissioned as a Lieutenant observer and in late 1916 he returned to England for pilot training. Upon his graduation in January 1917, he was posted back to the Western Front. After flying a tour on RE 8s, he returned to England in early September to instruct student pilots.

The restless Barker applied for a transfer to a scout squadron and in late September he was posted to No. 28 Squadron. In October the squadron proceeded to Belgium, but by late October it was moved to northern Italy to bolster the sagging Italian Front. This front provided a different opportunity for the pilots, as the Austrians had very few aircraft and, therefore, the mission was primarily ground support.

In September Barker was recalled to England to command the School of Air Fighting at Hounslow. On 27 October, while returning to Hounslow from his attachment to No. 201 Squadron, Maj Barker attacked a Rumpler CVII reconnaissance aircraft and shot it down. While following it down, he was attacked by a Fokker DR I.

In the ensuing diving fight Barker shot down the DR I, but received a bullet to the thigh. Upon his recovery from this engagement, Maj Barker flew into a Ger-

man *Jagdgeschwader* (squadron). During the spiralling melee Maj Barker shot down another three German aircraft, but he also received two more injuries (another in the thigh and one in the right elbow). While the Germans withdrew, Maj Barker crash-landed close to the front lines and members of the Highland Light Infantry were able to extract him from the wreckage. Maj Barker won the Victoria Cross for this action.



Second Lieutenant
Alan Arnett McLeod,
VC

Arnett McLeod of Stonewall, Manitoba, was the third Canadian airman to receive the Victoria Cross. His action was not against the enemy, but for saving the life of his observer.

While on a photo reconnaissance mission, McLeod's aircraft was attacked by eight enemy triplanes. After a fierce fight, a bullet eventually penetrated the fuel tank and set the aircraft on fire. McLeod continued to fly his aircraft while his gunner/observer, Lt A.W. Hammond, ward off further attack.

The fire became so intense that even with sideslipping McLeod had to climb out of the cockpit. From there he continued to fly the aircraft toward a safe arrival with the ground. He was finally able to crash-land the aircraft in no-man's land where, though he was wounded five times and his observer six times, he was able to extract his observer from the wreckage.

During this fight, the observer was able to shoot down three of the enemy aircraft. For this action Lt A.A. McLeod was awarded the Victoria Cross.



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