



TOTEM TIMES

19 Wing CFB Comox

THURSDAY 22 APRIL 1999

Comox Valley's Longest Running Newspaper

VOL. 41 NO. 6

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Happy Earth Day

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Special Mother's Day contest

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Snowbirds Spring training

Canada's world-renowned Snowbirds (431 Air Display Sqn) have returned to 19 Wing Comox

for their annual spring training session from April 10-24.

The team comes to Comox

every April to rehearse their summer air show program over water, the sort of terrain which their home

base of CFB Moose Jaw, Sask. does not afford.

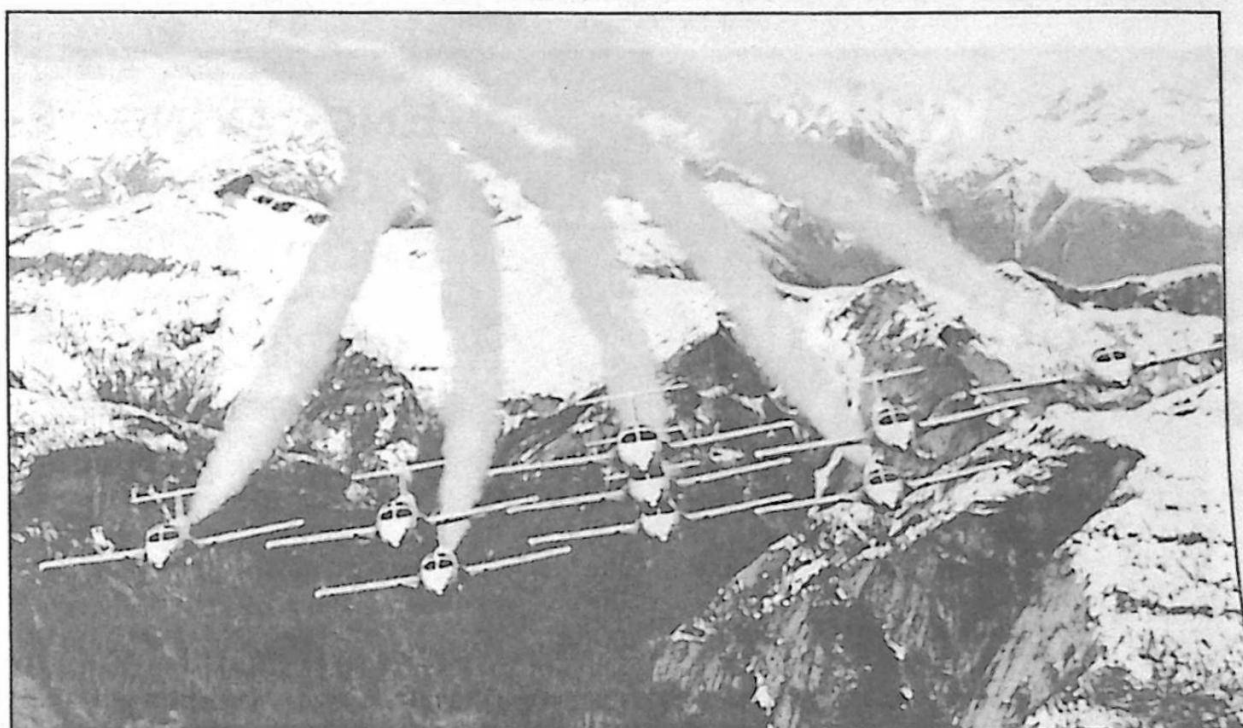
Now in their 28th year, the Snowbirds have thrilled about 100 million spectators at air shows around the world.

Despite a tragic crash last year, in which one Snowbird pilot was killed, the team has continued to perfect their aerial poetry.

They spend two weeks of intensive practice at 19 Wing, during which the Snowbirds perform two shows a day, flying over the flight line or Air Force Beach area at 9 a.m. and 12:30 p.m.

As in the past, the public is allowed full access to Air Force Beach area during the Snowbird's deployment, in order to allow local schools, community groups and aviation enthusiasts ample opportunity to watch the show.

Photo by MCpl Cuerrier, Wing Imaging.



A message from the Wing Commander North American Occupational Safety & Health Week

I would like to convey to all personnel of 19 Wing that 17-23 May has been designated North American Occupational Safety and Health Week (NAOSH).

NAOSH Week is an annual event in Canada, the United States and Mexico. It is sponsored by the Canadian Society of Safety Engineering (CSSE), in association with the Workers' Compensation Board of B.C., Human Resources Development Canada, and the B.C. Ministry of Labour. This year's theme: "Occupational Safety and Health: It's Everybody's Business" emphasizes the fact that we all have a role to play when it comes to workplace health and safety.

Every year, workplaces in Canada, the United States, and Mexico participate in NAOSH Week with a range of special activities that reinforce the importance of occupational health and safety. By celebrating and rewarding collaborative safety initiatives, NAOSH Week increases safety awareness all year long.

The objective of NAOSH Week is to focus the attention of employers, employees, safety committees, the general public and all partners in occupational safety and health on the importance of preventing injury and illness in the workplace.

The operational roles of 19 Wing Comox require that we function as a close knit team. We all share this common goal. Operational effectiveness dictates the need for formal safety programs to maintain the full capability and availability of our team.

Health and safety in the workplace is crucial. I invite you to participate in the events and programs planned during NAOSH Week. We can make significant strides towards increasing safety awareness by being proactive in reducing accidents and illness. I urge you all to support and promote the Wing Safety programs not only during North American Occupational Safety and Health Week but each and every day of the year.

W.J. Neumann

Colonel

Wing Commander



The North American Occupational Safety and Health Week

Leading the fight



The flag was raised over 19 Wing this month as the Wing Commander was appointed the honorary chairman of the Canadian Cancer Society's fundraising drive. (Photo by Wing Imaging)

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Trust fund questioned

MCpl Roger Giguere continues to recover well from the burns he sustained on 20 Mar 1999 but is expected to remain in hospital for the next 2 months.

His wife and family are now staying at a house sponsored by the Victoria Fire-fighters Association.

Some queries have been received regarding the purpose of

the Trust Account that has been created for them.

The intent of the Trust Fund is to fund out-of-pocket expenses incurred by the family living in Victoria for an extended period of time, and not to cover expenses such as medical bills or other services that are provided through the military.

MCpl Giguere and his wife, Cpl

Josee Menard, are receiving extensive support from friends and colleagues as well as all available support from various 19 Wing resources such as the Military Family Support Centre. Should you have any questions, please contact Capt Raby (WTNO) at local 8354.

Your understanding and continued support is appreciated.

Students and DND: working together

The Department of National Defence has had an ongoing commitment to youth employment and thus 19 Wing has continued to actively support all components of the Federal Student Work Experience Program.

For many, participation in the program has become more than just a way to earn next semester's tuition.

Their employment with 19 Wing has provided them with the opportunity to gain valuable experience while developing and improving their employability skills.

It has also given them the confidence and the re-affirmation of their sense of life direction along with feelings of accomplishment through the realization of how their work assignments have benefited the organization. These opportunities have provided them with steady employment during school breaks and many have returned for repeat assignments.

In the past years these opportunities, for instance, have been in the areas of Wing Supply, Food Services, Roads & Grounds, Quadra Cadet Camp, Telecommunication & Information Services and the Trade Shops.

To be considered for employment under the federal government under the Federal Summer Work Experience Program (FSWEP), a student must meet the following criteria:

Students must be enrolled as a full-time student and intends to return to school full-time in the upcoming academic term.

Students must be registered in the FSWEP national inventory.

Students must be the minimum age to work in the province or territory where the job exists.

Where to apply:
Students can apply on-line and are encouraged to do so as acknowledgement of their electronic application is received right away. Website at:

www.ppsc-cfp.gc.ca/jobs.htm

As well, there is a limited supply of application packages available at the Civilian Personnel Office, in the Headquarters Bldg 45, Rm 32.

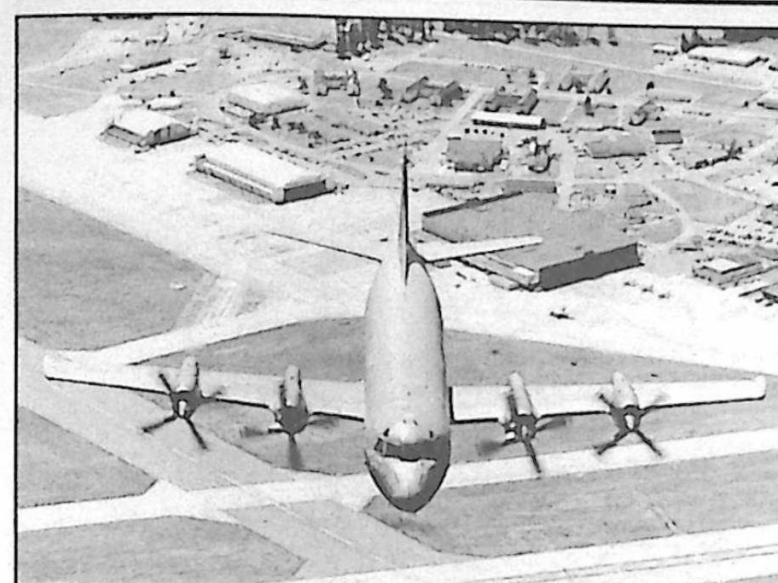
For further information on the Student Program(s), please call Dianna Caswell, Human Resources Project Coordinator at 339-8211 local 8419.

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407 Sqn in search of driftnet fishing violators



The aircraft and crews from 407 Maritime Patrol Sqn are prowling the Alaskan coast in search of driftnet fishing violators. Operating from a remote airfield on the tip of the Aleutian Islands chain, 55 personnel and two Aurora aircraft are flying over 200 hours of surveillance until April 28.

The squadron's commanding officer, LCol Garry Reaume, says the deployment is a major one for the unit. "We usually don't do this many hours of driftnet patrol at one time. But, because of other operational commitments this year, this is

how we decided to do it."

Driftnet fishing patrols are just one of 407 Sqn's many responsibilities, which include monitoring surface and sub-surface vessels, counter-drug operations and pollution patrols along the West Coast. The driftnet fishing patrols are conducted in support of the Department of Fisheries and Oceans and are designed to counter the type of illegal fishing that has been called the "harvest of death" because of the sheer volume of aquatic life that the driftnets trap and subsequently kill.

Canadian Forces Community College Network presents MANAGEMENT DEVELOPMENT PROGRAM COURSE OFFERING

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MDP 300 - ADMINISTRATION

This course provides an overview of the management function in modern organizations. The four broad functions which characterize the role of managers will be covered: planning, organizing, leading and controlling.

Topics include:

- the manager's role
- planning and decision-making
- tools and techniques to organize work
- communicating in the organization
- providing leadership
- motivating others
- controls in the workplace

WHEN? May 14 - 16, 1999

Friday: 1800 - 2200 hrs, Saturday and Sunday 0900 - 1700 hrs

COST: \$120 tuition, plus 44.15 for materials

Payment may be made by personal cheque, VISA or MasterCard.

FOR INFORMATION call Pat Allan, CFCCN Coordinator at 339-8211, local 8889 or 339-2280.

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439 Sqn to receive Battle Honours

On June 18, 439 "Tiger" Squadron will receive a new set of Colours as well as be awarded the Battle Honour Ribbon for its participation in the Gulf War as lead squadron of the Desert Cats.

This is the first time that both ceremonies have occurred at the same time, let alone that it has been a "few" years since a unit of the Canadian Air Force had taken part in an armed conflict. This will be a day of great pride and we wish to celebrate it with past squadron members and distinguished friends.

All former "Tigers," especially those who served with the Desert Cats, are invited to join 439 Squadron in Bagotville in commemora-

tion of this rare event.

The festivities will include a formal parade on Friday, 18 June, where the official retiring of the Old Colours and the acceptance of the New Colours with the Gulf War and Kuwait Battle Honour will occur.

If sufficient interest exists, we hope to have an Old Tiger Flight on parade for the acceptance. We will start the festivities on the 17th with a Meet and Greet.

On the 18th, in addition to a mid-morning parade and luncheon, there will be a casual dinner and dance in the evening open to all former "Tigers" and guests at minimum cost.

In an effort to plan appropri-

ately, notice of intent to attend is required by the end of April. Hotel and travel arrangements will be the attendee's responsibility. However, we will forward a comprehensive information package to all who intend to participate.

This promises to be a wonderful chance for past and present "Tigers" to celebrate a tradition that occurs quite rarely these days.

For more information and notices of intent to attend, please contact: Capt Ryan O'Neill, 439 Standard Committee, 439 Combat Support Sqn, P.O. Box 5000 Stn Bureau-Chef, Alouette, PQ G0V 1A0. Fax: (418) 677-8439. DEMS: Capt R. O'Neill, 3 Wing Bagotville 439OSV.

Making every day Earth Day

Every year, people around the world celebrate April 22 as Earth Day - a day to remember the planet we all derive our life from and a day to remember that we should be taking better care of it. But one day isn't enough. We all need to make every day Earth Day and make changes in our lifestyles that are kinder to the planet.

The main thing to do is reduce our consumption and avoid wasting previous resources.

The following are 15 relatively easy things you can do to show your regard for the planet and for the future generations who will live on it. (Many of these tips will also save you money.)

15 things you can do to help the earth

1. Replace paper towels and napkins with reusable cloth products. (They even feel better!) Use handkerchiefs instead of tissues.
2. Carry a mug - avoid buying coffee and other drinks in disposable cups that end up in the garbage.
3. Use your public library for magazines and books. If you do purchase these, pass them on to a friend, community centre or daycare when you are finished.
4. Use compact fluorescent light bulbs and energy-efficient appliances.
5. Insulate your home against heat loss and fix leaks with weatherstripping. Insulate your electric hot water heater.
6. Conserve fuel by turning your heat down at night. If you work outside your house during the day, turn down the heat then too. You can buy a programmable thermostat to automatically turn down the heat at certain times and turn it up again before you get home so you'll be comfortable.
7. Wash your clothes in cold water.
8. Avoid using cars whenever possible, especially if you live in a big city. Walk, cycle or use public transportation.

(Continued on page 5)

RCAF 75th anniversary message

1 April 1999 marked the 75th Anniversary of the founding of the Royal Canadian Air Force as a separate and permanent military service.

This is an extremely important milestone in the history of Canadian military aviation dating back to 1914 and in that of Canada's Air Force dating back to 1920

when the government of Canada issued the order which created the RCAF.

On 1 Apr 1924, the Air Force was charged with "the development and maintenance of air power

in Canada". From that day forward, the men and women of Canada's Air Force have proudly dedicated their efforts to this end, and will continue to do so into the next century.

To all the men and women of Canada's Air Force and their families, at home and abroad, Regular, Reserve and civilian employees, a very heartfelt and sincere happy birthday and thank you. You are doing Canada proud. Keep it up.

Per Ardua Ad Astra.
LGen Dave Kinsman
Comd of Air Command and Chief of the Air Staff



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In praise of ugly aircraft

Helicopters are ugly. There's just no way around it. But they are extremely useful, in fact the very first concept of powered flight centred around vertical take off and landing but the technical problems were just too great to overcome. Alas, the ugly aircraft lost out to the sleek fixed wing designs that capture the imagination of everybody to this day.

There are ugly fixed wing aircraft too and, like the ugly duckling and the helicopter, their beauty is more than skin deep. You may not know this, but the Republic A-10 Thunderbolt II aircraft was due to be phased out of the American arsenal before the Gulf War. It is such a slow and ugly aircraft that it was the butt of bad jokes even when I was in the regular force. Nobody seemed to want it. The only problem was that no other aircraft could do the nasty, down in the mud air support that was required. It therefore was given a reprieve and pressed into service.

A recent episode of "Wings" on the Discovery Channel was dedicated to the phase out of the A-10. It had been replaced by the higher technology and much sexier F-16 in the ground support role. There just wasn't any need for such a low tech, ugly slug like the A-10. Now the CNN news channel is scratching around for a bit of aerial coverage of the undeclared war in Kosovo. The featured aircraft in today's footage of air strikes is, you guessed it, the A-10. Back from the boneyard presumably because it's the best aircraft for the job.

When the going gets tough, sleek and sexy doesn't seem to count for much.

Joel Clarkston

Letter to the Editor

National Volunteer Week

Dear Editor,
From April 18-24, communities across Canada will be celebrating National Volunteer Week. This week is set aside to thank and honour our communities' unsung heroes. Those people who donate time and energy to help their fellow citizens and the causes they believe in.

Every day, volunteers take time from their work, leisure and home life to volunteer their talents and energies to solve problems in their communities. They are young, old and every age in between. They come from every economic group, from every race, religion and ethnic background. They share in common their citizenship and commitment to improving the quality of life for all.

As we approach a new century, we are confronted by many chal-

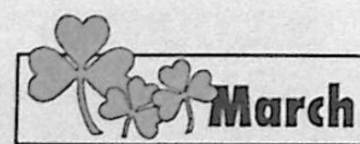
lenges that strain our capabilities as citizens and test our character as communities.

Without our volunteer spirit, Canada would never have grown to nationhood. Without the concern of individuals for others in need, we would not have the innumerable public and private programs devoted to making a difference. And had it not been for the unselfish devotion to a cause, we would have been unable to defend and maintain our freedom.

In observation of National Volunteer Week, I encourage everyone to join with our thousands of volunteer community groups in celebrating volunteers - our greatest natural resource.

Yours truly,
Inky Mark, M.P.
Chief Opposition Critic
Canadian Heritage

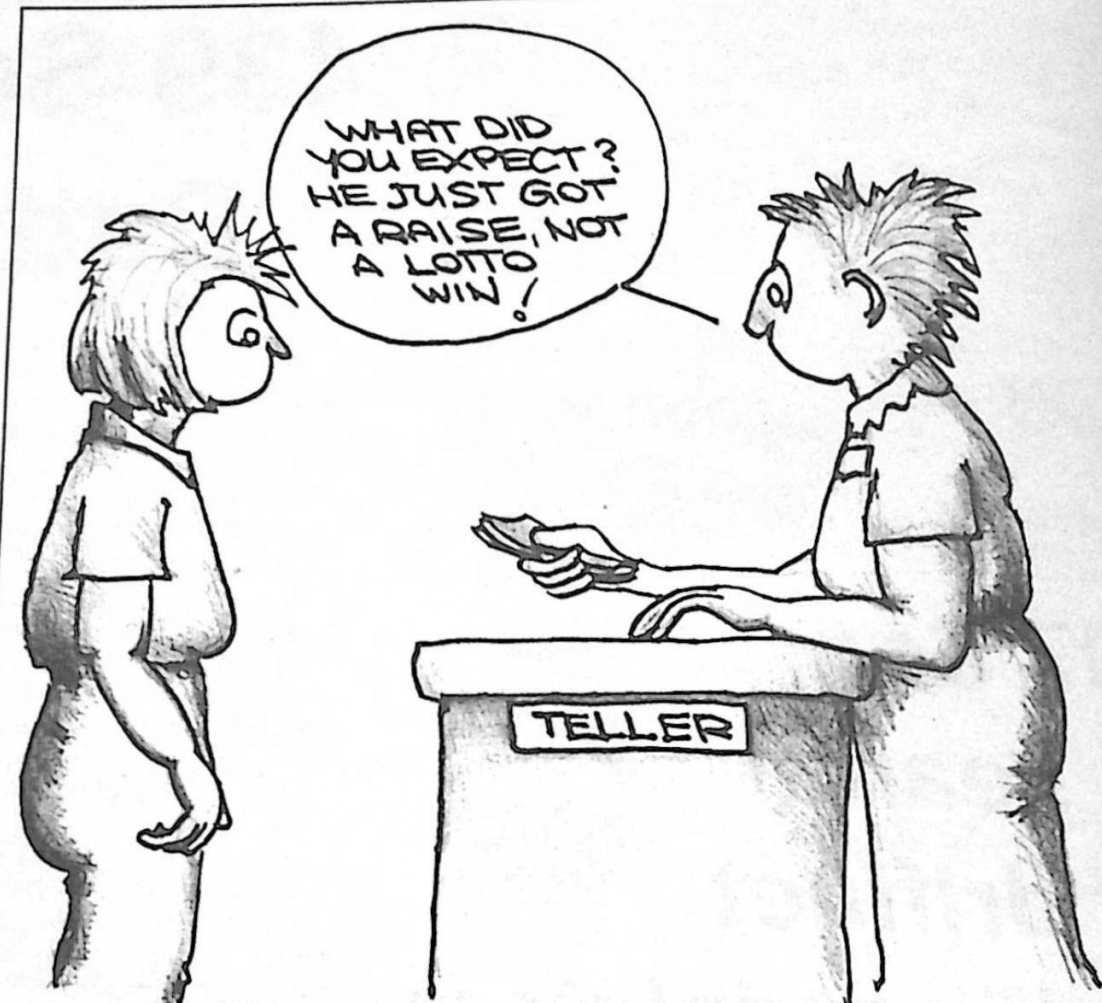
Weather Summary



The month of March was quite windy with a total of 21 days of winds in excess of 16 knots. Temperature-wise, it was right on par with the averages seen over the years. Believe it or not, we were drier than normal with regards to rainfall but it may have appeared wetter only because we received a whopping 18 days of significant rainfall combined with quite a bit more snow than usual.

Highest monthly temperature	13.4°C on 20th
Lowest monthly temperature	-2.0°C on 31st
Total monthly rainfall	85.0 mm
Average monthly rainfall	99.0 mm
No. of days with 0.2 mm or more rainfall	18
Total monthly snowfall	37.2 cm
Heaviest 24 hour snowfall	20.4 cm on 3rd
Total hours of bright sunshine	110.6 hrs

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



FINALLY A LITTLE RELIEF

G. Hatch '99

Thank you

We would like to thank everyone for their kind and generous support in our time of need. The response was overwhelming and very much appreciated. Again, thank you.

Phil and Annette Savage

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Thank you for your patience and for bearing with us through this transition.



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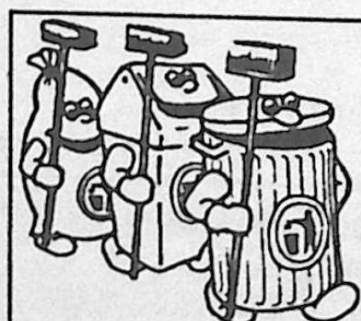
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OFFICE HOURS
Mon to Fri
7:30 - 11:30 a.m.
1:00 - 3:30 p.m.

Celebrating 75 years



LCol (Ret) Allan Brown, president of 888 Wing of the RCAF Association and WComd Col Bill Neumann dedicated the newly erected cairn at the Aircraft Heritage Park on April 1. The cairn and the day were both used to celebrate 75 years of Canada's Air Force and the airmen and women who have served, serve today and will someday serve their country. (Photos by Wing Imaging)

History books donated



In commemoration of the 75th anniversary of the Royal Canadian Air Force (RCAF), 19 Wing donated 29 sets of a three volume Air Force history to the Vancouver Island Regional Library and School District #71. The aviation tomes include the official history of RCAF Station/CFB/19 Wing Comox, Air Defence and 407 Squadron. LCol Terry Leversedge, who has been appointed the officer in charge of the local 75th anniversary celebrations, officially donated the texts. (Photo by Cpl Desrochers, Wing Imaging)

Earth Day every day

- (Continued from page 3)
9. Install a low-flow shower head and faucet aerator, available at most hardware stores.
 10. Put a dam in your toilet tank to reduce the water used to flush. If you're replacing your toilet, buy one of the new low-flush water-saving toilets.
 11. Avoid letting your tap run unnecessarily - while brushing your teeth or washing your dishes, for example.
 12. Reduce, reuse, compost and recycle.
 13. Avoid using chemicals. Buy (or make your own) biodegradable

cleaners; avoid pesticides and use only natural lawn-care product.

14. Avoid excess packaging. Ask companies and stores to stock products with less packing.
15. Use recycled, non-bleached paper. Use the back of notepaper. Reuse envelopes. Buy toilet paper made from recycled paper.

For a free copy of "Stepping Lightly on the Earth" which has more tips on what individuals can do to protect the environment, please write to Greenpeace Information Office, 250 Dundas Street West, Suite 605B, Toronto, Ontario M5T 2Z5. (NC)

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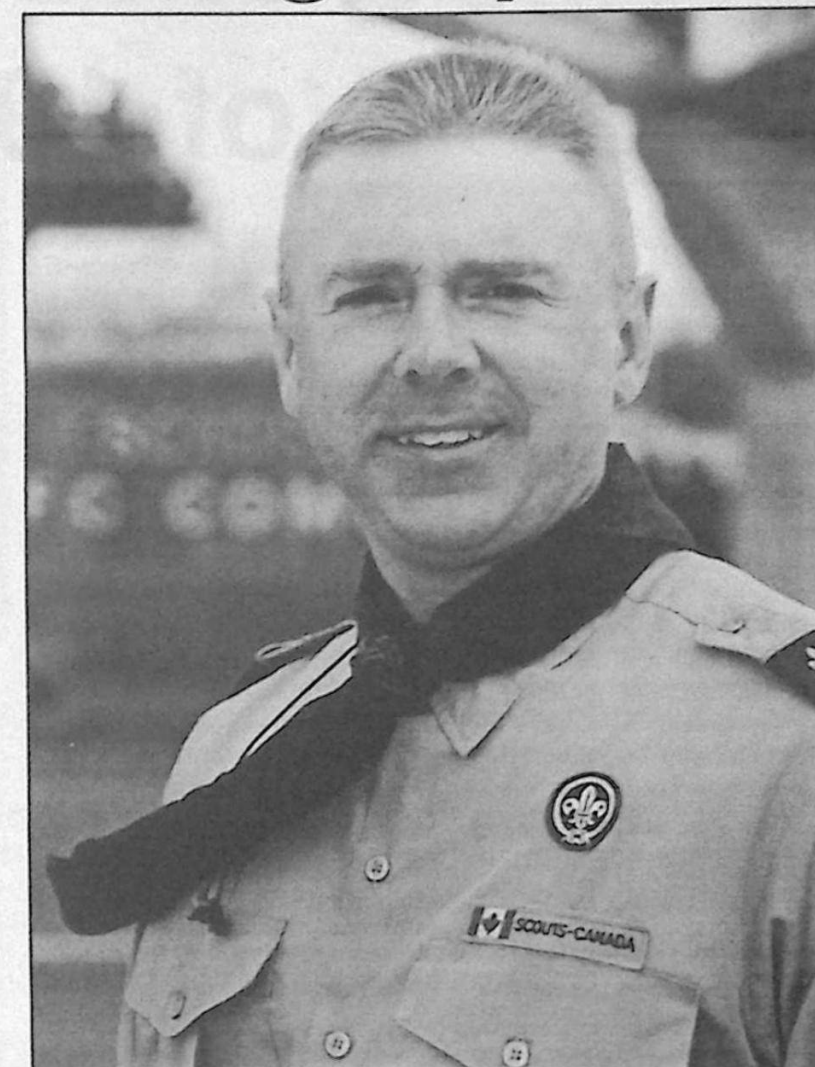
Airport School jumps off

On 30 April, the students of Airport Elementary School will be jumping their hearts healthy in their annual Jump Rope for Heart Jump Off. This event not only raises funds for the Heart and Stroke Foundation of British Columbia and the Yukon, but also teaches our children early in life the importance of physical activity in our lives. According to the Heart and Stroke Foundation of BC and Yukon, physical inactivity is the fourth major risk factor for heart disease and stroke.

More than 500 students at Airport Elementary are expected to participate in the jump off. In teams of four, the students take turns jumping rope for two hours. To assist the foundation in its fundraising efforts, the students will be collecting pledges from friends, family members, neighbours and businesses in the coming days.

"Jump Rope for Heart is a fun event but it also teaches children the importance of healthy hearts, the benefits of physical fitness, and ways to become involved in their community," says Denise Potvin who has been a volunteer organizer of the program at Airport Elementary for three years.

Doing us proud



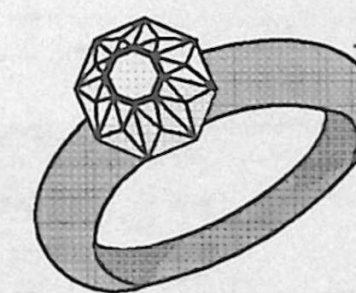
Comox Valley Scouts Canada wish to congratulate Cpl. Derik Amos on his appointment to Assistant Regional Scouts Commissioner for Central and North Island region.

Derik presently works at the Wing Air Traffic Control section. He has 26 years of service in

the Scout movement and came to the Comox Valley in 97 from Ontario, where he was Assistant District Commissioner for Scouts and Venturers.

His fine example of service to the community and to Scouting is a challenge for the youth of the Comox Valley to emulate.

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The Mystical Side of 19 AMS



By Capt Pierre Bouchard

Once upon a time, part of a Maintenance Squadron was in dire need of renovation and new furniture. The walls needed new paint. The inhabitants of the building were forced to work on old desks that had been passed down from generation to generation since the beginning of time. Only the SWO, this mythical creature, remembered the time cons ago, when the furniture was new. Two 19 AMS tribes were slaving away in these conditions: The ETO and the Process Control people.

In March 1999, a wind of change swept through the building. After countless ceremonies, wherein leaders tried to summon their infinite powers, money, new furniture and paint magically appeared in building 64. The inhabitants of the building saw a great improvement in their quality of life. The mythical SWO visited the building and determined that all was good in this land.

However, rumors have it that, upon his departure the mythical SWO muttered something about being stuck in a hamster wheel, while the ETO and Process Control people have a new workspace. No one dares to question the SWO on these comments because nobody really understands the ways of the mythical SWO.

At the beginning of April, the

SWO blessed 19 AMS with one of his magic spells called "Personnel Rotation". Invoking the power of E-mails and memos, the SWO created, in a godlike fashion, a new organizational chart for the squadron. Sgt Aitchison, who was presiding over the ceremonies of the ALSE people, is now in charge of maintaining the magic ADAM box in the AMCRO land.

In a precise domino effect created in the impenetrable mind of the SWO, Sgt Mackie became part of the ETO people following years of hard work in the ACS Shops. Sgt Foley moved from the ETO to the land of the AVN Shop, and Sgt Harper went from the AVN Shop to the Inventory Management tribe. To ensure that no one would understand his great feat of personnel management, the SWO created another domino effect.

Sgt Calmes was moved from the DIAC to the AVS Labs, Sgt Murdock departed the AVS labs to become an ETO person, while Sgt Halbersma went from ETO to the DIAC. It is hoped that these changes will be beneficial for all involved, giving them access to greater knowledge, and a stepping stone to advance their careers. Great is the depth of a SWO's mind.

From the kingdom of NDHQ, the Wizard of Career Management uttered the great words "Thou

shalt be posted". It seems that Sgt Nicholls from 414 Sqn followed the yellow brick road toward the light at the end of the tunnel and asked the Wizard for a posting to our great Squadron. The Wizard first offered various postings to far away lands and incalculable possible permutations. However, Sgt Nicholls' wish was finally granted and he is now part of the ALSE people. No one understands the ways of the Wizard of Career Management.

From the great mystery of military life came two retirements; Cpl Morningstar and Cpl Daly are no more. They have been transformed into Mr. Morningstar and Mr. Daly. All 19 AMS people wish them the best of luck. At the other end of the spectrum, Pte Maher and Pte Lewis received their first hook. Congratulations to both.

From the tradition of great jousting tournaments, a curling day was organized in March to determine who in this land is the BEST and the GREATEST. The event attracted personnel from all over the land and was a great success. However, doubts about the fairness of the rules still linger days after the event. The mythical SWO was part of the winning team. Thus, most feel that the mythical SWO used his powers to influence the results and change the course of history....



By Capt Krak

Demon Doings

Welcome to another edition of the Demon Doings. The hallways at 407 are pretty bare nowadays, thanks to a three crew, two aircraft, deployment to Shemya, Alaska. We've sent Crews 2, 5 and 6 there in support of the United Nations moratorium against illegal driftnet fishing. Driftnet fishing involves fishermen who lay out miles of netting that indiscriminately kills everything in its path, mammals and fish alike. This type of fishing occurs in the middle of the Pacific and, unfortunately, Shemya was the best base from which to operate.

Now where is Shemya, Alaska? Well, follow the Aleutian Islands to their very western end and you will find this massive three mile square island. Like their baseball cap says "It's not the end of the world, but you can see it from here." I was there about five years ago and I would like to give you an insight into Shemya and describe to you the local landmarks, wildlife, and the people and how they have adapted there over the years.

Shemya was mostly used by the Americans during the Cold War and only military personnel were allowed there. It was also the sight of US/Japanese battles during WWII so there are a few historical sights on the island, but mostly it is a barren island. Actually, I don't remember seeing any trees there. I guess that explains why the wind is always howling.

For landmarks, first there is Shemya Falls. After following the signs to this famous landmark, at the end of the trail you come to this picturesque drain pipe which stands about two feet off the ground and boasts ah, er... nothing, but it does give you an insight into the local sense of humour. There is also an impressive structure that stands about seven storeys high, but you are not allowed to go near it. It is the giant radar site that was left over from the Cold War and it is still functioning. Most men who want to have children in the future know why you can't go near it but, when you are really bored, you can watch from a distance as the small flocks of birds that inhabit the island fly near it and become even smaller flocks of birds.

For wildlife, there were the ever abundant, massive bladder, pain-in-the-butt grey foxes. These little animals were very ballsy (for more than one reason). When we landed there for the first time, the propellers hadn't even stopped turning and two foxes were already marking the sleek greyhound of ASW

as their own. Apparently, these walking bladders mark their territory all over everything. One night we accidentally left the bus door open. I'm not even going to go into what the foxes did inside. We could never figure out how these creatures survived on this barren landscape. They were the only wildlife we saw other than birds.

Shemya also breeds a different sort of person. When we were there, the US kept the tour length down to six months but a person can change a lot in six months. Besides the infamous Shemya Falls landmark, there were others, such as the McDonalds sign. Talk about getting your hopes up for finding the always-comforting Arches, only to have them dashed when you reach the end of the island and see the sign "McDonalds, 350 miles ahead."

In other words, there was nothing to do in Shemya during your free time other than eat, sleep and work out. When you deploy three crews there with nothing to do in their free time, you're asking for trouble. If there is nothing readily available to entertain them, aircrew will have to resort to using their imagination. At least, we should take comfort in the fact that they are stuck on an island. Like really, how much trouble could they get into...

Crew 3 just returned from a multi-national exercise in Guam. They had numerous aircraft problems but they did manage to help the HMCS Calgary pummel the simulated enemy hordes on occasion.

Crew 4 is getting ready for the O'Brien competition. When asked for stories for the article, they were quoted as saying "There's nothing funny about us, we're the O'Brien crew." They might not have a sense of humour, but obviously the squadron does - after all, it picked them. Just kidding! They tend to joke around but usually at the expense of each other. It's good to see they play well together, but I am concerned as to why the AESOPs are not allowed to play with the Naves anymore.

Crew 1 just came back from Hawaii but things there were fairly quiet. I think that with all the experience that there is on Crew 1, they know how to cover their tracks pretty well. Except, that is, for the complaints about a certain DCO and his Karaoke. The techs on that trip did a great job of keeping the plane working, even though it didn't want to. What can I say? The planes aren't as young as they once were.

Nuff said...

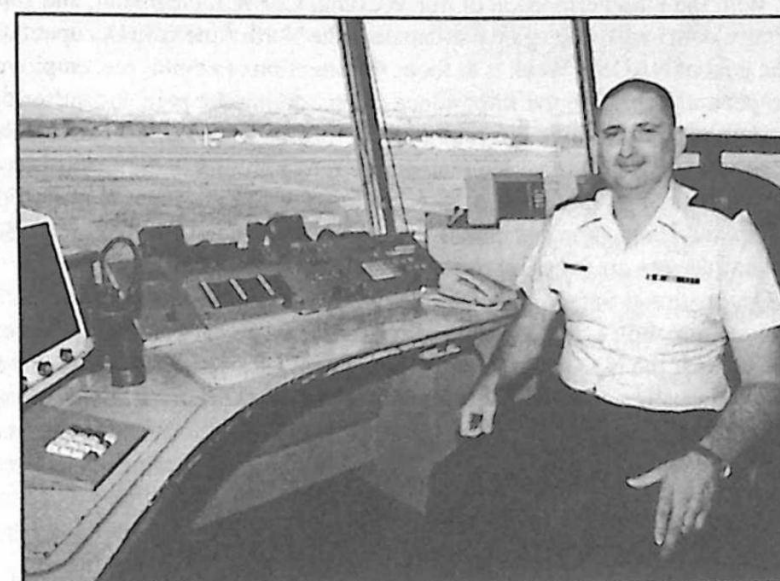
Service person of the quarter: Team player at the tower

MCpl Warren Webber is most deserving of this award for his outstanding work and willingness to assist with additional duties at a moment's notice, in addition to his exemplary achievements as an Air Traffic Controller.

Warren's dedication, professionalism and caring attitude was clearly displayed when he volunteered to act as Wing Addictions Counsellor on short notice, during a time of need. As conveyed by the Wing Surgeon, without Warren's initiative, the program would have been in serious jeopardy.

His willingness to assume this critical secondary role, while continuing to fulfill the demanding responsibilities of his primary duties in the Control Tower, exemplifies all the personal and professional qualities that are consistent with the highest traditions of the CF.

In his primary workplace, his complete knowledge of regulations and procedures consistently enhanced the quality of service to



the flying community. Extremely reliable and a pivotal source for ATS information, Warren assisted in the compilation of a report for HHQ which resulted in a Database program being accepted for implementation by all Air Traffic Control Units.

His effectiveness as a team player was consistently evident, particularly during numerous

stressful emergency situations and throughout the development of trainees in achieving their operational facility rating.

This level of dedication and leadership is rare and most highly commendable. A devoted husband and father, MCpl Webber resides in Courtenay with his wife Teri and their two children. Well done Warren!

Airy room with a view



At work (L-R) are CE carpenter Tom Dowker, apprentice Steve Darvaut and carpenter Tom Woodman.

Bigger projects are ongoing - the arena, the new rec centre - but none can beat the view offered the CE carpenters working on the new

pavilion at Airforce Beach. When completed, the structure will sport changing rooms and toilet facilities.



Tom Dowker aligns roof rafter with large supporting beam. (Photos courtesy of Finn)

Five-dollar tent "hangar" led to CE

19 Wing Construction Engineering Flight celebrated the 96th anniversary of Canadian Military Engineers with a variety of events, including a golf tournament.

At a mess dinner, which took place 8 April, the Guest of Honour was MGen K.G. Penney, CMM, CD, currently the Chief, Review Services, at NDHQ, and formerly the Director of Military Engineering Operations.

In his speech, MGen Penney sketched out the evolution of Canadian Military Engineers, from the acquisition of a \$5.00 tent in 1909 (to cover the Silver Dart - which, incidentally, later crashed) through the prolonged phase when all support was provided by only the Army, and past the day in 1944 when the words 'Construction Engineering' were first used.



Upon conclusion of the evening, WCEO, Maj Wayne Gauthier, presented MGen Penney with a framed picture of the Voodoo located at the entrance to CFB Comox. (Photo courtesy of Finn)

The "Works and Bricks" units had turned into an efficient engineering department which not only helped build and maintain indi-

vidual houses and hangars, but later developed entire sites such as at North Bay, Alert and Resolute Bay.



Comox VPI Wing: News from the President

Spring is in the air! I have come out of hibernation and realized that I should pass on what VPI news I have. First is the announcement that there will be a VPI Dining In Night at the Officers' Mess the evening of 1 May. Steak BBQ with all the trimmings. Cocktails 1800 for 1900 hrs. Cost \$15.00 per couple. Dress is casual. Those inclined can dance to the jukebox. Reservations to Mike Gibbs at 339-5081 local 8227 and Wayne Robertson, local 8241 on base. I will be talking to the Victoria Wing to see if a few of their hardier souls would like to visit us for TGIF and the Dining In. Hope to see you there!

Our next general meeting will be held at the WARF (Bldg. 10) at 1900 hrs on Thursday 29 April. The main topic for the agenda will be our involvement in running the reception centre for the Airshow '99 participants. I will be looking for volunteers to help with the bar,

BBQ pit, reception line and general hosting duties. The other main item for discussion will be the VPI reunion for 2001. I will be starting to put together a committee this summer in order to map out a time line and preliminary needs list. The critical need is for a funds raiser.

On a more global nature, I'm sure most of you know that the MPA magazine is gone. Herb Smale and his staff could not continue working on it and there were no volunteers to take on the responsibilities. Bert Campbell (VPI HQ President) intends to send out a newsletter every six months or so with the first due out this coming fall. He is soliciting for items to include in that newsletter now.

I shall be attempting to put in an article like this every quarter or so as a means to get the word out on happenings. Any suggestions for content would be greatly appreciated. Cheers!

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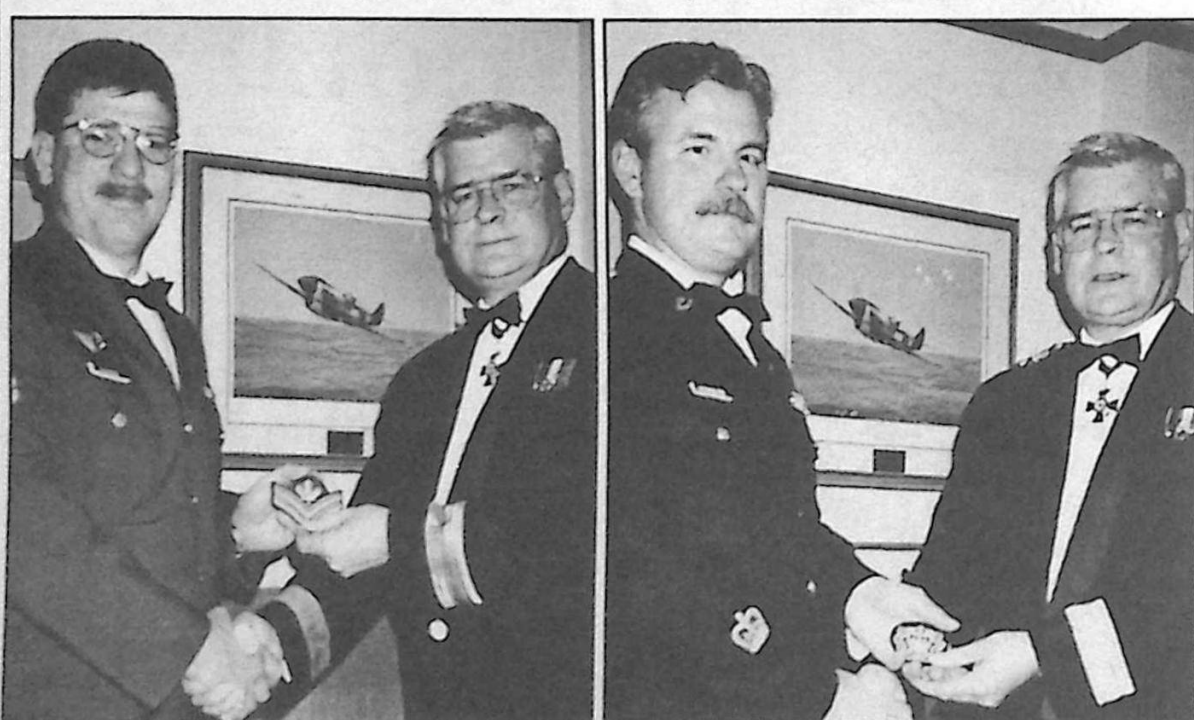
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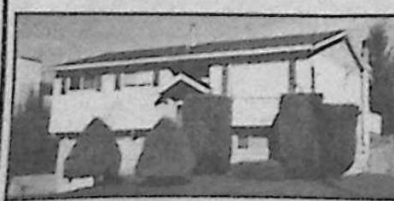
CE Promotions

MGen K.G. Penney, CMM, CD, Guest of Honour during CE's celebration of Canadian Military Engineers' 96th anniversary, did not come from Ottawa empty-handed. MGen Penney concluded his speech following CE's mess dinner by announcing two promotions, both Airfield Engineering Flight (AEF) personnel.



Cpl Dale Bachmeier received a MCpl's Maple Leaf from MGen Penney while WO Andre Lecavalier, from the same hands received an MWO's wreathed crown. (Photos courtesy of Finn)

COMOX VILLAGE PARK



3 bedroom, 2 bath home with finished basement on large lot with fruit trees. Includes appliances. New roof, floors and paint in 1998.

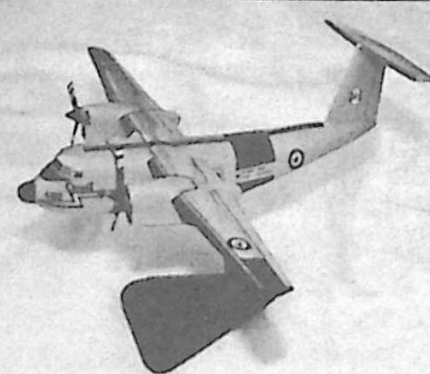
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Safety Management Course

19 Wing Comox General Safety Office hosted a 3-day Safety Management Course from 10-12 March. This course was designed to familiarize civilian and military staff with their various safety responsibilities and functions in support of our Wing General Safety Program.

The course covered the main elements of the DND/CF General Safety Program. Considerable time was spent on recognizing hazards and how to take appropriate action.

Class exercises involved accident investigation and reporting, conducting of safety inspections, hazard recognition and evaluating their Unit Safety Program. The

course also covered the legislative requirements of the Canada Labour Code Part II.

Two Labour Affairs Officers were in attendance during the course. Mr. Darren Buckler and Mr. Martin Davey, Human Resources Development Canada Surrey B.C. Both officers rated the course very highly and enjoyed it very much.

Col W.J. Neumann, Wing Commander 19 Wing Comox gave the opening address. Mr. Ken Ilitski, Wing General Safety Officer also addressed the course candidates. The course finished with the presentation of certificates of achievement presented by the WOPSO, LCol M.W. Hache, who also gave the closing remarks.



Front row (L-R): Mrs. P. Johnson, Mrs. C. Morrow, Mr. Naki Theodorides (Stemp Associates), Mr. K.J. Ilitski (WGSO), Cpl R.L. Veilleux, MCpl D.I. Carlson.

Back row (L-R): Cpl U. Carriere, MCpl R. Stolk, MCpl J.H.S. Dubois, MCpl D. Lamouroux, Mr. M. Davey (HRDC), MWOML Baye, Mrs. N.J. Hanson, MCpl S. Cuerrier, Cpl K.M. Chapdelaine, Mr. D. Dunn, Mr. D. Buckler (HRDC), Sgt C.L. Brown. (Photo by Wing Imaging)

NAOSH Week Safety Cartoon & Slogan Contest

In conjunction with NAOSH Week 1999, 18-23 May, the Wing General Safety Officer will be running a Safety Cartoon & Slogan Contest. Capture your ideas and designs on paper and send them to:

Wing General Safety Officer
Building 22
19 Wing Comox
PO Box 1000 Station Main
Lazo, B.C. V0R 2K0

Safety slogan and cartoon characters must be submitted by 11 May 99 to qualify. Prizes will be awarded for each category on 20 May.



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NAOSH Week May 17-23

With the kind permission of our WComd, Col W.J. Neumann, and support of the Wing Safety Council, 19 Wing Comox will once again participate in the North American Occupational Safety and Health Week (NAOSH). The goal of NAOSH Week is to focus the attention of employees, employers, safety and health committees and the general public on the importance of preventing the pain and suffering caused by injury and illness in the workplace. In order to reach that goal the following elements have to be applied. The cooperation of management and labour in exercising a proactive safety culture in the workplace, that means going beyond correcting the immediate situation at hand. It means creating an ongoing commitment to safety at every level in the workplace. Employers and employees must be fully committed to safety. Supervisors and managers must ensure that employees are properly trained and equipped to work safely.

Occupational Safety and Health Committees and Joint Occupational Safety and Health Committees must demonstrate their effectiveness and governments must exercise vigilance.

This year the NAOSH theme "Occupational Safety and Health, It's Everybody's Business," emphasizes the fact that we all have a role to play when it comes to workplace health and safety. Collaboration and cooperation between squadrons, sections and our community is the formula for a successful NAOSH Week. Your Steering Committee has planned various activities and training sessions that will be most effective to meet the safety needs of 19 Wing.

Some of the NAOSH Week activities planned by the WGSO and his NAOSH Week Steering Committee include:

•NAOSH Week Proclamation Signing by Wing Commander,
Mayor Community Council & President UNO Local 1007

•Raising the NAOSH Flag & Banner

•Safety Display at Canex Mall
•BC Hydro: Seven Steps to High Voltage
•Equipment Supplier Displays and Demonstrations
•Safety Inspections and Surveys
•Flight Safety Briefings
•Employee Assistance Program Presentation
•Defensive Driving and Safe Backing Course
•WHMIS/HAZMAT Refresher Training

•Poster & Safety Logo Contests
•Stress in the Workplace Briefings
•Your Health and Workplace Safety
•The Work Environment Briefing
•Boating Safety
•Standard First Aid Training
•Drug & Alcohol Briefings
•Bicycle Safety Rodeo

•Respiratory Protection Training

•Instrumentation Training in Confined Spaces Application

•Confined Space Awareness Training for Senior Managers and Supervisors

This year's calendar of events will be published in the Totem Times listing the events, locations and times. The 19 Wing Steering Committee is committed to raising safety awareness by encouraging new safety and health activities and new goals. Your participation and enthusiasm is crucial to achieve success. Let's all do something this year. After all "Safety is Everybody's Business." Make a concerted effort to attend the Week's activities 17-23 May. **PLAN TO BE PART OF IT.**

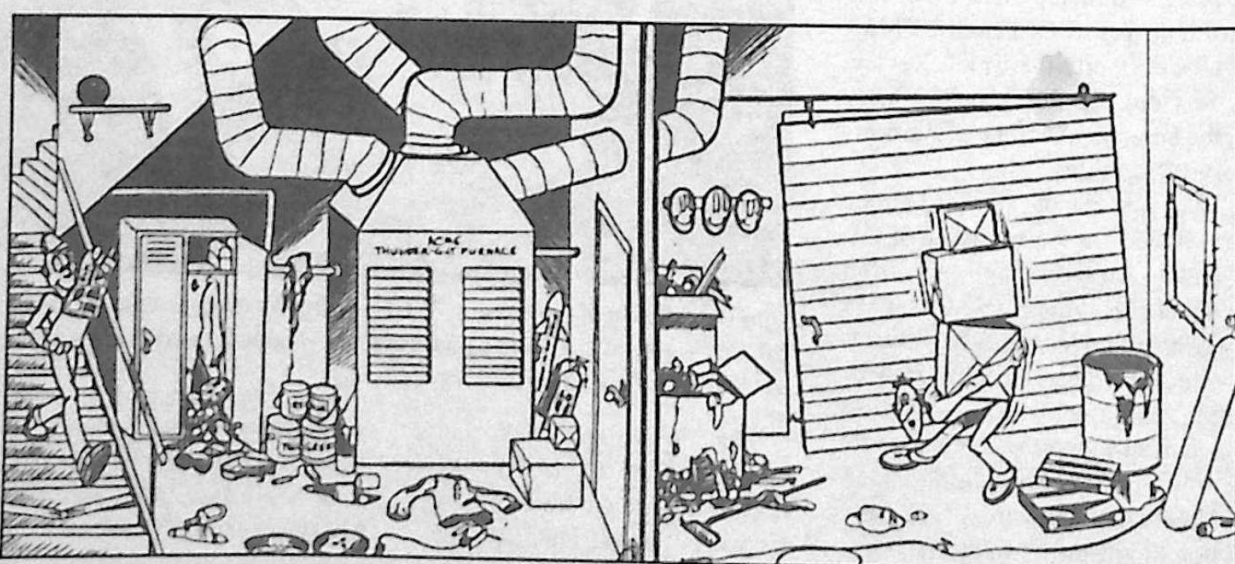
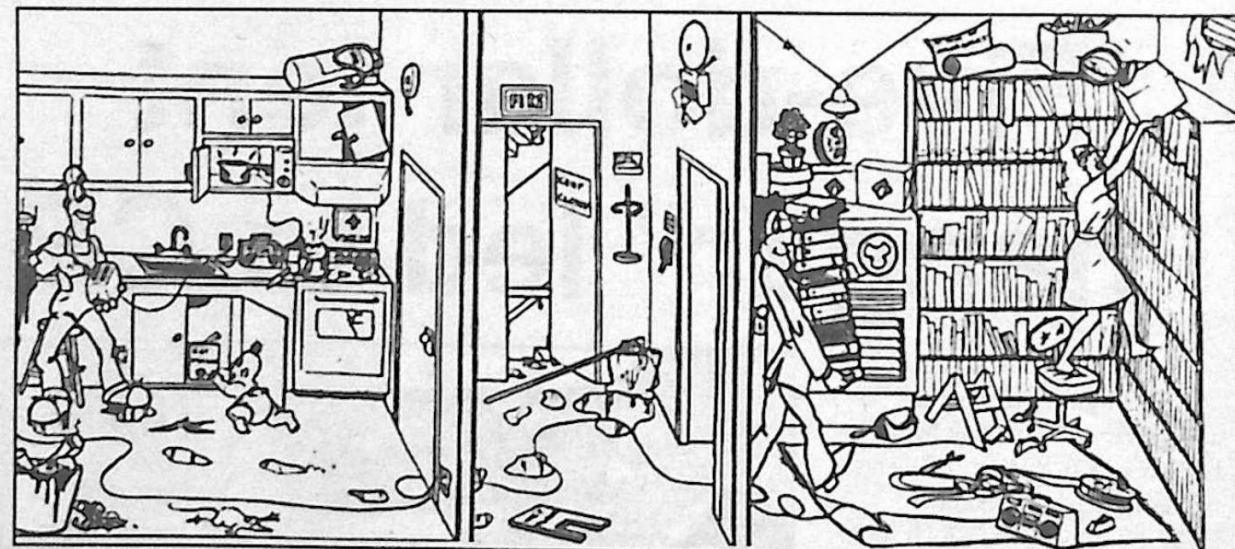
Contact the WGSO or your Unit General Safety Officer for resource materials to increase visibility of NAOSH Week throughout the Wing and community.

Home Safety Contest

Many people fail to realize that more accidents occur in and around the home than any other place. The development of safe habits and attitudes begin in the home. Learning to eliminate hazards in the home and doing things the safe way will encourage safety consciousness at work, driving a vehicle, or participating in other activities.

Is your home and surrounding area safe? Better take a good look!

Find all the dangers that could turn your dream home into a nightmare. Please list the dangers shown in the cartoons below and send to WGSO, 19 Wing Comox, PO Box 1000 Station Main, Lazo, BC V0R 2K0. Entries must be returned by 21 May. First prize - \$25, NAOSH hat, T-shirt and gold plated lapel pin. Second prize - NAOSH hat, T-shirt and gold plated lapel pin. In the event of a tie, a draw will determine first and second prize.



Stop, Drop and Roll

What would you do if your clothes ever caught fire or your hair and skin started to burn? First, quickly lie down, right where you are then stretch out full length on the floor if you are inside, or lie on the grass or ground if you are outside.

Then roll over and over until

the flames are out and until your clothes and you stop burning. If you see someone else who is on fire, help them do the same thing by having them lie down and roll over and over until the burning stops.

After the fire is out, and if someone has been burned, then assistance should be sought. Put cool clean water on a minor burn but more serious burns will require medical attention.

Fire safety tips

By Sgt Lariviere

Remember, if your clothes catch fire: STOP, DROP and ROLL

If a Fire Breaks Out

Shout "FIRE" and alert everyone but do not panic. Out you go and get everyone else out fast as well. Close doors and do not take time to dress. Stay close to children and the elderly. Make sure no one re-enters the building. Call 911 from a neighbour's telephone.

Cooking Fires (fats, grease, etc.)

Turn off the heat. Smother fire with tight fitting lid or use a BC or ABC rated dry chemical extinguisher. Do not use water on grease fires.

Watch your clothes. Never carry a burning pan.

In All Fires

The first few minutes are vital, so keep calm and act quickly.

Fire Hall News

We say goodbye to Sgt Al Bradshaw who has retired from the Armed Forces to move to Windsor, Ontario and take up a position as a fire fighter at the city of Windsor airport. We also say goodbye to Cpl Pat Kirke who is moving to Riyadh, Saudi Arabia to take up a position as a fire fighter with a large hospital complex located in that city. Two of our fire fighters are off to March Air Force Base in California shortly to join the 19 Wing AEF in building a runway.

Mother's Day PIZZA! Contest

Answer the following cooking quiz for your chance to win a copy of PIZZA!, the newest cookbook from Company's Coming. Send your answers to the Totem Times by Fax: 339-5209 or E-mail: totemtim@mars.ark.com

Be sure to include your full name and phone number.

- Pizza originates from Italy. Who brought it to the Americas?**
 - A guy in a toga saying "Pizza, Pizza"
 - Johnny "Deep Dish" Lorenzo, the Chicago Mob boss
 - Armed forces stationed in Italy brought home their love of pizza after World War II
- What active ingredient makes a pizza crust rise?**
 - Alarm clock
 - Yeast
 - Viagra
- Speedy Pizza is...**
 - Delivered by Speedy Gonzales
 - Racecar driver Jacques Villeneuve's favourite
 - A salami pizza using a French bread loaf as an instant crust
- What is a Calzones (pronounced kal-soh-nay)**
 - Zorro's sidekick
 - A new breed of Canadian cow...eh
 - A large pizza pocket with delicious pizza filling
- What ingredients would you expect to find in Jean Paré's Baked Alaska Pizza recipe?**
 - Icebergs and bits of the Titanic
 - Neapolitan ice cream with meringue topping
 - Igloos and Eskimo Pie
- If he wants pizza and she wants Chinese food, what do you do?**
 - Order Greek!
 - Call your divorce lawyer
 - Make Oriental Noodle Pizza from Jean Paré's new Pizza! Book
- How do you make a thin crust pizza?**
 - Put it on the treadmill prior to baking
 - Send it to a diet centre
 - Use less flour and liquid in the recipe
- Broccoli Choke Pizza is...**
 - A new wrestling hold banned by the WWF
 - The only place you'll see vegetables fighting to be on top
 - A fun way to eat artichokes and broccoli

Company's Coming... Why not "Pizza!"

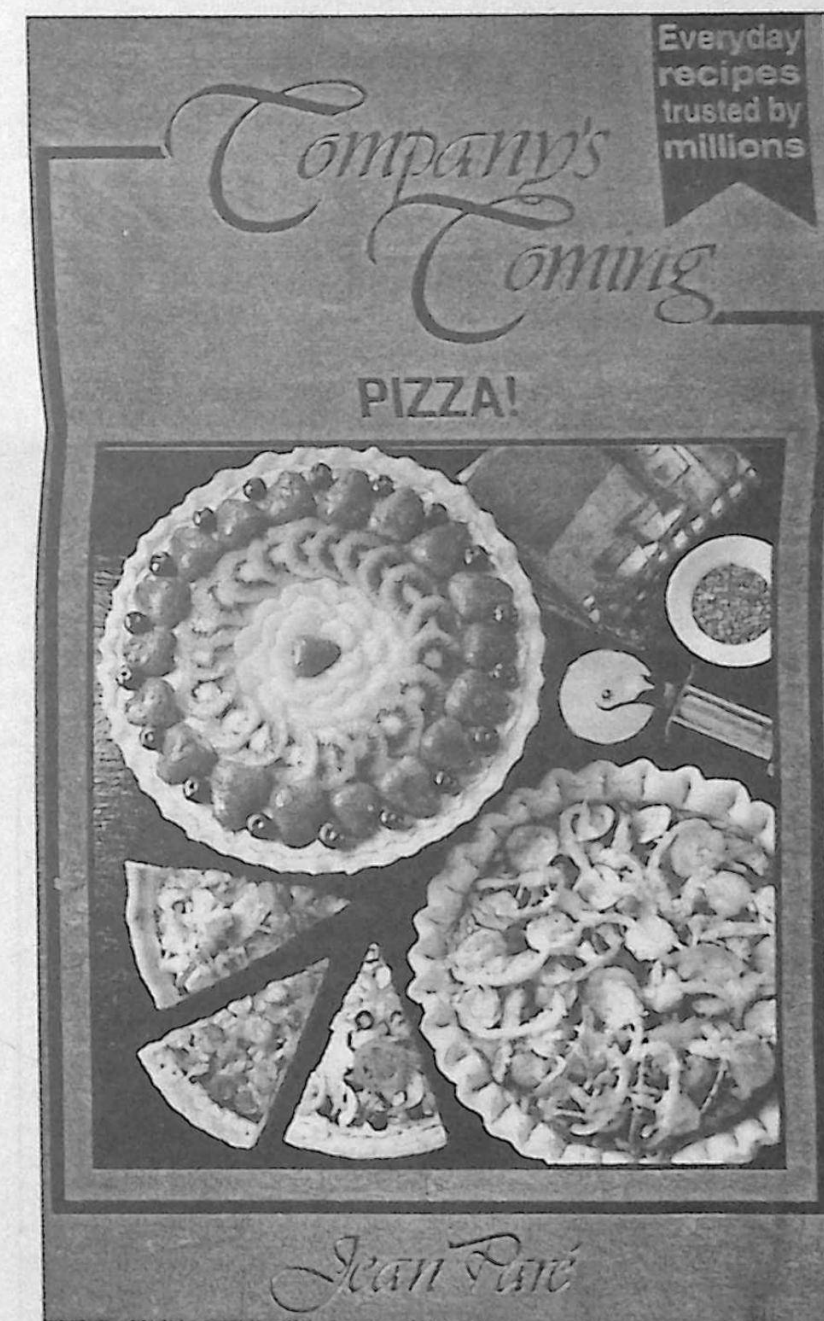
Fun to prepare, quick to serve and a breeze to please - that's PIZZA!

No, matter how you slice it - Pizza! Delivers. Whether it's a family meal, a late night snack or dinner for a crowd, this new cookbook from Company's Coming offers more than 150 delicious ways to turn your kitchen into a home pizzeria.

"Pizza has become more than just a popular food for kids," says cookbook author Jean Paré. "It's a quick and delicious meal enjoyed by people of all ages. And, because you choose the amount and type of toppings, homemade pizza can be a nutritious alternative to the take-out variety."

The Pizza! Cookbook offers an array of tasty possibilities for appetizers, salads, main courses and desserts. Whip up Savory Pizza Tarts for a snack on movie night. Serve Blackened Chicken Pizza or Ham and Cheese Calzones for a kid-friendly, family meal. Want something different for breakfast? Ham and Eggs Pizza is sure to please. From frozen bread dough to french loaves and spaghetti, the crusts in Paré's pizza recipes are as varied as the toppings. If you prefer, mix and match the many sauce and pizza dough recipes for your own homemade creations.

Pizza! Also includes tips and suggestions on preparing dough, freezing crusts and hosting a pizza party - plus each recipe features a nutrition analysis showing the calories, fat and sodium per serving.

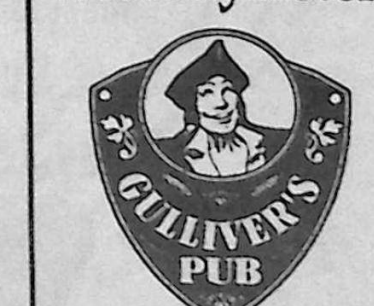


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FS&R Policy for signing out Canoes/Golf Clubs and arranging for Golf Passes from Sports Stores



Golf Clubs/Canoes may be signed out on a daily or weekend basis by reserving through Sports Stores for **military members only**. The following is the procedure to follow:

- PLCC Card to open up your personnel file for future sign outs.
- E-mail, memo or phone call to FS&R Section, Attention: Sports Stores Manager (8782) or by E-mail: Judy Ireland/FS&R/Sports Stores Mgr with date and time of requested pickup and return date.
- NOTE: For extended sign out requests over one 24-hour, or longer than the weekend, a formal submission by memo/E-mail must be put through the FS&R Facility Coord.
- NOTE: Adventure Training Exercises utilizing the canoes have priority over all other reservations.
- Overdue charges will be imposed on any late returns at a cost of \$1.00 per day for Golf Clubs and \$5.00 for canoes.
- Member is responsible for any damages or lost items and will be charged the cost of repair or replacement.

Golf Pass Policy and Regulations

- Golf passes to Glacier Greens may be purchased through Sports Stores at a cost of \$10.00 for **military members only**. Please note policy and restrictions:
 - Military members must first have a confirmed reserved tee-time at Glacier Greens.
 - Only two passes per member per month.
 - Report to Sports Stores on day of tee-time with confirmed tee-time, NO reservations accepted.
 - NO refunds.
 - Cost \$10.00 (includes GST).
 - 19 Wing Military Personnel have priority up to 1300 hrs - after this time visiting military personnel may use.
 - Only four passes are available each day.
 - Cannot be used in conjunction with sports afternoons or tournaments.
 - Only available Mon-Fri.
- Please Note: all of the above sign-outs must be during normal working hours
Mon-Thur: 0730-1530 hrs, Fri: 0730-1400 hrs.

Glacier Greens



Monday Night Ladies Golf

By Joyce Merrill

For opening night, April 12, 25 ladies had to contend with high winds at GG.

The winners were: High Gross/High Net Linda Harley; Most Putts Eileen Redding/Jean Maxwell; Birdies (2) Sue Powers; Chip-ins Caryl Diewert. All received a Logo ball.

Other winners: Marie Israel KP #3 (Aero Art; Sue Powers KP#4 (Panagopoulos Pizza); Teri Healey (Anderton Nursery); Jean Maxwell (Canadian 2 for 1 Pizza); Evelyn Viklund (ACT - The Garden Gate); Heather Ferraby (Fish 'n Stitches); Heather St. John (The Griffin Pub); Sue Powers (Scott Fraser Pro Shop - longest putt); Janet Edwards (Steve Dodd Catering - longest drive); Rose McCleish (mystery prize). Many thanks to all our sponsors.

Ran Hutchinson won the 50/50 draw.

Tuesday Ladies Golf

April 13 had 14 ladies playing for closest to the pin on the par 3s. The winners were: #4 Pat Everett; #7 Irene Perry; #12 Anne Patterson; #15 Sonja Famulak; #17 Sharon Warne. Low Gross Duane Miles (86); Low Nett Heather St. John (69); Putts Gussie Prichard (30). All received a Logo ball. The 50/50 draw was won by Liz van Boeschoten.

Note: Items for the Garage Sale, which takes place Saturday 1 May, can be put in lockers #58, #59 and #60.

1st Lazo bottle drive



1st Lazo Beavers, Cubs and Scouts will be collecting bottles in the Lazo area on Saturday May 8th. Please save you bottles, cans, etc, for the kids.

If you are not going to be home, leave your donations (marked 1st Lazo) outside on the 8th. For early pick-up, call Rob at 339-6168, or Bill at 339-6225.

20th Annual Aerospace Control Golf Tournament

The 19 Wing Comox Air Traffic Control unit is proud to announce that it will be hosting the 20th Annual Aerospace Control Golf Tournament at Glacier Greens Golf Course.

The new name, third year running, is a result of the amalgamation of the Air Traffic Controllers and the Air Weapons Controllers/Air Defence Technicians occupations. The tournament is open to all Aerospace Controllers, retired military ATC and AWC/AD Tech types, and active or retired civilian Air Traffic Controllers.

29 April

0900 hrs: The course is open all day for practice rounds, on a first come basis. Book tee times through the Pro Shop at 339-6515. Military rate applies for all.

1800 hrs: Meet & Greet with meal at Glacier Greens.

30 April

0700 hrs: Tournament breakfast at Glacier Greens.

0830 hrs: Official Tee-Off by Wing Commander.

0900 hrs: Tourney Start - 18 Hole Shotgun Start.

1430 hrs: Putting contest at practice green.

1800 hrs: Banquet & Awards at Glacier Greens.

The cost of this event is only \$55.00 per person. Rental of clubs/carts and practice round will be extra and can be paid at the Pro Shop. Golfers are encouraged to register as soon as possible.

If further information is required, or you wish to register, visit our home page at:

www.vancouver-island-bc.com/accgolf or call either:

Capt Al Basinger (250) 339-8211 Ext 8416 or Sgt Chuck Brown (250) 339-8229. Fax: (250) 339-8230.

As in the past, this event will provide you with an excellent opportunity to re-establish old friendships and to make new acquaintances.

Why settle for GICs...



By Don Somers

Many people like GICs because they are convenient, safe and historically have offered a reasonable rate of return. Times change, however, and when one takes into consideration today's low interest environment, bank GICs may not prove to be the most prudent investment vehicle to grow your RRSP.

By using the services of a Financial Consultant, you can achieve a potentially better return on your money, with the same security and greater flexibility, depending upon your needs. This can be accomplished with strip bonds.

While the term "stripped bond" may sound a little confusing at first, stripped bonds are simply the interest portion of a bond that has been separated, or "stripped" away from the regular portion of the bond, usually referred to as the "principal." Unlike a GIC, however, you buy a stripped bond at a discount from its value at maturity. With strip bonds then, instead of

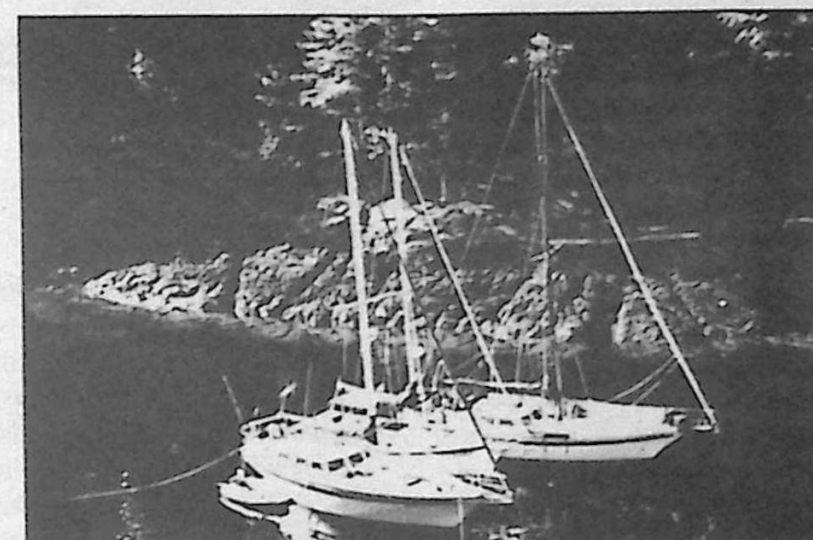
the investor receiving semi-annual interest payments, the interest compounds and accumulates until maturity. Any part of the bond can be sold on any business day so the owner is not locked in as with many GICs. The yield may vary if sold early, but if the owner keeps the bond until maturity, he/she will receive the yield quoted when it was purchased.

These bonds can be as safe as "money in the bank." These bonds are guaranteed for their full amount by either the Government of Canada (which guarantees your bank deposit) or one of the ten Provincial governments. So, why put up with the low returns and inflexibility of GICs when you can achieve the same security with better returns with stripped bonds sold through a Financial Consultant?

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.

Wanted: a real live sailor

By Hans Gassner CFSA



CFSA boats Ayorama, Fiddler and Ossuna snuggle at Jedediah Island, just south of Comox.

It's possible to learn sailing from just a book, in the same sense that it's possible to learn parachuting that way. I'm sure it's been done, but what you really want is to join a club.

You can strap yourself to the mast with the Coles Notes version of Moby Dick, but you should get some sailing instruction from a real live sailor (RLS). Good eye contact with a RLS is more important than you think in the moments after the boat rolls over on her side in a small gale. For example, you'll be thinking, "How strong a wind does it take to sink a boat?" while your instructor will hunker himself down in the lee corner of the cockpit and make character-building statements like, "It's picking up a little. Good day to practice retrieving cool beverages from the ice-box."

Wind isn't the only thing to worry about. You might wonder, "How hard a rock does it take to sink a boat?" while the RLS calmly remarks, "Looks like a good-sized breakwater. Good day to practice coming about. Everybody remember Chapter Eight in Moby Dick?"

We didn't have much wind on my sailing course, but those becalmed moments still teach you something. For example, they are a great time to practice tying knots, or filling out your Power Boat Operations License application.

Sometimes, just for laughs, we'd race another sailboat. Typically the other boat wouldn't even know about it, and we'd have a sporting head start, say two or three leagues. Then, when they passed us anyway, we'd say clever things like, "Their boat must be designed to go faster," or "They have newer sails," or "Of course, if we had their wind we'd be going that fast too."

You don't have to join a sailing club to get a good instructor, but before you let your fingers do the

walking through the "Crusty Seamen" section of the Yellow Pages, here's a free tip. (I've visually separated the following tip from the rest of the piece, because the tip is fact, while the other stuff is just my opinion. Astute readers will notice that the tip is wallet-sized, which means you could carry it with you for quick reference.)

Beginning of Free Tip:

If the sailing instructor begins talking about boat parts, and you understand what he's talking about, fire him! He's never been on a sailboat in his life.

Real sailors know Boat-Speak, which is totally impenetrable by any normal, verbally communicating, bell-curve average Homo sapiens. This contrived lingo is a license to call a rope "sheet," and a toilet, "head." A sleeping cubicle roughly one-millionth the size of a motorcycle trunk becomes a "quarter berth." (If you take the radius of a twenty-five cent piece, multiply it by Pi and subtract your waist size, you get the rough sleeping area, in square millimeters, of any quarter berth.)

Using Boat-Speak, instead of radioing in an Emergency with a no-brainer such as "Emergency," you are required to invoke a popular kitchen tool, like this, "Pan, pan... pan, pan." If you are heard you can rest easy knowing that a Coast Guard vessel has been dispatched to your location with the latest Lagostina kitchenware.

End of Free Tip.

At the 19 Wing Sailing Club you won't understand anything anybody says, which means you're either surrounded by real sailors, or it's halfway through Sauerkraut Night at the monthly potluck. In any case, these folks would be proud to teach you how to sail. With or without a parachute. Just make sure you bring a copy of Moby Dick.

CANEX News



By Donna Young

Well it looks like spring has finally arrived. The brilliant sunshine and the blooming flowers and trees are promising signs.

I decided that if Spring was here it was time to clean out the closet and find that box of spring and summer clothes I packed away last fall. So, out came the white jeans, the shorts, dresses and white shoes. Yes, it must be spring. I packed up all the things I haven't worn in a while and took them down to the thrift shop. With all the calls for used clothing, it is a good time to clean out the closets. A good gauge is - if you haven't worn it in the last two years you probably won't - pass it on and enjoy the closet space!

Donna and her husband Al are happy expectant grandparents; the new grandchild is due in early October. Congratulations, Manon and Steve celebrated their 11th wedding anniversary on the 15th, and Nancy had her 29th birthday again! Claude has been transferred to 407 from ABATS, so Denise is happy to be staying for another four years. Hope you all celebrated in style.

If you are planning on a jewelry purchase in the near future, we are having a one-day sale on

Wednesday 28 April, so come in and check it out. This is a special half price sale on gold jewellery. Spring is when a young man's fancy is supposed to turn to love, so we are well prepared guys!

The winner in our latest draw for Coca-Cola, Kurt Patrick, won the Canucks jersey. Kurt says his wife will probably end up with his new shirt!

Camping season is coming up soon; Terry and Marg are busy packing up the motor home for a weekend getaway.

Don't forget Mother's Day on 9 May. So remember Mom and get a card in the mail, or at least phone.

Our Big Super Buy Sale starts on 29 April so make sure to look through your flyer; you just may find exactly what you are looking for.

See you at CANEX!

Rec Centre News



Summer 99 Beach Volleyball

For all your summer 99 Beach Volleyball info and tournament schedules, come to the Rec Centre. The Sports Coordinator, Jake Plante, has posted the schedule on the bulletin board just outside his office.

Intersection Floor Hockey

Anyone interested in playing floor hockey is encouraged to attend subject meeting on 28 April at 0900 hrs in the Conference Room at the Rec Centre.

Fastball Pitching Clinic

If you want to learn the basics of pitching Fastball, come to the clinic on 24 April at the Base Rec Centre. Cost of the clinic is \$10 with all proceeds going to local charity. Times are 0930-1100 hrs for 9-13 years, 1230-1400 for 14-18 years and 1430-1600 hrs for adults.

Arena Allocation Meeting

This meeting will be held on 2 May at 1900 hrs in the Rec Centre. If no one attends it will be assumed that there are no changes. Tournaments will be on a first come, first served basis.

NEW & USED CAR SPECIALIST
HENRY ALBRECHT
(Warrant Officer (CD) Ret'd)
Sales/Leasing
For All Your New & Used Vehicle Needs
Collect (250) 287-9171
Fax (250) 287-2652
E-Mail henry@online.bc.ca

ATTENTION GOLFERS!!

PEOPLES DIAMOND STORE
Sunnydale GOLF & COUNTRY CLUB
Coca-Cola
Pillsbury
Overwitea
Pepsi
4th Annual
B.C. Children's Hospital
Golf Tournament
at
Sunnydale Golf Club
Sunday
May 16, 1999
Food!!
Prizes!
Beat the PRO! Have a chance to win a FREELER!
Proceeds go to
Children's Hospital Foundation
Hole in One
Win!! - FULL
Carat Diamond
Ring!!!
For further information contact
"Danita" at Nevada Bobs 338-5596

BLACK'S CYCLE
Blacks
25% off
Active Rain Wear
The Best Prices & Selection in the Valley
The latest in Cycling Fashion & Accessories
Service & Repair to all Makes & Models
Rentals
339-7011
274A Anderton Rd., Comox
cannondale
HANDMADE IN USA
Like IT Buy IT
Financing Available
Nice people who lend money.

The Bowling Centre will be closing for the summer effective 30 April. We will be open for business as usual in September.
Have a wonderful summer and we'll see you in the fall.

Golf Privilege Club
BRITISH COLUMBIA GOLF ASSOCIATION
A year's worth of golf for the price of one greens fee
• \$32.10 gives reduced and free greens fees at 295 B.C. and Alberta courses - and more
• Another \$19.26 adds benefits at 450 courses in the western U.S., including Hawaii
Call Ticketmaster at
1-800-863-3611 or 280-4444
(No service charge, prices include GST)

Jake's Trivia Corner
1. What was the NBA claim to fame of Charles Henry Cooper?
2. Which year was the Monte Carlo Rally cancelled because of the world fuel crisis?
3. What did lefthander Bill "Spaceman" Lee correctly note relieved a manager of all responsibility except pencilling in the lineup?
(Answers on page 14.)

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COMOX MILITARY FAMILY RESOURCE CENTRE

Phone: 339-8290

Volunteers make a difference ...

"How wonderful it is that nobody need wait for a single moment before starting to improve the world."
Anne Frank

Volunteers are the true sign of civilization. Every person who voluntarily helps another is improving the world. When we are faced with decreased funds and increased demands we often wonder what we can do to help the world. The answer may be to volunteer your time. This year National Volunteer Week takes place from April 18-24, and gives communities an opportunity to celebrate volunteers as their greatest natural resource. At the

national level the shasta daisy has been chosen as the flower which best describes volunteers. Just like the shasta daisy, a perennial flower which comes back annually, keeps growing in size, and can be separated and replanted, volunteers help themselves, volunteer programs, and communities to continually grow and thrive.

The week of April 19th-25th is a time to raise public awareness about volunteering and an opportunity to say thank you to all our volunteers.

The staff of the CMFRC and the KCCC would like to take the opportunity to thank all our volunteers for

their time and commitment. Our volunteers are a vital part of our team and without them we would be unable to offer all of our programs and services.

Thank you again for all that you do. To celebrate the contribution that volunteers make to our community a volunteer appreciation party will be held on May 1st at the Glacier Greens Golf Course. It promises to be an evening of fun and laughter with a theme of tacky tourist, and a murder mystery to get everyone thinking.

Employment Assistance Program at the CMFRC

What's in it for you?

- A confidential and personalized service
- Learning how to create self-promoting resumes and cover letters
- The opportunity to develop interview skills
- Interactive personal and professional development workshops
- Access to information on educational and career options as well as job opportunities in the Comox Valley

Who's eligible?

- Civilian spouses of regular force CF members
- Spouses of reservists on Class "B" and "C" callout who have moved with member to the duty location

For more information or an appointment call Michelle O'Neill at 339-8290

Dymystifying deployment support at the CMFRC

Spouses of any CF members that has been deployed are encouraged to phone the CMFRC if they have not received a call from the Deployment Support Coordinator,

Alex Greenwood. Please give Alex a call at 339-8290, and enquire about the programs and services that may help in this time of separation.

Help! What do we do now?

Parents want to make sure that their children are well cared for. What would you do if suddenly you were confronted with a situation that made you have to find 24 hour care for your child, with very little time to investigate your childcare provider?

The Deployment and Emergency Childcare Program at the CMFRC is designed to

assist military families in creating their own emergency childcare plan. This would complement the child care plan that they already have in place. The Deployment and Emergency Childcare Coordinator, Alex Greenwood, is compiling a resource list of regulated and/or approved child care providers for emergency care. As well as

emergency care, there will be a list of childcare providers for parents who require short and longer term care in non-emergency situations. If anyone is interested in becoming a child care provider, or for more information on this new and exciting program contact Alex at 339-8290.

Programme en Français

Un gros merci à nos bénévoles!

Dans le cadre de la semaine nationale de bénévolat du 19 au 23 avril, 1999 nous profitons de l'occasion pour remercier nos bénévoles: Danielle Miller, Françoise Casset, Nathalie Chevrete, Lyse Clément, Lucie Desjarlais, Jadette et Roger Gosteau, Marie-Paule Grégor, Brigitte Laventure, Huguette Panneton, Julie Ratté, Corinne Suire, Pauline Tardif, Doris Desbiens, Pauline Tremblay. Leur générosité et disponibilité ont contribué à améliorer la qualité de vie des familles militaires de la communauté.

Merci à vous tous et au plaisir de travailler encore avec vous au cours de la prochaine année.

Michelle et Danielle

Techniques de relaxation par le massage

(soirée Réseau-Femmes)

Date: le jeudi 29 avril de 19h à 21h

Coût: Gratuit pour les membres et \$5.00 non-membres

Lieu: au CRFMC (2e édifice)

Animatrices: Massothérapeutes certifiées Joan Chestnut et Janet Butler de la clinique "Braidwood Massage Therapy" à Courtenay

Maximum 10 personnes, inscrivez-vous le plus tôt possible en contactant Danielle au 339-8211 (ext:8656) Venez apprendre des techniques douces de massage dans une atmosphère détendue et agréable.

Cours d'initiation à l'ordinateur

(soirée Réseau-Femmes)

Date: les mardis 11 et 18 mai de 18:30 à 21:30h

Coût: \$10.00/personne

Lieu: Édifice 45, quartier général sur la base

Animatrice: Doris Houle

Apprendre à travailler avec Windows, CD-ROM, modem, logiciels tels que Microsoft Words etc...

Limite de 12 personnes, inscrivez-vous dès maintenant en contactant Danielle au 339-8211 ext:8656

Kinnikinnik Child Care Centre Located at 118 Kinnikinnik,

One Stop for all Your Child Care Needs

- Preschool
- French Preschool
- Toddler Play Group
- Out of School Care
- Infant/Toddler Care
- Group Daycare
- Parents and Tots Playgroup
- Creative Kids Drop in (Monday 8:30 - 11:00 - \$7.50 drop in fee)
- Emergency Child Care
- Toy Lending Library

For more information call 339-5051

Wallace Gardens Community Association

Annual pet survey

The Animal Control Officer will be doing the annual pet survey during the month of May. Your cooperation is requested and required in accordance with Wing Standing Order 2-07.

Easter Bunny visits Wallace Gardens

Wallace Gardens Community Association held their annual Easter pancake breakfast and festivities on Saturday 27 March. Events included face painting, colouring contest, rides on "Little Toot", Bike/Hat decorating contest and parade, and an Easter Egg hunt. Over one hundred and fifty people attended; even Mother Nature - who gave us a beautiful sunny morning.

Congratulations go to the winners of our colouring contest:

- | | |
|--------------|---|
| Ages 0 - 3 | 1 st Place: Jake Thompson
2 nd Place: Catherine Joudry
3 rd Place: Shelby Meaden |
| Ages 4 - 6 | 1 st Place: Zachary Mancini
2 nd Place: Trevor Legroulx
3 rd Place: Kenzie Meaden |
| Ages 7 - 9 | 1 st Place: Kara Calmes
2 nd Place: Marc Chagnon
3 rd Place: Melissa Hauschildt |
| Ages 10 - 12 | 1 st Place: Courtney Legoulx
2 nd Place: Jessica Potvin
3 rd Place: Michelle Bekus |



Congratulations also go to the winner of the "Best Decorated Bike" - Jelena Fleet and the "Best Decorated Hat" - Cassidy Mills, posing in above photo with judges Major Stewart and Capt Wappler. Judging for all the contests was very difficult as everyone did such a beautiful job.

The success of this event is due entirely to our dedicated volunteers who donated their time and energy to make this a great affair. Our heartfelt thanks go to the following people: Liz Bech, May LeBlanc, Steven Bech, Chris Meaden, Susan Bech, Dolina Meaden, Wil Bech, Amber Morrow, Evan Bekus, Cheryl Morrow, Jane Bekus, John Naugler, Michelle Bekus, Aeris Nicholson, Stan Bekus, Pat Nicholson, Carla Calmes, Denise Pearcey, Carmie Dixon, David Potvin, John Dubois, Debbi Robichaud, Kevin Hughes, Tom Robichaud, Rhonda Hughes, Rosie, Rebecca Hall, Melanie Stewart, Matt Wappler.

Wallace Gardens would also like to thank our local Guides/Sparks for their participation in the pancake breakfast:

Leaders: Lisa Cleevely, Wendy Jones, Barbara Knodel.
Guides/Sparks: Kayla Jones, Megan Knodel, Natasha Lane, Alex Meier.

Special thanks also go to our judges for the colouring contest: Erin, Heather, Leslie, Maureen, Sue, and Trish.



Ready for the Easter Parade. (Photos courtesy of WGCA)

Traffic flow change

All motorists should be aware that the yield sign at the corner of Larch Lane and Cedar Crescent has been changed to a STOP sign. Please adhere to the rules of the road!!!



Teen Video Night

At the Community Centre
Saturday, 1 May
From 7 - 11 pm
Free!!!

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



Blue boxes/ composters

When vacating your MQ, the blue box should be left inside the house. Composters should be left in the backyard for the use of the next tenant.

For more information, please call Jane at 339-8211 (8571)

T-Ball registration

For children 4 - 6 years old, Wallace Gardens Community Association is once again offering a T-Ball program. Registration takes place from the 26 - 30 April in the Wallace Gardens office from 7:30 - 12:00 noon, and Saturday, 01 May from 1:00 - 3:00 in the Canex Lobby.

The cost per child is \$25.00/ member, \$35.00/non-member.

There will be a practice session on Tuesday, 04 May from 6:00 - 7:00 pm at the Airport Elementary School diamonds. Season games will be played Tuesday & Thursday evenings from 6:00 - 7:00 pm beginning 06 May.

For more information, please call Jane at 339-8211 (8571).



Baseball registration

Registration will take place from 26 - 30 April in the Wallace Gardens office from 7:30 - 12:00 noon and Saturday, 1 May from 1:00 - 3:00 in the Canex Lobby.

Cost: \$25.00/member

\$35.00/non-member

Note: This is a fun league open to children 7 - 12 years old.

There will be a practice session Sunday, 2 May from 1:00 - 3:00 at the baseball diamonds behind the Community Centre.

Season games will be played Fridays 3:30 - 5:00 & Sundays 1:00 - 3:00, beginning 7 May.

For more information, please call Jane at 339-8211 (8571).

If you love Girl Guide cookies

On Tuesday, April 27 from 3:00 - 5:30 pm, the Lazo Sparks and Guides will be selling cookies door to door throughout the MQ area. Funds raised during this endeavour will go toward their year-end camp fees. Cookies are \$3.00/box.

Family bingo

When: Sunday, 2 May

Time: 1300-1500 hrs

Where: Community Centre

Cost: 25¢/card members

\$1.25/first card non-members

.25¢/each additional card non-members

For more information, please call

Rhonda Hughes 890-7535 or

Debbi Robichaud 339-6317

MQ Yard sale

Saturday, 15 May

Provision will be made to dispose of left over treasures (ie. Dumpsters will be provided)

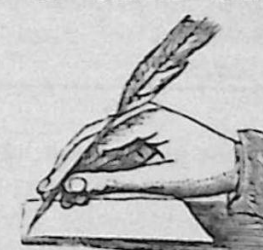
Look for more information in upcoming flyers!!!

Open letter from the Teen Coordinator

Dear Parents:

My name is Mona Baird, and I am the Teen coordinator for Wallace Gardens. The teens are in need of your help! We need a couple of parent volunteers to help out at the dances and to do a little "prize" shopping. Without help, I am unable to run these activities and the teen program will be cancelled. I have a great group of teens and I would not like to see them lose their activities. If you have a couple hours to spare, I would greatly appreciate it. Please give me a call at 339-4627.

Stories needed to feed our Canadian souls



Do you have a heartwarming, moving true story to share on love, parenting, achieving goals, facing

adversity, overcoming loss, or other similar themes of the heart? You can be published in the upcoming best selling "Chicken Soup for the Canadian Soul!" As the author, you get \$200!

Length should be one to two pages, double-spaced. For guidelines call 905-881-8995 extension 28, or check www.aaron.com.

Send stories to The Raymond Aaron Group, 2-9225 Leslie Street, Richmond Hill, ON L4B 3H6. Fax: 905-881-8996, e-mail:

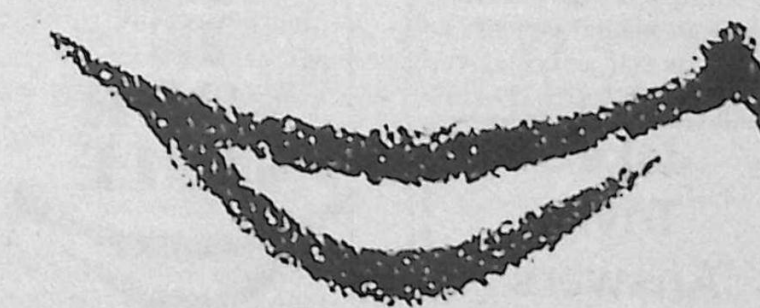
chickensoup@aaron.com

Please include your name and contact numbers.

Help for Today.
Hope for Tomorrow.

Alzheimer Society

IT'S ALL IN YOUR SMILE



APRIL IS DENTAL HEALTH MONTH
The Dental Profession of BC



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Phone to pre-order
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Most Tax Returns only \$25.
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House for Sale

In Comox, by owner, 7
years, quiet street, spacious
kitchen, dining area, sun
deck, fenced back yard,
roomy living room, 3 bedrm,
4pc & 3pc bath, family rm,
laundry & storage rm.
Landscaped, carport. Must
be seen. Asking \$148,000.
Call to view 890-0304. No
agents.

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INCOMETAX Services
offers friendly, reliable In-
come Tax Services at un-
beatable rates. Service
disponible en français. E-file
available. Call: Jean-Pierre
339-3715 any time.

Miscellaneous for Sale

"Snappy Video Snapshot." Turn
your camcorder into a digital
camera. Plugs into your paral-
lel port. Comes with morph and
editing software. Great for the
net! Asking \$100. Brad 339-
3354. <2/2>

Lost

Two white plastic lawn chairs
during wind storms. Area: cor-
ner of Oak and Spruce. Contact
49A Oak Street or 339-6896.
<2/2>

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.



April 18-25 is national Organ and
Tissue Donor Awareness Week.
Please consider the issue of
organ donation and find out the
wishes of your loved ones. BC's
solid organ waiting list currently
numbers 516 people, of which
477 need kidneys. For more info,
call the Kidney Foundation of
Canada, BC Branch toll free
1-800-567-8112.

50th Anniversary

On 29 May the 2344 Algonquin
Regiment Army Cadet Corps will
be hosting their 50th Anniver-
sary Reunion. With more than
2500 former cadets and staff
since 1949, we are anticipating
a good turnout. If you were ever
part of 2344 and would like to
attend the reunion, please con-
tact 1-705-647-4904 or 705-647-
7177. Via the Internet at:
genesis@ntl.sympatico.ca or
write to 2344 Reunion Commit-
tee c/o Box 970, New Liskeard, ON
POJ 1P0. All former officers,
cadets and civilian instructors,
plus the general public, are in-
vited to attend.

Reunion 507 Sqn RCAR

The 507 Lions Air Cadets Sqn
in Kentville Nova Scotia is plan-
ning its 50th anniversary reunion
for May 1999. To develop a con-
tact list, any past members,
officers and associates are
urged to contact Sgt. R.
McMahon at 902-765-1494 ext.
3840, or fax 902-765-1522 or E-
mail 434sqn@qilin.com, attn:
Sgt. McMahon.

125th Anniversary 29 June - 4 July Mitchell, Ontario

Greetings to all present and
former Mitchell residents! 1999
has arrived and in a few short
months the Town of Mitchell will
be celebrating its Homecoming
Reunion. Many activities and
events are planned, some of
which require pre-registration
and prepayment prior to 15 May.
For more information contact
Homecoming Reunion, P.O. Box
609, Mitchell, ON, N0K 1N0 or
pelissen@townshipweston.on.ca

35th Grad Reunion at Delbrook Senior High

The Grad Reunion Committee
of Delbrook Senior High School
of North Vancouver, Class of
'64, is planning a 35th grad
reunion on the May long
weekend (21 & 22 May 1999).
Any former grads, teachers and
friends of grads interested in
attending please contact:

Gary Wheeler
Phone: (604) 596-7009
Fax: (604) 596-7237
E-mail:
wgarywheeler@sprint.ca

Newcomers' Club

For women new to the Comox Val-
ley within the last two years. Join
us Monday, 10 May for our year-
end potluck supper at 6:30 p.m. at
Courtenay's Florence Filberg Cen-
tre, Evergreen Seniors Lounge, 411
Arderton Avenue. Let Karen 703-
2611 or Beverly 336-2587 know
whether you're bringing a casse-
role, salad or dessert (4-6 serv-
ings). Bring your plate and cutlery
and a big appetite! For info on
summer or fall activities call
Carolyn 890-1082 or Pat 339-7137.

Jake's Trivia Answers

1. He was the league's first
black player.
2. 1974.
3. The designated hitter.

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 reserva-
tion contact:

A.W. Chub Lenz
2343 Catherwood Road
Black Creek, B.C. V9J 1J3
Phone: (250) 337-5608

25th Anniversary

Otter Sqn of RMC will be
hosting the 25th anniversary
celebration of the UTPNCM
program of both the military and
civilian universities of Canada
from 7-9 May, 1999. All UT
graduates should forward their
current address and particulars
via one of the following to
receive further info:

L'escadron Ottawa du CMR
organise une réunion pour
célébrer le 25ème anniversaire
du programme des PFUNOS
dans les collèges militaires et
les universités civiles, du 7 au
9 Mai, 1999. Pour plus
d'information, tous devraient
envoyer leur adresse par la
suite:
Phone: (613) 541-6000 ext 6084
or Ocdt Tournon (613) 549-4356.
CSN: 270-5011 ext 6084.
E-mail: utclub@rmc.ca
Fax: (613) 353-7394.

100th Anniversary

From 17-21 May 2000, Lord
Strathcona's Horse (Royal Cana-
dians) will be celebrating the
100th anniversary of the raising
of Strathcona's Horse. All serv-
ing and former members of the
regiment are invited to attend a
weekend of festivities, which
will include the presentation of
a new guidon.

For further information and reg-
istration, please contact:
Regimental Association (Al-
berta Branch), Box 30004
Chinook R.P.O. Calgary, Al-
berta, T2H 2V8

Comox home For Sale by owner

Quality 4-level split 2452 sq.ft.
executive home, 5 bedrms,
built-in vac, sprinkler system. In
fine neighbourhood. Close to
Base and all schools. \$209,000.
Phone (250) 339-2284. <1/2>

IT'S
ALL
IN
YOUR
SMILE

APRIL IS DENTAL
HEALTH MONTH
The Dental Profession of BC

TODAY'S CROSSWORD PUZZLE

ACROSS
1 Church sections
6 Diplomacy
10 Athlete
14 Salary increase
15 Composer
16 Jai
17 City in Italy
18 Ripped
19 Restrain
20 "Satchmo"
23 Chaplin's wife
24 Type of chart
25 Forward
29 Rice fields
33 Appearances
34 Inquisitive
35 Former Chinese
leader
36 "With" in
Montreal
37 Golf strokes
39 — Harri
40 Beatty of films
41 — Hashana
42 Like a beaver?
43 Motivate
45 Some food
workers
47 Frequently
48 Living room
piece
49 Modern
communication
method
56 City grove
57 — Called
Horse
58 Miscalculated
60 Wight, for one
61 Days of —: the
past
62 Tropical vine
63 Guitariist Atkins
64 Auctioned off
65 Orphan Annie's
pooch
DOWN
1 Starfish part
2 Bucket
3 Barn's neighbor
4 Isaac's son
5 12th graders
6 Giants
7 Greek market
8 Underground
stem
9 Intrude
10 Rattled
11 Dairy-case item
12 Abel's brother
13 Title for Elvis
21 Turf
22 Neat
23 Mussat native
25 "The Pink
Panther" actor
27 Unwanted
plants
28 Mandela's org.
29 Type of cheese
30 Reflection
31 Diner
32 Flies high
34 Ulmost
37 Depicts
38 Purpose
39 Adult male
41 Crack in the
earth
42 Nail polishes
44 Jacket feature
45 Minted
46 Giddens' grp.
48 Hair problem
49 Heroic
50 Mascara target
51 — Stanley
Gardner
52 "Type" sequel
53 Operatic solo
54 Teheran's
place
55 Advance, as
money
59 Singer Donis



valley volunteers

The Valley Volunteers column is a service of the Volunteer
Coordinators Network. The Network is an ad hoc committee, made
up of 15 community non-profit agencies, that meets once a month
to discuss mutual issues and develop a strong volunteer program
in each of its member agencies.

Cross Roads Crisis Centre Phone: 338-0512

The next volunteer training for men and women at Crossroads Crisis
Centre will take place in May. The only prerequisites are that you be:

- 19 years of age or older;
- non-judgmental;
- be able to commit to 6 months of taking the crisis line for
4 hours per week;
- able to work as part of a team;
- empathic, confidential and respectful of others.

At any one time the crisis line must have at least 70 volunteers in
order to keep the 24-hour line open. Back-up support is available
and peer support meetings take place twice per month.

Building Friendships Phone: 338-5371

This group is looking for individuals to share common interests and
hobbies with developmental disabled adults in our community.
Please contact us for a rewarding friendship.

Boys & Girls Club

This is a valley youth program offering opportunity for children and
youth. It needs volunteers for its spring session in the following
areas: gardening, soccer, golfing, cooking and singing. For more
information, contact Jessie at 338-7582

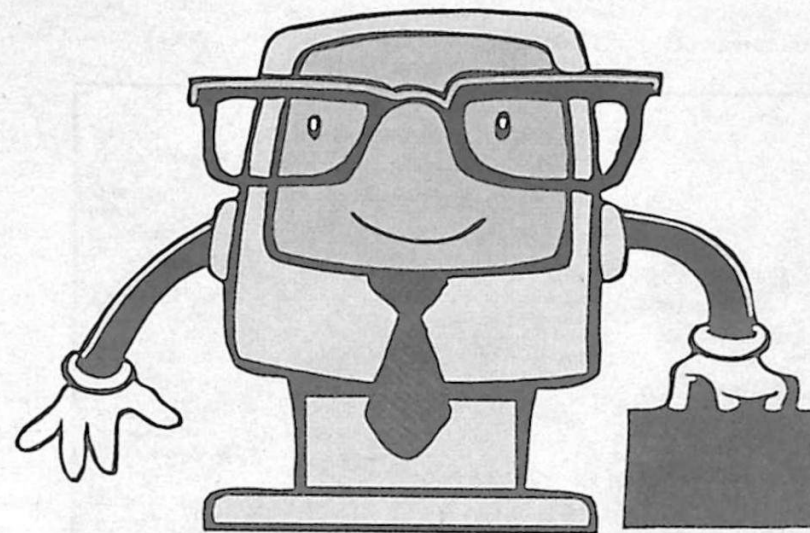
Special Needs Recreation

In existence for over 10 years, this program is funded by the Regional
District of Comox Strathcona and is administered by the Courtenay
Recreational Association. The program is designed to support peo-
ple who have disabilities, with access to recreation in the commu-
nity. Services provided include leisure counselling, adapted pro-
grams, volunteer support, advocacy support and networking. For
more info call Heather Crites at 338-5371.

Getting the most out of your E-mail

E-mail has exploded onto the
workplace and, coupled with
countless other forms of commu-
nication available in the office,

mail services allow you to make
messages for follow up at a later
date — enabling you to sift through
what needs your urgent attention.



Be selective in responding to e-mail

Unless the matter is really ur-
gent, don't respond too quickly.
People who respond to every mes-
sage within 5 or 10 minutes proba-
bly are paying more attention to
their e-mail than their job. Most e-

Filing your e-mail each day keeps the chaos away

Set up electronic folders to cat-
egorize and store e-mails. Take time
every day to go through your
inbox, immediately discard what
you can and file what you must.
Handy folders to include are "to-

do," "contracts" and "personal."
Sift through the urgent

As you sift through your incom-
ing messages, some e-mail pack-
ages allow you to colour-code
and "tag" e-
mails by prior-
ity. If you are
waiting for an
important e-
mail from a cli-
ent, you can
have it auto-
matically coded
red when it arrives
so it is immedi-
ately called to
your attention.

If you
don't use it
— lose it

Make sure the mail you get at
work is the type of mail that makes
the best use of your limited-time
during work hours. Why not have
your personal e-mail directed to
another account. One free option
is an e-mail account from MSN
Hotmail, (<http://msn.ca>), an e-mail
service which offers fast, reliable
e-mail anywhere there's a PC with
Web access. Besides if it's your
own address, you don't have to
worry about the boss reading your
personal e-mails.

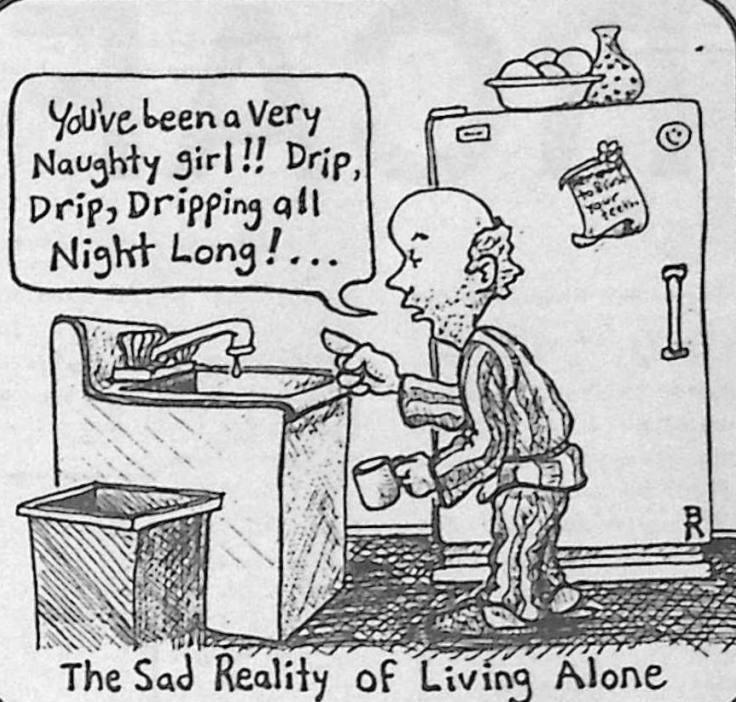
Use e-mail as your own personal secretary

Keeping track of information on
the road is always difficult — but e-
mail is actually as easy to check as
voice mail. Web-based e-mail ser-
vices, like Hotmail, can become your
virtual suitcase. Have your office
e-mail automatically forwarded to
your Hotmail account. This way
you can check your e-mail from
any PC in the world with Web ac-
cess. You don't have to rely on
difficult phone line connections
back to your office, potentially
wasting precious time and leaving
you out of the loop on important
business decisions.

Signing off

Though it might only take a few
seconds, signing your name and
title to every e-mail can add up to
a lot of time. And leaving them off
can frustrate people trying to reach
you. Most e-mail services have an
"Auto signature" feature that will
automatically add your title and
contact information to the bottom
of your e-mails. It's especially
handy for those days when you
are so busy you don't think you
can remember your own name.

FREAKSHOW



The Sad Reality of Living Alone

Junior Ranks Calendar of Events

23 April (TGIF) — Food: BURGERS, Sport: EUCHRE
30 April (TGIF) — Food: STEAKS, Sport: POOL (9 ball)
Every Sunday is movie night.
Wing Night: Every Tuesday 1700-2100



Royal Canadian Legion

Branch 17 Courtenay (334-4322)

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

April 23 Swinging into Spring (DJ)

April 30 Norm's Combo

May 7 Ventura Highway

Special Event: Annual Spring Auction - 1 May

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)

Mondays...Ladies Auxiliary Drop-in Bingo

(Upper Hall doors open 6:30 p.m., Bingo 7:00 p.m.)

Friday Night Dances 8-12 p.m.

April 23 Country Cousins

April 30 Alley Cats

May 7 Highway 19

Sun May 9 Mother's Day - Double Play band (2:30-6:30 p.m.)

Friday & Saturday: Meat Draws (3:00-6:00 p.m.)

Branch donations from Meat Draw to various organizations
for 1998 totalled \$13,750.00

Officers' Mess Ladies Club Calendar of events

May 19 Great tips for the Barbeque season

WOs' and Sgts' Ladies Social Club Calendar of events

We cordially invite members to come out and join in the fun
and participate in the wide variety of events we offer.

May 17 Spring Craft
June 21 Dinner/Sport Night

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

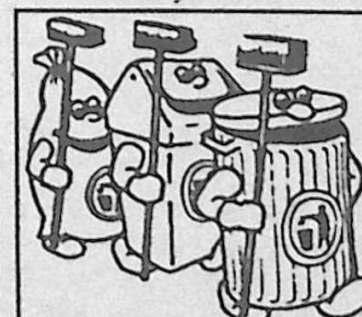
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Address _____
E-Mail Address _____

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WASHINGTON PARK SHOPPING CENTRE Courtenay 339-2272
COMOX 1782 Comox Ave. (Next to Lorne Hotel) 339-2272



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History of the Military Air Services of Canada - Part 5

RCAF Overseas

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

When the war began, the Royal Canadian Air Force was represented in England by a small liaison staff in London and various personnel attending training courses. As early as 1939, senior RCAF officers were pressing for the formation of overseas units, and in November the Chief of the Air Staff wrote a memorandum to the Minister of National Defence stating it was essential that the RCAF take more affirmative action in the war effort in addition to the British Commonwealth Air Training Plan.

His proposal was to establish an overseas command to operate under RAF headquarters; the command would operate two major air groups in England, a bomber group, and a fighter group, each containing three wings of two squadrons.

This proposal, when presented to the British Air Ministry, was received with mixed emotion. The bomber group was well received, but because of the organisational make-up of the U.K. (it was divided into RAF Fighter Command defence sectors with an associated air group assigned), the fighter group was not supported. However, Canadian fighter squadrons were welcome to come over and become an integral part of the RAF fighter team. Under an amendment to the BCATP agreement signed on 17 December 1939 and a supplemental agreement (7 January 1940), it was agreed that the RCAF would form 25 overseas squadrons in the U.K.

The first RCAF squadrons overseas were Nos. 1, 110 and 112 Squadrons. Of these, No. 1 was a fighter squadron and Nos. 110 and 112 were army co-operation. The two army co-operation squadrons were to support the 1st Canadian Division in France, but by the time they arrived in England the Canadian Army had returned to England after a failed excursion to France to support the British Expeditionary Force (BEF), then evacuating from Dunkirk.

Because of the large number of Dominion squadrons that were expected to form-up in the U.K., there was a great potential for mass confusion; imagine having command of five squadrons, all numbered No. 1, RAF, RCAF, RAAF (Australia), SAAF (South Africa) and RNZAF (New Zealand). To alleviate this confusion, the British Air Ministry assigned blocks of squadron numbers to the Dominions: 400-445 to Canada, 450-467 to Australia and 485-490 to New Zealand.

The original three RCAF squadrons were then renumbered: No. 1 became No. 401 Sqn, No. 110

Sqn became No. 400 Sqn and No. 112 Sqn became No. 402 Sqn. Eventually, the RCAF had 44 of the "400 block" squadrons, along with three Army Observation Post squadrons (Nos. 664, 665 and 666 Sqs) and one Home Defence Establishment Squadron (No. 162 Sqn on detachment from Eastern Air Command), for a total of 48 squadrons serving overseas. These squadrons served on all fronts and in all theatres, and consisted of 15 bomber squadrons, 11 day fighter squadrons, three fighter bomber squadrons, three fighter reconnaissance squadrons, three night fighter squadrons, one intruder squadron, six coastal patrol squadrons, three transport squadrons and three army co-operation (AOP) squadrons.

When the first RCAF squadrons arrived overseas, it was a bleak period on the continent. The Battle of France was just about over and the Battle of Britain was about to begin. No. 1 (401) Sqn RCAF was equipped with Hurricanes; its pilots commenced an intensive training period and by August 1940 were participating in the

war. The RCAF formed night fighter (Nos. 406, 409 and 410) squadrons and an intruder (No. 418) squadron. These squadrons were operational in the summer of

these squadrons were equipped for light liaison duties (artillery spotting similar to WWI and light transport). With the experience of the German Stuka still fresh in their

sumed operational command of the RCAF bomber squadrons overseas. This group eventually operated 14 squadrons on eight different stations. On 1 April 1943, the

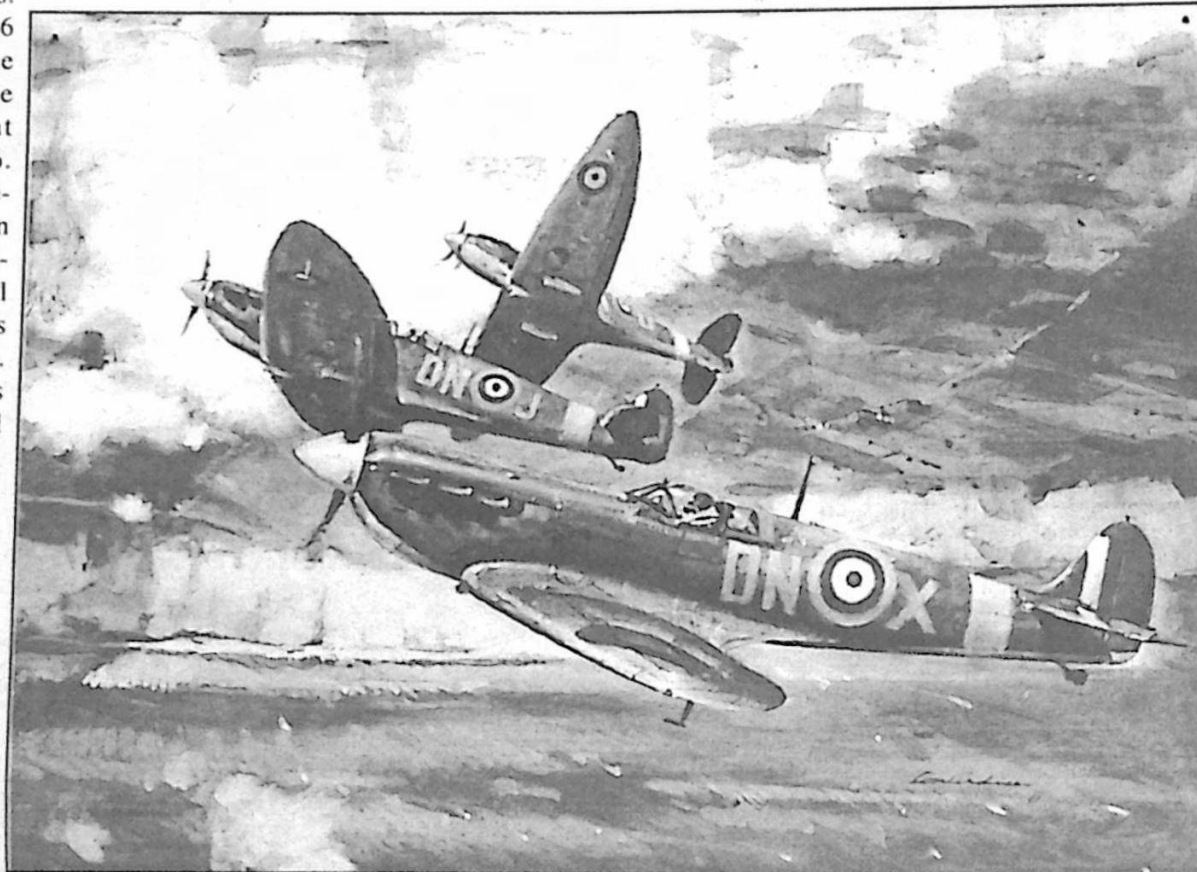
Canadian government assumed the responsibility for pay and equipment for her overseas bomber force.

Throughout the entire bombing offensive, the bomber organisation was highly centralised and controlled by Bomber Command Headquarters. At the time, the groups were responsible for ensuring the crews were briefed according to Bomber Command's instructions (routes to and from the targets, altitudes, numbers of aircraft and bomb load), while the stations provided the domestic support and the squadrons provided administration and aircraft maintenance only.

However, this changed in March 1943, when Bomber Command reorganised into the Bomber Operational Base System; this system brought several small bases under one station commander and it centralised the administration and maintenance on this new large station. This reorganisation reduced squadrons to the aircrew and basic servicing capabilities only (gas, oil, starts and parks).

From the start, the Canadians in Bomber Command and later in No. 6 (RCAF) Group suffered under the operational work load placed upon them from Bomber Command and the lack of operational experience within their ranks; many losses were heartfelt during this time and moral suffered. However, as experience grew and equipment improved, the losses dropped and there was a corresponding increase in morale.

By war's end No. 6 (RCAF) Group had a most enviable record of successes.



416 Sqn "City of Oshawa" RCAF Sqn Spitfires fly low over the English Channel, 1943.

1941 and were patrolling/prowling the night skies with great effect; night fighters patrolled the skies around the U.K. using ground controllers and airborne radar to intercept incoming bombers, while intruders prowled around German airfields at night waiting for returning German bombers or night fighters.

After the allied invasion in June 1944, these night squadrons continued their nocturnal work on the

continent; and when the German "Buzz Bombs" started arriving in England (unwelcome that they were), two of the night fighter squadrons turned their efforts against this new threat. By war's end, No. 409 Sqn was credited

with 10 V-1 "Buzz-Bombs" and No. 418 Sqn had 77 kills over the English Channel credited to them and another five over England.

Prior to the war, the doctrine of the RAF did not include the concept of close support to land operations, but was strictly strategic in orientation (the RAF would bomb the bridges and factories while the army took care of the front line).

After the lessons learned from the German war machine in their Battle of France, this doctrine was re-thought and army co-operation squadrons were formed. Initially

memories, these squadrons were soon taking up a more active role in army co-operation; photo-reconnaissance, sweep "rhubarbs", escort and close air support were now missions for army co-operation squadrons.

When the RCAF started participating in this new form of warfare, the units were posted to Army Co-operation Command. After 6 June 1944, Army Co-operation Command was disbanded and the Second Tactical Air Force was landed on the continent. Canada and RCAF Headquarters Overseas had envisioned providing all of the required air support for the First Canadian Army on the continent, but this undertaking would have totally drained the RCAF's resources overseas, and with their commitments to Coastal Command and Bomber Command to think about, a compromise was reached.

The RCAF would provide units for the Second Tactical Air Force in the hopes they eventually would form an all Canadian (Composite) Group. This did not materialise, but the Canadian squadrons in 2 TAF were assigned to No. 83 (Composite) Group and this group was assigned to the First Canadian Army.

As previously stated, Canada had volunteered to form bomber squadrons in the U.K. to be a part of Bomber Command. These squadrons were originally paid (Canadian rates of pay) and equipped by the British Air Ministry. The first Canadian bomber squadrons were formed in late 1941 and were a part of No. 4 Group RAF in Yorkshire.

By late 1942, with five bomber squadrons operational and six more on the way, plans went ahead to create No. 6 (RCAF) Group. On 1 January 1943, No. 6 Group as-



Halifax bomber - a type flown by RCAF crews.

Battle of Britain. In addition, because of the number of Canadians serving with or seconded to the RAF, the RAF converted one of their squadrons to a Canadian unit: No. 242 (Canadian) Sqn, commanded by S/L J.E. Johnson, RAF.

These two squadrons gave a good account of themselves during the battle; No. 242 Sqn scored 68 1/2 confirmed victories and No. 401 Sqn scored 28 1/2 confirmed victories.

However, our participation in fighter operations did not terminate at the end of the Battle of Britain; they continued throughout



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