



TOTEM TIMES

19 Wing CFB Comox

THURSDAY 10 JUNE 1999

Comox Valley's Longest Running Newspaper

VOL. 41 NO. 9

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NAOSH Week an international success at 19 Wing Comox

by Darrel Duckworth

This year, the North American Occupational Safety and Health (NAOSH) Week was truly a "North American" event at 19 Wing as our visiting American friends joined in the activities and shared their own extensive occupational safety and health knowledge. During one of the lighter events, the WComd, Col Neumann, and his EA, Capt Fowler, look on as numerous burgers and hot dogs were safely cooked, served and consumed.

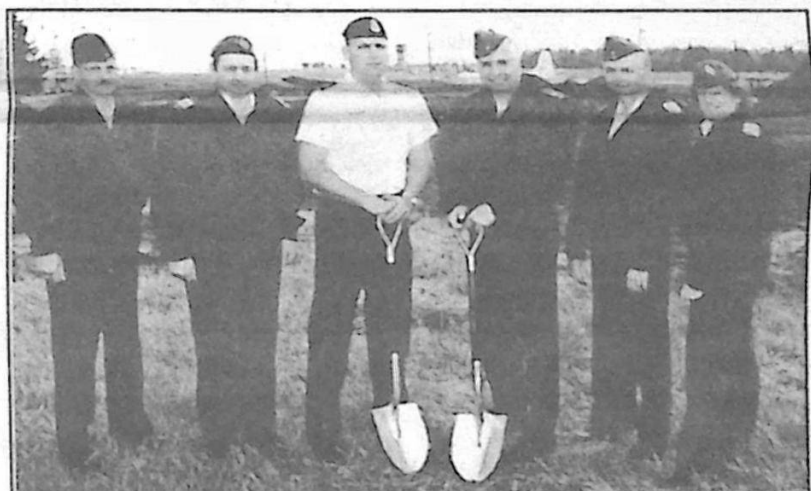
There were no reports of accident indigestion. (Maybe next year, we could go "North American" all the way and include Mexican food.)

The more serious events of the week included safety displays, training and advertising to raise safety awareness, formal training related to specific trade safety, a poster contest for the kids, boating safety for everyone, first aid training and a series of informative briefings. For more coverage of NAOSH Week, see page 11.



NAOSH Wing BBQ at Fire Hall. (Photo by Wing Imaging)

New quarters for long term living-in



The ground breaking ceremony. (L to R): CWO Dupuis, Maj Gauthier, PO1 Vanderheyden, Col Neumann, LCol Spooner and Maj Stewart. (Photo by Wing Imaging)

The ground is broken and the work has begun on the new 24-bed barracks which will be located adjacent to Glacier Gardens Arena. The majority of the construction will be completed by the Wing Construction Engineering Section with their in-house expertise. There will be some portions of the project that will be contracted out locally.

The new unit will help alleviate some problems for long-term living-in members. The demand for long term living-in quarters has increased over the last couple of years with the move of CFSSAR to 19 Wing Comox and the increased number of courses being conducted at the Wing. This has put even more strain on our existing "aging" quarters. All of the present barrack blocks were built in the 1940s and 50s and, five of the six are in generally poor condition.

When the project was first proposed, the cost of constructing the new unit and the cost to retrofit either Barrack Block 79 or 80 were evaluated. The estimated cost to retrofit either of the barrack blocks was approximately \$2.5 million per building.

The retrofit cost would include the replacement of existing windows, roofs, siding, electrical/plumbing upgrade, asbestos removal and an interior retrofit. To retrofit the old quarters would be like putting a new paint job on an old rusty car for which parts and technical support are not available so, the decision was made to construct a new 24-bed unit at a cost of approximately \$900,000. Upon completion of the new unit, Barrack Block 80 will be mothballed and will only be opened in extreme cases, as dictated by operational requirements.

Totem Times in top three!

The Totem Times is among the three finalists for the Best Canadian Forces Newspaper award.

On June 1st, the Canadian Community Newspaper Association (CcNA) announced all nominees for their annual Better Newspaper Competition. The other two finalists in the Base Newspaper Category are the CFB Esquimalt Lookout and the CFB Halifax Trident, both of which are full-colour newspapers staffed by full-time editorial and sales personnel. The papers were judged based on their 1998 issues for style, content and value to the military community.

Congratulations to the staff and volunteers from last year, led by Managing Editor MCpl Edith Cuerrier and guided by Editor-In-Chief Maj Joel Clarkston. Well done!

May the best paper win. (Of course, we already know which paper that is...)

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CANEX News

By Donna Young



Rosanne Hale, winner of Coke patio set, with CANEX staffer Denise Potvin.

For all of you waiting to hear the results of the latest Coke Contest, we have a winner! A new Patio Set will be gracing the yard of Rosanne Hale of Lazo. Congratulations Rosanne!

Congratulations also go out to Nicholas O'Callaghan, son of CANEX staff member Sheila. Nicholas graduated on Saturday, June 5 and at a recent Vanier Secondary Sports Banquet he was awarded Best All-round Senior Male Athlete, Most Outstanding Male Athlete in His Chosen Sport (Volleyball) and was awarded four bursaries as well. All the best to you in your future plans, Nicholas!

Our sincere congratulations go out to all of the local Grads. It is a very exciting time in your life and we wish you all the very best.

Susan is taking a week of leave - we hope she has some fun while she is off work. Leave the cleaning and the yard work and kick up

your heels, Sue!

We have a birthday this month too. Trish is thrilled about being one year older, but she is still one of the kids next to some of us!

Terry is happy to be back at work, we think... and Carol had a fun time in Ontario with her family. We think she had to come back to work for a rest.

Not too much longer until the young ones are finished school for a couple of months. They will be excited about the holidays and won't necessarily be as careful as they have been taught to be, so watch out for them.

Remember Father's Day is coming up June 20. Our Dads deserve a big vote of thanks - don't forget yours - and don't forget the Big Hot Summer Deals Sale from June 9 to 20. Come on in and see how much you can save!

Remember, CANEX is your store.

Business Loans to Students

Human Resources Development Canada is offering interest-free business loans up to \$3000 to students, aged 15 or over, to create their own businesses. Visit the BDC Web site at www.bdc.ca or call toll-free 1-888-Info-BDC to apply. Deadline 25 June 1999.

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International Year of Older Persons



recognizing Senior Volunteers

Seniors contribute to our communities in thousands of ways.

During the 1999 International Year of Older Persons (IYOP), the Upper Island/Central Coast Community Health Services Society will celebrate the role seniors play in voluntary activities by recognizing individuals who are currently making significant contributions to their communities in the area of volunteerism.

If you wish to nominate someone, you can obtain a form at the local community health office (480 Cumberland Rd) or send a letter to the Society offices describing the nominee's current voluntary activities and why the individual should be honoured.

Closing date for nominations is 1 August 1999. A selection committee will choose several candidates to honour with a presentation of a certificate at a significant community event.

For further information, contact Dan Woodrow, 334-1166.

A World-Class Piper

By Cpl Mike Lafleur

Recently, an AVS technician from 19 AMS traveled to Scotland with the Simon Fraser University Pipe Band to compete in the European Pipe Band Championships. Pte Colin Clansey has been a piper with the band since 1987 and has played an integral part in the band's 1st place finishes in the World Pipe Band Championships in 1995 and 1996. On their recent trip to Scotland the group managed a respectable 2nd place, which will put them in a good position to compete at the World Pipe Band Championships to be held 6-15 Aug in Glasgow. Colin Clansey will also be competing in the Inverness Northern Meeting Professional Invitational Piping Championships in September. We would like to congratulate Colin and the band for their recent performance and wish him good luck this summer at the world championships.



MILITARY POLICE FUND FOR BLIND CHILDREN

"Raffle For Sight" Congratulations!

The lucky winners of the Gordon Pynn prints were:

Irene Gott, 1st prize;
R. Bedford, 2nd prize;
Wilda Lyle, 3rd prize;
Donna Tetravit, 4th prize
Jim Ramsay, 5th prize

Thank you to all those who helped with this draw:

Poster City, Courtenay
Speedy Printing Centers, Courtenay
and, of course,
Mr. Gordon Pynn



RCMP officer Rick Gott of Campbell River accepts a Gordon Pynn print on behalf of his mother, Irene Gott, who lives in Pemberton. Mrs. Gott is giving the print to Rick and his wife as a housewarming gift. Presenting the print are MWO Baye (left) and Cpl Crispin (right) of 19 Wing SAMP.

Hire A Student

The Comox Valley Student Employment Centre is looking for more jobs. So far, they have only 120 jobs of their 600-job goal. The work does not have to last the entire summer. The Centre runs an Odd Job Squad to handle smaller

and short-term jobs. You can hire a student for a day, a week or however long you need them. All you need to do is call 897-3348 or fax 897-3467 or stop by at 2785 Mansfield Drive in Courtenay 8:30 to 5:00 Monday to Friday.

Entrepreneur Award

The Business Development Bank of Canada is searching for nominees for the 12th edition of the Young Entrepreneur Awards. One young entrepreneur (age 18 to 30) from each province or territory will be recognized for accomplish-

ments in business growth, export success and innovation. You can apply online at www.bdc.ca or call toll-free 1-888-INFO-BDC to obtain an application form. Deadline for nominations is 25 June 1999.

Awards presented to 407 Sqn and Viking Aviation

By Terry Burt

From 14-16 May, the Pacific Group of the Air Force Association of Canada held its Annual General Meeting in Courtenay at Crown Isle Golf Club and Resort. The meeting was convened by the Pacific Group President, MGen (ret'd) Bob Mortimer, who resides in Courtenay.

The guest speaker was Bob Morton CMM, CD, LOM, LGen (ret'd), who is the Association National Honorary President. In his address, LGen Morton told assembled delegates that he was hopeful that recent world events had awakened the Canadian Government to the fact that we do not live in a safe or rational world and that the Canadian military, if it continues to be inadequately funded, will not be capable of properly meeting its future international obligations and treaty commitments. He further noted that Canada ranks 145 out of 181 nations in defence spending as a percentage of GDP, and spends less than half of the average of what its NATO partners spend on defence. He pointed out that recent events had underlined our allies' impatience with the paucity of Canadian defence efforts, and that the recent rescinding of special defence production status for Canada placed five billion dollars in annual Canadian exports to the United States in jeopardy. Some of the companies that could potentially be affected are located in B.C.

At the dinner, the Military Aviation Award for excellence in military aviation in B.C. was presented to 407 (MP) Sqn. The "Demons" of 407 Sqn are a proud group of 295 men and women based at the Air Force Base at 19 Wing in the Comox Valley on Vancouver Island. During the past year, 407 Sqn has excelled in several areas and has been recognized for its excellence by military and civilian authorities. The squadron was recently involved in countering a major drug smuggling operation on the West Coast when the RCMP's drug section solicited support from the CF in tracking a suspected mother ship enroute from Southeast Asia to the B.C. coast. The squadron, with help from a sister squadron from the East Coast, mounted a ten-day around-the-clock surveillance effort, flying al-

most 400 hours. The result of Operation Profit was the arrest of several conspirators, the seizure of two vessels and 13 tonnes of hashish, the largest takedown on the West Coast, and the prevention of the illegal importation of a large amount of drugs into B.C. 407 Sqn also made a significant contribution to the welfare of the west coast fishery through its efforts, in conjunction with DFO, in enforcing the United Nations moratorium on driftnet fishing. A highly successful deployment has just concluded that located five violators including, for the first time, an offload ship. The violators had significant amounts of salmon already on board when apprehended. Continuing efforts to stop this illegal fishery should pay direct dividends to the people of B.C.



MGen Bob Mortimer presents the Pacific Group Military Aviation Award to Maj Fred Bigelow of 407 (MP) Sqn.

The Pacific Group Civil Aviation Award for excellence in civilian aviation in B.C. was presented to David Curtis of Viking Air. David is President of Viking Air Limited of Sidney, B.C. and, at the age of 37, is already one of the leading business entrepreneurs in British Columbia. Viking Air was incorporated in 1970. David joined them in 1983 and was Sales Manager, Vice President of Operations until he became President in 1991.

Under his leadership, Viking has earned an enviable reputation in the aviation community of B.C. for its innovative approach to providing high quality modifications, manufacturing and repair facilities from its premises at Victoria International Airports, where it has grown from its modest beginning to a facility comprising three hang-

ars and the recently acquired Shell Aerocentre at Victoria Airport, covering over 160,000 square feet and employing over 105 top-flight technicians and other staff.

Viking Air is the only de Havilland authorized manufacturer of parts and components for their products, which include the DHC-2 Beaver and DHC-3 Single and Twin Otter aircraft. Viking Air also provides services to Bombardier Aircraft, Bell Helicopter, Lockheed Martin and Boeing Airplanes, and does business not only in Canada but also with the USA, Sweden, United Kingdom, Australia, New Zealand, Kenya, Nigeria and Ethiopia.



MGen Bob Mortimer presents the Pacific Group Civil Aviation Award to Dave Curtis, CEO of Viking Air Ltd. of Victoria, B.C.

The Air Force Association of Canada had a membership of over 15,000 aviation minded individuals, a large number of whom are ex-members of the RCAF and CAF. The Pacific Group consists of 1500 members in 11 Wings from B.C. and two from the State of California, plus 1100 members at large, for a total membership of over 2800. In the Comox Valley, 888 (Komox) Wing has a membership of over 500 and is very active in the local community.

The aims of the Air Force Association include the sponsorship and encouragement of aeronautics in all its forms, support of the Air Cadet program, and advocating to government for a properly equipped and funded Air Force, consistent with Canadian Government policies and commitments.

For further information, contact Bob Mortimer 334-1721 or Terry Burt 890-0008 (e-mail: burtcomx@mars.ark.com).

Comox VPI Wing: News from the president

Maj Lorring



The Spring BBQ on May 1 was a resounding success! Over 90 people turned out and enjoyed themselves immensely. After an excellent steak meal with all the trimmings, a few official duties were performed by yours truly, and then the "party was on..." New members to VPI: Lucie Gagne, Flap Laplante, Leslie Wenzel and Jean Traynor, were welcomed. New to the area, Gary and Yvonne Mulcaster were also welcomed to the Comox Valley. Last but not least, I presented a gold pin to Dick Perry for his 10,000 plus hours on the Neptune and Argus. D-J Philips provided the musical incentive for the dancers with a wide range of "Oldies but Goodies." We will probably try for another mixed function sometime in the fall.

The O'Brien ASW Competition is officially over and the 407 Demons came in a close second. 405 Eagles took top honours for the second year in a row. They also won the VPI "Attack" trophy for

the best attack during the competition. Comox VPI Wing extends congratulations to Jim Benniger and his crew for a "job well done." Although it was disappointing to come in second, they all agree that it was a memorable experience. Bert Campbell, VPI International HQ President, has given all Wings advance notice of the intent to hold another ceremony in Greenwood for the induction of names into the Book of Remembrance in mid-October. New information on MPA crashes from Holland and the United States will be incorporated. This brings the total of accidents up to 220 and number of fatalities up to 1562. By the way, records there are still 112 names missing.

Our next general meeting will be held at the WARF (Building 10) at 1900 Hwy 17 on Thurs 17 June. There are no main topics for the agenda, but I will be outlining our involvement in running the reception centre for the Airshow '99 participants. I will still be looking for volunteers to help with the Bar, BBQ pit, reception line and general hosting duties.

Cheers!

(Editor's note: For the uninitiated, VP is the previous designation for Maritime Patrol (MP), the V standing for fixed wing aircraft.)

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When the Plate is Full

"If your plate gets too full, let me know and I'll take some off." I've heard this line spoken by leaders of all ranks to their subordinates across the nation. Yet, I've watched the plate spilling over and still more is piled on. Why?

Is it because we subordinates are afraid to say "enough"? Possibly. How often have you been told that your next promotion depends on doing more? Taking on more responsibility. Another secondary duty. Volunteer work. Courses. The "system" still gives the impression that someone who says he/she is at max capacity now could not handle the next rank level, even if he or she is already doing more than is required by the next rank. And, since many people don't want to cut off their chances of promotion, they remain silent.

"I know you're busy but it's got to get done" is another common reason. But, does it really *have* to be done? Is it truly important to our mission? How many times have we seen a survey or other task that had to be completed urgently, yet didn't offer any visible benefits to the mission? A leader is not just a postman between his superiors and his subordinates. Part of the burden of leadership is the word "NO." "No" is a simple way of saying, "The plate is full."

I have seen some leaders saying "NO." I've watched the WComd politely say "no" to 1 CAD Comd. I've watched Sqn Comd's tell the WComd they cannot accommodate certain tasks. I've seen my own Major say "no" to frivolous tasks from higher HQs. I've watched WOs, Sgts and MCpls say "the plate is full." I admit it doesn't always work, but it works better than silence.

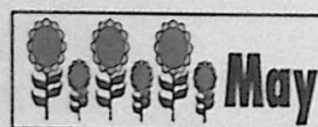
Of course, the leader above has to be listening. And, some do. Unfortunately, for reasons of their own, some don't. But, part of the art of leadership is knowing when the mission requires pushing your people...and, when it does not. At a recent Town Hall, the WLogO said "We are not at war here in Comox. So, we do not need to take the same risks we would take during war." Nor do we need to execute every task as though life and limb depended on it.

We have safety regulations to prevent people from working with hazardous materials when they are too tired, or to prevent them from trying to lift objects that are much too heavy for one person. But what regulations prevent them from being tasked with the work of two or even three full time jobs? Or is that just "a sign of the times." And, if the physical and mental health problems coming from overwork and stress are on the rise, I guess that must be "a sign of the times" too. And, if the number of people looking forward to retirement or release rather than a good day at work is growing, that's just another "sign of the times."

Perhaps we are at war in the CF. And, as the man said, "We have seen the enemy and he is us."

Darrel Duckworth

Weather Summary

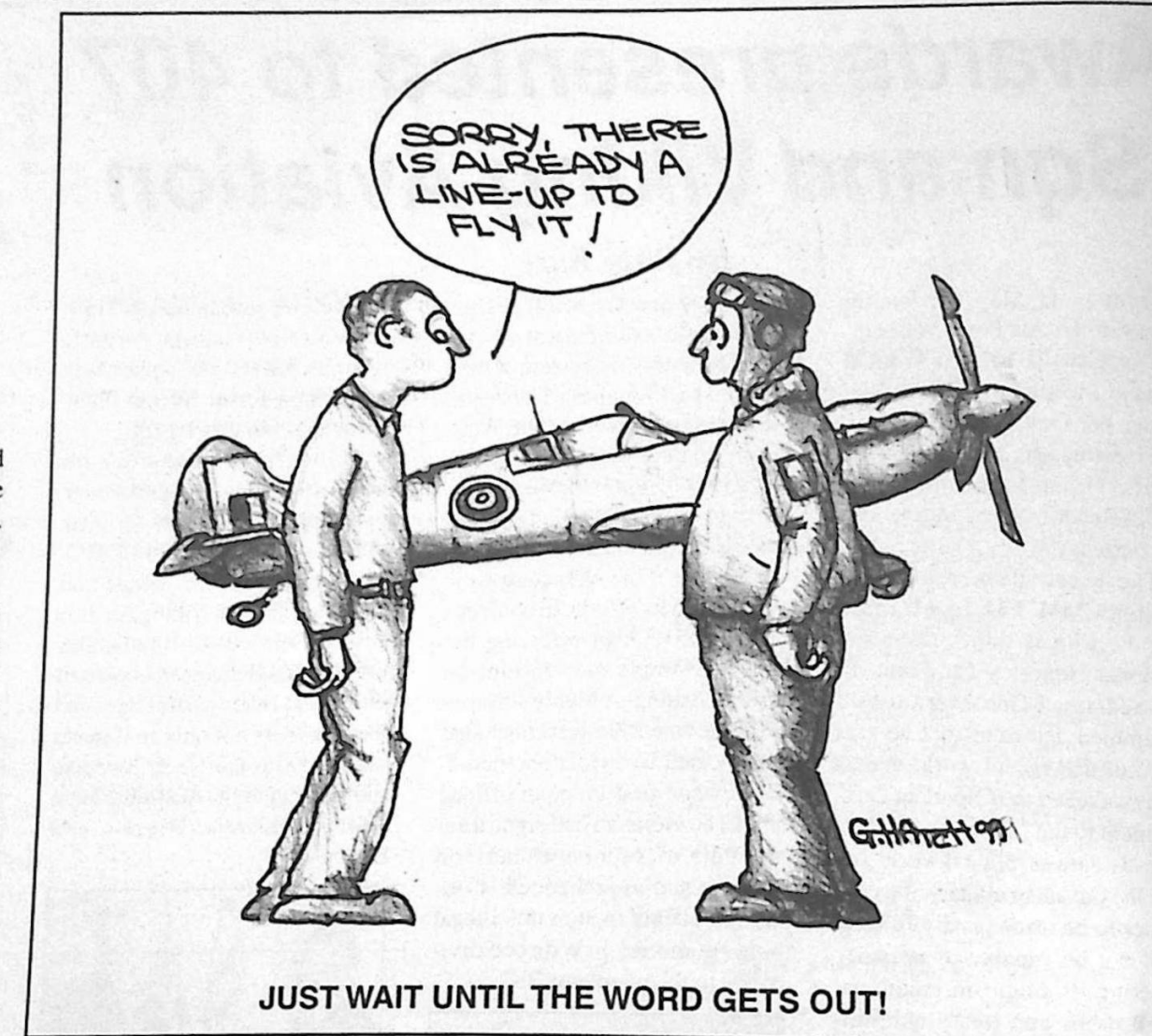


The month of May was several degrees cooler than average. Rainfall amounts were greater than normal.

Highest monthly temperature	23.7°C on 23rd
Lowest monthly temperature	1.6°C on 4th
Total monthly rainfall	54.4 mm
Average monthly rainfall	40.9 mm
No. of days with 0.2 mm or more rainfall	15
Total hours of bright sunshine	219.6 hrs

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

Next deadlines
Advertising: June 17
Articles: June 18 Noon



Letters

(Letter submitted to 888 Wing RCAFA Sponsoring Committee and forwarded to the Totem Times for publication.)
Dear Sir,

Last night, when I received my Graduation Certificate, it really struck me that a significant phase of my life has now been concluded.

The years I spent with Air Cadets have been demanding but immensely enjoyable. I have met countless individuals from all branches of the Armed Forces and from Air Cadet Squadrons across the country. I have learned a great deal from them and they have inspired me. Camps I have attended have given me the opportunity to participate in endeavors others can only dream of.

Consequently, I wish to offer my sincere thanks to the Sponsoring Committee for their continued support throughout the past six years.

In conclusion, I wish to say it has been an honour to be associated with 386 Squadron RCAC and with 888 Wing RCAFA.

Yours truly,

Tristan Thomas
Formerly WO2
386 Sqn RCAC Komox.

Volunteer Reporters Wanted

Have you ever wanted to write for a newspaper but didn't think you were qualified? Well, neither am I and they let me be the editor. So, there's no more excuses. We want to hear from you.

Tell us about what's happening in your unit, team or club. Tell us about our Air Force past. Tell us about upcoming events. Tell us about life in the PMQs or on the economy. Do you know anyone in the DND, or retired, with an interesting hobby or pursuit? Do you have hints or tips to share? You are the writer we are looking for.

Mail, e-mail or fax your stories today. Or just drop them through the mail slot at the Totem Times.

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Parents focus on prevention

On May 26, a group of concerned parents and professionals gathered at Puntledge Park Elementary to share strategies for preventing our children from using drugs. The evening started with an eye-opening presentation given by Barry Schneider, of the RCMP, on Drug Realities in the Valley. Following this, the panel of professionals and parents addressed the following questions: How can parents prevent children from (ab)using drugs? What helps? What gets in the way?

The panel offered a wealth of information for all those present, from practical tips to poignant stories of coping and loss. After the sharing of information was complete, the work started and, as is common, time ran out. Parents, panel members and organizers opted to meet again to continue the work they had started. If you are interested in attending a similar seminar, the Comox Valley Drug Awareness Committee (CVDAC) organizes Parenting for Prevention Seminars at the request of community agencies or groups. The CVDAC is comprised of community members from TREADS, 19 Wing Comox, the Comox Military Family Resource Centre, RCM, The Echo, the John Howard Society and individual community volunteers.

For more information call Brian Buttner at 339-8211, local 8789 or Mara Pungente 339-8290.

If you're not part of the solution... you can be.

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Training and back-up support will be provided. New and former volunteers are encouraged to call Gwyn at: 338-0512

Military youth work on solutions

Ten military youth gathered at the Comox Military Family Resource Centre on the evening of June 3 to discuss the pros and cons of the military lifestyle. The lively group shared their thoughts, concerns and stories about growing up in the military community. In the process, they identified existing programs, events and services that were useful in dealing with the pressures experienced by military youth. Alcohol and drug abuse and the absence of the military parent were identified as issues of concern for military youth in general. The group worked hard on coming up with solutions, both for preventing the use of alcohol and drugs and coping with the frequent absences of the military parent.

On May 27, a group of adults who work with youth in the military community also came together to discuss similar issues. Both these groups were prompted by an initiative from the CF Personnel Support Agency to facilitate a national consultation with youth from CF families to identify major concerns and to invite youth to make recommendations about potential CF initiatives that would be of benefit to them.

The discussions were part of a process leading up to a National Youth Summit in Orillia, Ontario, from August 23 - 26. Two youth from 19 Wing Comox have been invited to attend the summit. Interested youth can contact Jill Sturrock at 339-8211, local 8656 for more information.

Poetry Contest

The Poetry Institute of Canada is sponsoring its 6th annual poetry contest. The contest is open to everyone and there is no entry fee. 160 Canadian poets will be awarded over \$5000 in cash and prizes. Many of the poems will be also be published in a hard cover anthology designed to celebrate the millennium.

To enter, send one original poem only (any subject or style, 24 lines or less, typed or neatly printed) to: The Poetry Institute of Canada, PO Box 5577 Victoria, BC V8R 6S4. Include name and address at the top of the same page on which the poem appears. Entries must be postmarked not later than 30 July, 1999.

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The Canada Prenatal Nutrition Program already funds 280 community-based projects across Canada and in 400 First Nations and Inuit communities. The Program offers 20,000 pregnant women the support they need to give their babies a healthy start in life.

Now with additional funding of \$75 million over three years, more than 35,000 Canadian women whose health or whose baby's health is at risk will benefit from this investment in communities all across Canada.

The new funding will make it possible to increase efforts to prevent Fetal Alcohol Syndrome, the leading cause of preventable birth defects in children.

There are a lot of other ways to give our children a good start in life. For details about this and all of the other services for children, call for your free copy of the Guide to Federal Programs and Services for Children and Youth.

For a copy of the Guide or other materials you may find useful about the health of your children, please call

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Canada



Engineers shuffle Sr. leaders



MWO Wayne Shields—assumes command of AEF.

With the sudden deployment to Op Kinetic of CE Ops O, Capt Jon Burbee, APS descended prematurely on the Construction Engineering Section, making a shuffling of military personnel a necessity.

With Capt Burbee quite possibly spending many months in Kosovo after the crisis there ends, CE Special Projects Officer, Capt

Katy Phelan, has taken over as new CE Ops O.

Current Ops Planner, MWO Wayne Shields, will take over as AEF Commander from Capt Mike Hogan, who for the next two years will study at the University of New Brunswick, whereupon he will be posted to Ottawa.

MWO Shields' place will be taken by MWO Andre Lecavalier, currently AEF WO. WO Owen Blake, who is returning to the Section after a posting at CFB Esquimalt, will take over as Facility Development Officer when CWO Denis Phaneuf goes to Esquimalt. WO Oldroyd, arriving from ICER Edmonton, will become new Procurement Team Leader.

MWO Zella Baran, after 1-1/2 years as CE FA Tm Ldr, will be moving to Ottawa and a hoped-for promotion.

New Wing Fire Chief is Capt Ken Brooks, previously posted to Esquimalt. Capt Brooks will take over from MWO on Armstrong who has sought his release later in the year.

Missing parts caused delay

The Sprung is up!

Delayed by atrocious weather earlier in the year, the shelter—to house parts for planes—suffered further delays when work crews from CE found material missing. Fabric ripped by the ferocious gales also had to be replaced.

"Had the shelter been new, we could have had it up in reasonable time," says Cpl Mark Parker of CE's Airfield Engineering Flight. "But it came quite incomplete and getting replacement parts took time."

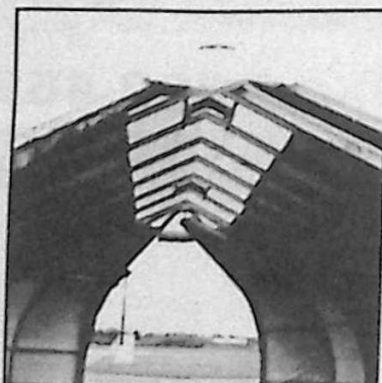
Roads and Grounds crew took the brunt of the labour, aided by the Genie life supplies by Refrigeration and Mechanical shop.

Intermittent shortage of manpower became a recurrent problem. Getting the main doors installed also required the aid of rented machinery. But the shelter is now complete and ready for use.

"We are glad it's over," admits Cpl Scott Klein, AEF. In which R&G team leader Brian deVries concurs: "No one expected it to take this long. We needed the manpower on other projects."



David MacDonald, R & G, and Cpl Mark Parker, AEF, prepare the last main door for installation.

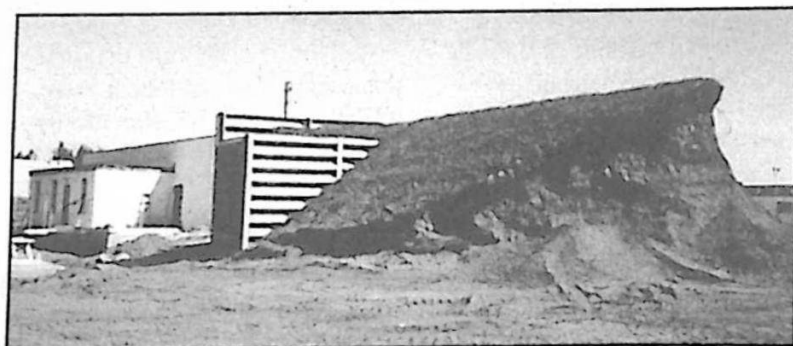


Shelter view.

CE tidbits

by Finn

CE takes bite off berm



CE staff working to turn the building to the left (previously B108, an Armament Facility structure) into a suitable new home for the Plumbing & Heating shop, also began the reduction of obsolete berms by taking a big bite of the berm nearest to the new shop. Most of the soil was spread out to make the beginnings of a parking area. With the relocation of munitions, the berms safeguarding against blast waves from accidental explosions will all be levelled in time. The soil will be used internally at other construction sites, or for fill.

"...happy as grass is green."



Summer is here, grass is greening, and to control the growth CE's Roads & Grounds crews are out in force, mowing and cutting—mainly by machine but for the more delicate touch, by portable trimmer. Working by the Officers' Mess in bright sunshine, Marcia Erikson, R&G, gives every sign that, on this occasion, she is enjoying the day and her work.

Electrifying



Electricians Terry Simpson (on ladder) and Tim Mills teaming up.

Carbon has a half-life which makes it possible to date artifacts back to the times of the Cro Magnons. But does also an electrician have a half-life?

F. ex., is the half visible on the ladder in the picture, a half belonging to an electrician the other half of whom is carrying out useful work, more important than the whole electrician steadying the ladder?

CE electrician Terry Simpson, on the ladder, thought his lower half, as his better half, was as good as his upper half, to which electrician Tim Mills could only shrug. Anyone knows that the man atop the ladder is at the mercy of the person holding it. Besides, Tim wasn't sure what Terry was saying.

The two electricians were carrying out wiring in connection with the upgrade to CE's conference room, now completed. Besides the two electricians, the renovations were carried out with the help of steam fitter Dave Souter, master joiner John Stokes, painters Ken MacKenzie and Tim Prad, and carpenter Sue Mendonza.

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19 AMS eagle droppings

By Sgt Sue Didsbury

Spring has arrived and with it we had a flurry of internal transfers. A wave of the SWO's wand and Sgts went scurrying hither and yon to their new realms—some with visions of sugarplums, others, well...

Along with the internal transfers, 19 AMS is getting its share of postings. Our CO, Maj Bourget, is leaving for Geilenkirchen—they really had to twist his arm for that one! Capt Russell, our AMCRO, is off to Borden to be the Wing Planning Officer. It is really sad to see a grown man cry. Our MSO, Capt Bouchard, is leaving the CF for a career in the civilian sector. The only officer that is staying is Capt Travis—hopefully he will keep himself in one piece. However, as we all know, if it can be jumped into or out of, our ArmPAVO will do it. Sgt Doug Mackie will be on his way to Greenwood sporting a new look—there will be crowns on his sleeves instead of stripes. Congratulations Doug, on your promotion to WO! Cpl Bert Gagnon of the ALSE shop will be heading to Trenton; he'll be missed by the gang.

Sgt Didsbury and MCpl Dunn have gone over to the dark side. They will be starting their basic AESOP course in August (already there have been numerous reports of peanut butter going astray). MCpl Savage has also decided to change occupations—he was selected for Flight Engineer.

Couldn't pass the AESOP test eh Doc? Good luck and best wishes to all those leaving the squadron.

We've also had some well-deserved promotions: Paul "Happy" Gillmore received his accelerated promotion to Corporal. Phil Ivany also earned his Corporal's hooks. Cpls Rogers, Dunn and Lafleur were presented with their CDs. 19 AMS is proud of their achievement and extends kudos to all.

On the sporty side, we recently had a golf/fishing day. It turned out to be a great day for both events and everyone had a terrific time. We'll be playing baseball for our next sports day on June 11. Anyone interested in seeing what highly tuned and seriously overpaid athletes look like, come out and watch us play. Those reports of fly balls being caught with our faces are grossly exaggerated.

Well, that's pretty much it for us this month. Think sunshine!

Congratulations



Sgt Mackie receiving his WO's crown from Maj Bourget, CO 19 AMS. The promotion will be effective 30 June.



Cpl Shari Dunn was presented with her CF Decoration by the CO 19 AMS, Maj Bourget.



Phil Ivany received his promotion to Cpl from the CO 19 AMS, Maj Bourget.



Paul Gillmore received an accelerated promotion to Cpl from the CO 19 AMS, Maj Bourget.



Cpl Mike Lafleur was presented with his CF Decoration by the CO 19 AMS, Maj Bourget.

Demon Doins



Welcome to another edition of the Demon Doings. It certainly hasn't been long since the last article, but there's never any difficulty in finding a few things to write about the mighty 407 Demons.

The Old Men of Crew 2 have been unable to find their little white golf balls in the snow during their recent stints north of 60 in Norway, Iceland and Sheyma. Ops rewarded their hard work with a trip south to San Diego for a sun-soaked golfapalooza under the guise of Fleetex. Most contact time was with a golf ball, but they still managed to show the Americans how to track a sub or two. Despite the hectic schedule a couple of successful checkrides were completed. Congratulations to MCpl Tuohy on his A cat check and to Capt Shiply on his Navcom A check. Bill is now free to navigate without supervision. Perhaps a new NOTAM should be issued to reflect this fact. Bill's only checkride debriefing point was that he shouldn't try and navigate his way out of putting those 1-900 calls on the claim! Other than a few traffic violations by WO "red means go" Carroll, the crew returned to Comox without further incident.

The Dawgs have just returned from an "Air Show" in Calgary. Although there were only three military aircraft participating, there was a turnout of about 9000 people, all of them asking Capt Sereida why we let midgets into the CF. Although "fishsticks" is not tall, he at least doesn't look that young. As the crewmembers retired to a local watering hole, they saw that all of the other patrons looked younger than the babysitters that they hired last week. Capt Edwards managed to use his silver Navcom tongue to

use his silver Navcom tongue to

use his silver Navcom tongue to

find a new man. However, Capt Byrne, in classic pilot fashion, relieved said navigator of his new buddy by buying him a few drinks. Even though the plane broke down and the crew had to stay for an extra day, they eventually returned without a hitch. The crew did miss Capt Martin's attendance in Calgary, but he was still under the gun after a recent trip to Hawaii.

The Icemen in Crew 4 are still literally beating themselves up after the O'Brien Competition. Recent photos indicate that Lt Lee from the USN was slightly outmatched by the four others who were strangling him. Apparently, the crew thought that Capt Gushue was a little stressed, so they re-arranged his hotel room in such a manner that he would be able to relax and enjoy a night under the stars. I'm sure the hotel staff didn't mind that Gord's bed was out in the parking lot!

The Vikings of Crew 5 have released details about their recent airshow at Fairchild AFB in Spokane. Like Capt Edwards, Capt Karl Desilets met a new friend. Apparently, he was a Jaguar pilot who was at the airshow. Unfortunately, this supposed pilot was wearing an American flight suit with a British jacket with no rank. Karl's mysterious friend also flew in the Gulf War in 1991, but he also told Karl that he started training in 1994. Oblivious to his new buddy's hockey story, Karl spent the day with him, introduced him to his friends and, finally, found out that this "pilot" was a lunatic from Spokane! Good one, Karl! We all know that pilots are a little crazy, but they would NEVER forget to put a rank on their uniforms!

That about wraps up this edition of the Demon Doins. Until the next time...

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- Peter Urs Bender,
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Photos by Wing Imaging.

Keeping decks, fences and siding looking their best

(NC)—We all work hard to keep our yards pleasant and appealing by trimming shrubs, mowing and planting flower gardens, yet many of us overlook the natural wood we have outdoors such as wooden decks, fences, siding, and even wooden playsets and benches.

Many homeowners choose natural wood for its beauty, but think they must put up with the gray, weathered look that occurs over time. The fact is you can keep the rich, natural color of wood by simply cleaning and protecting your wood.

Here are some simple steps you can take to bring back the beauty of the natural wood around your home.

Clean the Wood. Spring or autumn are excellent times to give your wood a good scrubbing. A once-a-year cleaning with an exterior wood cleaner will remove all the dirt and gray color without harming the finish. Bleach-free detergents such as Dekwood® Cleaner and Brightener won't harm your plants, but will remove nail stains and ground-in dirt. For stubborn mildew-stains, use a small amount of household bleach diluted with water to kill the mildew, then go over those areas with Dekwood. Prep the wood with a product, such as PenePrep, that will clean and open the wood pores before applying a wood finish.

Protect the Wood. Both stains

and clear finishes will protect your deck, siding and fencing. Choose a natural tone, solid color, or a combination for a two-tone look. Solid color stains will last much longer on fences than paint.

Clear finishes give the wood a natural look, allowing the wood grain to show through. Clear finishes should be reapplied every two years. Select a penetrating, oil based finish with ultra-violet protection, such as CWF-UV® Clear Wood Finish, which protects wood from moisture and the sun's rays that cause wood to fade and age.

Finding a stain that does not fade with abuse from the sun, wind, rain and snow is very important. Flood Semi-Transparent Deck & Siding Stain is guaranteed against peeling and fading for three years on decks and five years on siding.

When selecting a stain it is also important that it will penetrate into the wood to reduce peeling and prevent mildew. Flood Solid Color Deck & Siding Stain is available in a multitude of colors and is guaranteed for 5 years on decks and 15 years on siding.

For a free wood care guide or to talk to a wood care expert, call The Flood Company's free help line, 1-800-321-3444 in the U.S. and Canada, or write Wood Care Guide, P.O. Box 2535 Hudson, Ohio 44236-0035, or visit The Flood Company web site at www.floodco.com.

Buying tips for room air conditioners

(NC)—If you're in the market for a new room air conditioner, here are some buying tips from Natural Resources Canada that should save you money and help the environment at the same time.

Proper sizing is very important for efficient air conditioning. A bigger unit is not necessarily better because a unit that is too large will not cool an area uniformly. A small unit running for an extended

period operates more efficiently and is more effective at dehumidifying than a large unit that cycles on and off too frequently.

When determining the appropriate size air conditioner for your home, consider the dimensions of the area to be cooled. Based on size alone, an air conditioner generally needs 20 Btu for each square foot of living space. Other important factors to consider include

ceiling height, local climate, shading and window size.

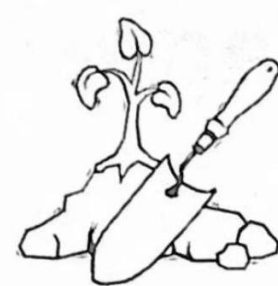
Verify that your home's electrical system can meet the unit's power requirements. Room units operate on 115-volt or 230-volt circuits. The standard household receptacle is a connection for a 115-volt branch circuit. Large room units rated at 115 volts may require a dedicated circuit and room units rated at 230 volts may require a special circuit.

Select a unit with logically arranged controls, a digital readout for the thermostat setting, a built-in timer, and a filter that slides out easily for regular cleaning.

When considering comparable units, select the one with the higher EER.

If you need to mount the air conditioner at the narrow end of a long room, look for a fan control known as "power thrust" or "super thrust" that sends the cooled air further into the room.

For more information on how to save money and help the environment when buying room air conditioners and other home appliances, 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 booklet *Air Conditioning Your Home*.



Five water saving tips for your garden

(NC)—During the summer we use a lot of water in our yards and gardens. Only 3% of the earth's water is fresh and most of that is stored in the polar ice caps. This means there is less than 1% of the earth's water available for our use and if we misuse it we cannot send out for more. Here are five tips for conserving the earth's water supply in your back yard.

1. If you must water your lawn and garden, water in the morning or at night to prevent evaporation.

One inch of water a week is better than several short showers.

2. Plant local or native plants in your garden - they need a lot less water and maintenance than species introduced from other regions.

3. Grow ground cover or use mulch in your garden to cut down on water evaporation (it also helps control weeds).

4. Put a barrel under your eavestrough downspout to catch rain water. You can use this to

water indoor plants, your garden and wash your car.

5. In a drought, don't waste water on a lawn beginning to turn brown, it will revive after normal rainfall begins.

For a free copy of "Stepping Lightly on the Earth: Recipes for Responsibility" to learn more environmentally-friendly home and garden tips, write: Greenpeace Information Office, 250 Dundas Street West, Suite 605B, Toronto, Ontario M5T 2Z5.

Home improvement hazards

(NC)—During this warm weather, many families boldly undertake home renovation projects which often use hazardous products such as paint and paint thinners, stains and many cleaning products. All of these products can be deadly to pets. Cleaning agents, bleach, disinfectant, oven cleaner, drain cleaner and paint should be stored out of your curious pet's reach. When you are using these products make sure your pet is out of harms way.

Pets, especially cats, are attracted to the odour and sweet taste of ethylene glycol contained in anti-freeze. This substance causes severe and often permanent damage to the kidneys if ingested. One

or two teaspoons is enough to kill a cat. Make sure it is stored in a high place, tightly sealed and be sure to wipe up any spills on the garage floor or driveway immediately.

Many people strive to have the perfect, lush green lawn and to do so use pesticides, herbicides and chemical fertilizers. These products are not only harmful to the environment, but can harm your pets as well. If your lawn is treated with chemicals, keep pets away as they love to graze on the luscious green grass.

Pets are living longer, happier and healthier lives due to the advances in veterinary medicine. Health problems diagnosed and treated early may be the determining factor in saving your animal's life. Pet insurance can help ease the financial burden, helping owners make an immediate decision to proceed with expensive testing or treatment.

If you'd like to find out more about pet insurance, contact Pet Plan Insurance at: 1-800-268-1169 or visit our web site at: www.petplan.com.

Size does matter!

(NC)—If you're in the market for a new vehicle and are torn between buying a large car or a compact model, consider the following.

If a typical large car uses 14 litres of gasoline to travel 100 kilometres, and the most fuel-efficient compact car uses 7.7 litres to drive the same distance, then over its average lifespan of 200,000 kilometres, the large car will burn an additional 12,600 litres of fuel. At an average cost of \$0.55 per litre, that translates into fuel cost savings of \$6,930 for the compact vehicle.

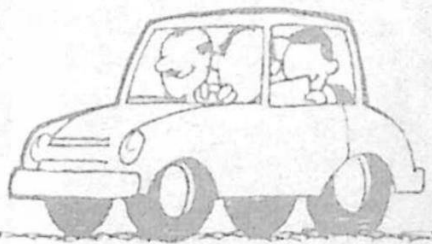
The compact model also offers important environmental benefits. It will produce 45 percent less carbon dioxide, the principal greenhouse gas contributing to the problem of climate change. Vehicle exhaust emissions also contribute to urban smog, which can cause health problems for many Canadians.

Vehicle size and fuel efficiency aren't the only considerations when purchasing a new car, but they should be a big part of your decision.

Call 1-800-387-2000 for a free copy of the *Fuel Consumption Guide*, which lists the fuel consumption ratings of all new cars, vans and light-duty trucks sold in Canada.

Fuel consumption ratings are also provided on the EnerGuide label found on the side window of new vehicles. For more information

on the EnerGuide label and fuel efficiency in general, visit the AutoSmart web site at <http://autosmart.nrcan.gc.ca>.



Sir Cedric Says...

By Lt J. Waugh

It's been a while since the mighty lance has been dipped in ink, so I'll try to catch up. On the sports scene, 414 came a groovy 3rd in the Commander's Cup volleyball tournament. We didn't have all the really cool moves and quick spike garbage that 407 had, but man we had heart. Kudos to all the players and their blood sweat and tears. Commander's Cup ball hockey is coming up. The Black Knights should rock this category. With skating out of the way, our chances of ruling the court just doubled. 414 also provides a large portion of players for the base Soccer team. You can catch the highlights on the net at www.the-ref-stinks.com. On a sour note, Kenny R and Johnny W returned from Holland with the Fair Play award. No Big Billy to keep Jimmy company. Hey Kenny, who's turn is it for the award? What award?

There are not a lot of deployments nowadays. With the great budget cuts, I hear that 414 total YFR for 1999 is 5.5hrs. Everybody gets to start a jet once a week for two minutes. If you're

lucky, you get to do a compass swing. Patty OH'Boyle is on the cross Canada Heritage Flight Tour impressing multitudes of "Eh" sayers with the Mighty T-33. Have you had a chance to check out 119? Snazzy! Funky Knight on the tail and a huge Claymore on the tip tanks. Glossy black so you can now call Judy at 20NM. No, not Judy Sparkes who, I hear, is fine and dandy in the cool pool. A "Congrats" is in order to Doof. He will be crossing from the Reserves to the Reg Force and moving to Trenton, Ontario soon. He'll be on the big bag Hercs dieseling away.

The Squadron is very sad to say goodbye to numerous people in the near future. Crisco is off to Winnipeg. We are going to miss all of his little cheating techniques on GCI's. Things such as full rudder turns into the fighter before the 3-9 line. My favorite is "Hey don't turn yet." As well, we're gonna miss his "Can Do" attitude in the air, on the ground and in the hockey rink. Crisco has to head to MIR before he heads off to Winnipeg. Why you ask? To get his phone, which is permanently at-

tached to his ear, removed. The man never gets two seconds without having to "Hey Crisco, phone." I don't think he'll be able to drive his motorcycle 365 days a year in Winnipeg so, For Sale -



one Yamaha. Thanks for all your efforts and time spent making 414 as great as it is to work in.

As mentioned above, Doof is off to Ontario to the Herc world. We'll miss his cross-country chats about his family and gas fitting. We'll miss his very loud "Where do you put the batteries in?" shirts in Miramar. His golfing techniques will be missed. Whack #*^\$#@! Shucks!

Gunsmiting? Maybe he'll find

more children to write stories for in Ontario. Thanks for all your help in augmenting the squadron for the past few years. Cheers.

I can't remember if we already said goodbye to Spot, so we'll just mention a few highlights. Glen is Glen. If you can't get him at home, check Whistler or Mount Washington. He can be found carving 3-inch deep crevasses in the hard packed snow trying to be like the cooler free-riders like Sir Cedric. If you need help with your Rodeos or back flips, please feel free to call. All the air shows that he attended were that much better. Getting into private functions by acting like you should be there will get you far. Best of luck down in Esquimalt, and don't be a stranger. Thanks!

414 is also sad to say goodbye to BWat. It will be nice to get rid of that old fashioned bike, Barry. We will also be losing an exceptional wood worker and knee board creator. Mine still needs to be upgraded to the B model Barry. Like they say, once in the Jaw is not enough. BWat is back to the Jaw to teach Met to all the young aspiring "Are you a pilot?" We'll miss your all round pleasantness BWat.

Gramps has also shed his mortal coil and moved to the 24 and 7

Wing Ops. Although he is still seen once in a while bug-eyed bewildered in the cool locked up room at the end of the hall, Mike's little cookie stashes will be missed. There is a little more room now down in B46 since he removed his "Oh my God is that thing huge" Gen. Book. Thanks for all the great driving in the States, and have fun in the No Sun. Cheers.

Sir Cedric would like welcome two new students to the squadron. The new faces belong to Capt Jim Hrymack and Capt Darryl Dubuc. They should be screaming through the OTU with this great weather. Johnny Gluebags came from the great white north of Yellowknife. And Darryl is fresh out of the Jaw. Warmest welcomes from the West Coast. Lt Waugh is now better known as Capt Waugh. Only on his sleeve though, due to the fact that his last name starts with a "W," who knows when he'll start being paid as a Capt. They must be at least at the G's by now!

That's all for now. If you have any questions or concerns about today's program, please drop a line at local I Don't Care. Or put a suggestion in Sir Cedric's Suggestion Box, located just above the big garbage can upstairs.

TOTIS VIRIBUS

Emergency response muscles

CFB/19 Wing Comox is preparing for disaster - simulated disaster that is.

Next Wednesday, June 16, base personnel will be mobilized to react to a simulated aircraft crash along Kilmorely Road, close to the Griffin Pub.

Traffic will be rerouted from the Kin Beach area and Kilmorely will be closed to the public from 8:30 to 11:00 a.m. as military personnel are joined by the local detachment of the RCMP and the B.C. Ambulance Service to manage this disaster scenario.

The public - and especially nearby residents - should also be advised that pyrotechnics will be used (under strict control) as well as smoke generators, making this a highly visible event. The exercise - dubbed Maximum Response - is being staged as precautionary training given the upcoming Comox International Air Show on Sunday, July 18. Emergency response procedures must be exercised at regular intervals and immediately prior to any air shows or open houses.

The local media are also being invited to join in the exercise this year, covering the simulation as if it were a real disaster. Base hospital workers will be preparing realistic "casualties" in order to administer emergency medical services.

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Now, when friends leave for a holiday in Europe, I suggest they visit at least one Canadian military cemetery, perhaps one where a relative is buried. They are beautifully kept, as well as being scenes of peace and tranquility. You have the impression they were created that way, the dead being interred daily after each battle. Not so at all.

Many casualties were hastily interred where they fell, then were dug up after the war for placing in these beautiful graveyards. That must have been one of the most gruesome jobs on earth. Walking among those acres of young Canadians, each noted with the age of the dead man, the majority between 18 and 35, the horror of what happened floods over you. Those young men all would have given anything for a chance to die of old age in Canada.

I like to remind everyone that the freedom we enjoy in Canada today, which we take for granted and abuse, was bought with oceans of blood.

the lovely complexions and smiles of the two young girls.

The war in Europe ended on 7 May 1945, with the celebrations taking place the next day. You think you know about crowds? People were squashed in so tight in front of Buckingham Palace and on the street below Churchill's residence at No. 10 Downing Street that you could have walked on top of the sea of heads. After six years of dreary, blacked-out, bombed, hungry existence people went wild.

With the war over, the rush to get home to Canada was overwhelming. Several hundred of us who were eligible for early return, waived our "Repat Number" and stayed in Britain, permitting the others to go home first. So, I had an extra 15 months in London. Because of our "sacrifice" in letting the others go first, the Air Force arranged special programs, courses and trips for us. I had a week at the Sorbonne University in Paris and a moral leadership course at Stratford-on-Avon. Looking back, I think it was about the best year of my life. Being eligible for Canadian passports, we had a short holiday in Switzerland.

As well, I had a quick run over to Amsterdam, where Canadians were treated royally because of the liberation of Holland. This was where I saw my first bidet. Green as grass, I washed my feet in it!

Without being flaming heroes, Canadian service women made a substantial contribution. There were numerous occasions in the U.K. however, when we thought we might be seeing the Pearly Gates ahead of time. Let's say it was not your average overseas vacation. Many of us had "adopted" ourselves into English families. I recall, as we sailed from Southampton on the *Aquatania* to come home to Canada, some of us leaned over the rail with several English war brides travelling to Canada, blubbing in unison. Fifty-two years later, I named my 16-ft. canoe the *Aquatania*, because of the numerous occasions when I would not have guaranteed we would be coming back on any boat.

My RCAF wartime experiences were the adventure of my life. For us young ladies, I guess you could say it was a nice war - we had tens of thousands of miles of free travel and we didn't have to kill any-

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SERVICE QUALITY WORKMANSHIP SERVICE

I'm sorry, but nobody told me

By Hans Gassner

Editor's note: Hans normally writes our tongue-in-cheek sailing column. He is going to be occupied for the summer with boat preparation and cruising so, he has given us this "apologetic" article to hold us over until his return. Have a good summer, Hans.

To my wife and step-daughter: I'm sorry for having hair in my ears. That's a new one on me. From now on I'll take a couple of minutes out of my day, close my eyes, and concentrate really hard on...not-growing-any-more-hair.

I'm sorry for renting "Space Truckers." Boy, did that one stink. (Dennis Hopper, if you're smart you'll have your name removed from the credits and a little black anonymity box placed over your face whenever you're visible. That's what I'd do, and I'm no rocket scientist.) I'm a big spoof fan, and a sci-fi nut, but folks, boycott any video store that takes your hard-earned dollars in exchange for a viewing of this turkey. To atone, I think I'll try to learn how to play piano again; a cosmic evil like "Space Truckers" needs to be balanced by some sort of a good deed.

I'm sorry for planting herbs and then forgetting about them. But, actually, that's why I planted perennials, so I could forget about them. And I only have one thing to say about weeds: nobody told me.



Commodore leaving Wing Sailing Club

By Jean-Yves Boulay,
Vice-Commodore

Summer is just around the corner, leaving some folks looking forward to transfers. This is the case for Maj Michel Drapeau, Commodore of the 19 Wing Comox Sailing Club for the last two years.

Michel took direction of the club in June 1997, replacing Nishika Sardana. In two years, his leadership and savoir-faire left a strong impression on the membership. He effectively spearheaded several club projects, including the upcoming installation of permanent floats.

As it stands today, the club is in exceptional shape, with a strong membership and all programs running full steam ahead. I would like to take this opportunity to thank Michel for all the time and effort he dedicated to the club. We wish you and your family an excellent time in Belgium.
Merci, Michel!

I'm sorry for not maintaining the lawn better. Nobody told me grass had to be maintained. Besides, I kind of like moss. It's softer than grass. I don't have to cut it, and it's harder for all those snakes to hide in. Anybody know if that cool white gravel stuff needs to be maintained?

I still fail to grasp basic laundry truths, and I apologize for that. For example, Stephen Hawking explained the workings of the Universe to millions, but he would not be able to convince me that it's necessary to separate jeans from underwear. What's the point? It's jeans. It's underwear. Get over it.

Step-dads continue to be underrated. I have trouble convincing my teenage stepdaughter that I'm an adult, let alone a parent. "Parents are blood," she maintains. I'll broach the subject again next time we have a water fight. Step-dads can too be parents! I know I'm right because I have a Super Soaker 4000, which quite easily outranges her pathetic Super Soaker 500. The stepparent with the biggest Super Soaker is always right!

I'm sorry if Safeway psychotacticians have me completely figured out.

Safeway Tactician: Ok, senior members of the board, this is how it'll go down. The typical white 31-year-old, ex-bachelor, step-dad parent will enter the store from the entrance closest to the Cold Beer

and Wine store. He will then always turn right and attempt to get into the aisles through an unblocked, closed checkout, which remains unstaffed precisely for this reason. Once in the store proper, he will glance left to avoid being brained by a steady parade of full carts converging on the checkout area, when he will be distracted by the bright oranges and blues of the no-name pops. He will scoot into the pop aisle, where just visible in the corner of his eye, assuming our target male is at least five-foot-six, he will notice the jumbo size cereal boxes. You will appreciate how, in every case so far, we have steered him clear of the Tofu Lite section way at the back, behind the fresh veggies. Once in the cereal section, his left brain will connect the "boxes" there with a strategically placed pallet of best-buy Kraft Dinner, also in, get this, boxes! Now he's ours!

Safeway Board Member: Cool. Can we make him buy Ichiban soups too?

Safeway Tactician: Sir, (pause for effect) we could make him buy a Celine Dion CD!

Safeway Board Member: Cool. Could we make him buy twenty? We still have a hundred million that Nunavut didn't want.

That's how the KD always ends up in our pantry. Satisfied? Anyway, I'm sorry about that ear hair. Like I said, nobody told me.

Glacier Greens Golf Shots

By Joyce Merrill

Monday Nite Ladies

A good turnout had 31 ladies teeing up on May 31.

Winner of low gross Marg Rushton; Low net winners Corrinne Innes, Carmel Horochuk, Lori Cameron and Marg Rushton who all tied. Least putts to Judy Brown and Rose McClesh.

Sponsor winners were: Verle Lafferty (Aero Art - KP #3); Gussy Prichard (Panagopoulos Pizza - KP #4); Lori Cameron (Anderton Nursery); Debbie Jewar (Canadian 2 for 1 Pizza); Verle Lafferty (ACT The Garden Gate); Fran Hutchinson (Fish "N" Stitches); Joyce Merrill (The Griffin Pub); Fran Hutchinson (Scott Fraser Pro Shop - longest putt); Sharon Warne (Steve Dodd Catering - longest drive); Corrinne Innes won the Mystery Prize. The 50/50 draw was won by Diane Burke.

Tuesday Ladies

GG played host to several golf clubs for our annual Inter-club Field Day in June. We had 103 ladies participating, with the following results:

Arrowsmith - LG Zena Austin 99, LN Rosemary Laface 83, LPutts Karin Payne 33.
Comox - LG Pat Schmidt 94, LN Lois McNichol 72, LPutts Audrey

Haughn 32.
Crown Isle - LG Doris Ellis 84, LN Joyce Verburg 75, LPutts Heather Blackburn 35.
Eaglecrest - LG Barbara Parry 91, LN Freeda Meeres 79, LPutts Eve Johnson 30.
Myrtle Point - LG Gail Fennel 88, LN Lorraine Stokes 73, LPutts Sharon Sneddon 34.
Qualicum - LG Helen Williams 102, LN Gerry Phillippe 78, LPutts Trish Freeland 33.
Sequoia Springs - LG Grace Schmidt 95, LN Patricia Roberts 72, LPutts Arlene Robinson/Rona Lawson 30.
Storey Creek - LG Wendy Brereton 89, LN Nancy Plul 77, LPutts Lorraine Enns 30.
Sunnydale - LG Francis Shaw 87, LN Marlene Gerri 72, LPutts Frankie McCaffrey 27.
Glacier Greens - LG Sue Powers 81, LN Carmel Horochuk 63, LPutts Marie Israel 29.

KPs went to: #4 Barbara Parry (Eaglecrest). Congratulations on a hole-in-one! #7 Lorraine Stokes (Myrtle Point); #12 Kathy Branch & #15 Gill Iddiols (Glacier Greens); #17 Helen Williams (Qualicum).

Long Drives: Sue Powers (GG) #6, Zena Austin (Arrowsmith) #11.

50/50 draw was won by Marlene Gerri of Sunnydale. Many thanks to Chef Steve Dodd and staff for the excellent lunch.

Minimizing risk: the investor's dilemma



By Don Somers

All investment decisions relating to the stock market are based on expectations of future rewards. Whether an investment decision is being made by an individual investor, or by professional management on behalf of the individual, it involves a large element of uncertainty about the future.

In general, people purchase stocks because they believe they can achieve a higher rate of return than is generally available elsewhere for the same level of risk.

When investing in stocks, your return is determined by the dividend yield and the capital gain resulting from price appreciation. However, there is always the risk that the expected return may not be fully realized, or that there may even be losses from the investment.

The investor's dilemma revolves around how to maximize returns from chosen investments, while at the same time minimizing the associated risk.

There are five broad categories of risk you need to consider when reviewing an investment:

Inflation Risk

The danger that rising prices will reduce the purchasing power and the real rate of return on your investment overtime.

Interest Rate Risk

The possibility that a rise in interest rates may dictate a drop in the value of your investments. For example, rising rates can make dividend yields on current investments less attractive.

Economic Risk

The danger that a downturn in the economy, or other significant economic event, will depress the value of your investments by reducing earnings capabilities.

Market Risk

The possibility that events in the market itself may have an adverse effect on the value of your investments. For example, compu-

terized program trading can wreak havoc with stock prices.

Specific Risk

Relates more directly to the individual investment itself. It covers such elements as new technology making a certain firm's products obsolete, or greater competition reducing earning capabilities.

Reducing Risk

The most common method employed by investors to reduce risk is to hold a diversified portfolio of investments.

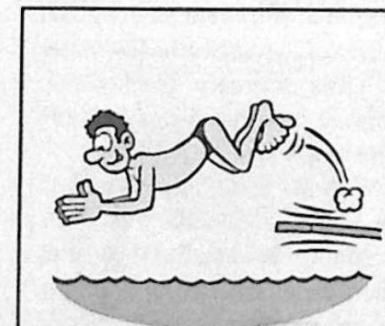
A diversified portfolio is an investment in a number of different securities, such that the risk of the portfolio as a whole is less than the risk of the average stock within the portfolio. Very basically, it means keeping your eggs in a number of different baskets.

The key to effective diversification is correlation. If the prices of two stocks always move together, so that when the price of one moves upward then so does the other, they are said to be positively correlated. They do not provide effective diversification when combined in a portfolio.

However, if there is likelihood that when one stock declines in value another may actually increase in value, by combining the two in a portfolio, you reduce the risk without affecting average return. This is known as negative correlation between securities.

By combining securities in a diversified portfolio, you can minimize risk for a given rate of return, or maximize your return for a given level of risk.

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.



Swim Registration

26 June

Base Recreation Centre
1300 to 1600 hrs

Swimming starts on 5 July

For more information, contact
J.C. Fromont, Rec Coordinator,
8989

The Coast Westerly Hotel

June 20th
Father's DAY
Treat Your Dad
to
SUNDAY BRUNCH
at the
Greenhouse Restaurant

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

Safety Week highlights

Signing the NAOSH Week Proclamation



(L to R): WO B.S. Bekus, Deputy Mayor Wallace Gardens Community Council, Col W.J. Neumann, WComd, and Mr. D. Kennelly, President UNDE Local 1007.

NAOSH Week wasn't just a "base thing."

Events involved the military, DND civilians, our families and many invited guests.

In the picture to the left, Col W.J. Neumann, WComd, Mr. D. Kennelly, President UNDE Local 1007, and WO B.S. Bekus, Deputy Mayor Wallace Gardens Community Council met to sign the proclamation in the Wing HQ to kick off NAOSH week.

Also present for the signing were COs, Branch Heads and members of the NAOSH Week Steering Committee.



WComd, Col W.J. Neumann and Mr. K.J. Ilitski, WGSO, raising NAOSH flag at Wing EME flagstaff. Mr. D. Kennelly, UNDE President Local 1007, and members NAOSH Steering Committee looking on.



Equipment suppliers' displays at Officers' Mess.



Canadian Coast Guard static display in Officers' Mess parking lot.

Confined Space Training

By MCpl D. McMahon,
Confined Space Instructor

Six firefighters from 117 CES Alabama USA were presented with Canadian Forces Certificates for Confined Space training by the WComd at the NAOSH Week wind-up BBQ. This qualification was given as the result of the training, which was given by MCpl Dan McMahon, Confined Space Chief Instructor for 19 Wing Comox. This one-day course in Confined Space Rescue consisted of the following topics:

- hazards and causes of accidents in Confined Spaces
- instrumentation
- self-contained breathing apparatus and air line systems
- communications systems
- knots and hitches
- use of retrieval devices
- emergency procedures
- body manipulation
- rescue procedures.



The six personnel who attended the training were: SM/Sgt John E. Garvich, SM/Sgt Jeffery Speigner, SrA Lincoln Stewart, SrA Don Salter, M/Sgt John A. Palmer, SrA James R. Ray. SrA James Ray, who is himself a confined space instructor, was very impressed with the training that was given and with our training facility.

Never enter a confined space... until you know the risks.

NAOSH Week 99 Winners Airport School Poster Contest



Front row (L-R): Mrs. E. White, Mr. L. Francis, Ms. T. Hyde. Back row (L-R): Mr. V. Smith, Manager HRDC, Mr. D. Buckler, Labour Affairs Officer, HRDC Surrey, winners P. Guerin, H. Pridy, B. Libairan, Mr. C. Schellnick, Principal Airport School and Mr. K.J. Ilitski, WGSO.

Canex gift certificates, donated by the Base Fund, were presented to:

- 1st place Philip Guerin (\$35)
- 2nd place Heidi Pridy (\$25)
- 3rd place Brett Libairan (\$15).

Presentations were made by Mr. Larry Francis NPF UGSO, Mr. Vince Smith, Manager of Human Resources Development Canada (HRDC) and Mr. Darren Buckler, Labour Affairs Officer, HRDC Surrey, B.C. Judges for the contest were Mrs. Emma White and Ms. Terri Hyde.



(L-R): Mr. K.J. Ilitski WGSO, MCpl D. McMahon, Lt B. Gauthier, Sgt R. Bellavance, Mr. G. Hendry and Col W.J. Neumann, WComd 19 Wing Comox.

Photos by
Wing Imaging

The North American
Occupational Safety
and Health Week

Comox Military Family Resource Centre

Phone: 339-8290

Youth summer events hosted by the CMFRC and 19 Wing Fitness, Sports and Recreation section

Basketball Workshop

Do you know everything there is to know about basketball? Come out and improve your skills in this fun-filled workshop! Jim Morrissey the head coach for the Base Basketball team will facilitate this workshop.

Date: Tuesday July 6th
Time: 9:00 - 11:00am
Place: Base Gym
Fee: Free

Martial Arts

Come out for a good work out and learn some new self-defense techniques from Bob Martel, a qualified martial arts instructor.

Date: Thursday July 8th
Time: 9:00 - 11:00am
Place: Base Gym
Fee: Free

Camp-Out

A chance to welcome newcomers and to say farewell to posted teens on this camp-out at Airforce Beach. We will also learn some country line dancing from Holly Irvin and enjoy lots of great food.

Date: Thursday July 8th
Place: Airforce Beach
Fee: Free

Introduction to Canoeing

Do you want to paddle your own canoe? Sign up today to learn the basics.

Date: Tuesday July 20th
Time: 9:00am - 12:00pm
Place: Goose Spit
Fee: Free

Mountain Biking

Bring your mountain bike and helmet and get ready to discover the back trails. Join Jill Sturrock and Tom Girardin from Simon's Cycles in Comox.

Date: Tuesday July 27th
Time: 9:00-11:00am
Place: Base Gym
Fee: Free

Day Hike

Where is one of the most popular National Parks in Canada? Right in our own back yard! Dust off your hiking boots and grab your backpack for a fun filled day in Strathcona Park. Join Steve Smith who has had several years of experience in leading outdoor adventure trips.

Date: Thursday July 29th
Time: 9:00am - 5:00pm
Place: Strathcona Park
Fee: Free

Kayaking Trip at Village Bay Lake

Come out for a day to enjoy a wonderful spot on the Village Bay Lake on Quadra Island. Bring your friends and share in the fun.

Date: Thursday August 5th
Time: 9:00am - 3:00pm
Place: Quadra Island
Fee: Rent of Kayaks

Indoor Soccer

Soccer is not over for the year yet. Get your friends together and meet us for a good work out in the base gym. Ken Roy and Paul Shipton will be our facilitators, they are both members of the Base Soccer Team.

Date: Tuesday August 10th
Time: 9:00am - 11:00am
Place: Base Gym
Fee: Free

Ball Hockey

Another summer day to start with a challenging workout. This is a hockey game bound to get your heart rate up and test your competitive spirit.

Date: Thursday August 12th
Time: 9:00am - 11:00am
Place: Base Gym
Fee: Free

Squash/Badminton Play Off

You have a choice of playing squash or badminton or both. Get a partner or come alone for

a morning of good exercise. Join Mike Chatwan who is the Facilities Coordinator for the Base Gym for a morning of fun.

Date: Tuesday August 17th
Time: 9:00am - 11:00am
Place: Base Gym

Softball Clinic

Get those tips on softball from an expert! Have a swing or two at the ball and see if you can make the connections. Jake LaPlante who is the Sports Coordinator at the Base Gym will give you tips to improve your softball game.

Date: Tuesday August 24th
Time: 9:00 - 11:00am
Fee: Free

Beach Volleyball Tournament

Come out for some fun in the sun and wind up the summer a winner. The cost of admission will cover snacks and pop for all those who attend.

Date: Thursday August 26th
Time: 9:00 - 11:00am
Place: Airforce Beach

Scuba Diving Workshop

Get ready to learn some pool skills to prepare you for your first deep sea experience! You may have always wanted to try it and now is the time. Bobbi Howard is the Fitness, Sports and Recreation Director and a qualified instructor, who will introduce you to this popular sport.

Date: Tuesday August 31st
Time: 9:00 - 11:00am
Place: Base Pool
Cost: TBA

Sailing Day

Meet your friends and come out for a day sailing on the beautiful water off Goose Spit.

Date: TBA
Time: 9:00am - 11:00am
Facilitator: Don Thain

Le coin des Francophones

Programme d'assistance à l'emploi

Ce nouveau programme est offert aux conjoints(es) civils(es) des membres de la force régulière des FC et des réservistes des classes B et C.

La Coordinatrice du Programme d'assistance à l'emploi, Michelle O'Neill, est disponible le jour et le soir pour vous aider avec vos questions concernant la pré-paration et la recherche d'emploi. Ce service est offert en Anglais et en Français gratuitement et est confidentiel.

Services offerts :

- Apprenez à créer un curriculum vitae et une lettre d'accompagnement visant à vous mettre en valeur.
- Pratiquez et développez des techniques d'entrevue et recevez des critiques constructives.
- Explorez des choix de carrière, vos options en éducation et formation, et la possibilité de créer votre entreprise.

Des références sont fournies aux agences communautaires, services, collèges et institutions de formation concernés.

Des ateliers de groupe et programmes en relation avec le développement personnel et professionnel seront offerts à l'automne.

Ressources offertes par le CRFMC

- Formation par internet (du groupe Irenyx)
- Vous pouvez vous inscrire pour accéder à plus de 190 cours par internet sur le développement professionnel, l'apprentissage à l'utilisation d'un ordinateur, de cours techniques, d'utilisation de l'internet, etc.

Contactez le CRFMC pour réserver une période d'utilisation d'un ordinateur.

Pour vous guider dans votre développement professionnel et personnel, contactez Michelle au 339-8211 local 7004

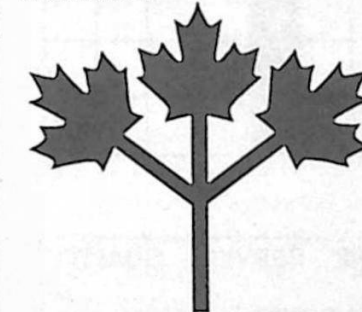
Le programme en français

Marche - Souper de Réseau-Femmes du CRFMC Pour célébrer le début de l'été et souligner le départ de quelques membres, le Réseau-Femmes du CRFMC vous invite à une marche de santé et un bon souper le jeudi 17 juin. On se rencontrera à 16:30hrs au Courtenay Airpark (au début de la piste de décollage) pour une marche et ensuite on soupera au restaurant Thai Village (2104 Ave. Cliffe) vers les 17:30hrs. Si ça vous intéresse contactez Danielle au 339-8211 local 8656. Réservez votre place avant le 15 juin.



Talent Show

Everyone deserves to have their little bit of fame, right? Well, now you can have the chance to show us your special talents. If you're interested in showing off your stuff, stop by the Wallace Gardens Community Association office, located in the Canex Mall beside the barber shop, and fill out a form outlining who you are and what your act would be. On July 1st at Air Force Beach, commencing at 6 pm, individuals or groups will be given five minutes or so to tell a joke, sing a song, lip sync, do a dance, etc. Keep in mind though that all acts must be family oriented as there will be young kids watching. This is not a contest and there are no prizes or awards. It's your shot at fame. You never know who may see you and open the door to future stardom. The DJ will provide you with a microphone and amp and music (not karaoke), if required, but you'll need to bring your own personal equipment ie. guitar, harmonica.



Kids Canada Day Poster Contest

This year, for the Canada Day poster contest, Wallace Gardens is doing something a little different. Instead of having you bring the entries to the office prior to the celebrations, there will be a booth set up for the children to "create" their entries on the spot! The materials will be provided and 1st, 2nd, & 3rd prizes will be awarded in the four major age groups 0-3, 4-6, 7-9 & 10-12. All "creations" must have something to do with Canada Day.

Note: If you have any "craft" materials hanging around the house that you would like to donate (ie. dried peas, beans, pasta, sparkles, etc), please drop them off at the Wallace Gardens office Mon - Fri, 0730 - 1200 hrs.

Show Your CANADIAN PRIDE On July 1st

Canada Day Celebration Family Fun Day

For CFB Members/DND Employees & their families
1100 - 1900 Hours

I.D. required at beach entrance
ENTERTAINMENT & ACTIVITIES

Special Appearance by...SPINDRIFT

Event DJ....Baxter McKee

BIKE RAFFLE...A chance to win a Precision 15 Speed men's mountain bike

TALENT SHOW...Be a Star, starts at 1800 hours

SHIRE of CRAGMERE...Relive the Middle Ages

THE DESERT DIAMOND DANCERS...

Line Dance Team...1600 hours

FOOD BOOTHS 1100-1800 hours

BEACH GAMES * BOUNCE-A-RAMA

CARNIVAL GAMES * DUCK POND

FACE PAINTING * FAMILY BINGO

POSTER CONTEST * SAND CASTLE

SCULPTURE

LITTLE TOOT * WATERSLIDE

Sponsored by the Wallace Gardens Community Association

"Enhancing the Quality of Life for Military Families"

For more information call Jane Bekus @ local 8571



Sock Hop

When: Saturday, 12 June from 6 - 8 p.m.

Where: Wallace Gardens Community Association

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

Be a Good Neighbour!

Is the MQ beside you empty? Is your neighbour away?

When an MQ stands empty, even if it's only for a couple of weeks, papers build up, spill out of the mailboxes and end up all over the community. Consider a buddy system with your neighbour - when he's away, you look after his mailbox and when you're away, he looks after yours! If the house next to yours is empty, please take a minute and empty the mailbox to prevent unwanted papers on neighbouring lawns.

Thank you for your help!

Wallace Gardens Members

You may have heard the rumour that the Community Centre is being torn down - well it's true! The building must come down a little earlier than expected - but we haven't been left out in the cold. We will be provided with alternate accommodation until we move into the new recreation centre. So, in September, the monthly activities will run from the interim location. Things may be a little cramped, but please bear with us.

Watch for more information in upcoming flyers!!!

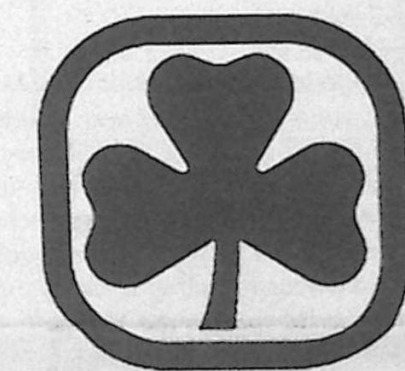
Community Council meeting

Last meeting till September

Monday, June 14 at 6:30 p.m.

in the Wallace Gardens Community Centre

Everyone welcome!



Girl Guides
of Canada
Guides
du Canada

Brownie and Guide Leaders Required

Wallace Gardens Community Association is looking for leaders for our Brownie/Guide groups for the 1999/2000 year. The goal is to help young girls become responsible citizens, develop positive leadership skills, and to help them provide service to their community. They learn to cooperate with others and make new friends, while having fun, fun, fun!!! If you are interested and would like more information, please call Terry Newell at 334-8898.

ADULT CRAFT CLUB



The final craft club meeting until the fall season will take place June 13, at the community centre from 7:00-9:00 pm. Craft for this month 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 - Fri from 0730 to 1200.

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



Miscellaneous for Sale

-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. <2/2>

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

Sofa and Chair, navy, \$150.
Metal shed 8' x 6' \$150.
339-0578. <1/2>

Storage Available

A-1 Mini Storage has heated, well secured storage available next to the Base. Mention this ad & get first month half price. 334-6863.

Canadian Fighter Pilots Association

Western Wing Reunion

A reunion of WWII and Korea War fighter pilots will be held on 12 June at CFB Comox. It is expected that about 100 will attend, the majority will be accompanied by their wives. To have been an operational fighter pilot in WWII a man must be at least 72 years old now and, if operational in Korea, one would have to be at least 66 years old. Many of those coming are in their late 70s or early 80s.

J.F. (Stocky) Edwards, one of Canada's most famous fighter pilots, who lives in Comox, will be present. John Mallandaine, President of the eastern Wing of the CFPA, who lives in Bowser, will host the reunion.

The AGM will be held Saturday morning. There will be a BBQ type meal Friday evening and a more formal dinner Saturday evening.

For further info contact: Duke Warren 339-2105, fax 339-4224.

Groupe AA en français

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

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

Pour plus de renseignements, appelez Emile 339-4008.

Jake's Trivia Answers

1. The Heisman Trophy.
2. Ray Bourque.
3. Five.

Federal Superannuates

A General Meeting will be held on Wed, 16 June at The West-erly Hotel. Registration 11:00 a.m., lunch at noon, meeting starts 1:00 p.m. Tickets for lunch on sale from 11:00 - noon at \$12.00 per person. Meeting free from 1:00-3:00 p.m. Guest speaker will be Carol Wain, Associated Travel Agent, Tour & Cruise Director. She will be letting you in on the inside secrets of travelling.

For Sale

15 min. from CFB Trenton, ON. 3-bdrm split-level on large waterfront lot. FAG heating. Fam. rm w/gas fireplace. Laundry rm. Fireplace in liv. rm. All-year Florida rm. All carpets & 5 appliances. Double glazed throughout. Garage & workshop w/wood burning stove.

\$160,000.

Contact: PO Box 385, Frankford, ON K0K 2C0.

Volunteers Needed



Courtenay Recreation is looking for energetic and enthusiastic volunteers to help with children's programs for the summer and throughout the year. Summer programs run Monday to Friday for the months of July and August. Opportunities for volunteers include working with preschool aged children, doing crafts, singing and playing games, working with youth in Parktime and Daycamp settings, and being a one-on-one buddy to children who have special needs in all of the programs' integrated settings.

Volunteers are also needed to help out with special events at the Lewis Centre, such as the Nickel Carnival on July 23 and KidsFest on September 11.

Volunteers work with staff to supervise and assist children in all of their program activities. You can choose to spend as little as six hour a week, or up to a maximum of 40 hours a week, and help make a child's summer more interesting and exciting. Volunteers will receive on-the-job training with friendly and helpful guidance from other staff members. Evaluations will also be done to ensure both the volunteer and the children have the optimum experience the programs can offer. Anyone interested may attend a volunteer information meeting at 7:00 p.m. on Wednesday, June 16 at the Lewis Centre. You will meet summer staff who will give you an overview of summer programs and what it means to be a volunteer.

Volunteering is always a great way to gain experience, have fun and meet interesting people, while giving valuable time to the community. If you can spare any time, Courtenay Recreation would love to hear from you! Please contact the Volunteer Coordinator at 338-5371 or come in and fill out an application form at the Lewis Centre office.

Share your time with someone special and experience a flashback to the kind of summer fun you had when you were younger!



TODAY'S CROSSWORD PUZZLE

ACROSS

1 Tiger's home
4 Crosswise, in a ship
9 Musical notes
12 Swig
13 Raccoon cousin
14 Fasten, as shoes
16 Army division
17 Fortunetelling card
18 Spoken
19 Van
21 Vanity items
23 Veal and mutton
25 African country
26 Dismay
29 Maryland exports
31 Brazier
32 Miami basketball team
33 Spill the beans
37 Ely of 'Tarzan'
38 Less mature
41 Foot the bill
42 — spumante (sparkling wine)
44 Animal docs
45 Develop
47 Migrating birds
49 Prague natives
50 Ballpark event
53 Challenged
55 Mischief
57 Hens

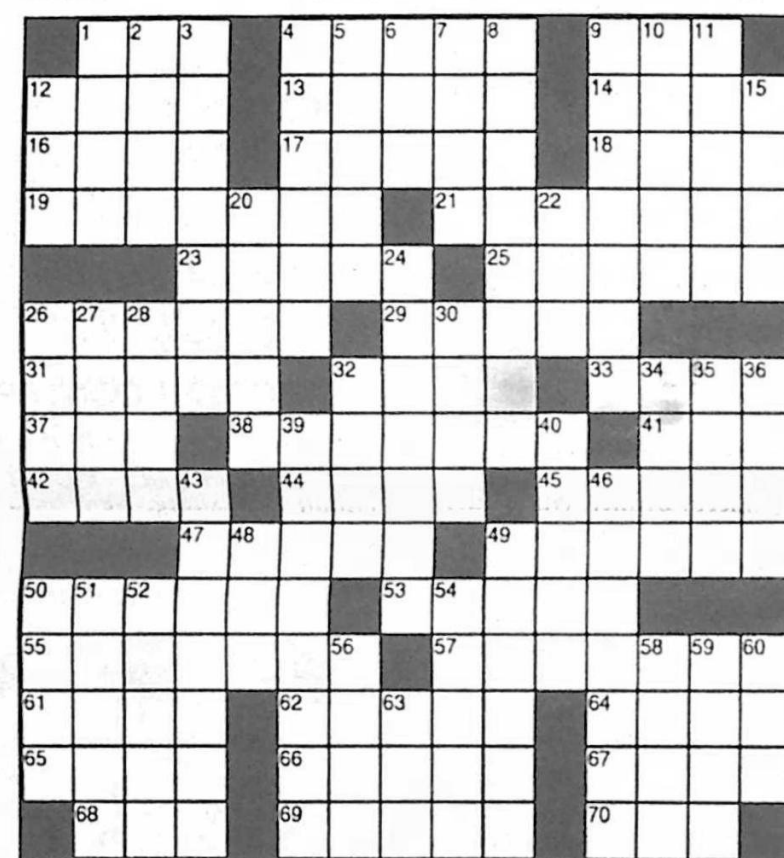
DOWN

1 New Mexico tribe
2 Ken or Lena
3 Most favorable
4 Real
5 Toot one's own horn
6 Sense organ
7 Molecule part
8 Ease
9 Bouquet seller
10 Baseball great
11 Shout 'Boo!' to
12 Chewing —
15 Famous lioness
20 Beer gut
22 Massage
24 Fragrant
26 Taj Mahal site
27 Experts
28 Half a quart

PREVIOUS PUZZLE SOLVED

ADOBE FACT HAWS
SODAS OGEE TRON
AGENT LUNA MERE
PEAJACKET MANSE
OTIS SHELTER
SHY ENOS ATA
KEA SENT GEYSER
IRKS GAP ALLY
SASHAY RASIP OLE
AMA ERLE GAS
DIPLOMA LARD
IDOLS SEETHINGS
TARO SPRY AGILE
CHEM PINE PILOT
HOOS ACED STEWS

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SERVICE QUALITY WORKMANSHIP SERVICE QUALITY

COMOX VALLEY GLASS & MIRROR

BROKEN WINDSHIELD?

I.C.B.C. & All Private
Insurance Claims Handled
Promptly & Professionally

339-7966

Comox's ONLY Full Service Glass Shop

FREE Rainex Treatment & Interior
Shampoo with Windshield Replacement.

2060 Guthrie Road, Comox, B.C.

SERVICE QUALITY WORKMANSHIP SERVICE QUALITY

Free Portraits by Peggy

at Overwaita
Fri June 11 & Sat June 12
from 10:00 a.m. - 4:00 p.m.

Donations to the
Child Development Association
gratefully accepted.
All ages welcome!

City of Courtenay
July 1st Committee

Decorated bikes bring up the rear!

Decorated bikes are a highlight of the July 1st Grande Parade and this year their entry will be extra special as this is the final birthday celebration in this century.

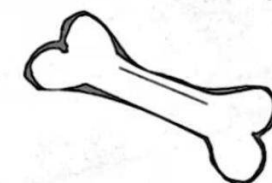
Children of all ages are encouraged to plan to be part of the Canada Day celebrations by decorating their bikes and riding them in the parade. It is every kid's dream to be part of the parade rather than just sitting on the sidelines watching it. The theme this year is Canada on the Move. Skip Blain, the Parade Marshall, always plans the parade with the bikes as the last group to come down Fifth Street to let everyone know that the parade is over and the fun is about to begin in Lewis Park.

All kids who wish to enter their bikes should assemble with their decorated bike at Lake Trail School at 9:30 a.m. Jane Forin, who has been organizing the Bike Decorating Contest for many years makes sure that every child gets a prize. The judges divide the contestants into age groups and choose the winner of each group by trying to determine which child has the best entry. It is often very hard to choose a winner as some bikes look fantastic but have had a lot of parental help and others look wonderful and are right from a child's imagination!

This is a fun event and one your child should not miss. Remember: July 1st at 9:30 a.m. at Lake Trail School. For more information contact Jennifer at City Hall 334-4441.

Dog Morsels

By Gerry Gerow



Everyday Heroes

By Sherry Bennett Warshauer
(Howell Book House, Macmillan Publishing, New York. \$28.95)

This book is subtitled "Extraordinary Dogs Among Us." It is basically an account about dogs helping people, especially the disabled. Some of the stories are about individual dogs which are doing an excellent job as therapy dogs to disabled individuals or institutions. Other articles deal with such things as seeing eye guide dogs, hearing aid dogs and others.

The author has been a volunteer for Guiding Eyes for the Blind for many years. The book's foreword is written by Betty White, the well-known actress and humanitarian. Betty concludes her foreword with these words: "Throughout this book you will meet many dogs, each with a special story to tell, but they all have one thing in common — the will to serve."

This is an attractively jacketed hardcover with 176 pages and a number of professional black and white photographs. An excellent book for anyone interested in dogs helping people. In fact, it is almost a must for those interested in therapy dog work.

You may find it on the shelves or have the bookstore order it. Visit those on the Internet, visit Howell's web site at www.mgr.com

The Jack Russell Terrier: Courageous Companion

By Catherine Romaine Brown
(Howell Book House, Macmillan Publishing, New York. \$35.95)

This is another one of Howell's "Best of Breed" series. So far, I have six of the series and they are all excellent. This one is a real tribute to the Jack Russell terrier.

The author certainly knows her subject. She has owned and bred Jack Russell terriers for over 15 years and frequently hunts with them. This is her second book on the breed.

Everything you wish or need to know about Jack Russells is here. Starting with the history of the breed, going back to Parson Jack Russell in England in the seventeenth century. Jack Russells are not a recognized AKC or CKC breed — rather they are a working variety of the fox terrier.

What to expect from your terrier and what you can do with it are well covered in the book. There is also a section on hunting with your dog.

This is an attractively jacketed hardcover edition with 192 pages, well illustrated with 130 colour photographs. It would be an excellent gift for any present, or aspiring, Jack Russell owner. It was published in November and should be on the shelves now, or you can ask the bookstore to order it for you.

Rec Centre News

By Jake Plante

Commander's Cup Floor Hockey

The first game will be held at the Wing Rec Centre, at 0900 hrs on 14 June, between WAdmin and 442 Sqn. The 1030 hrs game will see 407 Sqn take on 19 AMS, while the 1300 hrs game will see 414 Sqn up against WLog.

For all your Commander's Cup games, see the schedule on the Bulletin Board and the Rec. Centre.

'99 PAC Region Golf Championship

19 Wing will be hosting this championship at Glacier Greens Golf Course from 8-10 June. The base has selected three strong teams this year: Team "A" consists of MCpl Luc Labrecque of WLog, Cpl Mike Dinney of Transports, WO Frank Russo of 407, MCpl Rod Cobham of 19 AMS and Sgt Mark Kalbfleisch of WTIS.

The "B" team consists of Sgt Jamie Bull of WOPs, MCpl Terry Wilkison of AEF, Cpl Scott Klein of AEF, Sgt Willie Oliver of WTIS, and Cpl Bobby Johnson from WATC. Our female competitor is MCpl Jean English.

Good Luck to all!

'99 PAC Region Softball Championship

19 Wing Comox will host the Pacific Region Softball Championship from 5-8 August. Volunteers are required. Interested personnel may contact Jake Plante at 8783.

Academic Awards

Greyhound Canada is rewarding academic achievers. You could win a Greyhound trip and a chance to win a scholarship worth \$2000, \$1000 or \$500. Contest open to grade 12 students in Western Canada and Ont with a GPA of 80% or higher. To enter, drop off a copy of your spring report card or interim final report card at your Greyhound station by 9 July 99. Winners will be chosen on July 13.

Father's Day Weekend
Comox Cup 99
Road Hockey Tournament

June 18 - 20

Comox Community Centre

All players must be 19 years or over.

Street shoes, no roller blades.

Phone 339-2255

Officers' Mess Ladies Club

Final Dinner at the Mess, CFB Comox

Wednesday, 16 June at 7:00 p.m.

For tickets, call 339-9970 or contact any club executive member.

Junior Ranks
Calendar of Events

11 June: TGIF with Burgers and Crib

Every Sunday is movie night.

WOs' and Sgts' Ladies Social Club
Calendar of events

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

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.



Royal Canadian Legion

Branch 17 Courtenay (334-4322)

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

June 11 Garry's Sound Machine

June 18 Alley Cats

June 25 Ventura Highway

General Meeting: Tuesday 22 June, 7:30 p.m.

Special Events:

20 June Father's Day Picture Contest

18-20 June Fishing Derby

26 June Casino Fun Fair

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.

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.

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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 8

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

Air Transport Command

Since the earliest days of aviation in Canada, air transport has played an important role.

The Canadian Air Force and then the RCAF have always been involved in this aspect of opening up Canada's vast interior.

During World War II, air transport played a vital role in the support of the allied efforts in Europe. Large quantities of supplies were flown over to the United Kingdom.

In addition to freight, the ferrying of aircraft to Europe came under the umbrella of Air Transport and a western terminus for the ferry service was constructed at Goose Bay.

In the immediate post-war years air transport, including aerial photography of the north, was a major role that the RCAF was tasked with. No. 9 (Transport) Group was formed to meet all of the transport requirements of the RCAF.

As the RCAF expanded in the late 40s, so did No. 9 (Transport) Group until 1 April 1948 when Air Transport Command was established headquartered in Rockcliffe.

The headquarters moved to

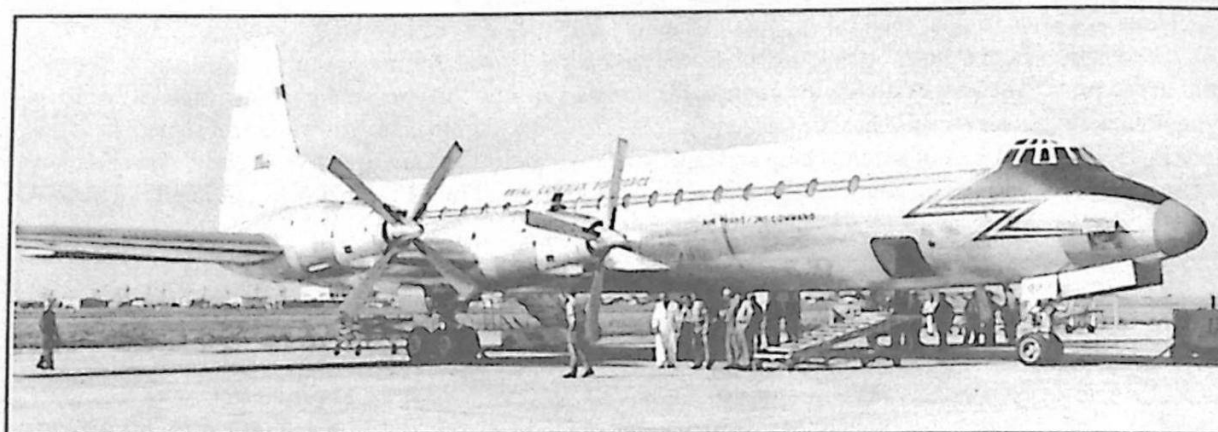
Lachine, Quebec, in August 1951 and later to Trenton, Ontario, in September 1959.

This command continued through unification until 2 September 1975, when Air Command was formed and Air Transport Command became Air Transport Group.

Throughout its long service Air Transport Command/Group has provided Canada with her primary Search and Rescue and with her strategic airlift capabilities.

Some of the major operations that Air Transport Command has participated in have been Korea, support to No. 1 Air Division in Europe, UN operations (including Suez crisis 1956, Gaza 1956-67, Belgian Congo 1960, New Guinea and Yemen 1962, Cyprus and India-Pakistan 1964, Kashmir 1971, Egypt

1974, Golan Heights 1973, Persian Gulf 1991, etc), Mercy operations (1960 earthquakes in Morocco and Chile, 1961 forest fires in Brazil, 1970 earthquake in Peru, 1973 drought in sub-Saharan Africa, 1979 uprising in Iran and Vietnamese boat-people, etc) and northern resupply. Air Transport Group continued to live up to their motto of "Versatile and Ready."



The backbone of Air Transport Command's strategic airlift capability lay in its Canadair built CC-106 Yukon aircraft.



An Air Transport Command Piasecki H-21 Search & Rescue helicopter from RCAF Station Comox.

Air Defence Command

The original post-war concept called for air defence to be the responsibility of the auxiliary squadrons.

These squadrons, augmented by auxiliary mobile radar squadrons, were equipped with Vampire jet interceptors or Mustang fighters and later with Sabre Mk 5s; no regular force units were involved in air defence.

However, with the deteriorating international situation of the late 40s, Canada decided to equip regular force squadrons for air defence. In December 1948, No. 1 Air Defence Group was created in Ottawa, Ontario. In November of 1949 the headquarters moved to St Hubert, Quebec. The Group became Air Defence Command in

June 1951 and was integrated into North American Air Defence Command (NORAD) in September 1957. The Command finally moved to North Bay, Ontario, in August 1966.

In September 1975 Air Defence Group was formed as an operational group of Air Command and in 1984 Fighter Group was created and assumed the responsibility for all fighter operations within the Canadian Forces.

By 1955 Air Defence Command had reached its peak strength with nine Regular Force squadrons (flying CF-100s) and ten Auxiliary squadrons (flying Vampires and Mustangs). During this period, as radar-warning lines were being erected across Canada, Canadian

and American officials considered how best to optimise their defences.

The concept of an international radar system gradually evolved into a single command structure and the North American Air Defence (NORAD) agreement was the final development.

Canada had three radar warning lines, the Distant Early Warning (DEW) in the North West Territories, and the CADIN/PINETREE and the Mid-Canada lines stretching across Canada at different latitudes. Under the NORAD agreement, there would be an American as the Commander in Chief with a Canadian as his deputy, and the backup NORAD command centre would be in

Canada.

As equipment capabilities increased the requirement for numbers decreased, the nine CF-100 squadrons were replaced by five CF-101 squadrons (later three squadrons) and the combat control system was modernised with the Semi-Automatic Ground Environmental (SAGE) system, thus eliminating many of the manual control centres.

During this time period, the auxiliary lost their air defence role and were re-equipped for light transport and liaison duties. Their mobile radars were disbanded. This trend has continued into the 1980's and 1990's with the Regional Operational Control Centre (ROCC) replacing SAGE, the North Warning System

(NWS) replacing the DEW line, and the coastal radars replacing the remaining CADIN/PINETREE and Mid-Canada radars.

Fighter Group then became responsible for all fighter operations in the Canadian Forces and was prepared to deploy a wing of CF-18s to any region in the world. They continued to live up to the motto of Air Defence Group "Detegere et Destruere" (To Detect and To Destroy) with their own motto "Proponere et Posse" (Purpose and Power). In 1997, with the further re-organisation of the Air Force, 1 Canadian Air Division assumed responsibility both for all fighter forces and for the Canadian NORAD Region air defence operations.



Summer Hours
for
Comox Air Force Museum
Located at the entrance to CFB Comox
Open weekdays, weekends & holidays
10:00 a.m. till 4:00 p.m.

