



# TOTEM TIMES

19 Wing CFB Comox

THURSDAY 27 MAY 1999

Comox Valley's Longest Running Newspaper

VOL. 41 NO. 8

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# 19 Wing gets its own Internet server

It's a classic example of less equals more. By the time BC Tel approached 19 Wing Comox with a proposal for a new high-speed Internet service, the wing was already dealing with 25 different ISP (Internet Service Provider) accounts.

"We were tying up phone lines and paying all these service provider bills," explained Capt Roger Levesque, the D/WTISO. Capt Levesque was immediately interested in the possibilities of a T-1 Internet service over fibre optic cabling. "Speed was very important to us and all the modem connections were too slow."

The new service replaces a variety of 28.8 Kbps (and slower) connections with a 1.54 Mbps network from a single source. Previously, the average user on base got a real throughput (how fast files are downloaded) of 2 to 8 Kbps. At that speed, a 400 kilobyte file would take between one and three and a half minutes to download. The average user on the wing now gets 70 to 100 Kbps. At that speed, the same file is downloaded in four to six seconds. The lower end of the range occurs only when many users are on the line at the same time or when the destination site is busy.

The other major concern at a military base is security. The Internet cannot run on the same network and DND systems, so... "Working with BC Tel, we made the decision to run a parallel fibre network, which is now distributed to 34 buildings," said Capt Levesque. The new fibre backbone runs to hubs and switches in several buildings throughout the network. From there, copper is run to the desktops. There are actu-

ally two communications outlets per office, with the military network and the Internet connected to separate computers - the ultimate security solution. "There is no physical connection, no possible way for a hacker to get in," explained Capt Levesque.

The on-base fibre network is connected to BC Tel's T-1 Internet service. On the base, WTIS manages the server and Internet services through a server which also features performance monitoring, network management tools and filtering software to prevent DND users being taken by misleading links to sites inappropriate sites.



According to Capt Levesque, primary uses for the new high-speed connections will be downloading of Internet-based information and newly purchased software, quotes for equipment and, e-mail to civilians and organizations not accessible over military networks.

19 Wing's final step in the cutover from slower ISPs was establishing new Internet accounts (e-mail addresses and router tables) for the 50 computers and approximately 100 current users, including this newspaper.

The installation went well, although there have been some growing pains as DND policies had to be applied to connections to the world-wide Internet and unit COs had to decide who had legitimate need. Even before the 19 Wing Comox Internet link was fully operational, other bases had expressed an interest in similar capabilities.

If you want to e-mail the Totem Times from home or abroad, you can reach us through this system at: [totemtimes@comox.dnd.ca](mailto:totemtimes@comox.dnd.ca)

## Home at last



Amidst a crowd of well-wishers, MCpl Roger Giguere is greeted - and promoted to Sergeant - by Wing Commander Col Bill Neumann and Wing Transportation Officer Capt Suzanne Raby after arriving at the base on a Labrador helicopter. Giguere, who was seriously burned in the explosion at the base fuel farm in March, responded well to treatment and is expected to be back to work within four to five weeks. Welcome back Roger and Godspeed! (Photo by Cpl Doug Desrochers, Wing Imaging.)

## PMQ rent adjustments in Sept.

It's that time of year again - the time when rumours and speculation surrounding rent adjustments for Married Quarters abound.

We at CFHA fully appreciate and share the concerns that CF families may have about current rent policies and the demands that annual rent adjustments often place on the household budgets of the 30% of members who live in military housing. We also believe in the importance of a continuing dialogue between CFHA, the Bases/Wings and our occupants to ensure that occupants are aware of, and fully understand, the environment in which we operate and how this affects the members and families occupying Defence family housing.

Rents for married quarters are established to reflect local market rental rents in accordance with the policy of the Treasury Board on the provision of Crown housing. This is done to ensure that personnel occupying Defence family housing do not receive benefits which are not equally and fairly available to personnel in the same location who rent housing on the economy at market rents. Over the years, however, rents for most married quarters across Canada have fallen behind the market rents and CFHA is now required to close this gap. As a result, most married quarter rents will increase annually until they reach market rents,

Continued on page 3  
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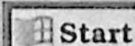
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Come to H.E.R.E not there





# CANEX

## News

By Donna Young

It has been a fairly busy couple of weeks here at CANEX. The Customer Appreciation Sale was in full swing for most of the month and that kept everyone on the run. Terry and Carol are still on leave and we are sure they are missing us all terribly...NOT!

Hopefully everyone who could, called their mother on Mother's Day. Now Father's Day is coming up on 20 June. My husband is already giving out hints.

With only about four weeks of school left, many people are starting to get holiday plans solidified. Make sure that car is in good shape for all the travelling. The last thing you need, with a carload of kids, is a breakdown in the middle of nowhere. Holidays are supposed to be relaxing for the whole family - usually they are for everyone, except Mom. Camping is one of those holidays where Mom gets to leave her dishwasher, washing machine and refrigerator and go sit in the bush with the kids and the mosquitoes while Dad fishes and communes with nature. Dogs always find something interesting to roll in, just before you

leave your campsite in the pouring rain, so you have the choice of travelling with a smelly dog wearing doggy perfume or a soaking wet one - what a choice! Of well, we do survive. I taught my son to fish on just such a trip, now he is teaching his little girl the same things.

Another great thing about living on Vancouver Island is the company you can expect to have arrive. Most are very welcome but there are a few that fit into the category of "second cousins to the lady that lives down the street from your great-aunt Zelda." These people show up with a car full of kids or dogs and try to settle in for their two weeks vacation. Sometimes when you get the dreaded "company is coming call," you discover it is someone your husband met after having a couple of beers at a convention, where he said "If you are ever on the island, look us up." Be very careful - some actually do!

We hope everyone enjoys the first long weekend of the "summer." Have fun and stay safe. See you at CANEX.

## Ajustements des loyers en septembre

Nous voilà encore cette année! La période où les rumeurs et les spéculations entourant les ajustements des loyers des logements familiaux abonde.

Nous, à l'ALFC, apprécions pleinement et partageons les préoccupations que peuvent avoir les familles des FC au sujet des politiques actuelles en matière de loyer et des exigences que les ajustements annuels des loyers mettent souvent sur les budgets des ménages de 30% des membres qui vivent dans des logements militaires. Nous croyons également à l'importance d'un dialogue continu entre l'ALFC, les bases et escadres et nos occupants pour nous assurer que les occupants sont au courant de l'environnement dans lequel nous évoluons, qu'ils le comprennent parfaitement, et de la façon dont cet environnement les influence.

Les loyers des logements familiaux sont établis en fonction

de la valeur du marché des loyers conformément à la politique du Conseil du Trésor relativement à la disposition portant sur les logements de l'État. On agit ainsi afin de s'assurer que le personnel qui occupe des logements familiaux de la Défense ne reçoive pas des avantages qui ne sont pas également et équitablement disponibles pour les membres du personnel du même emplacement qui louent des logements du secteur privé en fonction de la valeur du marché des loyers.

Cependant, au fil des ans, les loyers de la plupart des logements familiaux partout au Canada ont pris du retard sur les taux du marché et l'ALFC est maintenant tenue de rétrécir cet écart. En conséquence, la plupart des loyers des logements familiaux augmenteront chaque année jusqu'à ce qu'ils atteignent la valeur du marché, quoique certains loyers demeureront les mêmes et que quelques-uns

pourraient même diminuer.

Bien qu'une augmentation de loyer ne soit jamais populaire, l'ALFC a recours à une mise en œuvre graduelle des augmentations des loyers afin de faciliter la transition vers des taux de loyer du marché. En tant qu'occupant actuel dans une région où les loyers sont censés augmenter, votre loyer, peu importe ce que vous en entendrez du contraire, ne subira pas une hausse supérieure à 20\$, 30\$ ou 35\$ par mois selon votre grade, et sera ajusté seulement une fois par année. À titre de nouvel occupant dans une région où les loyers sont ajustés à la hausse, les loyers pour les familles militaires n'augmenteront pas de plus de 50\$ par mois, et ce seulement une fois par année.

Cette année, les ajustements des loyers entreront en vigueur le 1<sup>er</sup> septembre au lieu du 1<sup>er</sup> août comme c'était l'habitude. Il s'agit d'un retard qui se produira seulement qu'une fois; l'an prochain, l'entrée en vigueur des ajustements des loyers reviendra au 1<sup>er</sup> août.

Les occupants connaîtront dans un proche avenir le montant exact du loyer à payer à compter du 1<sup>er</sup> septembre. Entre-temps, si vous voulez de plus amples renseignements au sujet de la façon dont sont déterminés et appliqués les loyers des L.F., communiquez avec votre bureau local de gestion du logement au 339-1947 ou poste 8060.



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War studies is an inter-disciplinary course of study which examines the phenomenon of War. Students in the War Studies programme are primarily either serving officers of the Regular or Reserve force or civilian employees of DND. The programme provides a scholarly complement to the student's professional activities. A provision also exists for a limited number of civilian students to enrol in the programme.

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The MDMP programme is aimed at officers of the Regular and Reserve force with a minimum of ten years commissioned service as well as civilian employees of DND. Applicants not meeting this requirement will be considered for acceptance on a space-available basis.

Students are permitted to hand in their assignments and write exams in the official language of choice.

For more information contact:

Royal Military College of Canada - The Office of Continuing Studies  
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Les études sur la conduite de la guerre sont un programme interdisciplinaire offert principalement aux officiers de la force régulière et de réserve, ainsi qu'aux employés civils du MDN. Ce programme offre un complément académique à la formation professionnelle de l'étudiant. Un nombre limité de places pour les civils est aussi disponible.

#### MAÎTRISE EN GESTION ET POLITIQUE DE DÉFENSE (MGPD)

Le programme est destiné aux officiers de la force régulière et des réserves qui ont au moins dix ans d'ancienneté comme officiers, ainsi qu'aux fonctionnaires du ministère de la Défense nationale de niveau équivalent. Nous étudierons la candidature de ceux qui ne répondent pas à cette exigence en fonction des places disponibles. Nous accepterons aussi un nombre limité de fonctionnaires d'autres organismes gouvernementaux qui s'intéressent à la gestion et à la politique de défense.

Les étudiants peuvent remettre tous leurs travaux dans la langue officielle de leur choix.

Pour plus d'information, contactez:

Collège militaire royal du Canada - Le Bureau des études permanentes  
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## Goodbye Sgt, hello Officer Cadet!



With heels together, Sgt Leo Phillips officially said goodbye to the WO and Sgt mess. On May 1st, he put on his Officer Cadet epaulets and was escorted to the Officers Mess, where he was welcomed aboard by LCol Hache. (Photo by Roger Corbin)

## \$ \$ \$ PMQ rent

(continued from page 1)

although some will remain the same and a few may even decrease.

While any rent increase is always unpopular, CFHA uses a phasing process for the implementation of rent increases to ease the transition towards market rental rates. As a current occupant of an area where rents are expected to increase, your rent, no matter what you hear to the contrary, will not rise more than \$20, \$30 or \$35 per month, depending on your rank, and will be adjusted only once a year. As a new occupant in an area where rents are adjusted upwards, rents for military families will not rise more than \$50 per month, again only once a year.

This year, rent adjustments will be applied effective September 1 instead of the traditional August 1. The delay applies to this year only; next year, rent adjustments will be made on August 1, as usual.

Occupants will find out in the near future exactly what rent they will be paying effective September 1. In the meantime, if you would like further information about how MQ rents are determined and applied, contact your local Housing Management Office at 339-1947 or local 8060.

## In Summer, bicycles are everywhere.



### Be aware.

82% of victims of cycle accidents are children. (National Safety Council)  
Children don't always pay attention...so, we must.

### Safety first

## Congratulations



Sgt B.J.S. Dennis, from Wing Meteorology, receives his new rank from the W Ops O, LCol M.W. Haché, effective 19 May. (Photo by Wlmg.)

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## MSE Safety Watch for bikes!

The increasing swarm of cyclists that emerge with the warm weather brings a growing concern for their safety.

Like your car, a bicycle is a legal road vehicle. That means bicycle riders have the same rights and responsibilities as drivers and motorbike riders, even though they are smaller and generally slower.

Education on sharing the road is not only a cyclist's responsibility. It takes a little common sense and courtesy from motorists, cyclists and pedestrians.

To promote bicycle awareness, Ottawa (DTM-3) is launching a national initiative, in conjunction with the "Watch For Bikes" campaign initiated by the city of Toronto in 1998.

19 Wing Comox will be promoting this year's Provincial Bicycle Safety Week (30 May to 6 June) by applying "Watch For Bikes" stickers to the driver's side mirror of DND vehicles.

These stickers are designed to remind drivers that cyclists share the road. So give them a fair go when you see cyclists on the roads.

## The SNO and the SAR Doc

Dynamic duo check out



After 21 years of loyal service, Lt(N) Shelley Combs, nursing officer, is retiring from the CF.

Shelley has had a rewarding career with the military - you might say she was the poster child for the saying "Been there - done that" with nine postings across Canada, two tours with NATO, as well as having taken pretty much every course known to man - and that's just the beginning.

Shelley was posted to 19 WHosp in June 96 as the hospital's Senior Nursing Officer (SNO).

You may have encountered her at the MIR for morning sick parade or have been referred to see her for lifestyle discussions. She plans to retire in the Comox area. Good luck and all the best from your friends at 19 WHosp.

After 10 years of loyal service and much consideration, Capt Steve Ellis, medical officer, has sought release from the CF.

Despite his short career, he has managed to work from coast to coast. He's completed numerous taskings throughout Canada and even managed to squeeze in a Kuwait tour in 1998.

Capt Ellis came to work for 19 WHosp in July 1997.

He also holds the position of Medical Officer at 442 Sqn SAR section (SAR DOC).

He will be taking his release in June and retiring to Truro, Nova Scotia, with his wife and two children, where he plans to set up practice.

Steve is a good friend and we will miss him.

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## The profit incentive of Apocalypse

In the 50's, backyard bomb shelters were popular. In the 60's, they were converted to root cellars and swimming pools. But the shelter builders made a lot of money.

In the 70's, post-nuclear war movies were popular. Bad actors drove around the desert fighting over scarce resources. The films ended up in the bargain bin but Hollywood made a lot of money.

In the early 80's, several writers predicted a worldwide financial meltdown. One author even wrote a book about "the coming depression of 1990." Well, 1990 came and went... and we could still afford Cabbage Patch dolls. But, the writers made a lot of money. (Ever the optimist, the author rewrote his book, changing the date to 1998. Oops! Missed again.)

Now it's 1999 and the Y2K monster looms on the horizon.

Actually, the Y2K beast isn't new. It was mentioned in computer magazines as early as the 70s. In 1995, a group in DND suggested that we start checking equipment. That way, we could replace the "bad" equipment during its normal life cycle at no extra cost. But, 1 Jan 2000 wasn't close enough to be a crisis then and we had urgent things to worry about. Besides, doing it that way, we couldn't feed any consultants.

Don't get me wrong. I've met several consultants who have been worth their weight in gold. I've also met some that aren't worth their weight in compost. Recently, I met one who knew less about Y2K than any of the Cpls in my unit. Yet, people in high places, both within and beyond DND, will take his word over any of our own experts. That irks me. He also earns more money than any of my people. That irks me too.

I think Y2K really means "Yes 2 Consultants." (I know that's spelled wrong but I couldn't convince the government to change the acronym to "Y2C." I guess I'll never be a consultant.)

But it's not just the DND. In government, in business and even in the home, the good, the bad and cunning are profiting from Y2K. You can even buy "Y2K survival kits" for your home. (Three plastic bags of water, a set of matches and candles, and a silvery space blanket - \$24.95.)

There's my prediction: Midnight will arrive. There will be pockets of power outages and other problems (so, prepare). The good-hearted and well-trained people of the police, fire, medical and military units will respond quickly and well, helping their fellow Canadians as they've always done. By mid-January, trouble spots will be returning to normal. Then, on 21 January 2000, someone will discover a large, black, monolith on the moon and we'll end up with 2001 Space Consultants.

All the world loves a good crisis.

Darrel Duckworth

## Who's funding the new Fitness and Community Centre?

By Maj M.M. Stewart,  
W Pers Svcs O

The construction of the 19 Wing Fitness and Community Centre, awarded contract value of \$9.5 million, is one of 57 sub-projects of the national PSP Recapitalization Construction Program designed to build or renovate CF gymnasiums, pools, arenas and community centres throughout Canada.

The total national Recapitalization Construction Program is worth \$150 million and comprises 50% public funds and 50% non-public funds (NPF) expended over several years.

The funding for our particular project consists of 1 CAD contributing 25% of the public dollar funding requirement and 19 Wing Comox providing the other 25% of the public funding requirement.

The matching 50% of non-public dollars are representative of funds generated by DND/CF personnel and their families through their support and patronage to the various Non Public operations and

the return on investments obtained through the Canadian Forces Central Fund (CFCF).

The Canadian Forces Non-Public Funds Board of Directors is chaired by the Chief of the Defence Staff and provides executive management to the Canadian Forces Non-Public Fund activities, including personnel Support Programs (PSP), the Canadian Forces Exchange System (CANEX), the Service Income Security Insurance Plan (SISIP) and the Canadian Forces Personnel Assistance Fund (CFPAF).

The Chief Executive Officer (CEO) of the Canadian Forces Support Agency (PSPA) is the managing director for all Personnel Support Program activities, subject to the overall direction of the Canadian Forces Non-Public Funds Board of Directors.

The CEO of the PSPA is the chairperson of the Personnel Support Programs Executive Committee.

This executive committee is responsible for interpreting and implementing CF Non-Public Funds

Board directives and policies with regard to the management of PSP and exercises delegated financial authority and control. PSP is the term used to describe activities of the Department which are designed to contribute to the morale and efficiency of the Forces personnel and which are supported by both public and non-public resources.

The PSPA manages projects which are designed to ensure the construction of modern replacement facilities and renovations to existing facilities on behalf of all DND/CF personnel and their families.

Another local project that is a 50/50 split between public and non-public funds, and currently in progress, is the Base Arena renovation project.

Barring any delays to the construction and renovation schedules, it is anticipated that the ice will be in the Arena no later than 15 August this year and the new Fitness and Community Centre will be ready for occupancy mid to end January 2000.



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## Is your vehicle ready for the warm season?

(NC)—It's spring and we've just come through another wet BC winter, and that's a sure sign your vehicle is probably in need of some attention. There's no better time than now to consider a spring checkup if you haven't inspected your vehicle lately.

Routine servicing pays for itself many times over by cutting fuel consumption, preventing costly breakdowns, extending the life of your vehicle and maximizing its resale value. Keep in mind that a poorly tuned engine can use up to 50 percent more fuel than one that runs properly. And every litre of fuel you burn generates exhaust emissions that contribute to climate change and urban smog.

It's a good idea to have your vehicle inspected by a qualified mechanic. Fuel-injection systems and electronic ignitions are factory-set and should be adjusted only by a specialist.

Investing in a new air filter is worthwhile, since a dirty filter restricts airflow to your engine and can cause a 10 percent increase in fuel consumption.

A typical spring checkup will also include a change of engine oil and filter. Worn-out oil can cause poor engine performance, higher fuel consumption and sometimes severe engine damage.

For more information on keeping your vehicle in peak running condition, visit the AutoSmart web site at <http://autosmart.nrcan.gc.ca> or call 1-800-387-2000 to order your free AutoSmart Kit.

## Tips for lowering your air conditioner's energy usage

(NC)—Here are some EnerGuide tips on how to save money and help the environment when using your room air conditioner.

You can save as much as 10 percent on your cooling bill by simply turning your thermostat back 10 to 15 percent for eight hours. You can do this easily using a programmable or a setback thermostat.

Set your thermostat as high as comfortably possible in the summer. The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be.

Don't set your thermostat on a colder setting than normal when you turn on your air conditioner. It won't cool your home any faster and could result in excessive cooling and unnecessary expense.

Set the fan speed on high, except on very humid days. When humidity is high, set the fan speed on low for more comfort. On humid days, the low speed will cool your home better and will remove more moisture from the air because of slower air movement through the cooling equipment.

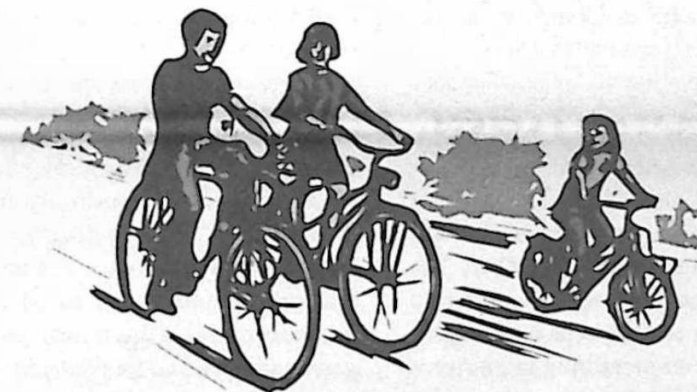
Use and interior fan in conjunction with your window air conditioner to spread the cooled air more effectively through your home without greatly increasing electricity use.

Install the air conditioner in a shaded spot on the north or south side of your home because direct sunshine on the unit's outdoor heat exchanger decreases efficiency. Plant trees and shrubs to shade air conditioner but be careful not to block the airflow. A unit operating in the shade uses up to 10 percent less electricity than the same unit working in the sun. Room air conditioners must be installed on a flat, even surface so that the inside drainage system and other mechanisms operate efficiently.

Gaps in the seal between the air conditioner and the window frame allow cool air to escape from your home. Moisture can damage this seal, so inspect it annually.

Check your unit's air filter once a month and clean or replace as necessary. Keeping the filter clean can lower your air conditioner's energy consumption by 5 to 15 percent. Clogged drain channels prevent a unit from reducing humidity, and the resulting excess moisture may discolour walls or carpet. These channels can usually be cleaned by passing a stiff wire through them.

For more information, visit Natural Resources Canada's EnerGuide web site at <http://energuide.nrcan.gc.ca/> or call 1-800-387-2000 and ask for a free copy of the publication Air Conditioning Your Home.



## Ten great ways for families to get active

(NC)—Active living provides a healthy and enjoyable way to use leisure-time, to give families time together, to enjoy the out-of-doors and to maintain cultural traditions and links. This summer, set a goal with your family to incorporate active living into daily living. Here are 10 great ideas to get you started:

1. Make a family commitment to try a new or different activity each week: hike, bike, bowl, swim, in-line skate, walk, run, play tag, or play ball.
2. Participate in community programs like SummerActive.
3. Invite the whole family to get in the garden and dig, rake and weed.
4. Instead of driving, take turns walking the kids to school or camp by creating a walking school bus with your family, friends and neighbours.
5. Make a point to walk, wheel or cycle on short trips or family outings.
6. Host a neighbourhood event, such as a BBQ or picnic. Include fun, physical activities such as relay games, Frisbee toss, volleyball.
7. Organize a family bird-watch hike and picnic. Don't forget to pack lots of drinking water and healthy snacks.
8. Plan a nature scavenger hunt. Invite other families and friends to join in the fun.
9. Visit your local library and borrow books on games from around the world. Try games that you have never played before.
10. Develop a list of physical activities and place them in a jar. Meet regularly during the week to try out a different activity from the jar.

To obtain a free copy of the Canadian Active Living Challenge Family Pack contact the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) at 1-800-663-8708 or [www.activeliving.ca/cahperd](http://www.activeliving.ca/cahperd).

## Add fun to family chores

(NC)—Persuading children to complete their chores can sometimes take more effort than the assigned tasks themselves. For many parents, the lessons children can learn from finishing their chores, such as responsibility and self-sufficiency, make the battle worth the trouble. One avenue parents can take to gain cooperation from their children is to make chore time fun. The following creative ideas not only make chore time enjoyable, but also productive.

- Make the simplest of tasks, such as putting toys away in a toy box, a game as well as responsibility for a younger child. Showing your child at an early age that chores can be fun will make the battle easier as your child begins to take on more responsibility.

- Teach a new skill your child can practice when completing a particular chore. For example, teach your five-year-old how to set the table, and then make this new skill a daily or weekly responsibility. When learning to set the table, children begin to understand concepts such as next to, above and below. Setting the table will also teach math skills as they decide how many plates, forks, glasses, and napkins they need. Other learning opportunities include laundry, which teaches children to group like objects, and bedmaking, which teaches what it is to be over, under, and on top of something.

- Rotate unpleasant chores and change chores as children grow. One opportunity for this is on the child's birthday. As your child turns a year older, allow the child to gain an additional privilege, but explain that additional privileges come with responsibilities, such as family chores.

- Allow your child to perform chores that are normally perceived as parental responsibilities. Even at an early age, children are usually eager to mow the lawn with their mother or father. While power mowers prohibit child participation, a reel push-type mower provides a safe lawn care alternative. Reel mowers, which operate without an engine, eliminate opportunities for injuries commonly associated with power mowers.



## Stay fit with gardening

(NC) According to the Cooper Institute for Aerobic Research, an average 150-pound person burns between 330 to 600 calories per hour pushing a reel mower, compared to 300 to 400 calories pushing a power mower. That makes using a reel mower comparable to tennis, downhill skiing and low-impact aerobics.

## CMFRC teen summer activities

This summer, the CMFRC and FS&R staff are teaming up to bring a summer full of fun for teens.

All events take place on Tuesdays or Thursdays. For details and times, call the CMFRC at 339-8290.

### July

Basketball Skills July 6  
Martial Arts July 8  
Year End Campout July 8 & 9  
Ball Hockey August 12  
Tennis July 13  
Canoeing July 20  
Mountain Biking July 22  
Taekwondo July 27  
Day Hike July 29

### August

Bowling Tournament August 3  
Kayaking August 5  
Indoor Soccer August 10  
Ball Hockey August 12  
Squash/Badminton August 17  
Karate August 19  
Softball Clinic August 24  
Beach Volleyball August 26  
Scuba Diving August 31  
Phone 339-8290 to register. Registration deadline for each week is Monday at noon.



## Sleep tips for shift workers

- Nap before going to work at night.

- Arrange, if possible, to have shifts rotating clockwise—that is, morning, daytime, evening, night time.

- Have the night shift at the end of the shift schedule.
- Have a slow rotation of shifts, if possible.

- Improve your physical fitness as this seems to combat sleepiness during the night.

- Exposure to bright light in the evening and shielding from bright light in the morning, thereby altering your circadian phase, is helpful for some people.

- Do not drink alcohol before going to work, either during the day or the night, as this decreases performance, increases drowsiness and increases accident potential.

- If you take medication, consult your doctor or pharmacist about the best time of day to take it.

— News Canada

A hug is an  
investment  
that the  
government  
can't tax.

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Phone: (250) 334-9818.

Kids Help Phone  
1-800-668-6868  
<http://kidshelp.sympatico.ca>



# As the Beacon turns



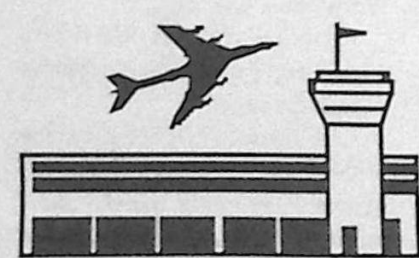
LCol Hache and Maj Thibault present WO Chuck Brown with his new rank.



LCol C.D. Tuck presents Lt Dave Miller with his newly appointed rank.



LCol Hache presents Capt J.P. Lafleur with his promotion.



**Photos by  
Wing  
Imaging  
Section.**



(L-R): Brian Bowden, Charles Williams, Tammy Thornton and Darlene Jedras.



MCpl Warren Webber at his post in the tower.

**By Capt Bruce Mornan**  
Greetings, once again, from the world of Air Traffic Control. Well, it appears as though spring has finally sprung and along with the improved weather comes several pleasant announcements. We have been very fortunate over the past few months to be able to bestow several promotions, appointments and awards upon some well deserving members of the ATC team and it is with great pride and sincere congratulations that we acknowledge these individuals.

We begin with WO Dave Miller's appointment to Lieutenant through the CFR program last fall. Dave came to Comox from the school in Cornwall last summer to fill the position of Air Traffic Control WO following the retirement of Phil Nakashima. Dave had barely warmed Phil's seat when news of his acceptance into the program was received and he was off to Basic Training. Dave has since returned and is currently working in the tower awaiting his classification training as an Aerospace Controller this coming fall. This, once again, left empty shoes in need of filling... that is, until the arrival of Sgt Chuck Brown from North Bay. Chuck quickly and enthusiastically accepted the numerous responsibilities of ATC WO and has been doing an exceptional job ever since. Sgt Brown recently received a richly deserved promotion to WO and will continue in his current position until summer when he will assume the duties of the Standards and Training WO.

The topic of promotions also brings into focus the recent promotion of Lt J.P. Lafleur to Captain. JP received his new rank 1 May and is currently employed as a terminal controller in the IFRCC. A few weeks ago, we received the exciting news that MCpl Warren

Webber is the recipient of the first 19 Wing Service Person of the Quarter Award for 1999. Warren arrived from Edmonton in the summer of 1997 and, since his arrival, has very quickly emerged as a valuable and inspirational member of the Air Traffic Control organization. His effectiveness as a team player and exceptional knowledge of operational rules and procedures has greatly enhanced the overall quality of service provided by the Control Tower. In addition to his primary duties, MCpl Webber has also been involved in the CF Aftercare Addictions Treatment Program since 1993 and continued his commitment to the program by becoming a Phase 3 coordinator in Comox shortly after his arrival. On 31 August 1998, the Wing, and certainly the entire Comox Valley, was affected by the tragic accident that seriously injured the Wing's Addictions Counsellor. The absence of a professional counsellor created an immediate void in this critical program and would undoubtedly have left the Wing in a difficult position for some time. MCpl Webber quickly recognized the need to fill this position and willingly accepted the enormous challenge of assuming such a vital responsibility, especially at a time when several referrals and new intakes were pending. MCpl Webber quickly adapted and easily embraced the role of a Wing Addictions Facilitator enabling the new patients to undertake their road to recovery. During his tenure, he displayed a high level of dedication and professionalism, ensuring the utmost in care was provided to those in need. As a result, the Wing Hospital was able to continue to provide a high level of care to the patients in the program and his outstanding effort has,

without a doubt, significantly changed many lives.

The entire section would like to pass on their heart-felt congratulations and sincere thanks to all those mentioned for the hard work and positive contributions you have made to the ATC Team. Well done!

This summer will once again see many changes in the faces of the ATC section, including those of the WATCO and ATCWO. Lt Perry Lucas will soon be returning from Cornwall after successfully completing his AEC classification training and will be departing with his wife Lise and family for their posting to Greenwood. Capt Brian Statham is currently away on TD in sunny California to train for his year-long posting to Thule, Greenland to work with Space Command while Capt Matt Wappler prepares for his move to North Bay for conversion training and subsequent posting. We will also be saying "goodbye" to our illustrious Standards and Training Officer, Capt Dan Cennicola. Dan has recently learned that he will be off to Winnipeg to brighten the halls of 1 CAD HQ. Capt Steve Whynott will fill Dan's "big" shoes as our new S&TO... congrats, Steve! Time now to get away from the good-byes as we welcome home Cpl Helen MacDonald from her six-month tour in the Sinai. Helen says that, despite the natural homesickness, she thoroughly enjoyed the experience taking every opportunity to travel the area and soak up the vast and varied cultures. After some well-deserved time off to reunite with her family, Helen is now back to work as a DSC/PAR controller in the IFRCC.

Well, I guess that's all for now but keep an eye out for more from the exciting world of Air Traffic Control in upcoming issues.

## Buchan's Buccaneers

by WCEO

Next, the plank-walking party of Buchan's Buccaneers, or CE Structural Shop, known as Bowden's Bunch of Roof Riders, grabbed the kind of Turkish sword generally called "a kind of Turkish sword," mustered by the wheel, and exuberantly waved their singular weaponry while patiently waiting for coffee break to end. Caine had its Captain Quegg,

the *Hispaniola* its Long John Silver. CE's pirates, constituting all those who sail in her, look for work to conquer, not prizes to bring in; they search for perfection, not chests with doubloons, ducats and diadems. Her crew looks not for treasure. Her crew is her treasure.

Yo ho ho and a bottle of... something or other.

# Demon Doins

**Comin's,  
Goin's,  
&  
Doin's**

Crew 5 is off to JTFEX in Hawaii. This is also the time of year for promotion messages. Congratulations go out to LCol Fred Bigelow, WO Jim Mulikow, MWO Jim Lowden. Unfortunately for MWO Lowden (Shemya translation Lowdy) his promotion comes with

a posting to NDHQ. Joining him will be WO Kurt Patrick. Well, let's hope the rest of the year continues with the great results the squadron has seen thus far. For the personnel departing and those arriving - have a safe trip.



Russian HSDN Lobana which was arrested by the United States Coast Guard and handed over to the Russian Navy for prosecution.

## Springtime in Shemya

by Lt Chris Orrey

Spring of 99 has finally arrived and 407 Sqn has been very busy over the previous month. The squadron flew 394.5 hours last month, which is 77 hours more than in April 98. Most of those hours were spent by brave aircrew and maintainers, on an exotic island in the middle of the Pacific.

As part of a combined operation, Canada sent two Auroras to search the ocean for high seas driftnetters (HSDN's). This year the HSDN threat was assessed to be fishermen targeting Sockeye salmon in the cooler waters of the North Pacific. Therefore, instead of flying out of a nice tropical locale, like Midway, the squadron sent a large detachment of 33 aircrew, 20 ground crew and 2 CC-130 Herc loads of spare parts to Shemya. Shemya Island is home to United States Air Force Station Eareckson, which is run by a private contractor now that the Cold War is over. The island is located at the very end of the Aleutian Islands chain, not far from the Isle of Attu. The island is very isolated and it's a lot closer to Russia and Japan than it is to mainland North America.

The Shemya detachment was tasked to fly approximately two eight-hour patrols for eleven days. We had scheduled four weather days and everyone was hoping to be away from home no longer than a couple of weeks. On our first day of flying we were off to a good start finding the HSDN *Astafeyvo* and morale was high. In the next three scheduled days we had to cancel two due to poor weather and people were expecting to stay until late May to fly off the scheduled hours. Due to some miracle, the weather did manage to hold off for the rest of the deployment and, strangely enough, we didn't run into the plague of unserviceability problems that we had last year in Hawaii and Midway.

While the weather was cooperating, it didn't compare to the 23-degree spring weather days in Comox. The Shemya deployment was enjoying cool one-degree temperatures and windy days. On the positive side, room and board in Shemya is spectacular; after all there is not a lot of entertainment during off-duty hours. All was not perfect though as Sgt Jim Cahill did have a problem with his Jacuzzi

tub as only four out of six jets were working. Capt Eric Johnsrude was fortunate to have his own pool installed in his room. There was no shortage of ripe strawberries and other fruit and on Friday evenings we had to suffer through an unbearable menu of steak and lobster or prime rib and Alaskan king crab legs. I'm pretty sure that on our way home the aircraft left for Comox close to max weight.

While the Americans were not overly impressed with the amount of food we consumed, Canada did manage to maintain a reputation for enjoying a cool beverage or two after a long day. The Two Crew blender will probably require some maintenance soon, as it was almost as busy as the two Auroras. As well supplied as we were, it wasn't good enough for the Det Commander, so the Maj and crew decided to divert to Comox for an evening during one patrol. It turned out there was a problem with the a/c's radar and they had a legitimate excuse. So we ended up having a re-supply halfway through the deployment, which was rather nice, as we were all running low on Canadian beer.

Overall the squadron was very successful: four HSDN's were spotted as well as a possible mothership. Two of the HSDN's were boarded and placed under arrest. Not only were the HSDN's carrying nets in excess of 10 nautical miles, they had tonnes of salmon on board. The Department of Fisheries was pleased and they have asked the military if more patrols in the near future would be possible. It looks like the days of Midway deployments will become part of squadron history.

As it's also the time of year for promotion and posting messages a few people deserve some recognition. Congratulations to LCol Fred Bigelow, WO Jim Mulikow and soon to be announced (if he ever gets the message) MWO Jim Lowden. Unfortunately for MWO Lowden his promotion comes with a posting to NDHQ. Joining him in Ottawa will be WO Kurt Patrick and CWO Kurt Paulekat.

Hopefully the remainder of the year will be as successful for the squadron as the Shemya deployment was and let's hope that the beautiful spring weather is on its way back.

It is well into spring as you hear the sound of rain and birds, interrupted by the periodic smacking sound of the local realtor's lips. Yes, it is posting season. Several personnel are venturing out of the area on the hands of the new Armed Forces Relocation Program. Several notable Demons are leaving the area and the author of this fine reading marvel is included. Did I mention I was doing it screaming? In any case, I would like to mention each Demon personally: Capt Krak, Capt Traynor, CWO Paulekat, MWO Lowden, LCol Reaume, Maj Bigelow, Maj MacKinnon, Maj Granholm, Maj Gushue, Maj Schalm, Capt Champagne, WO Patrick, Sgt Espenberg, Cpl Hamilton, Cpl Harnett, Cpl Prince, Cpl Strutz, Sgt Neave, MCpl Blair, MCpl Burneau, MCpl Egan, MCpl Fleet, MCpl Legault and MCpl Wells.

Thanks for your efforts in making 40 Sqn what it is. All the best in your next endeavours.

To the new personnel coming in - a big welcome. I am sure you will enjoy the Comox Valley and working at 407 Sqn.

Well, the squadron deserved a good rest after the successful driftnet patrols but continued on with a very hectic schedule. Capt Eric "The Plug" Johnsrude was so impressed by salmon conservation that he converted his bathroom into a salmon spawning pool, complete with fish ladder. I do not really know why, but his closest confidants say he now showers with a Mae West on.

MCpl Neville "Slushy" Schultz blended into Crew 3 well at the last minute. Although there was a fair bit of isolation associated with working out of Shemya, Alaska the local people treated us well. We even had a cabin boy. One crew stopped by Comox for a quick overnight stop. When MCpl Andy "911" Blair arrived home he decided to put the valley crisis response to work. Andy, I talked to your wife and she said she knew it was you?

The squadron has had a/c and personnel to Hawaii and San Diego on exercises. Crew 2 just arrived back from San Diego with a good workout. Crew 3 is presently in Hawaii working out of a new base at MCAS Kaneohe after the closeout of NAS Barbers Point. Crew 4 just arrived back from the O'Brien competition. Although they are not on to Scotland for Finca they deserve a well-deserved break after all the work ground and aircrew put into the competition. They will be off to Chile in early July for an exercise.



HSDN Astafeyvo was the first drift netter spotted but unfortunately was not apprehended.

## Ode to Shemya

By Capt Bill Shipley

(Think of the theme for Gilligan's Island)

Just sit right back and hear a tale, a tale of a fateful trip  
It started from a West Coast base, with two old grey airships  
The Detco was a busy man; he yanked and pulled his hair  
And Curtis he had none at all, they made a frightful pair  
The DFO's laid down the law, "those Driftnetters must lose"  
We set off from Vancouver Isle, for a two and a half-week cruise

...a two and a half-week cruise  
Our planes set down out of the fog, on this Alaskan isle  
This little rock is really small, just two by five short miles  
The weather started getting rough, the first few trips were tossed

If we don't see some blue sky quick, the Det will soon be lost  
...the Det will soon be lost  
The Detco gave the crews the news; "we must keep up the pace

If trips are lost we'll stay right here and never leave this place"  
Our beards are slowly filling in; they itch just like a rash  
But mine won't win; it looks more like, a goofy milk moustache  
We caught some bozos fishing with their nets stretched out for miles

They'd better get some legal help, for their upcoming trials  
Each day we walk outside and see those tiny mean blue foxes  
But meaner still the food we find, each flight in our lunch boxes  
The mess hall food is really great; they pile it on real deep  
I guess this helps the ASOs, keep up their weight and sleep  
There isn't much to do out here, I hope the TV's fixed  
We need to get our nightly dose, of good old Channel Six  
We worked with U.S. Coast Guard dudes, and Russian sailors too

Two crews each day, flew far away, across the briny blue  
The Russian skipper sounded sad, but soon from up above  
He heard Jean's voice, he had no choice, he'd found his one true love

We're 57 weary souls; we've been here quite a while  
Let's hope we don't come back next year, goodbye to Shemya Isle



## We made an error

In our last issue, two pictures were shaved too closely which unintentionally also cut out their meaning.

Mr. Finn Schultz-Lorentzen, Colin Thatcher and Jim Walker worked hard to capture a moment in CE history which resulted in the excellent action shots shown below. Squeezed for space, we unintentionally cropped the airplanes out of the photos in order to focus on the people. Normally, our preference to focus on people results in good pictures of

those people. This time, that good intention backfired and ruined the effect of the pictures. We apologize to the CE staff who worked so hard to give us the action shots. Below, we feature the story and pictures again, this time in their full glory.

(Also, Finn had a better headline for the flagpole story. We chose a shorter headline to fit the limited space. The original headline was "From the malls of Comox Valley to the shores of Tee Pee Park."

## Bonds of Earth Focus

By Finn

The dedication of CE personnel is well known. Staff competence remains unsurpassed, as do application of effort and attention to detail. Tradespeople match the concentration for example required by pilots of Snow Birds flying in close formation. Whatever spectacular events take place around

them, CE staff focus on the job before them – and nothing else.

And so it was with Jim Walker and Colin Thatcher of the Plumbing and Heating Shop. They kept their eyes on the job of repairing broken, twisted pipes at the Tee Pee Park's new camp sites.

The stuff of legend.



Colin Thatcher



Jim Walker

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## Plumbers to pull plug



CE Steamfitter Dave Souter preparing pipes for radiators in what will become the Plumbing & Heating Shop office.

By Finn

Work currently under way on Bldg 108, formerly an Armament Facility structure, will soon ensure new accommodation for CE's Plumbing and Heating Shop. When finished, P&H's new home should provide suitable working space for CE's most versatile shop. With trades including steamfitters, oil/gas mechanics, welders, water/sewage technicians, ladders and plumbers.

The move became a necessity when the MIDP called for the new airfield road to follow a route going through B16, Clothing Stores (already relocated to B171, General Stores), and the current P&H Shop, B19 (the "Stalag"), located across from WImaging in H7.

As part of the refurbishments, an addition is being built onto B108, jokingly being referred to as the Coffee Room. Maybe not so jokingly?

Not everyone is happy with the move. "We are more centrally located here," says CE Welder Bill Truefitt, to which colleague Jim Walker adds, "Space here is sufficient for our needs." Both agree the only choice is to make the best of it.

Team Leader Steve Eggiman looks forward to the move, which he describes as an improvement over existing conditions. "We were getting tired of eating our lunch on a workbench upon which we just finished repairing a toilet," he says.

Due to a heavy workload, progress may be relatively slow but Mr. Eggiman anticipates a move may take place late summer, early fall.



## Perfect Timing

By Finn

Father Brown, in car, passes by Our Lady of Sacred Heart Chapel just in time to exchange encouraging words with CE crew of carpenters – Al Oelke, Steve Darvaault, Tom Woodman – busily completing the new announcement board for the Catholic church.

## Sign language

By Finn



Susan Mendonca – finishing touch.

### Safety first

Said so often that it could serve as a mantra, this important reminder of priorities – nothing more important than your life and limbs – tend to debase its message simply by dint of repetition.

To counter the danger of possible complacency, and to cut down on the number of accidents, CE's Continued Improvement Committee (CIC) came up with the idea of a safety sign, highly visible, its information of facts and figures a daily alert.

Situated in front of B109, CE's main building, the "barometer board" was designed by Al Donovan, built by Susan Mendonca and painted CE's colours – red and blue – by Glen Hendry, who happens to be also CE's Safety Officer (UGSO).

Though the sign may inspire also other sections to stay alert to accidents – not a bad idea – and though production lost through accidents hurts both performance and economy, the greatest interest in staying accident-free remains with the individual.

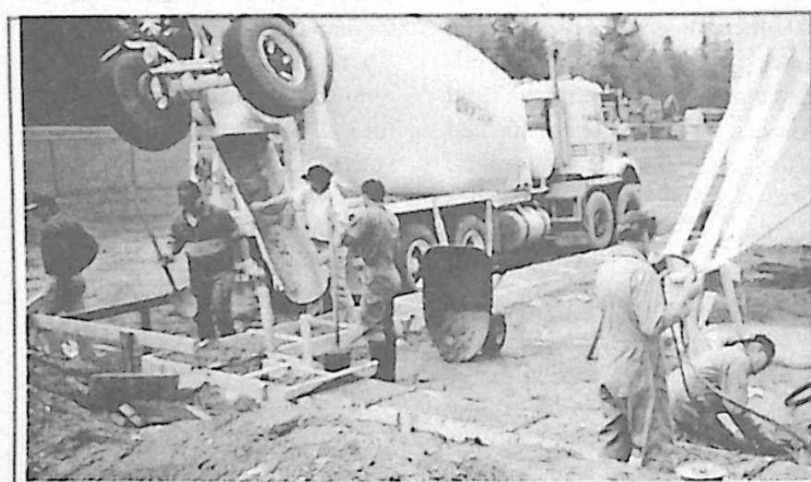
Who wants to get hurt?

At a recent CE town hall meeting, WCEO, Maj Wayne Gauthier, asked all personnel not only to observe normal prudence, but to ask questions if uncertain of job outline.

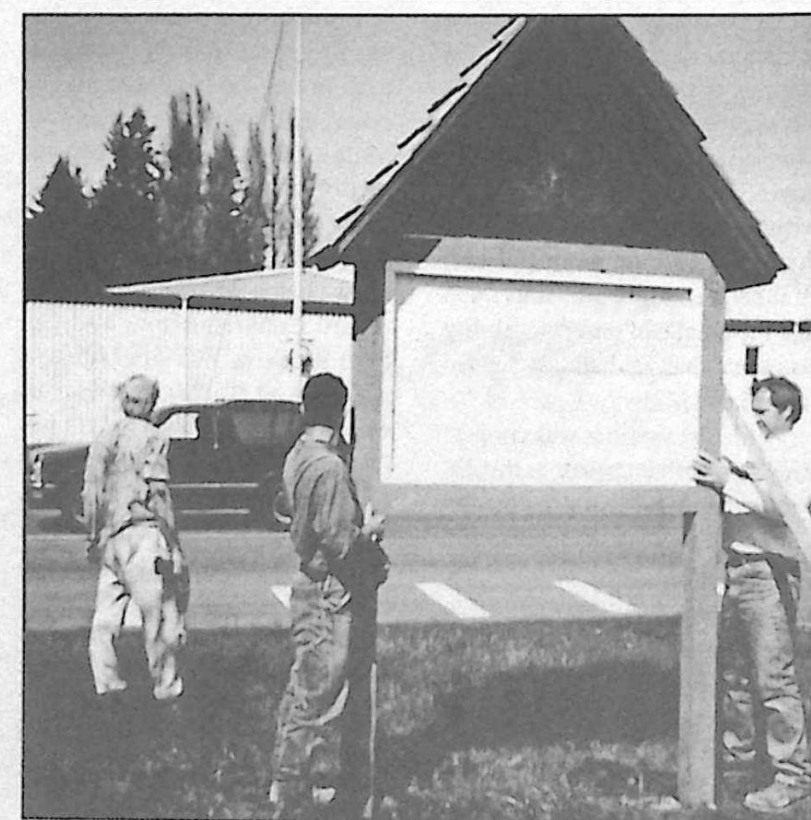
"If you are not sure what is expected of you in a given situation, how exactly to carry out the work, ask your team leader."

Knowing how to proceed is one way to cut down on accidents," WCEO urged.

"Safety first."



CE personnel hard at work creating new home for Plumbing & Heating Shop. At left, Structural staff pour concrete. At right, Jack Bath and Bill Truefitt weld.



# Memories of an RCAF Lady

By Ruth Masters (Formerly RCAF WD Can/W305374)

Ruth Masters joined the RCAF in 1942, served in Canada and Europe, and now resides in the Comox Valley where she remains as active as ever.

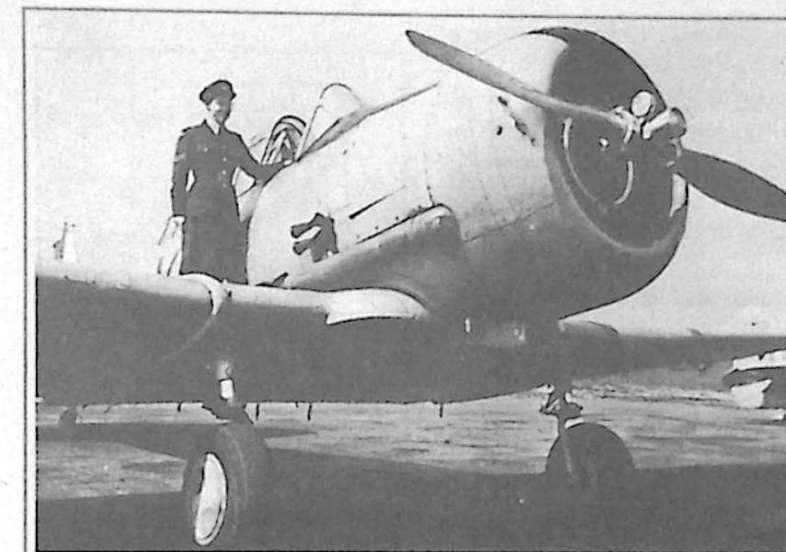
My RCAF (WD) service commenced in July 1942 with two months of basic training at #6 Manning Depot, housed in the old Havergal College on Jarvis Street in Toronto. Jarvis Street, to most Torontonians, is associated with the red light business.

Then I spent 15 months at #2 Service Flying Training School at Uplands, just outside of Ottawa. From December 1943 to July 1946 I was stationed at RCAF Overseas HQ Knightsbridge, in London, England. This was followed by several months at Patricia Bay near Victoria, B.C., until my final discharge in December 1946.

Being a stenographer, I was assigned to work in Administration. There are plenty of incidents which stick out in my memory. At Uplands, we lived in large "H" shaped barrack blocks, with about 60 women on each side and the "ablutions" in the middle.

Uplands was extremely vain about its "Cock-of-the-Walk" award and we were continually reminded of the rooster mounted on the top of the flagpole, signifying our superiority. An RCAF officer, known as the Inspector General, checked RCAF stations every year, awarding the Cock-of-the-Walk honour to the most efficient station in Canada. Uplands was in the final stage in a pilot's flying training. We had a "Wings Parade" every month, when some 50 pilots graduated. It was the proudest moment in a young man's life as he stepped forward, chest out a mile, for the Commanding Officer to pin on his wings. It was also moving for the rest of us because we knew it would not be long before "our" boys started up in the casualty list and, in a year or two, many of them would be dead.

In the spring of 1943, just before the Inspector General's visit, Uplands went into a panic of tidiness, as everything was put out of sight, while we all kept one item out in order to appear occupied as the great man swept through, with some of our officers trailing nervously behind. Shortly before the inspection, Uplands was surrounded with glorious fields of dandelions. Unfortunately, as the visit approached, most of the dandelions had matured into fluffy heads. The "general duties" airmen were provided with potato sacks and sent out to pick the heads off those fluffy dandelions, so the great man's view would not be offended by anything messy. I actually saw fellows out in the fields, on their hands and knees pulling off the dandelion heads. We girls were not ordered out for this chore but when a call came for volunteers, a few girls actually helped. I remember standing in the WD barracks at Uplands, declaring "the war will be won or lost regardless of the heads on those



dandelions, and I won't go."

But that wasn't all. A few days before the inspection, Uplands got a big landscaping job – individual ornamental trees, even hedges in some places. Shortly after the inspection, the new trees started turning brown, whereupon they were hauled away in trucks. They had just been stuck in the ground to look good, without any roots. Such was the military mind in those days and, to some degrees, I suppose it still is.

Looking back, I can scarcely believe the hundreds of hours of my one lifetime I spent shining my brass buttons and buffing a gleam on my black oxfords. Some of our NCOs could go into quite a fit if we appeared on parade with dull buttons or grimy shoes. Sgt Mark, a tall humourless woman, would stand at the end of our barrack block sighting down the line of bunks to make sure all bedsheets were turned over the right number of inches.

Cameras were strictly forbidden on our station for security reasons, though I am unclear as to how the picture of me perched on the wing of a Harvard Trainer at Uplands could jeopardize Canada's war effort. I kept my camera right through.

My special friend at Uplands was Lorna Rose, from Olds Alberta. She had the lower bunk, me the upper one. An equipment worker, Lorna toiled in a carefully guarded section in one of the hangars. This one day, she carefully locked up the equipment premises and walked over to the loo. She turned around as she flushed, just in time to see the previous keys swirling down the drain. Her dismay was enormous as she returned to confess the loss of keys to her superior officer. Word got around the station fast. "Hey Lorna," "have they found the keys yet?" Then her Flight Sergeant

easily found out.

Almost the first announcement on the *Mauritania* was that there were between six and eight thousand people on the ship and no one had better fall overboard because they would not risk all those lives by turning around to pick anyone up.

Knowing that of the thousands of military personnel many would not be coming back, it was an emotional experience for those girls lining the rail as Canada faded into a thin blue line on the horizon. You really cherish Canada when you realize this could be your last look.

We girls had "upstairs" accommodation on the ship while the thousands of soldiers and airmen were squashed below decks like prisoners in a dungeon. We would grab a few cookies or apples from the dining table to hand to the hungry-eyed guards who were not being fed as well as we were. The men were not permitted above deck at all.

They changed course every five or six minutes. As they explained, this was a little short of the seven minutes a sub required to do its calculations and send off a torpedo to sink us. So we sloshed across the Atlantic to Liverpool. Porpoises skimmed along near our ship for much of the way, sort of a comforting escort. Several of our 110 girls were deathly seasick for the whole eight day crossing.

To greet us at Liverpool an English band was on the dock belting out "The Maple Leaf Forever, trying to help us feel like heroes. I suppose. Some of the girls bawled.

Black-out grimy London in December 1943, crowned with hundreds of barrage balloons to snare enemy aircraft, provided a grim introduction to wartime Britain. Our first air raid by German bombers occurred on our second or third night. Brought up believing in safety and consideration for others, you experience a psychological shock when suddenly the night air is full of planes, search-

lights, anti-aircraft fire, flack and exploding bombs. You first thought is "If those guys up there aren't careful, they're going to kill us." Then comes the shocked acceptance that that is precisely what they are there to do.

While nobody starved, food rationing took some getting used to. We were allotted one egg a month and, by the time it got to us from the Argentine or some place, it was a pretty tired looking little old egg. A cartoon of the day showed a lady asking her grocer if he called to deliver when she was out, "would he please slip the cheese ration under the door." For my part, I have always wondered if the Brits could have made it though the war without fish and chips and vinegar.

I have a life time affection for the Salvation Army.

Somehow the "Sally Ann" always managed to find food somewhere to provide us service people with a decent meal at an affordable price.

We were billeted out all over Long, so that one bomb wouldn't wipe out the whole RCAF Overseas HQ. I recall one morning in 1944 arriving for work at Knightsbridge, where we occupied the top floor of the big Harrod's Building, following a

sleepless night of bombing. Our boss, S/L Frank Seidel of Montreal, asked me "Masters, were you scared last night in the bombing raid?" To which I replied "Yes Sir, I was." "Well, so was I," he said "there are only two kinds of people in a bombing raid – you're either scared to death, or you're a bloody liar."

Continued on page 11

### People and Culture

1. What was known as Canada's national game in the late 1800s?  
 a) hockey  
 b) lacrosse  
 c) football
2. Who was our first French Canadian Prime Minister?
3. What famous poem about war and remembrance did John McCrae write?
4. What does the word 'Inuit' mean?
5. Who tells the history of Acadia and its people in her novels?  
 a) Margaret Atwood  
 b) Antonine Maillet  
 c) Kit Pearson
6. Name one of the three largest ethnic groups in Canada other than British or French.

Answers:

1. (b) lacrosse
  2. Sir Wilfrid Laurier
  3. In Flanders Fields
  4. "The people"
  5. (b) Antonine Maillet
  6. German, Italian, Ukrainian
- Source: "The Great Canadian Adventure" board game [Canadian Heritage].

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## Glacier Greens Golf Shots Monday Night Ladies

By Pat Belanger

Eight courageous ladies once again braved the elements on 17 May and enjoyed nine holes of golf in the rain.

Low gross/net winner was Leah Wheelton, and least putts was won by Sue Powers. Leah also won the 50/50 draw.

Sponsor hole winners were: Sue Powers (Panagopoulos Pizzeria, KP #4), Debra Jewar (Scott Fraser Pro Shop, longest putt), Sue Powers (ACT - The Garden Gate, longest drive), Diane Burke (Anderton Nursery), Sue Powers (Canadian 2 for 1 Pizza), Debra Jewar (Fish 'n' Stitches), Betty Pearsall (The Griffin Pub). Mystery prize went to E.T. Mitton.

## Volunteers required

19 Wing will host the 1999 Pacific Region Golf Championship at Glacier Greens Golf Course from 8-10 June. We will also be hosting the 1999 Pacific Region Softball Championship from 5-8 August. Any personnel interested in volunteering for either of these events, please contact Jake Plante at 8783.

## Comd's Cup Floor Hockey

There will be a meeting for the Commander's Cup Floor Hockey Tournament on 31 May at 1000 hrs. in the Rec Centre Conf. Rm. Tournament dates are 14-17 June. Team reps must attend this meeting in order to enter their team. Game times will be 0900-1600 hrs. Schedules will be presented at the meeting.

## The Coast Westerly Hotel

Preview Of SUMMER FASHION

FASHION SHOW  
May 29, 99  
From 2 - 4pm

Afterwards  
ENJOY.....  
Afternoon Tea.

TICKETS ON SALE AT FRONT DESK

1590 Cliffe Ave. Courtenay  
338-7741  
1(800) 668-7797

## Who ya going to call?

Q: How many therapists does it take to screw in a light bulb?  
A: Just one, but first he has to counsel the one that was burnt out on the job.

But seriously, we in the DND are fortunate to have so many counseling services available to us for free.

If you are having financial problems, want to improve your financial fitness or just have questions, we have a financial counsellor eager to talk with you.

For your physical fitness, the FS&R staff have years of experience in developing fitness programs to meet any goal through a wide variety of activities.

If you are having health challenges or questions, we have a full range of medical experts ready to help you out locally, and access to specialists across Canada for special cases.

If one day you look in the mirror and find you have addictions you want to overcome, the DND experts are willing to help, from the Butt-Out program for smokers to rehabilitation and counseling for drugs and alcohol.

And if you find yourself dealing with emotional troubles, family problems, stress or depression problems that seem to be creeping out of control, the Padres and Wing Social Worker are ready to listen and offer their wisdom. I hear that the Padres are also really good at answering spiritual questions.

But perhaps you are not facing problems yet. Maybe you just want some advice or facts to head off a problem before it starts. These same people have a wealth of information at their fingertips and in their heads. And, they are happy to help before trouble arrives on the doorstep.

Additionally, the DND runs a number of seminars and programs to educate people about topics such as stress, addictions and problem resolution, which can give you the information you need to move forward.

And, have you seen the courses the Family Resource Center runs? The variety of topics is amazing! Check out their section in the newspaper. Give them a call at 339-8290. You might be surprised at what you find.

Don't let your questions go unanswered. Don't wait until your problems grow large. These services weren't put here just for other people. They were put in place to help you...when and how you need it. They are our own...taking care of our own.



## British Columbia golfers support summer camp for kids

Every year, thousands of golfers enjoy reduced green fees at golf courses throughout British Columbia and, at the same time support the province's only summer camp for asthmatic children.

By becoming members of the British Columbia Lung Association's Golf Privilege Club, golfers enjoy substantial savings on green fees and golf travel and have the opportunity to win golf-related prizes, including a week at the Air Canada Championship of Golf at Northview Golf and Country Club in Surrey.

The Golf Privilege Club membership, which costs \$30, features savings at 172 of British Columbia's most beautiful and challenging golf courses in every region of the province and at 123 courses in

Alberta. Golf Privilege Club membership fees are used to support Lung Association programs in British Columbia, including Asthma Camp '99.

The Lung Association's Asthma Camp '99 takes place from August 7-14 at Hatzie Lake, near Mission, and offers a safe summer camping experience to 100 asthmatic children who could otherwise not attend a summer camp.

Campers participate in exciting camping adventures and learn about ways to better manage their disease.

For more information on the Golf Privilege Club or Asthma Camp '99, call the British Columbia Lung Association at (604) 731-5864 or toll-free at 1-800-665-5864

## Learn To Sail

the 16 foot Albacore Dinghy  
with the Canadian Forces Sailing Association  
at Goose Spit (Quadra)

Certified Course is scheduled for July

Contact

Jocelyn Chagnon: ext 8479 (w), 339-4114 (h)  
Steve Wain: ext 8481 (w), 335-1976 (h)

Course Fees TBA

The wind is free, why not use it?



## Avoid investment pitfalls along the road to success



By Don Somers

We all have the best intentions when it comes to preparing for our financial future. We resolve to find the surest and safest investment vehicles. We read magazines and books, attend seminars and courses in an effort to find the path to financial wizardry. But there isn't any yellow brick road, and the route to financial security is strewn with pitfalls. Few financial success stories are without episodes of failure. The trick is to keep those financial failures to a minimum by recognizing the common traps investors fall into.

Here are some common mistakes:

**Not Setting Goals:** It can be difficult to find the right advice or the right products when you're not clear on the direction you want to head. Setting a goal is fundamental. Consider your circumstances and think about what you want for yourself financially in the future. Define your goals as clearly as possible, and set specific objectives as certain reference points along the way.

**Procrastination:** If you don't have a goal, you're not likely to get excited enough about your financial planning to get yourself started. Don't keep putting your financial future off.

**Missing the big picture:** If your plan is to be workable, you have to take a step back and look at all aspects of your financial situation and how they interrelate. When many people think about financial planning, they think about investing or retirement, but often neglect considerations such as the tax aspects of their investment decisions, or concentrate on short-term objectives while sacrificing long-term dreams.

**Fear and greed:** Some say that next to politics, investing is the most emotional business around. It can be tough to make objective decisions. Try not to get attached to any business or investment decisions you make. Learn to cut your losses and take your profits when opportunities permit. One of the best ways to take the emotional involvement out of the process is to develop a disciplined approach to your portfolio management. Disciplined investors rebalance their portfolios periodically, thus forcing themselves to sell stocks as markets are rising and acquire stocks as markets are falling. To put it simply: buy low and sell high.

**Avoid crowd behavior:** Most investors enter the market at the wrong time. Investment fads change from decade to decade, or even year to year, but human nature remains constant. Try to keep your focus on your own goals and needs.

**Misguided effort:** Managing your own financial affairs takes considerable time and effort. Although hiring a professional Financial Consultant does mean some expense, it may pay off by helping you make better-informed decisions.

Don Somers is a financial consultant with Merrill Lynch Canada Inc. Courtenay Branch (Member CIPF). The information contained in this report was obtained from sources believed to be reliable, however, we cannot represent that it is accurate or complete. The views expressed are those of the author and not necessarily those of Merrill Lynch Canada Inc.

## Jake's Trivia Corner

1. Which member of the Canadian World Cup ski team from '70 to '77 was dubbed Jungle Jim?
2. Whose record for consecutive scoreless World Series innings did lefthander Whitey Ford break?
3. What team did Tony Gabriel play his first CFL game for?

(Answers on page 14.)

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# Heritage Happenings

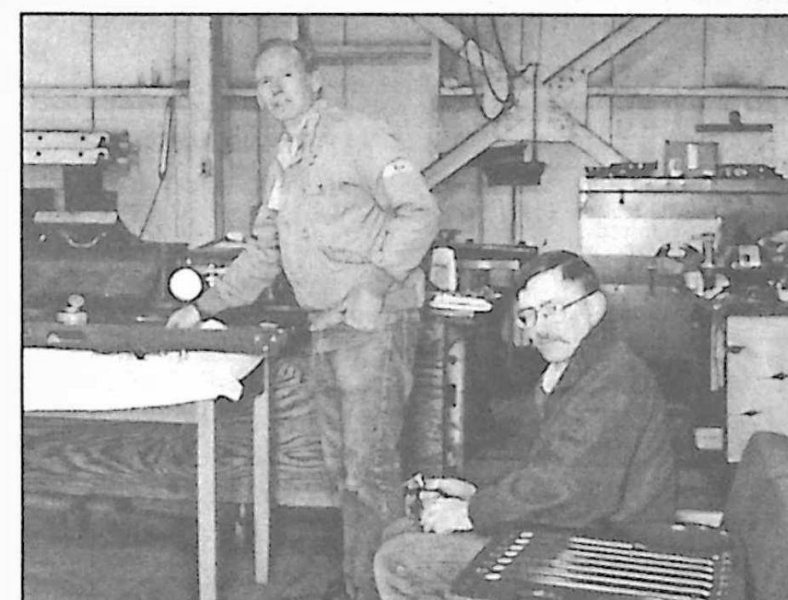
By Joel Clarkston

## Mall displays abound

The Comox Air Force Museum is embarking on an aggressive public display programme and is going on the road. The museum has just purchased a purpose-built utility trailer that is being used to transport displays and artifacts to local malls and parades. This is the 75th anniversary year of the Air Force and it is only proper and fitting that the museum show the flag. The second in a series of mall displays took place during the last week of April in the Driftwood Mall. This was supposed to be "Military Appreciation Days" with the well-intentioned idea of sending postcards of appreciation to our military members supporting NATO actions in Kosovo. However, judging by some of the remarks that were seen on the "postcard", it is unlikely that the message will get very far, or be well received if it is sent. Despite this, the museum display was prominent in the mall and viewed by many of the public. Their only criticism seemed to be that the hair on the supposed navigator was too long! We agreed that it was inappropriate for the navigator uniform, and excused the effort by saying that we didn't have a pilot uniform that would fit the mannequin. This was accepted as a reasonable explanation.



It's true - and we have the photo to prove it! There is a flying H-21 that is on the airshow circuit. This one is from Ramona California and is flown by Classic Rotors.



Heritage Aircraft Restoration Committee volunteers Rob Roy and Bob Melville take a breather amid the many parts of the '53 Willys. The jeep has been stripped to its component parts, refurbished and is about to be reassembled.



Heritage Committee volunteers Randy Butler and Herb Lightfoot were asked to pose for a photo opportunity while working on the '53 Willys. Too busy for a staged shot, they opted for an action shot instead.

Have you visited our museum lately?

## Memories of an RCAF Lady...

Continued from page 9

Frank was a gentleman to work for and I do hope he is still on the right side of the turf out there somewhere, 55 years after the incident.

Innocents that we were, in our Orderly Room we had never heard about homosexuality. One day, two airman, LAC Pink and LAC Pretty, yes, those were their real names, were paraded through our Orderly Room to face charges in front of F/L "Granny" Black, as we called our superior officer. All eyes were on the offenders. "What did those guys do?" everyone asked. Later, one girl found out from somewhere and quietly passed the news on to me.

I was so uncomfortable and embarrassed that I didn't tell the others so I don't know if they ever found out.

Like many Londoners, I never went to an air raid shelter during bombing raids. For months, I slept with a pillow over my head and one under it, flashlight in hand.

I scrunched into a tight ball whenever I heard a bomb screaming in. I figured if our building was demolished I would still have a chance. However, I got by with only my windows slammed in the odd time. One bomb screaming overhead cleared us and destroyed St. Mary Abbot's Hospital, killing 49 people, mostly mothers with new babies.

English humour somehow shone through the eternal wartime shortages of food rationing, blackouts, bombings and dreariness.

A tiny pub on High Street, Kensington, near where I lived, carried the following sign above the bar: "We stay open during air raids, but in the event of a direct hit, we close at once."

Cigarettes were shipped to us overseas - by the ton. I suppose to soothe our jangled nerves. They must have thought we needed an awful lot of soothing.

We know now how stupid and dumb and deadly the smoking habit is. Without any statistics to back up my claim, I am sure that, The world's first unmanned self-propelled bombs blasted out acres of London buildings, commencing in June 1944. These "Buzz Bombs," as they were called, reminded one of an old Ford car going to beat Hell. They had a lively jet flame spurting out of the rear end.

The Germans launched them down slides resembling ski jumps from the French side of the Channel. As they clattered over London, we could tell they were going to crash and blow when the motor revved up slightly before quitting. Then you heard them scream as they plummeted down, followed by an explosion.

Each bomb carried a ton of high explosive which could wreck a city block since the blast from these missiles spread out horizontally.

Continued on page 16

## Announcement

## Comox Air Force Museum

## Annual General Meeting

For all volunteer members and staff  
Monday, 14 June 1999

At the ARAF Theatre  
Commencing 1900 hrs.



Presentations:

New Constitution  
Financial Report  
Projects Update  
Volunteer Membership Update  
Election of Directors

Special Presentation: Fundraising Programme Building

For further info contact Museum Chairman or Curator at local 8145/8162.





# Comox Military Family Resource Centre

Phone: 339-8290

## Summer Fun Le coin des Francophones

Summer is a perfect opportunity to spend quality time together as a family. Celebrate being together by taking advantage of the long lazy days of summer. Here are a few ideas to get you into the summer mood:

- Swing on a Tire
- Launch giant bubbles with dish soap and a large wand
- Organize a treasure hunt in your local area
- Take great pictures of all the summer fun and organize them in a scrap book
- Make a tent out of clothes line and have an afternoon teaparty in the shade
- Have a corn boil and invite the neighbours
- Finger paint
- Visit a farmers market
- Race through an obstacle course set up in your back yard
- Organize a block party
- Lay on the grass and star gaze at night
- Have an ice-cream social
- Hold an art fair
- Go to the West Coast and see the big surf
- Make a wind chime
- Open up a lemonade stand and help the kids exercise their entrepreneurial spirit and make some bucks

- Curl up outside on the grass with the kids and read them a great book
- Fly a kite

**Play tourist in your own town for the day and visit:**

*For Swimming or Sightseeing:*

- Maple Lake
- Comox Lake
- The Filberg Lodge
- Kitty Coleman Beach
- Miracle Beach
- Air Force Beach
- Anderton Park
- Comox Marina
- Goose Spit
- Point Holmes
- Kye Bay
- Port Agusta Park
- Mt. Washington
- Forbidden Plateau
- Hornby Island
- Denman Island
- For History and Heritage:
- Comox Air Force Museum
- Courtenay Museum
- Cumberland Museum

Phone the Comox Valley Chamber of Commerce and Tourist Information Center at 334-3234 to get directions to these attractions and to discover more about Vancouver Island.  
Have Fun !!!

## Tips for parenting your spirited child

### Tips for introverted spirited children:

- Make sure your child has an opportunity to pull out of the action to recharge his energy
- Help your child recognize her need for space and that she can ask for it without pushing others away
- Allow your child time to think before he responds to a question
- Avoid interrupting your child when she is working
- Appreciate their observational skills

### Tips for extroverted spirited children :

- Provide lots of feedback
- Spend time talking through their problems
- Understand her need for people and feedback and that it is not a reflection of low self esteem
- They need people to help them recharge
- Plan lots of outings and avoid too much isolation
- Let him "talk", it is not "complaining"

*Do you have a child under five years old who is "spirited"? Join us for three evenings with a positive and supportive group of parents on Mondays, starting May 31st from 6:30pm to 8:30pm. Childcare subsidies available for military families. Call 339-8290 for more information.*

### Le programme en français

Danielle Bemier  
coordonnatrice  
tél : 339-8211 local 8656

Je suis heureuse de faire partie de l'équipe du CRFMC. Je désire offrir un programme en français de qualité qui répondra aux besoins des familles militaires francophones. Si vous avez des commentaires ou suggestions il me fera plaisir de vous rencontrer.

### Du nouveau à Réseau-femmes.

Bienvenue à notre nouvelle représentante de Réseau-Femmes du Centre de ressources pour les familles militaires de Comox, Madame Brigitte Laventure-Provençal.

### Activités pour les mois d'été :

Le vendredi 18 juin de 9:00h à 12:00h

### Avant-midi de sport : (réseau-femmes)

Rencontre au CRFMC. Bicyclette, marche, patins à roues alignés, etc...

Le samedi 21 août de 15:00h à 19:00h

### Sport en famille et B.B.Q. (réseau-femmes)

Surveillez la publicité en août pour plus d'information. La famille est invitée.

### Nouveau programme au CRFMC Programme de garderie en cas d'urgence et de déploiement

Service de garderie de 24 heures subventionné, offert aux membres des forces canadiennes lorsqu'ils sont déployés ou en cours de formation. Pour plus d'information contactez Danielle au 339-8211 local 8656.

### Ce qui s'en vient pour l'automne!

**Nouveau-Départ :**  
Programme d'orientation pour les femmes (novembre-décembre 99)  
Ateliers de développement personnel et de formation.  
Ligne d'information et d'écoute gratuite

Ligne INFORM'ELLES pour les femmes de la C.-B. 1-877-736-7322 poste 331 de 13h à 16:30h du lundi au vendredi.

### Le programme d'assistance à l'emploi

Tél : 339-8211 local 8656  
Le programme d'assistance à l'emploi est un programme tout nouveau qui est offert pour les conjoints(es) civiles des membres de la force régulière et les conjoints(es) des réservistes des classes B et C qui ont déménagé pour accompagner le conjoint militaire. Michelle O'Neill, coordonnatrice de ce programme, est disponible pour consultation le jour et le soir.

### Services offerts :

Techniques de recherche d'emploi, création et modification de curriculum vitae, lettre d'accompagnement, préparation à l'entrevue, ateliers sur le développement personnel et professionnel (Nouveau-Départ), information sur les agences de formation de la région, définir les choix de carrières, etc... et ce, en français et en anglais. Le service est gratuit et confidentiel.

Pour rendez-vous contactez Michelle au 339-8211 local 8656

## Deployment support

The CMFRC recognizes the significant physical and emotional demands placed on military families as a result of deployment or extended temporary duty and, together with 19 Wing and national military authorities, provide a number of services designed to assist those who are coping with separation for whatever reason. Below is a list of services offered to military families:

### Telephone contact

The CMFRC Deployment Support Coordinator or a trained volunteer will call you when your spouse has been deployed or is on extended temporary duty. The purpose of these calls is to see how you are coping, to find out if we can be of any assistance, and to inform you of the information, resources materials and services available at the CMFRC.

### E-mail

The CMFRC provides a public use computer for those who wish to use e-mail to maintain contact with their spouse. The computer is available from 8:00am - 4:00pm Monday to Friday, excluding statutory holidays.

### UN mission information

This toll-free line serves families of Canadian Peacekeeper with timely and accurate information in both French and English. Call 1-800-866-4546.

### Spousal assistance

We have a list of eager, highly regarded service personnel who would be happy to help you out with heavy chores and other odd jobs such as mowing the lawn, or fixing your car.

### Networking list

The CMFRC offers a list of people who are separated by reason of deployment and who would like to have contact with people in a similar situation.

### Counselling

A short term and crisis counselor is available to assist any member of a military family who is experiencing stress. This could be due to deployment, separation, or any number of other issues. You are encouraged to contact the CMFRC counselor at 339-8296 for a strictly confidential, free consultation at any time.

### Take-a-break child care

You are entitled to one day of free child care for each month that your spouse is away, for each child in your family. The availability of this service is dependant upon available funds.

### Fun time for kids

This program provides an opportunity for school aged children to get together socially. The focus is on having fun! We'll do things like pizza night, make letters and pictures for parents who are away, create crafts, watch movies, play indoor and outdoor games, etc.

### Deployment and emergency child care program

The CMFRC Deployment and Emergency Child care Coordinator can provide a list of regulated and approved Child care Providers to military members to access for short and longer term care during deployments.

To access these services or for further info, call 339-8290.

## Wallace Gardens Community Association



THANK YOU!

### Community Council meeting

Monday, June 14 at 6:30 p.m.  
in the Community Centre  
Everyone welcome!  
Last meeting until September.

### Adult Craft Club

The final craft until the fall season will take place June 13, at the Community Centre, from 7:00-9:00 p.m. Craft for June will be a potpourri hoop. To attend, there is a \$3.50 drop-in fee for non-members; members are free. A list of materials can be found in the Wallace Gardens office Mon to Fri, 0730 to 1200.  
For more information, please call Jane at 339-8211 (8571)

### Children's Video Afternoon

Now that the nicer weather is here, June's video afternoon will be cancelled. Once again, we would like to thank our coordinators, Yvon and Kathy Bertin, for all the hard work they have done over the past year. Unfortunately, they are leaving us for the wilds of Ontario. We wish them all the best and hope that they enjoy their new home.

## TEEN VIDEO

**Where:** WGCA Centre  
**When:** Saturday, 5 June  
**Time:** 7-11 p.m.  
**Cost:** Free

## Sock Hop

Saturday, 12 June from 6 - 8 p.m. at the WGCA Centre  
Cost: 50¢/member, \$1.50/non-member  
For more information call Pat Taylor at 339-4400

## Teen Beach Party

Saturday, June 19 from 7:00-11:00 p.m.  
**Wear BEACH ATTIRE and get in free! or \$1.00/members, \$3.00/non-members**  
For more information call Mona Baird at 339-4627

The WGCA consists of volunteers who organize and promote projects and services to enhance the quality of life in our community. All residents 18 years of age or over are eligible to become members of the association. The community is presently divided into nine wards, each having at least one representative on the community council. Each ward rep acts as a liaison between their respective ward residents and the WGCA on all matters pertaining to their ward. Our wards and reps are as follows:

- Ward 1: Blocks A, B & Houses 1 to 101A  
Cheryl Morrow, MQ A2, 339-1960
- Ward 2: Blocks C, D, E, F & Houses 12 to 17A  
Rene Fortier, MQ 16, 339-4125
- Ward 3: Houses 18 to 25A & 34 to 48A  
May LeBlanc, MQ 25, 890-0719
- Ward 4: Houses 26 to 33 & 49 to 65A  
Liz Bech, MQ 59A, 339-4570
- Ward 5: Houses 66 to 83A  
Kathy Bertin, MQ 78, 339-7522
- Ward 6: Houses 84 to 100A  
Paul Taylor, MQ 88A, 339-4400
- Ward 7: Blocks 102, 103, 105, 107, 108 & 110  
Holly Irvin, MQ 109F, 339-0159
- Ward 8: Blocks 104, 106, 109, 113, 115 & 118  
Pat Nicholson, MQ 113D, 339-1966
- Ward 9: Blocks 111, 112, 114, 116 & 117  
Mona Baird, MQ 114A, 339-4627

## Safety Advisories from the Fire Hall

### Sanders

Ryobi Canada Inc., in cooperation with Ryobi America Corp., and the U.S. Consumer Product Safety Commission, has announced a recall of approximately 78,000 electrical oscillating detail sanders.

The recall includes the Ryobi model DS1000 and Craftsman models 315.244490, 315.11600 and 315.11639 sanders. Only sanders built between Feb 93 and Apr 97 are being recalled. The serial number or date code is located along the bottom edge of the date plate on the side of the tool.

These recall sanders are handheld, weighing 1.6 pounds and are 11 inches long with a triangular sanding head and have a sanding arm that extends forward and down from the front end of the sander.

There exists a potential for a fire hazard with these particular models. If the sander is left plugged in and the on/off switch is not fully in the "off" position, pressure from the switch's rubber dust boot can force the switch into the "on" position. As the sander runs unattended, heat is generated and can result in a fire. These sanders should be unplugged from the

power source when not in use.

For information on how to receive a replacement at no charge, or having a sander repaired, contact Ryobi Canada Inc., toll-free at 1-800-265-6778.

### Portable Heaters

Honeywell and the Canadian Standards Association have announced a voluntary recall of several models of portable heaters sold under the DuraCraft brand name. These units may overheat and present a potential fire hazard.

The recall applies only to DuraCraft models CZ-303, CZ304, CZ-308, CZ-318, CZ-319 Heat Express portable electric ceramic heaters. The model number is located on a silver sticker on the bottom of the unit. These heaters use 1500 watts, have control knobs on the top or front of the unit and are black in colour. The Heat Express and DuraCraft names appear on the front.

Across North America, Honeywell has received 56 reports of these units overheating, producing smoke or catching fire and causing property damage.

Approximately 36,000 units were sold in Canada between Jan

89 and Mar 98 for \$50 to \$100.

Consumers should immediately stop using these heater models and call toll-free 1-800-632-9498 for information on returning the product for replacement. Canadian retailers have been notified and Honeywell will contact consumers who filed warranty cards.



The volunteers of the Wallace Gardens Community Association celebrated another successful year at the WO & Sgt's Mess Tuesday 4 May. Thanks were given to all those in attendance for their time and commitment. Fond farewells were bid to all those leaving us including Matt & Cori Wappler, Yvon & Kathy Bertin, Brad Dennis, Ed, Sheila & Dean Trenholm. Deputy mayor Stan Bekus welcomed the incoming Mayor Curtis Wright to the council. The evening was enjoyed by all!





### Fresh Halibut

From May to September  
If you have friends coming  
out from across Canada fresh  
B.C. halibut is a treat.

Phone to pre-order  
339-1263

### Looking

for a room-mate. Responsible,  
have own furniture, references  
available. Call Kelly at Loc 8250  
or 339-9192. <2/2>

### Lost

Two plastic lawn chairs. If they  
blew into your yard during one  
of the windstorms, we would  
appreciate their return to 49A  
Oak, 339-6896 <2/2>

### Wanted

Used computer, printer, etc. in  
good order. Pentium 133 or so.  
Reasonably priced. Must pass  
inspection. 339-4706. <2/2>

### Found

On Mr. Washington, first week  
of April: worn brass Zippo  
lighter, Ship's crest #DD984.  
Name the ship to claim from  
Barry at 335-3010. <2/2>

### For Sale

-Freezer (chest) 19 cu.ft. \$75.  
-Patio set, 40" white aluminium  
& glass top round table plus 4  
chairs & cushions, 7-1/2' um-  
brella \$200. 339-0578. <2/2>

Westinghouse washer & dryer,  
white, like new, \$650 o.b.o. 339-  
0284. <2/2>

-Air Force female mess kit,  
size 4. Call 339-9792.  
-Oversize tubing mountain bike  
24". Used two summers. Good  
for junior (7-12 yrs.) \$70. Call  
339-9792. <1/2>

-Queen size padded headboard,  
dark blue moire covering.  
Ex. cond. \$90.  
-Oak quilting frame \$199. Call  
339-3486. <1/2>

### Jake's Trivia Answers

1. Jim Hunter.
2. Babe Ruth's.
3. Hamilton Tiger  
Cats.

### Invitation Spéciale

À l'Assemblée générale  
annuelle de l'Association  
francophone de la Vallée de  
Comox le mercredi, 9 juin à  
19h au local de l'Association  
francophone, 1491 avenue  
McPhee, Unité #2. Nous  
invitons francophones et  
francophiles à venir se  
joindre à nous pour cette  
importante réunion.

### Choir Concert - June 10

The Celebration Singers choir  
will present its spring concert  
on Thursday, June 10, at 8:00  
p.m. in St. George's United  
Church, 505-Sixth Street,  
Courtenay. We invite you to join  
us for an evening of inspiration  
and entertainment as we bring  
you our newest songs, as well  
as some old favourites. Dona-  
tions accepted. Refreshments  
will be served after the concert.

### CIBC Children's Hospital fundraiser

Each year the staff of CIBC under-  
takes a fundraiser for the BC Chil-  
dren's Hospital Foundation. This  
year we are holding a Silent Auc-  
tion during the week of May 25-28  
in the Comox Branch, located in  
the Comox Centre Mall. Local mer-  
chants and businesses have made  
donations for the auction. All items  
will be on view and available for  
bidding between 9:30 a.m. and 4:30  
p.m. daily. Last bid will be accepted  
at 4:00 p.m. on May 28.

We invite everyone to come and  
make a bid. Your support *does* make  
a difference and will have a ben-  
eficial effect on the lives of others.

### Cancer Society daffodils

This month the Comox Valley  
unit of the Canadian Cancer  
Society is placing the order for  
their annual sale of large, ex-  
cellent quality daffodil bulbs.  
The bulbs will be shipped direct  
from Holland to the Comox Val-  
ley for sale in late August. Prices are:  
12 bulbs \$3.50  
5 lb. box (32+ bulbs) \$8.00  
10 lb box (65+ bulbs) \$15.00.  
To order, phone 338-5454 week-  
days 10:00 a.m. to 4:00 p.m.

### Asthma Camp for kids

The BC Lung Association is  
accepting applications for the  
1999 summer asthma camp.  
The residential camp at Hatzic  
Lake, near Mission, runs Aug-  
ust 7-10 for children aged 7-9  
years and August 11-14 for chil-  
dren aged 10-12 years.  
Campers enjoy activities like  
swimming, canoeing and hiking  
while learning to manage their  
asthma. Besides 24-hour medi-  
cal supervision, campers are  
assured of attention to their di-  
etary, emotional and physical  
needs. The camp fee is \$125  
per child and limited financial  
assistance is available.  
Space is limited. For registra-  
tion forms, call Kelly Ablog-  
Morrant at 731-5864 or, outside  
the Lower Mainland, at 1-800-  
665-5864.

### Women's Business Network

Next meeting will be held at the  
Coast Westerly Hotel on 10 June.  
Elections for our new board will  
be held. If you are interested in  
more information about the Net-  
work or would like to make reser-  
vations for our next meeting, call  
our hot line at 338-0113.

### Fashion Show

An afternoon Tea and Fashion  
Show, sponsored by Shar-On's  
Plus Size Fashions, will be held  
at the Coast Westerly Hotel on  
May 29 from 2-4 p.m. Tickets  
\$10 + GST. Call Sharon at 334-  
0840 for more info.

### Nothing Down

New 3-bedrm homes w/garage  
or carport. 1200-1400 sq.ft.  
109K-119K. Debt consolidation  
& legal fees. Available OAC.  
Call for appointment. 1-888-275-  
5408 or (250)897-5565.

### May is National Tuberous Sclerosis Awareness Month

Tuberous Sclerosis Canada/  
Sclerose Tubereuse begins a  
national campaign this month  
urging parents to watch for early  
signs of tuberous sclerosis (TS)  
in their children.

The genetic disease masquerades  
as autism, epilepsy and mental  
disability. Early detection is crucial,  
as infants and children may be  
misdiagnosed and suffer brain  
damage, kidney failure and even  
premature death.

TS takes many forms and is  
characterized by benign tumors  
that form in the brain, heart, kidney,  
lungs, eyes and skin.

By designating the month of May  
as National Tuberous Sclerosis  
Awareness Month it is hoped to  
bring greater recognition to a  
disease everyone should know  
about.

Lynn Zeppieri, director of public  
education for Tuberous Sclerosis  
Canada, cites this example of a  
child who was diagnosed early:  
"Doctors didn't pay attention to  
the white spots on Sam's skin, until  
the three month old was seen in  
the emergency room for unrelent-  
ing seizures. On that one  
day, Sam had more than 100  
seizures. His parents were  
fortunate to have a doctor who  
recognized the symptoms as  
indicators of tuberous sclerosis."

Researchers who are part of a  
world-wide, medical research  
partnership called the Center  
Without Walls in the U.S. have  
shown that the genes that cause  
TS may also play an important role  
in kidney cancer, breast cancer,  
epilepsy, autism and many  
neurological disorders. In

addition, they are examining the  
incidence of mental illness such as  
obsessive compulsive disorder,  
bipolar disorder and depression in  
individuals with TS.  
For more information about TS call  
1-800-347-0252 or visit their web  
site at: [www.nts.org](http://www.nts.org)

## TODAY'S CROSSWORD PUZZLE

### ACROSS

- 1 Sun-dried brick
- 6 Almanac idiom
- 10 Hems and
- 14 Pops
- 15 Molding
- 16 Strong metal
- 17 Spy
- 18 Moon goddess
- 19 Just
- 20 Cold-weather wear
- 22 Minister's residence
- 23 Name in elevators
- 24 Human necessity
- 26 Timid
- 29 Baseballer
- 31 — loss for words
- 32 Large parrot
- 33 Mailed
- 34 Yellowstone sight
- 38 Annoys
- 40 Blank space
- 42 Friendly nation
- 43 Strut
- 46 Coarse file
- 49 Bullying cry
- 50 Physicians' org.
- 51 — Stanley Gardner
- 52 Fuel
- 53 Grad's

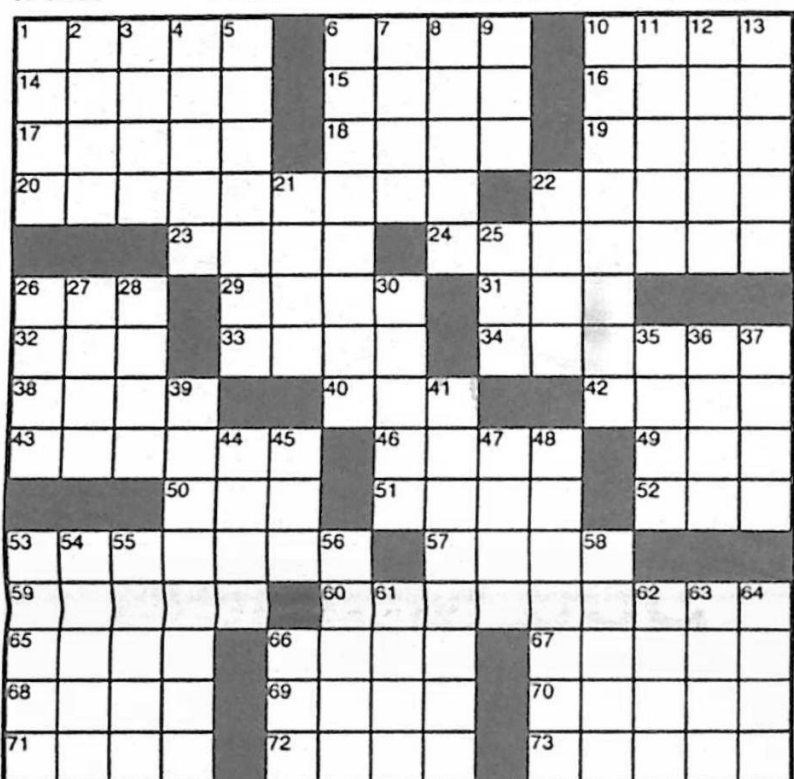
### DOWN

- 1 Pronto (abbr.)
- 2 Venetian magistrate
- 3 Theaters
- 4 Ukulele cousin
- 5 Properties
- 6 Cowboy ballad, e.g.
- 7 Flu symptom
- 8 Pennies
- 9 Oolong, for one
- 10 Tibet's — Mountains
- 11 — We All?
- 12 Less promising
- 13 Scornful look
- 21 Movie
- 22 Aliot

### PREVIOUS PUZZLE SOLVED

COVE TAMPA KNOB  
ABEL ODEUM IDEA  
SERIE WISPY DAIIS  
HYACINTH ANKLE  
TINIA  
BRATIN WOODPILE  
LIMOS YURTS LUG  
OVEN AORTA SING  
WEB AMUSE IMAGE  
STALWART BOOED  
EONS MAIL  
YODEL LETSDOWN  
EMIR ARIEL ELITE  
LOVE DELTA RILE  
LOAD ABYSS SOLD

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### Did You Know?

(NC)—Regular physical activity improves behaviour and healthy lifestyles in children and youth? To obtain a free copy of the *Canadian Active Living Challenge Family Pack*, contact CAHPERD at 1-800-663-8708 or [www.activeliving.ca/cahperd](http://www.activeliving.ca/cahperd).

## Over 100 Positions Available

Our client, a major manufacturer of aerospace and transportation products, is experiencing rapid growth. They currently require the following professionals:

### PRODUCTION SUPERVISORS

You will lead a crew of 20 - 30 unionized production operators, ensuring productivity levels are met. This will involve developing high morale, assessing the crew for training needs, ensuring regulations are followed, and updating reporting systems. This role will require you to work closely with Engineering and Quality and Production Control to meet customer delivery schedules. Your post secondary education in Manufacturing/Engineering, or equivalent military experience, is complemented by a minimum of 5 years' experience in a manufacturing/ operations environment, demonstrated leadership ability in a team environment, and knowledge of training processes and methods. The ideal candidates for these 40 positions are WOs, Sgts, or MCpls.

### AIRCRAFT MAINTENANCE ENGINEERS

You will perform functional testing to verify fitness of aircraft for flight, system trouble-shooting, daily inspections, correct flight and certification defects. The ideal candidates for these 40 positions are MCpls or Cpls and have or are working towards an "M" and/or an "E" Aircraft Maintenance Engineering license, as well as possess experience with large turbo prop and jet aircraft or equivalent military experience. Engine run and aircraft taxiing experience would be an asset, as would be a CAMCE designation.

### ELECTRICAL INSTALLERS

You will be responsible for wiring and other types of installation, wire harness modification, pin and lug crimping, soldering and wire stripping. You have a post-secondary Electrical diploma or equivalent military experience, at least 1 year of hands-on experience, ability to read wiring diagrams and blueprints, and an in-depth understanding of electrical fundamentals. The ideal candidates for these 30 positions are Ptes or Cpls.

All of the above positions are located in Toronto, Ontario and are available immediately. Interested candidates are invited to forward a resume to: Bob Smith, Pro Tec Global Staffing, 2255 Sheppard Ave., E; Suite W414; North York, ON M2J 4Y1; Fax: (416) 496-8595 E-mail: [protec@proteccstaff.com](mailto:protec@proteccstaff.com)

PRO TEC

## Vancouver Island Cadet Band Competition 1999



By Capt C. Canavan

On May 8, Capt Colum Canavan and three escort officers travelled to Victoria with 386 RCACS Band, consisting of 28 Air Cadets, ranging from 12 to 17 years.

All were going to Victoria to compete in the above competition. In the Military Band Category B four bands participated: from Comox, Parksville, Nanaimo and Victoria. 386 Sqn Band took first place with a mark of 95.5%, achieving a Gold standing.

The Drum Major for 386 RCACS Band was F/Sgt V. Lyall.

She was runner-up in the Drum Major category and won a Silver standing. The band did so well that they were requested to perform their routine in the Tattoo that evening. They did so and were



very well received by a large audience.

The escort officers were Band Officer Capt Colum Canavan, Lt Bob Filgate, Lt Teresa Tuohy and Mrs. Lyall (as Band Mother).

In the Solo Instrument category, F/Sgt Natasha Neave took the Gold on her alto saxophone.

Sgt Hanna Madgen was runner-up taking a Silver on B flat trumpet.

Top photo: On 8 May, 386 Sqn RCACS Band won 1<sup>st</sup> Place in the Vancouver Island RCAC Band Competition held in Victoria.

Above: LCol Al "Red Head" Brown (Ret'd) presenting the 1<sup>st</sup> Place award to Drum Major Valerie Lyall for 386 RCACS Sqn Band's performance in the Vancouver Island RCAC Band Competition

## Dog Morsels

By Gerry Gerow

### The Wolf Within

By David Alderton  
(Howell Book House, Macmillan Publishing, New York. \$30.95)

The book starts out with the idea that owners can better learn to raise and maintain healthy dogs when they understand the natural behaviour of wolves in the wild. Taking this approach, the book provides a new look at many of the oft-debated theories of dog care. This is a novel approach which makes a lot of sense. Dogs have many basic instincts, most of them inherited from wolves and similar wild Canids from which they are descended.

The book is extremely interesting from front to back. The text is well illustrated with over 150 beautiful, colour photos. The wild cousins of dogs are described as well as the relationship between the domestic dog and these wild ancestors.

The author is an internationally known and respected author specializing in pet care and natural history. He is a consultant to the Pet Industry Advisory Board in the United States and has served

as a consultant for BBC television in Britain.

All in all, a well illustrated 144 glossy page, jacketed hard cover edition which is interesting, informative and a welcome addition to my doggy library. It was published about a year ago, so you may find it on the shelves now.

### The Golden Retriever

By Julie Cairns  
(Howell Book House, Macmillan Publishing, New York. \$35.95)

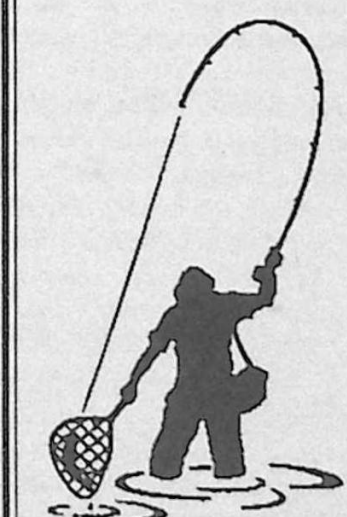
This is one of a series of identical bound and jacketed books called "Howell Best of Breed." It is the sixth one to join my library. Everything you could wish to know about the care and training of a Golden Retriever is here. There is a lot of information on using Golden Retrievers in the field. The Golden Retriever is second only to the Labrador in popularity both in Canada and the United States. Many people forget that his original purpose was to be a sporting dog and this book covers that aspect of it in excellent fashion. To say the least, it is refreshing to

come upon a breed book which stresses that the dog is not just a show, trial and pet animal.

The author has been active with Golden Retrievers for more than 25 years. She competes with her dogs in conformation shows, obedience trials, hunting tests and field trials. Certainly, she knows what she is talking, or rather, writing about.

This is a beautifully jacketed, 230 page, hardcover edition, well illustrated with approximately 200 beautiful colour photos. This is one that any Golden Retriever fancier will want to own. It was published in November so it is probably on the shelves of the book or pet store now, or you could ask them to order it for you.

### The Junior Ranks' Fisherman's Bingo



June 2  
Starts at 1800  
See you at the mess

### FREAKSHOW



### Kidney Stones are a pain

Be informed  
For your free brochure on kidney stones:  
Symptoms and Treatment call  
The Kidney Foundation of Canada, BC Branch  
Toll Free 1-800-567-8112



## Royal Canadian Legion

### Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m.  
May 28 Country Cousins  
June 4 Island Country  
June 11 Garry's Sound Machine  
June 18 Alley Cats

General Meeting: Tuesday 22 June, 7:30 p.m.  
New feature: Hot dogs, smokies, bratwurst  
now available daily.

### 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.  
May 27 Norm's Combo  
June 4 Alley Cats  
June 11 Skip & The Byters  
June 18 Country Cousins  
June 25 New Music Man  
Friday & Saturday: Meat Draws (3:00-6:00 p.m.)  
For hall rentals contact Ken Seymour 339-2022, Mon-Fri.

### Junior Ranks Calendar of Events

28 May: Bosses Night Food - Pizza  
Band - Eagle Talons from 1800-2200  
4 June: TGIF with Chinese food and Darts  
11 June: TGIF with Burgers and Crib  
Special night - 2 June: Fisherman's Bingo  
Every Sunday is movie night.

### WO's 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.  
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.

**\$2 OFF**  **\$2 OFF**

**COUPON**  
Customer's Name \_\_\_\_\_  
Address \_\_\_\_\_  
E-Mail Address \_\_\_\_\_

**DISCOUNT PET FOODS** ☐ Dog ☐ Cat ☐ Bird ☐ Fish ☐ Small Animal

**\$2 OFF** On Any Purchase of \$20.00 or More  
Expiry Date: June 9/99

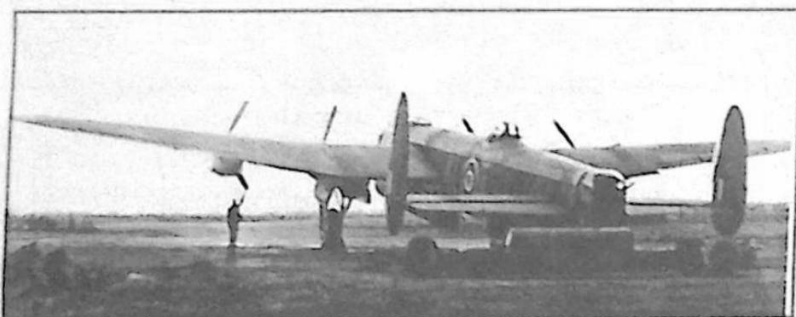
**COURTENAY** 841 Cliffe Ave. (Beside Safeway) 338-0455  
**WASHINGTON PARK SHOPPING CENTRE** Courtenay 339-2272  
**COMOX** 1782 Comox Ave. (Next to Lorne Hotel) 339-2272



## History of the Military Air Services of Canada - Part 7

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

# "Tiger Force" Pacific

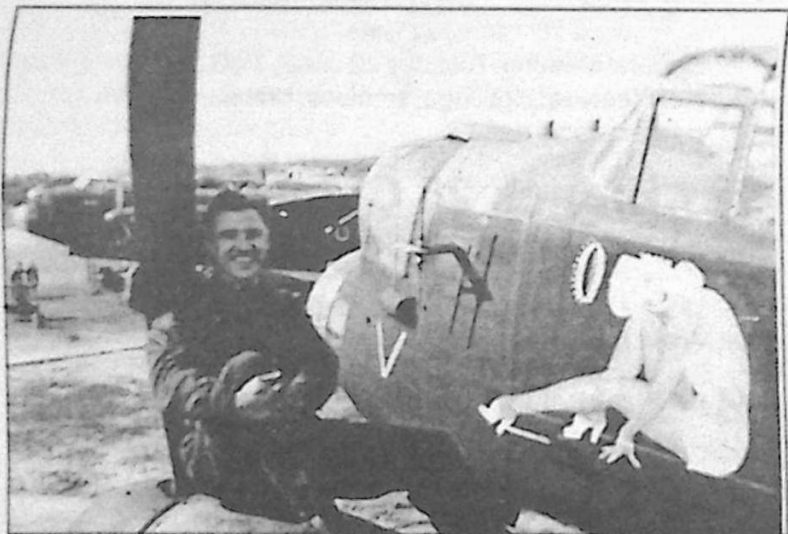


The Avro Lancaster would have formed the backbone of the RCAF's "Tiger Force." (Photos courtesy of Comox Air Force Museum)

From the earliest days of World War Two, the primary goals were victory in Europe, phase one, and defeat of Japan, phase two. By late 1944 an Allied victory in Europe was assured and planning for phase two was implemented.

On 20 October 1944 a very large bomber force was proposed. This force was code named "Tiger Force". It was to consist of three bomber groups: one RAF, one RCAF and one a composite of RAF, RAAF, RNZAF and SAAF squadrons. Each group would consist of 22 bomber, fighter and transport squadrons. The Canadian group was to be based upon 6 Group. Later the bomber strength of these groups was reduced from twelve squadrons to ten and finally to eight.

On 8 May 1945, when Germany surrendered, the plans for the creation of "Tiger Force" were stepped up. The RCAF squadrons selected for the "Tiger Force" were converted to the Canadian built Lancaster X which the crews ferried back to Canada. The training stations were RCAF Station Debent, NS, RCAF Station Greenwood, NS, RCAF Station Dartmouth, NS, and RCAF Station Yarmouth, NS. However, before these squadrons could commence training, the atomic bombs were dropped on Hiroshima (6 August 1945) and Nagasaki (9 August 1945) and Japan surrendered (14 August 1945). The RCAF "Tiger Force" was ordered to cease flying on 6 September 1945 and was then disbanded.



An unidentified RCAF crewman at the end of the war. Can you give a name to this crewman? (Photo courtesy of the Comox Air Force Museum)



P51 Mustangs from No 443 "City of New Westminster" Squadron (Auxiliary) visiting RCAF Station Comox area 1952/53. (CF Photo)

## Post War Era

At the cessation of hostilities the RCAF had 164,846 all ranks (the peak was in 1944 with 215,200) serving; this was to be reduced to an authorised strength of 16,000 all ranks. This demobilisation was to take place over a two-year period. On 6 February 1946 the Cabinet approved a Peacetime RCAF of four components: a Regular Force, an Auxiliary, a Reserve and the Royal Canadian Air Cadets (the RCAC was established during the war to provide basic military training to Canadian youth, so that training cost could be reduced when they joined the regular force). On 30 September 1947, when this organisation came into affect, the RCAF was stood down from "Active Service".

The post-war Regular Force RCAF was not all that different from the pre-war RCAF. Eight squadrons were authorised, but only five stood-up. These were to form the professional nucleus of the air force. Their primary tasks were again: aerial photography, air transport and communications (utility). A new task that the RCAF assumed was search and rescue. In addition, Air Force Headquarters decided that the squadrons that did stand-up would be from the "400 Overseas" block of squadrons.

By 1947 the post-war world was not the utopia that everybody had hoped for. The relationship be-

tween the democratic dominated western nations and the communist eastern bloc was cooling very rapidly. So, after the post-war rush to demobilise, there came a new resurgence of the RCAF. The Department of National Defence (DND) announced in mid-January 1947 that the services would be built up. In late September 1948, the first post-war pilot course commenced (the first course since 1944).

From a post-war low of 11,569 officers and airmen in December 1947, the RCAF commenced a steady growth until January 1955 when a ceiling of 51,000 officers and airmen was authorised (this was a first as the RCAF was now larger than the army's 47,000). The post-war RCAF peaked in the mid-50s with 29 regular force squadrons and twelve auxiliary squadrons. This continued until 1962 when the CF-100 squadrons were withdrawn without replacement.

The post-war infrastructure changed dramatically. Initially Canada was divided into two geographic commands: Central Air Command, located in Trenton, with No. 10 Group in Halifax and North Western Air Command, located in Edmonton, with No. 11 Group in Winnipeg and No. 12 Group in Vancouver. At this time while the regular force was trying to settle into their post-war organisation, the auxiliary air force (now

primary reserves) was being re-established. In April 1946 the auxiliary air force was authorised an establishment of 4500 officers and airmen and 15 squadrons. The auxiliary air force's role was air defence; this role they kept until 1958.

With the expansion of the RCAF came a corresponding increase in the infrastructure. Beginning in 1948, the RCAF began to structure their commands along operational commands vice regional commands. No. 9 Transport Group became Air Transport Command and No. 1 Air Defence Group was formed. In 1949 Maintenance Command became Air Material Command and Central Command became Training Command. Additionally in 1949, Nos. 10 and 11 Groups became Maritime and Tactical Group respectively. In the early 50s, with world tension increasing, expansion continued. No. 1 Air Division in Europe, No. 5 Air Division (formerly No. 12 Group) and No. 14 (Training) Group were formed, while other groups were elevated to command status: Air Defence Command, Maritime Air Command and Tactical Air Command.

## Memories of an RCAF Lady

continued from page 11

In the first month of buzz bombs, 5,000 people were killed in London and two or three times that number were injured, including 50 people left permanently blind. Some of our fighter pilots would go up after these nasty bombs, attacking them at full bore, with guns blazing, then streak through the flying debris as the missile exploded. Other skilled pilots would fly alongside of a buzz bomb gently nudging the bomb's wing with their wingtip, effectively turning it around to go back the way it came. Those pilots were incredibly brave guys. I met one young RCAF pilot in London. "Whatever happened to your

sight of several nicks and cuts. "I got three buzz bombs," he replied proudly. No heroics, all in a day's work.

I am dedicating the next three yarns to my friend, Jeanne Banham, of Powell River, whom I will always miss. I shared a flat with Jeanne and three other girls at Earls Court from the fall of 1945 until July 1946. Jeanne died in 1991, so I cannot check the precise details with her. She was a lovely looking girl and, as well, a fun rascal. Jeanne was with the first 40 or so RCAF women sent out to the Service Flying Training School near Saskatoon. This was in late 1941, while the concept of airwomen on air stations with servicemen was entirely new and


shocking. After a few weeks at the station, one of the women officers went into Saskatoon for a weekend. Returning, she gathered the airwomen together and said: "Girls, I have some dreadful news for you - 150 of you are pregnant..."

In England, Jeanne and several others made a practice of visiting the burn hospital at East Grinstead, where surgeons tried to patch up and help the burned fellows through the misery of their cruel disfiguring injuries. Jeanne described visiting an airman whose face was destroyed. He was blind with only holes for his eyes, nose and mouth. As Jeanne chatted with him, trying her best to cheer him up, she stuffed salted peanuts into the gap which was his mouth. Several of our girls visited East Grinstead but my courage failed me on that one.

I record a word of praise for our service padres. Having listened to many boring silly sermons, I found our padres a refreshing contrast.

All I encountered were direct and to the point messages. I suppose we would have turned them off if they talked down to us like feeble-minded children. Our Protestant padre at Knightsbridge went down to Brookwood Cemetery near Woking in Surrey every few days to officiate at the burial of Canadians who had lost their lives that week in the southern U.K. He couldn't type, so I helped him with his sympathy letters to relatives in Canada. I recall one time, he went down to Brookwood to bury a bunch of fellows and by some mistake included the final rites for a couple of Catholic airmen. The R.C. padre went into such an act we thought he was going to have his two Catholic boys dug up for him to start over. But he cooled down after going down to Brookwood and holding his set of committal prayers over the two lads.

Occasionally, we were subjected to medical examinations, partly I believe, checking for pregnancy.



**Fall/Winter Hours**  
for  
**Comox Air Force Museum**  
Located at the entrance to  
CFB Comox  
**Open**  
**Sat, Sun & Holidays**  
**10:00 a.m.**  
till  
**4:00 p.m.**

That didn't bother me but I was always offended when a nurse or medical attendant frisked through my hair for bugs.

To conserve energy, the Brits

To be cont'd in next edition...