



TOTEM TIMES

19 Wing CFB Comox

THURSDAY 28 OCTOBER 1999

Comox Valley's Longest Running Newspaper

VOL. 41 NO. 17

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Rough water rescue



A CF Labrador helicopter from 19 Wing Comox hoisted two injured crewmembers from the fishing vessel *Royal Venture* near the southeast tip of the Queen Charlotte Islands Saturday, October 23 at 6:24 p.m. Two men were hoisted from the damaged vessel in high seas, then transported to hospital in Port Hardy, where they were treated and subsequently released.

"It was a very challenging rescue operation," said Labrador aircraft commander Capt Jenn Weissenborn. "The seas were confused and running at about five metres with sustained winds of 35 knots. To keep the helicopter in position over the corkscrewing ship and lower our Search and Rescue technicians safely took a lot of team work." A

CF Buffalo aircraft from Comox had been monitoring *Royal Venture* progress from the air throughout the afternoon. Rescue officials decided it prudent to evacuate the injured men to Port Hardy before darkness fell.

The fishing vessel seen a distress signal to Prince Rupert Coast Guard Radio yesterday, shortly before 11:00 a.m. It had suffered

major damage and lost one of its crew members overboard. The crew member was subsequently recovered and the vessel able to proceed under its own power to Prince Rupert.

Last year the Air Force conducted over 1,100 air searches, while Canadian Forces ships, aircraft and people saved 1,044 lives in SAR operations.



Mike Gariepy
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Rob Saunders
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Y2K Readiness Posture - Poised and Confident!

By Capt M. Lee

On Friday morning we arrived at work only to discover there was no electricity on the base. The computers were down leaving no e-mail serves, the coffee would not brew and periodic power interruptions with the electrical back-up system generally created annoying working conditions.

Fortunately this situation transpired under controlled circumstances on 22 October as part of a one-day exercise designed to test the internal network systems of 19 Wing. Should these cumbersome glitches manifest into a significant degradation of operations on the morning of 1 January 2000, the Wing will have more than just a few minor inconveniences on their hands.

Yet, in light of all the preventive measures taken by civil agencies that are now deemed to be Y2K compliant, is conducting readiness training really all that necessary?

There are two schools of thought about the potential Y2K bug. There are those who truly believe this will all blow over without any hiccups. Still, there are some that take the cautious approach and will prepare for the unexpected.

The Wing has taken the latter approach. In the CF we train for the mission. The policy of the Wing is to continue to maintain its operation role and to be able to provide capable resources to assist in mitigating Y2K problems. Under the direction of Chief of Air Staff (CAS), the air force will be operationally ready for Op Abacus by 15 November.

In order to prepare for any combination of possible outcomes at the start of year 2000, 19 Wing has identified all critical sys-

tems of every unit on the base that could be affected and developed, implemented and evaluated effective solutions. These solutions or strategies are contained in the Business Continuity Plan (BCP). As part of the preparation phase for Op Abacus, which has been ongoing since January 1998 the Wing has been evaluating the contingency plans of the BCP to measure its level of preparedness. It must be completed in a timely manner so that any potential problem areas can be recognised, leaving enough time to implement the appropriate adjustments. The Readiness Evaluation Exercise conducted on 22 October was one in a series of tests on the technical components internal to the Wing including the telecommunication and electrical back-up power systems.

The exercise also provided an opportunity to review the Zero Day Manning plans and to measure the ability for the entire Wing to function in a degraded working environment. Several key Y2K personnel were expected to react to the exercise scenario as they would for the actual Y2000 rollover either on a stand-by posture or as predicated by the strategies outlined in the BCP. A CAS Y2K Evaluation Team observed the Wing Operations Centre (WO) Command Post as the exercise scenarios unfolded throughout the day. The WOC will become the primary facility for conducting all zero-day operations of the Wing as of 31 December. Therefore, it was imperative a full manning strength was maintained for the duration of the exercise whereas many other sections on the base were not required to simulate a full

recall of personnel. Notwithstanding, all sections and branches of the Wing, whether they were mission-critical or not, did have an impact on achieving the objectives of the exercise.

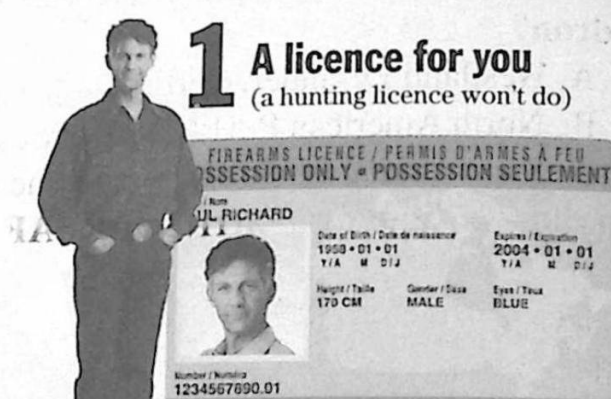
19 Wing is indeed prepared for Abacus. The Readiness exercise served to validate the strategies of the BCP and Zero Day Plans. Situation awareness has now been heightened across the Wing concerning the anticipated response to an inauspicious Y2K environment. 19 Wing is confident it will fulfil its operational role not only during Abacus but also for any crisis situation that can impair our infrastructure.

A key message that can be derived from this exercise is that it was time well spent. "What we have in place here is a very effective Earthquake preparation package as well" remarked the BCP coordinator LCol Hunt. "It is important for members of the Wing to consider making provisions either at work or at home for Y2000 as they would in preparation for an earthquake."

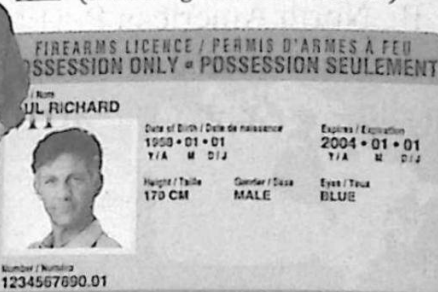
Earthquake preparedness is certainly not an unusual consideration to make living on Vancouver Island."

DND will also be communicating a similar message to its members, employees and their respective families relating to the readiness posture of the CF. The CF will be receiving a Y2K preparation package put out by the Director General Public Affairs (DGPA) addressing the role of CF will adapt to assist its families and civil authorities during Abacus. More information concerning Y2K preparedness is now available on DND Websites.

3 Things All Firearm Owners Need to Know about the Firearms Act

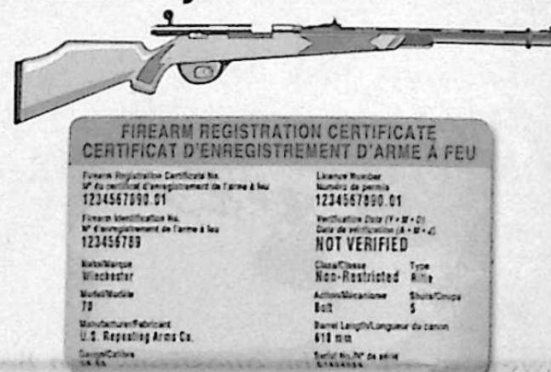


1 A licence for you (a hunting licence won't do)



You need a *Firearms Act* licence or valid FAC to possess and register your firearms.

2 A registration certificate for your firearm



3 Remember to safely store your firearm.

For more information, application forms and assistance filling them out, call

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**Firearm safety
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**Next Deadlines
Advertising:
3 Nov.
Articles:
5 Nov. Noon**

Win Five Video Rentals for playing **CANEX TRIVIA**

What were the first two types of aircraft to serve in 414 Squadron?

- A. Westland Lysander, Curtiss P-40 Tomahawk
- B. North American P-51 Mustang, Supermarine Spitfire
- C. Supermarine Spitfire, Supermarine Hurricane

When did 407 Squadron arrive at RCAF Station/CFB Comox?

- A. 1 July 1952
- B. 20 September 1950
- C. 24 May 1955

Who was the Commanding Officer of 442 Squadron from July 1970 to August 1973?

- A. W/C L.W. Hussey
- B. W/C R.F. Begg
- C. W/C B.D. Russell

When was the Combined Mess officially opened?

- A. 7 July 1968
- B. 3 December 1960
- C. 15 September 1943

When did Canex have it's Grand Re-opening?

Answers to all of the questions can be found on 19 Wing's Internet and Intranet sites as well as at the Squadrons, Canex and the Museum.

To Enter: Drop off your completed trivia sheet at the Canex Customer Service Desk. A winner with the correct answers will be drawn from all of the entries received. The Draw will take place on Tuesday November 2. The winner's name will be published in the next issue of the Totem Times.

Cadets earn cash and credit for education

One hundred and sixteen post secondary students from B.C. are heading for class this fall with \$1,000 towards their tuition fee, earned as a result of their participation in Royal Canadian Sea, Army and Air Cadets. The young men and women have been awarded education grants from the Canadian Cadet Scholarship Fund initiated by the Federal Government's Youth Employment Strategy. The annual scholarships are available to a qualified cadet in each of the over 1,100 cadet corps in the country.

In B.C. the Ministry of Education, Skills and Training, in 1997, added the cadet program to its list of Ministry accepted External Courses for which students may receive graduation credit. Cadets attending grades 11 and 12 can earn four credits each year by meeting specific levels of cadet training or qualification, including attendance at summer camp.

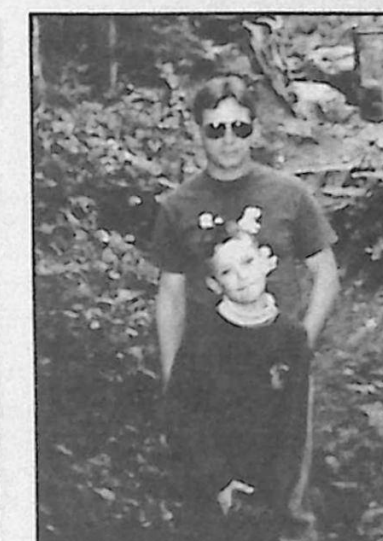
Nearly 6,000 youth aged 12 to 18 will enroll for the first time, or return to, 116 cadet corps and squadrons located in 51 communities in all regions of B.C. during September. The cadet program is open to boys and girls who may join cadets on their 12th birthday. Enrolling at the start of the local training year in September and attending regularly enhances a cadet's eligibility to attend a summer training centre the following July/August. There is no enrollment fee and uniforms are loan at no charge.

Parents interested in learning more about Royal Canadian Sea, Army and Air Cadets may telephone toll free to 1-800-661-8733 for sea cadets, 1-800-661-0861 for army cadets or 1-800-661-4255 for air cadets.

Luca's PIZZA

Proudly sponsors the

Military Community Volunteer Award



Cpl William Bech
is the recipient of this
edition's Military Community
Volunteer Award.

Cpl Bech is an Avionics Technician posted to 407 Squadron.

The Wallace Gardens Community Association submitted Cpl Bech's name for his tireless efforts in coordinating and coaching the WGCA baseball and winter sports programs. Also in his spare time, Cpl Bech volunteers as the engineer for "Little Toot" and was one of the "Chefs Extraordinaire" at the recent Canex Anniversary BBQ.

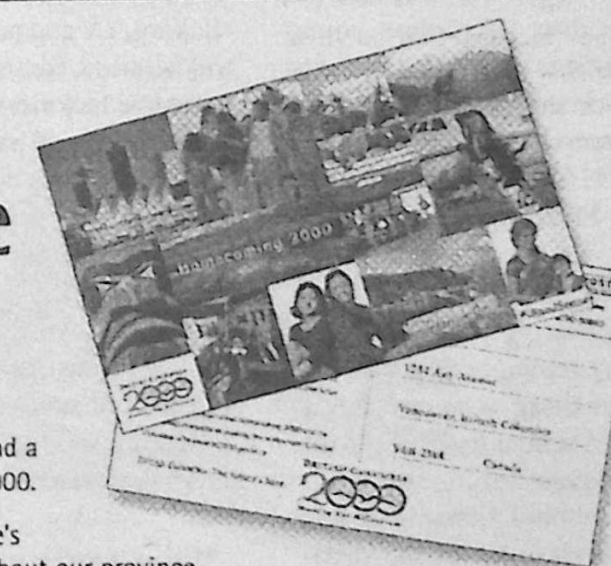
The Military Community Volunteer Award is open to any member of the military or civilian employee, their spouses and dependents. **Submissions:** Nominees for the Military Community Volunteer Award should include a photograph and writeup. Please drop off all entries at the Totem Times Office.

Prize: The winner receives a medium pizza, courtesy of Luca's Pizza.

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Home of Sunday Madness
45-A, 190 Port Augusta, Comox
(outside the lower level of the Comox Mall)

Invite Your Family and Friends Home for 2000!



Homecoming 2000 is a made-in-B.C. tourism promotion and a chance for all of us to return to our home towns during 2000.

After all, there's no place like home and during 2000, there's never been a better time to visit family and friends throughout our province.

It's all part of Homecoming 2000, one of several province-wide celebrations marking the millennium. Just tell BC 2000, British Columbia's millennium office, who you want to invite home and we'll send them a personal BC 2000 Homecoming invitation.

Homecoming 2000 postage-paid invitation cards are available at your local Autoplan broker, ICBC claim centres, Driver Service Centres and c.a.r. shops, ICBC's network of accredited auto repair shops.

For more information call (250) 356-2000, or check out the BC 2000 web site, www.bc2000.gov.bc.ca.

Mark the Millennium by inviting family and friends home for 2000!



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a miracle happen.
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Donor Registry card
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Canadians released
the equivalent of 619
million tonnes of
carbon dioxide into
the atmosphere—20.9 tonnes per
person. Carbon dioxide is the most
important of the greenhouse gases
contributing to climate change.



**THE KIDS ARE THERE.
DRIVE WITH CARE!**



YOUR LOCAL
POLICE



Working through the blackout



The power's off, but don't go anywhere. They want to see what you'll do if the power goes off all day.

That's what I really like about this job. There is never a day when I go to work that I end up doing those things that I planned on doing. The retort to the opening comments being, "no problem, we're used to working in the dark around here anyway," or "I'll be working down at the Griffin Pub. I think the power's still on down there."

Friday the 22nd proved to be a very interesting day. The power was off and we were left to our own devices to accomplish those tasks that had to be done. Like getting the newspaper out, or writing up the odd story. The sudden appearance of a portable generator, courtesy of the Y2K Coordinator LCol Hunt, was a big help and proves how truly handy those things can be.

The good thing about all the Y2K preparedness is the build-up of plans and materiel associated with a pending natural disaster. Mike Fournier, the Coordinator for Emergency Preparedness in the Comox Valley must really be appreciative of all of the hype. He has been trying for many years to raise the state of preparedness for a natural disaster, an earthquake, for example, with moderate success and a lukewarm reception from the general populace. Suddenly, there is a build-up for Y2K that lends itself very well to any natural disaster.

The probability of a real disaster around the year 2000, at least as a result of the computer meltdown, is remote. But let's not throw away our generators and food cache the day after the new year, just in case the earth decides to move for us.

Joel Clarkston



Letter to the Editor

Dear Sir,

The wars and military conflicts of the 20th century have taken an onerous toll. From the South African War at the start of the century to NATO operations in former Yugoslavia, more than 1.4 million young Canadians have volunteered to serve in this country's military and merchant navy and more than 116,000 have given their lives. Entering the new millennium, we need to pause to reflect on the tragic costs in human suffering of past wars, so that by remembering the horrors of those wars, we might prevent similar tragedies in the next millennium.

To remind Canadians in a meaningful way of the sacrifices made to preserve our freedoms and way of life, the Royal Canadian Legion and Veterans Affairs Canada are asking all Canadians to observe two minutes of silence at 11 a.m. on Remembrance Day 1999. This tradition originated at the end of World War I but, since the early fifties, has generally fallen into disuse. As we close out a century of wars, we call upon Canadians in all walks of life to honour our veterans and pause to remember, and give thanks.

As the clocks strike 11:00 a.m. local time this November 11th, we envisage a "Wave of

Silence" rolling across the nation as communities from Newfoundland to B.C. pause in their activities and observe a silent two-minute commemoration. Computer keyboard will stop clicking, TV and radio stations will fall silent, construction sites, stores and factories will be still, and students will pause in their studies while, as a nation, we reflect on the price that has been paid for the bounty we share today.

This is a Royal Canadian Legion Millennium project initiated with the full support of Veterans Affairs Canada and all other major veterans organizations.

We call upon you to help us to REMEMBER in any way that you can at 11:00 a.m. on 11 November. Join us as we spare no effort to ensure that the sacrifices of Canadians are truly remembered.

Any suggestions as to how the 2-Minute Wave of Silence might be enhanced would be greatly appreciated. Please contact:

Phone (613) 235-5180,
Fax (613) 563-1670 or
E-mail: wave@legion.ca
Sincerely,
Chuck Murphy,
Dominion President



19 WING READY FOR Y2K

RCAC Station Comox
TOTEM TIMES

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Next deadlines
Advertising: 3 Nov.
Articles: 5 Nov. Noon

Call for Nominations

Comox Valley Community Health Council

In March 2000 the Minister of Health will again appoint individuals to the Comox Valley Community Health Council (CVCHC)

This is an excellent opportunity to participate in your community and to play a role in meeting the health care needs of your fellow residents.

Your community health council will recommend candidates to the Minister of Health based on varied selection criteria designed to meet the needs of the Comox Valley. Community health council members are volunteers appointed for their interest, knowledge, skills, and experience as well as their ability to represent the diversity of the population of the Comox Valley. Community health council members develop policies, set priorities, and allocate resources for the delivery of health care in the Comox Valley. There is no remuneration for council members; however expenses are reimbursed in accordance with Ministry and community health council guidelines.

If you are interested in becoming a health council member you may pick up a nomination package at the community health council office located at 961A England Avenue, Courtenay between 9 a.m. and 4 p.m., Monday to Friday. If this is not possible, please call the council office at 338-5453 during the same hours and a package will be mailed to you. You may also leave a message during off-hours at the same number. Be sure to include your mailing address complete with postal code.



Demon Doins



As winter slowly approached and the persisting need for 407 (MP) Sqn to meticulously patrol the West Coast slowly subsides (the severe sea states take care of most vessels of interest) the squadron gears up for the usual fall deployments and Christmas holiday. As far as the deployments go, we will just have to hope the scheduling gods can find it in the goodness of their hearts to STOP cancelling the away trips. Like the rest of the Base, 407 Squadron's Christmas plans will be confined to Vancouver Island. After much wheeling and dealing, the 407 Christmas Party date has been set for 9 December at the Officers' Mess. This function is sponsored by the Squadron Fund and members will receive huge discounts on their tickets, (to become a member see the *SOR*), so make sure to mark that date in your calendars.

The annual O'Brien competition is quickly approaching, pitting the best crews of the three MP Squadrons in Canada to compete for the honour of representing Canada at the Fincastle competition, which this year is being held in New Zealand. After intense trials, crew assessment and personality compatibility checks, the executive of 407 must go through the arduous task of picking just one crew to represent 407 Sqn. Although it is rumored that Crew 3 the Dawgs are

hands down the best in Canada, they have been disqualified since their ex-Tacnav has traitorously moved down under and is assumed to be in cahoots with the competition. We'll miss you, Gumby—have fun Australia.

On 29 October, after the aircrew/ground crew hockey game, 407 Sqn will be announcing the O'Brien crew. This ceremony will be held at the WARF and all are invited. Suspiciously, the Dawgs will be flying and unable to attend.

Congratulations to Maj J. Benninger and his wife on the birth of a baby boy, Logan James Benninger and to Capt C. Wright and his wife on the birth of a baby boy, William Aaron Wright. Apparently William looks just like his Dad—no hair and chubby cheeks. Welcome to the world of parenthood to both of you.

Crew "Two-m-stones" bid farewell to Rick Kretschman, who met the age criteria but lacked the (golf) handicap to be on the crew. They hope his replacement Mike Verville can drop a few strokes from the crew's average. A greater loss to the crew is that of Bill Shipley's witty rapport. None other than a pinched nerve in his funny bone has stifled the only banter heard on the ICS of Crew 2. I guess injuries like this are all part

of getting old, just ask your crewmates, Bill.

As mentioned, Crew 3 Dawgs have bid a farewell to Gumby, a.k.a. Darren Lines, to the great land down under. Perhaps one day he will return and fulfill his dream of becoming one of the Snowbird's great elite. With some luck, he might even get to be number 11. The crew anxiously awaits his replacement; to see if he can fill the shoes left by Gumby. Unfortunately, along with the shoes he also left our crew room filled with the paraphernalia that has been "acquired" by Gumby over the years. The crew also says goodbye to Gary Sereda who has been sent incognito to Sqn Ops in hopes he will infiltrate the scheduling computer and get the Dawgs on a few away trips. God speed be with you!

Crew 4 Icemen were feeling a little rejected lately with the cancellation of their Hawaii trip. However, spirits soared when they were compensated with numerous MPATs and a guaranteed trip to Greenwood. With all their extra time Grant Cooke and Brian Erickson, along with a couple of friends (Sherpas perhaps?) bravely hiked the glacier last week. They returned the following day with dozens of pictures of themselves standing on what they claimed to

be the glacier. After closer examination of the photos the crew realized that the backdrop of snow suspiciously resembles the mound of snow behind the arena. When questioned, the boys claimed that an unusually warm summer had melted most of the glacier. Neither of them was able to account for the Zamboni tracks.

The Vikings have allegedly been trying to soften up their image. Perhaps in hopes of swaying the executive into selecting them for the O'Brien competition? Travis Wert would like to welcome the arrival of his girlfriend to the valley and has requested any future invitations to play sports or attend social events be directed through her. We'll miss you, Travis. Mike Gagnon has a new interest in ballet and JP Trembley has taken to song to express himself. The baby pilot on crew, Karl Desilets continues to impress the Aurora community with his keen ability to expedite pre-flight checks. To add to his ICS check for SKAD Arming and Onsta, Karl has proposed the "ICS check for ATR check." Keep up the good work.

Crew 6, the Sharks... far too quiet—I think they're up to something.

*This is not a paid advertisement and is associated with the author of this article.

Birth Announcement Benninger



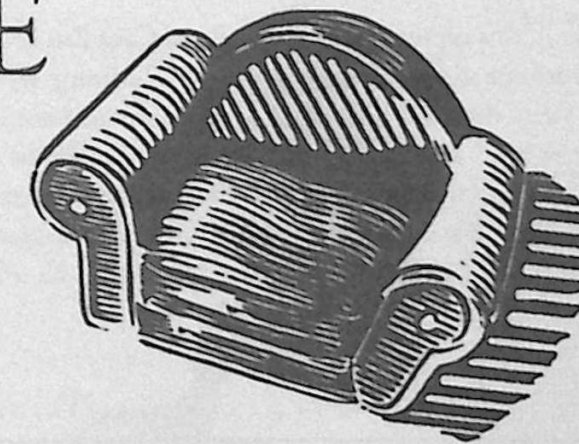
Majors Jim and Carolyn Benninger of Comox, BC are pleased to announce the early arrival of their first child, Logan James, 6 lbs 8 oz at 4:53 a.m. on September 28 at St. Joseph's Hospital in Comox. First grandchild of James and Betty Lou Benninger of Mississauga, Ont. and 3rd grandson of Karol and Kathleen Manko of Gander, Nfld. Jim is currently a member of 407 Sqn. Comox while Carolyn spends her free time as the 19 Wing Comptroller.

MONEY tips

(NC)—Consider the tax implications of your investment earnings. Remember that outside of your Retirement Savings plan, some types of investment income are taxed more favorably than others. Dividends from Canadian corporations are the most advantageous, followed closely by capital gains. So it can make sense to hold these securities outside of your registered plans.

For financial planning and investment information visit <http://www.investorgroup.com>.

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As the official Canadian Forces group retirement plan, the Service Savings Plan has always been a smart investment strategy. And now we've made it even better with over 50 investment options. You can select quality, brand name mutual funds from recognized names like CT Investment Management Group, Fidelity, Guardian, Scudder, Mackenzie and Trimark. With the Service Savings Plan, you have all the flexibility you need to put your financial future at ease.

This specially negotiated plan, available to regular and reserve members, has no commissions and low management fees which means you'll earn higher returns inside the Plan than if the same investments were held outside the Plan. Plus you'll have secure Internet access to your account—buy, sell and transfer investments any time you want, from anywhere in the world. For more information, visit the Service Savings Plan web site at www.canadatrust.com/serviceplan.html or call us at: 1-888-363-7526.

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Winterizing your home

Now is the ideal time to prepare your home for the cold months ahead warns Valerie MacLean, Better Business Bureau spokesperson. "Performing a few quick and easy maintenance chores around your home could save you a lot of time and money later."

The BBB suggests the following steps to prepare your home for winter:

*Have your furnace checked. Make sure the furnace filter is clean. Check the thermostat to be sure it is working properly and the pilot light is functioning.

*Have the heating ducts cleaned. Heating ducts breed germs and bacteria, which can cause allergies and other illnesses. According to experts, homeowners should have their heating ducts cleaned at least every five years, more often if you have indoor pets.

*Check your chimney. If you haven't used your fireplace in a while it's a good idea to have it checked for animals, debris and leaves. Consider installing a screen over your chimney opening.

*Clean your gutters and ridge vents. When gutters are clogged, rainwater backs up. If the temperature drops below freezing, the standing water freezes causing the gutters to expand and crack. The ridge vents need to be cleaned in order to allow the house to "breathe" correctly. Otherwise, air will stagnate and create an unhealthy environment.

*Make sure your smoke alarm and carbon monoxide detectors are in working order. Check the batteries regularly. If your alarms or detectors emit a light to signal they are working, make sure the light is on.

*Check the caulking around your doors and windows. If the caulk is cracking and peeling away, it allows your home's heat to escape. In addition, ensure that the doors and windows shut tightly and no cold air is coming in.

If you don't have the time or the expertise for your own winter home maintenance program, contact a professional. And, be sure to check them out with your local Better Business Bureau.

MedicAlert
SPEAKS FOR YOU
1-800-668-1507
www.medicalert.ca

Autumn fires tough on people with breathing problems

Warming your hands by a blazing wood fire is one of life's pleasures in autumn and winter. But people with lung and respiratory conditions should be careful; the smoke from that cozy blaze is a health hazard.

"Wood smoke is a source of both indoor and outdoor air pollution. It can trigger asthma attacks, and generally makes the symptoms of lung disease, such as emphysema and chronic bronchitis, much worse," says Kelly Ablog-Morant, director of health education at the British Columbia Lung Association. "Avoidance is the best method of dealing with wood smoke, but that's difficult to do when burning wood is the only method of heating your house, as is often the case in rural parts of the province."

Ablog-Morant says research shows that wood smoke contains more than 100 chemical compounds and three classes of pollutants — carbon monoxide, organic gases and particulate matter, or what lung researchers call PM-10, which are very fine particles that get into the lungs easily. "Wood smoke contains a large amount of PM-10, which are tiny particles that can easily enter buildings, even through very small

openings," she says. "It's not the thick smoke that you see which causes problems, it's the small particles that you can't see."

For people with wood stoves, the BC Lung Association offers the following tips:

1. Buy an efficient wood stove. A stove too large for the space to be heated requires more damping to maintain comfortable temperatures, thus producing more smoke and air pollution.

2. Build small, hot fires. Read and follow the manufacturer's guidelines for your stove. Watch the chimney — a clean, efficient burn shows almost no smoke.

3. Burn only clean, dry wood. Never burn green, wet, painted or treated wood such as plywood, pressboard, railway ties, or utility poles because they produce smoke containing chemicals and other pollutants.

The BC Lung Association has a free wood smoke brochure that can be ordered by calling 731-5864 in the Lower Mainland or elsewhere in B.C. at 1-800-665-5864.

FIVE STAR HOCKEY TRIVIA

FANTASTIC FIRSTS

(NC) - In celebration of the 1998-99 hockey season, Seagram Canada has put together a Five Star Selection of facts and trivia questions on Canada's most treasured sport. Here's a question on some of hockey's top rookie playmakers past and present. Who holds the NHL record for most assists by a rookie in one season?

A. Wayne Gretzky
B. Mario Lemieux
C. Peter Stastny
D. Joe Juneau

Answer: Actually two players hold this scoring distinction - Peter Stastny and Joe Juneau who each notched 70 assists in their rookie seasons.

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

- News Canada

Small Businesses and The Internet

QUICK TIPS

HTML

(NC) - Curious about what it takes to create your own Web page with HTML? For an inside look, check out the source code. While viewing a site with Navigator, open the View menu and select Document Source. In IE, select Source from the View menu. To return to the normal view, just close the window.

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

- News Canada



Happy halloween

Healthy lunches kids would never trade

The greatest challenge facing many families each morning is what to put in the school lunch. Parents are torn between wanting to provide good nutrition but also a lunch that won't get traded or pitched.

Leslie De Podesta, a Registered Dietitian reminds parents to try and include at least three of the four food groups in your child's lunch. "Milk and milk products, fruits and vegetables and whole grains are the foods most often lacking in school lunches," she explains. Here are some of her tips for lunches kids would never trade:

*Kids love "mini" things, such as mini pitas and mini bagels, or make your own mini muffins and mini meatballs. Make extra mini muffins and pop them in the freezer.

*Include fun, healthy milk products such as Yoplait Tubes, yogurt in an easy to open tube — no spoon required and can be frozen to last longer in the lunch box.

*Choose fruits that don't bruise and are quick and easy to eat, like pineapple cubes, canned peaches or pears cut into chunks, oranges cut into wedges or peeled and cut in chunks, grapes, chunks of mango or papaya and pack in protective plastic containers.

*On cold days, cream soups made with milk boost calcium intake and warm tummies.

*Warm up leftover spaghetti

Happy halloween



Halloween treats tricky eats for adults

It's that time of year again when dentists get a little busier. Who are they likely to see during the Halloween season? According to the Association of Dental Surgeons of BC, it's not children, as you might expect. Halloween treats can be tough on adult teeth which, through years of use, may develop hairline cracks and chips that can be fractured when exposed to hard candy. Some of the dental work in adults' mouths is also susceptible to damage from certain Halloween goodies. Sticky, chewy items can remove white and silver fillings and crowns, while hard candy can chip fillings, shear off veneers, or snap front teeth in two.

For children, who are particularly prone to dental decay, treats that remain on teeth for long periods of time are a major concern. Suckers, hard candy and sticky sweets, such as toffee and dried fruits, fall into this category.

The following is dentists' top ten list of Halloween treats that are especially hard on both adult and children's teeth:

Frozen chewy chocolate bars
Hard candies
Jaw breakers
Peanut brittle
Suckers
Toffee
Chewy chocolate bars
Caramel apples
Popcorn kernels
Licorice.

Have a safe Halloween by using your Road Sense

A night of trick-or-treating and Halloween parties can be fun. But no one wants the night to turn tragic because of a motor vehicle crash. That's why ICBC is reminding drivers and pedestrians — especially young children — to use their Road Sense to make sure this Halloween is a safe one.

"Think about safety and plan ahead," says ICBC President Thom Thompson. "We're asking children and adults to be extra careful so everyone has a safe outing on Halloween."

Tips for drivers:
- Be alert and use caution. Watch for excited youngsters who may dart out into traffic from between parked cars.

- Watch for children walking on roadways, medians and curbs.

- Slow down, especially in residential neighbourhoods and school and playground areas.

- Be patient when children are crossing the street. Costumes could impair their ability to get out of the way quickly.

- Enter and exit driveways and alleys carefully.

- If you are dropping children off, make sure they exit on the curbside, away from traffic.

- Don't wear your mask while driving.

- If you're planning to consume alcohol at a gathering or party, plan ahead to get home safely by considering transportation alternatives:

tives: take the bus, take a cab, appoint a designated driver or call a friend or family member for a ride.

Tips for trick-or-treaters:

- Remember the phrase: Be bright, be seen on Halloween! Light coloured costumes and reflective tape on costumes, bikes and skateboards helps ensure that motorists see the ghosts, witches and goblins.

- An adult should supervise the outing for children.

- Carry a flashlight.

- It's a good idea to remain on well-lit streets and to always use the sidewalk. Walk, don't run, from house to house. Don't cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards. Only go to homes with porch lights on.

- Remind children to complete their trick-or-treating calls at houses on one side of the street before crossing to the other side. Kids should cross only at corners or intersections, not in the middle of the block or between parked cars.

- Use face makeup rather than a mask to ensure the child's vision is not obstructed. This way kids can see approaching traffic and other potential hazards.

- Make sure the costume allows freedom of movement and is short enough that the child won't trip on it.

A "Visible" child is a safer child!

Reflective "Get Visible" stickers will again be distributed this year free of charge from optometrists' offices throughout the province. Launched in 1990, the Get Visible sticker campaign was developed by the B/C Association of Optometrists to make children safer on the street when they go trick-or-treating for Halloween. (The stickers make kids visible in traffic after dark all year round, not just for Halloween.)

The Get Visible sticker campaign's slogan is:

Good Vision + Visibility = Safety.

We want people to be aware that safety requires good vision as well as good visibility on the part of drivers and pedestrians.

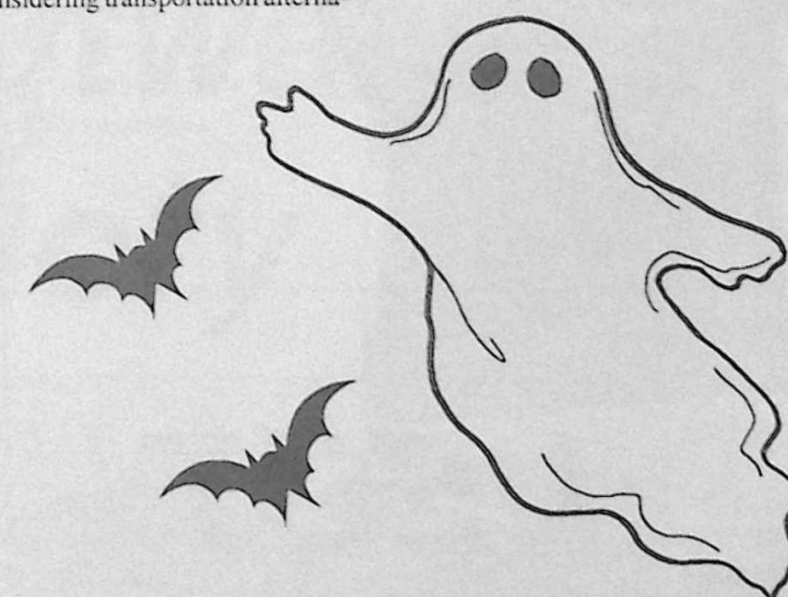
On October 31 thousands of children go out after sunset, wearing a variety of costumes. Many disguises are made of dark, unreflective fabric and put children at risk since they're less visible to drivers. Annually, about 10% of all pedestrian accidents involve 6-15 year olds, and occur between 3 p.m. and 7 p.m. Since 21990, optometrists in B.C. have distributed 2000,000 Get Visible stickers through their practices as well as through the RCMP and metropolitan police.

The Get Visible sticker is made of retro-reflective material, which is more visible to drivers than any other material or colour, even white.

-It reflects light back to its source up to 300 times the level of plain white clothing, giving drivers a better chance to spot children from a distance.

-Kids love them on clothing, bikes, school satchels and lunch boxes.

Remember
Be Safe, See and Be Seen!



Firecrackers and sparklers don't shine in the safety department

EVERY YEAR MANY EYE INJURIES ARE CAUSED BY THE UNSAFE USE OF FIRECRACKERS AND SPARKLERS. BOTTOM LINE IS: BETTER SAFE THAN SORRY. DON'T LET YOUR CHILD HANDLE OR BE NEAR FIREWORKS WITHOUT ADULT SUPERVISION.

REMEMBRANCE DAY



In this last year of this century of wars, The Royal Canadian Legion invites you to participate in a special tribute to Canada's war dead. The "2 Minute Wave of Silence" is a Legion Millennium Event designed to enable Canadians to stand in silent tribute to those gallant men and women at 11 a.m. local time on 11 November. As the clock strikes 11 a.m. in the six time zones, take a short break to honour those whose minutes on this earth ended so early. The effect will be a "Wave of Silence" rolling from coast to coast. Join the wave and make this Remembrance Day a living memory for all who participate.



THE ROYAL CANADIAN LEGION

**LEST
WE
FORGET**

LE JOUR DU SOUVENIR



Durant cette dernière année d'un siècle déchiré par les guerres, la Légion royale canadienne vous invite à rendre un hommage spécial aux canadiens et canadiennes morts au champ d'honneur. La «Vague de 2 minutes de silence» est un projet de la Légion en marge du millénaire, conçu pour permettre à la population canadienne de se lever et d'offrir un hommage silencieux à ces braves hommes et femmes, à 11 h, heure locale, le 11 novembre. Alors que l'horloge sonnera 11 h, heure locale, dans chacun de nos six fuseaux horaires, cessez vos activités en l'honneur de ceux et celles dont les minutes sur cette terre se sont terminées si prématurément. L'effet sera une «Vague de silence» qui avancera d'un bout à l'autre du pays. Faites partie de la vague et assurez-vous que le jour du Souvenir de 1999 deviendra un monument vivant pour tous les participants et participantes.



LA LÉGION ROYALE CANADIENNE

Worsting worries within 19 Wing

By Finn

Single mother. Two teenagers. Struggle to meet the bills. Pressures, tension, mood swings. Tears. Supervisor becoming increasingly testy.

Long-employed permanent employee with creeping illness. Physical discomfort, little peace of mind. Trouble sleeping. Concentration at work affected.

A relationship goes on the skids. Emotional turmoil, financial fears, uncertain future faced by a fragile psyche. Irritable, temper-vulnerable. Atmosphere affects colleagues at work.

Guilt over a gambling addiction adds alcohol dependency. Bills pile up, spouse threatens to leave. Work performance suffers. Job may be at stake.

Most people finding themselves in a situation as outlined above would seek help. Many would turn to family or friends. Some would look up agencies or other professional helpers. Others again would go through their minister/priest or doctor.

Sometimes, though, family or friends are the last ones we wish to involve. And sometimes we have none close enough to be of help.

This is where the *Employee Assistance Program*, as a ray of hope, enters the otherwise dismal picture. The program itself is not geared to offer counselling and

advice – but it *will* guarantee a listen and, wherever possible, a menu of options as to the directions that the client may find useful in coming to terms with his or her problems.

All it takes is a call and an appointment.

Referral Agents

A referral agent (RA) will meet with you on the Base at a location mutually satisfactory (the out-of-the-way EAP office usually is just the place!). Length of meeting may necessitate a second meeting at a later date – or, by talking about the concerns, the client within mere minutes may be able to discern an approach to follow. Needless to say, full confidentiality is guaranteed (provided, obviously, no life is in imminent danger).

At CFB Comox, either one of two RAs may be contacted:
Stephany Gray, at WCPO, 8296 – or by e-mail.

Finn Schultz-Lorentzen, CE/OR, 8379 – or by e-mail.

The small group is rounded out by **Susan Mendonca (8637)** who, however, still has to complete the EAP course, and so will be concentrating on presentation and promotion of the program.

Smugness is often the companion of the contented. "I'm alright, Jack." But there is a tide in the affairs of men which, when *not*

taken at the flood, may quickly change contentedness to anxiety and depression. No one is immune to life's vagaries. It is well to know where to go – EAP. Well also to know where to suggest friends, acquaintances or colleagues may hide themselves – EAP. It may be merely the first step; it may also be the most important.

Valid concerns are not confined to the examples given. There are merely scenarios. Any aspect of life that impacts adversely on work performance, or threatens to do so, qualifies. Seventeen per cent of all Canadians at one time or another have had suicidal thoughts. It helps simply to talk.

No magic

The Employee Assistance Program promises no magic, no cures, no instant solutions. The impetus, the motivation, the will to seek change must come from the employee. Making that call is a positive first sign.

Your referral agents have some previous background in community work and referrals – Stephany, through her college courses in social work and her work as a counsellor with the John Howard Society; Finn, in various roles with different communities, in Toronto as a member, and chair, of JaneOFinch Legal Clinic, then the city's largest, and as a member both of 31 Division's (North York) Race Relations Committee

and Metro's Committee on Racial Relations.

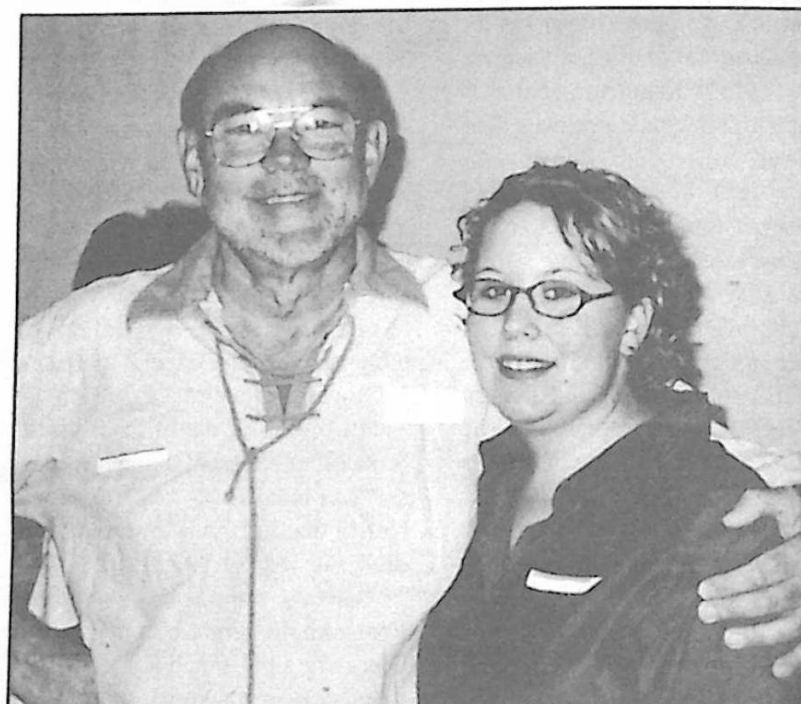
Recently returned from a two-week EAP course in Winnipeg, the two referral agents have divided work so Stephany will, in the main, focus on presentations before the various sections at Base, while Finn will take the brunt of the referral side. But either one is capable, and any prospective client may choose one or the other as inclination dictates.

EAP, it is emphasized, is for *both* the civilian and the military side. Yes, the military has its own avenues – and excellent ones they

are! – but situations may arise, it is recognized, where a soldier may not wish to share his or her concerns with someone within the Canadian Forces. EAP guarantees confidentiality not to the clothes work, but to the person within.

Remember – referrals will be made appropriate to the nature of the client's concern, in full consultation with him or her, at their suggestions and with their ready approval.

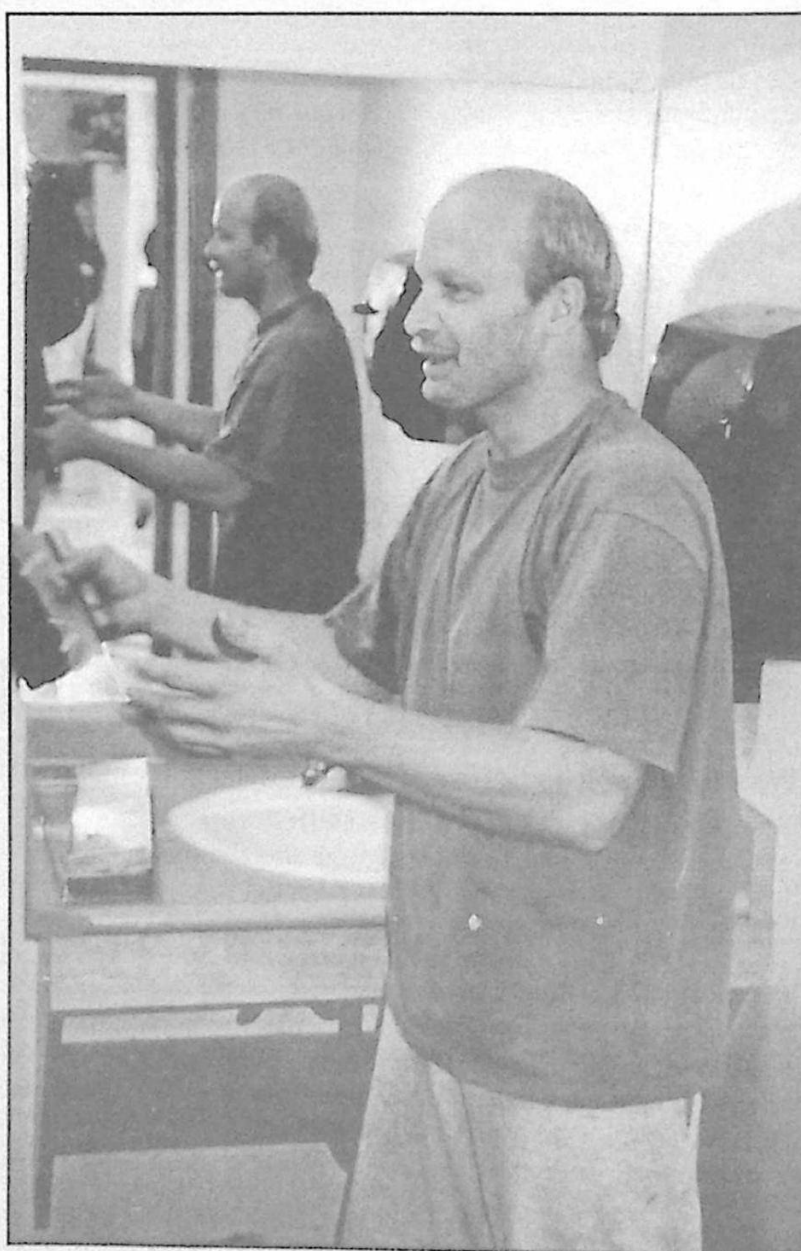
Sometimes no referral is required at all – having someone listening may be all the remedy required.



EAP Referral Agents Finn Schultz-Lorentzen and Stephany Gray at course in Winnipeg.

Miles of tiles

Anyone who has recently visited Canex has also admired the upgrades to the building. The renovations have been a long haul – stretching over two years – and not the least for CE carpenter Al Oelke. The store proper has been completed for some time and, on 21 October, he and apprentice Steve Darvaul finished with the remainder of the building (storage space and washrooms), Al and various helpers having laid tiles totaling 12,000 square feet.



...a happy Al Oelke stands up after finishing laying the last tile!



Steve Darvaul heats the old flooring for easier removal, and...

Mess mess

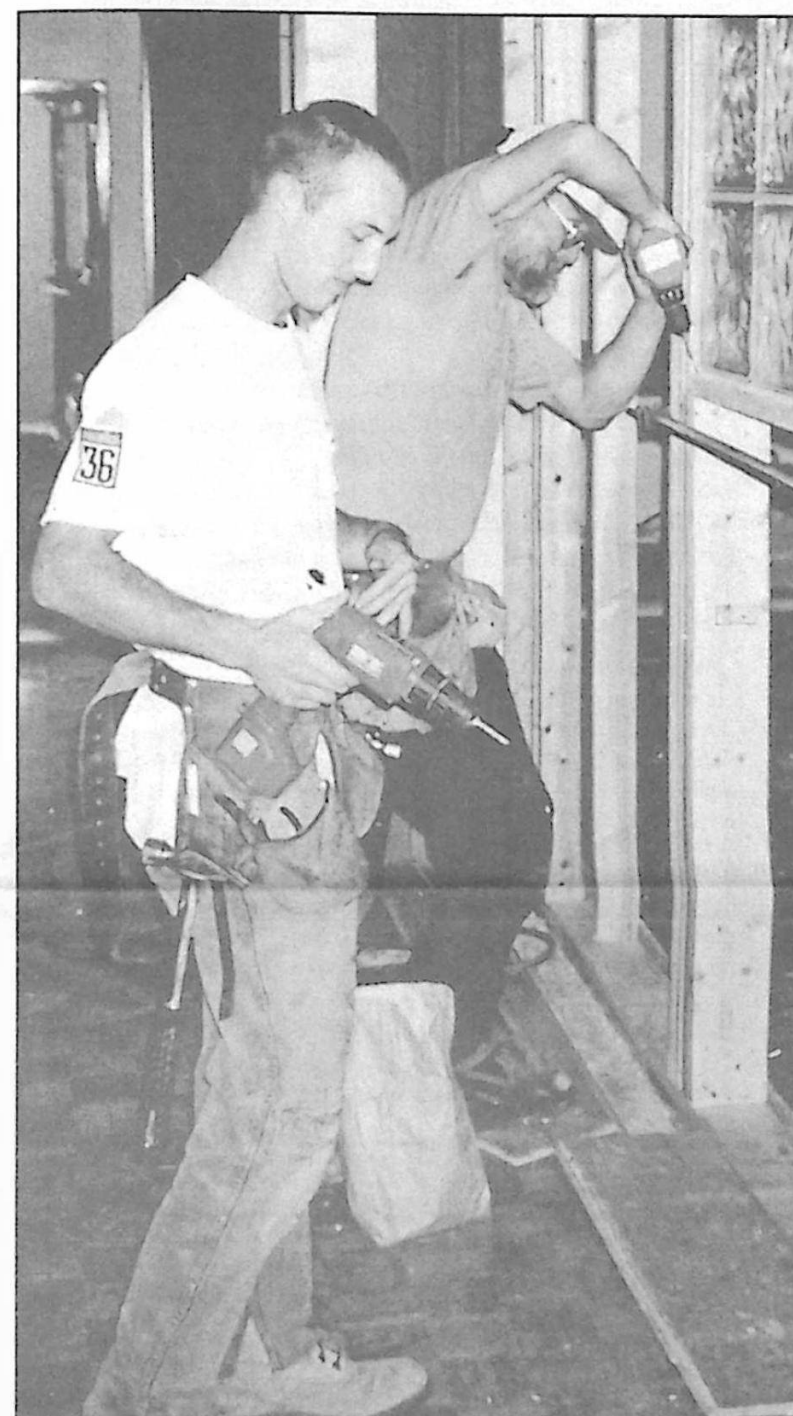
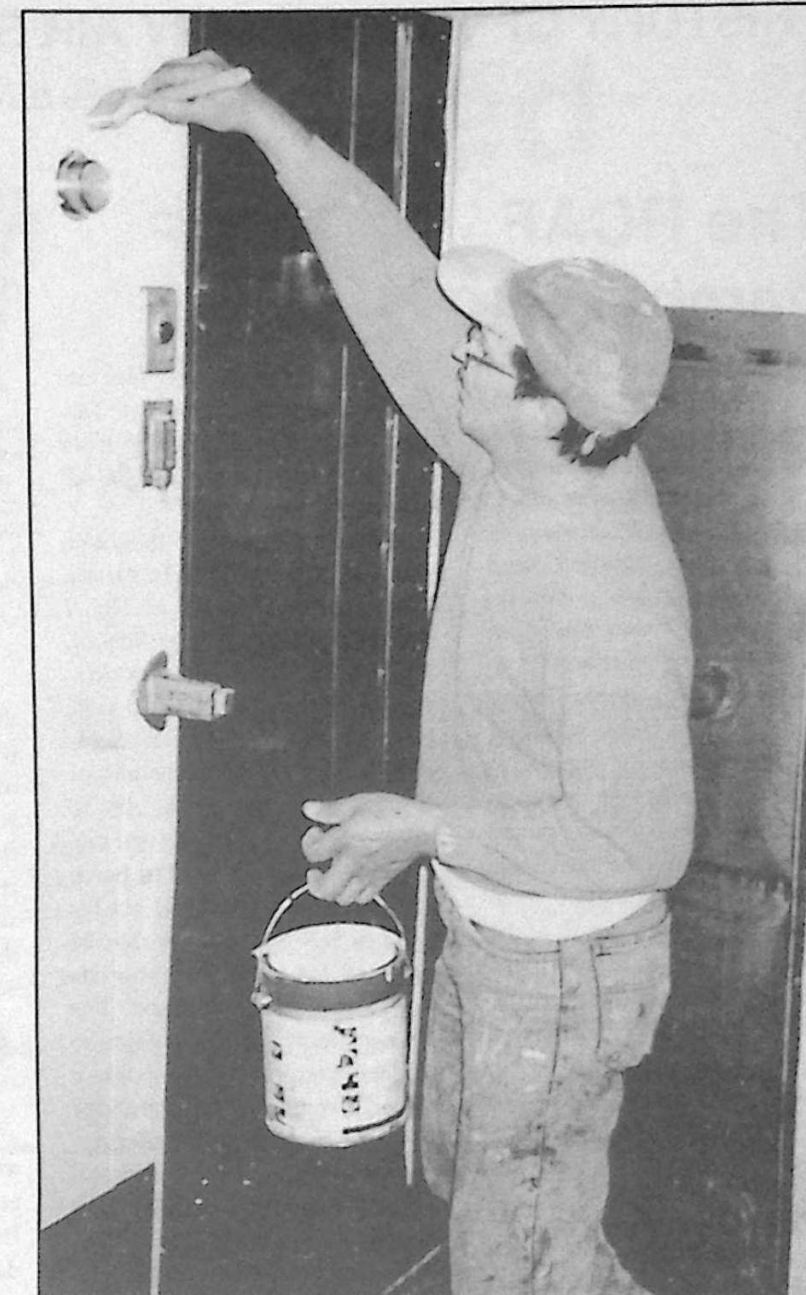


The Combined Mess kitchen is receiving the finishing painting touches while Jr. Ranks is still undergoing extensive renovations.

Renovations to Jr. Ranks include the installation of a beer/pop fridge, a new sink, relocation of the main panel in the Reading Room, as well as the existing fluorescent lights. But the Structural team assumed the lion's share of work with the removal of walls in Darts, Games, TV, and Reading rooms, construction of new bar, installation of double doors for the new entrance in the snakepit, a patio door to the outside in the Reading Room, and sundry other changes to the Mess.

Like Phoenix rising from the ashes, the rebirth of Jr. Ranks' Mess shall no doubt be found worthy of appropriate celebration.

Clockwise:
Structural Team's Louis Smith painting wall by walk-in freezer in Combined Mess; relocating wall, Jr. Ranks; CE's Mac Neilson and carpenter Mike Power.



By Finn

The motel-type single quarters currently under construction by CE have reached the status of stately appearance. As of the end of October, the project was on schedule.



CE painter Tim Prad at work on ceiling.

In outward glory



Finished porches on one of the three buildings.

HISTORY OF THE MILITARY AIR SERVICES OF CANADA - Part 13b - CONCLUSION

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

The RCAF March Past

All airmen in the Canadian Forces acknowledge a single tune known as "RCAF March Past" during parades and mess dinners. This musical score, known in Britain as "The Royal Air Force March Past," was written originally by Sir Walford Davies shortly after the formation of the RAF in 1918, and later was re-arranged and altered by Sir George Dyson. It was in 1943, when the RCAF was so heavily engaged in the air war over Britain and Germany that permission was granted for the RCAF to use the march and today, "RCAF March Past" continues to be the quick march of the air operations branch and air command. Less well known are the words composed for the tune which are as follows:

RCAF MARCH PAST

Through adversities
we'll conquer
Blaze into the stars.
A trail of glory
will live on land and sea
'til victory is won.

Men in blue the skies
are winging
In each heart one
thought is ringing.
Fight for the right!
God is our might!
We shall be free.

RCAF Tartan

One of the most popular tartans in Canada is the RCAF Tartan. But where did it come from and why is it named the RCAF Tartan?

Credit for this effort should go to Group Captain E.G. Fullerton, Commanding Officer of No. 9 Service Flying Training School, RCAF Station Summerside, Prince Edward Island. G/C Fullerton was from a strong Scottish heritage, from the clans of Nova Scotia, and he was able to arrange for the loan of several sets of bagpipes for his station band. Because he wanted to kit-out his band in full Scottish regalia, he searched for a tartan appropriate for an air force pipe band. The closest tartan he could find was an Anderson tartan, but he thought it lacked something. So he decided to design his own tartan, modifying the original Anderson tartan with the colours he thought were appropriate for the air force: light blue, dark blue and maroon. Using red and blue pencils, he designed the prototype and had a sample swatch made for submission to Air Force Headquarters. With only a few minor changes, this sample was submitted for approval to Scotland.

The Lord Lyon, King of Arms of Scotland, officially registered the tartan, officially known as the Royal Canadian Air Force tartan, on 15 August 1942 in his court archives.

This tartan continues to be the tartan of the Canadian Air Force. It was officially adopted by Canadian Forces Air Command and continues to be worn by Air Command pipe bands.

Saluting on the Flight Line

Traditionally in the Air Force there is no saluting in the work place; the flight line is the place of work for aviators. The only personnel who are saluted on the flight line are senior officers. This is similar to the army in the field, where officers are not saluted in the field for fear that snipers might see them.

Conclusion

As can be seen, Canada has had a long and rich history with her military air services. From those austere beginnings of flight on Bras-d'Or Lake in 1909 to Canada's contribution to the current activities of the Air Force, our personnel have created a proud tradition of excellence, valour and professionalism.

Throughout the history of the Air Force has been both turbulent and always a constant struggle but Canada's Air Force is here to stay. The motto of both the RCAF and the current Air Force have therefore always been highly appropriate: Per Ardua Ad Astra (Through Adversity to the Stars)/ Sic Itur Ad Astra (Such is the Pathway to the Stars).

Another popular wartime tradition was the naming of aircraft with names chosen by crew members.

(CF photos)

High Flight

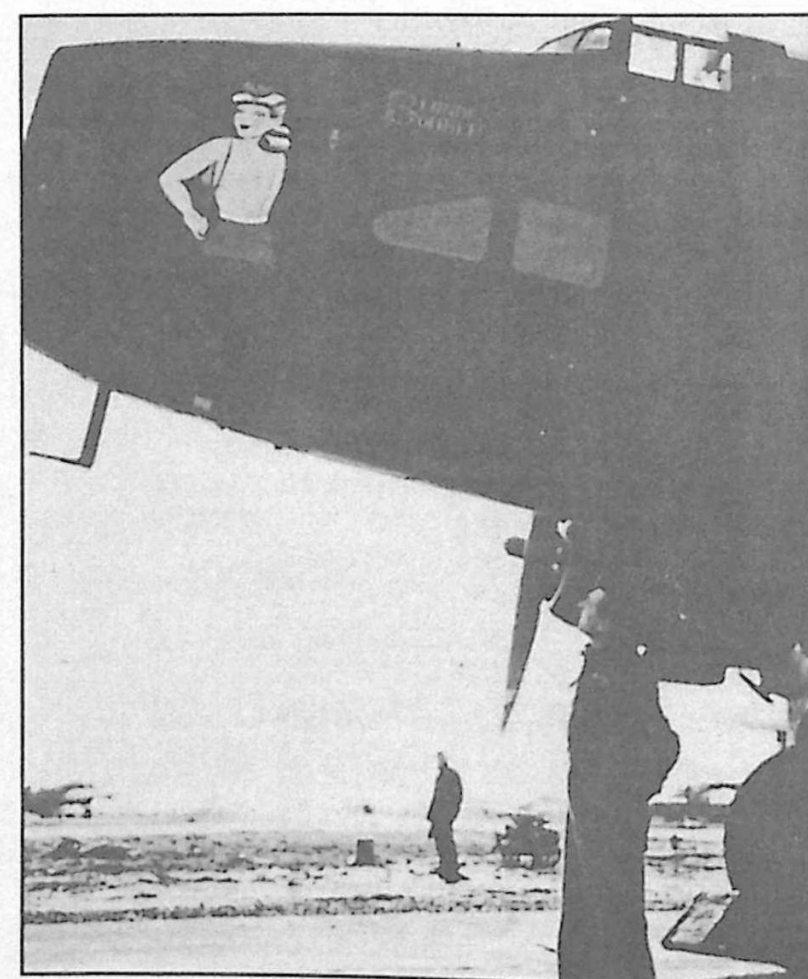
Oh! I've slipped the surly bonds of earth
And danced the skies on laughter silvered wings;
Sunward I've climbed, and joined the tumbling mirth

Of sun-split clouds - and done a hundred things
You have not dreamed of - wheeled and soared and swung
High in the sunlit silence. Hov'ring there
I've chased the shouting wind along, and flung
My eager craft through footless halls of air.

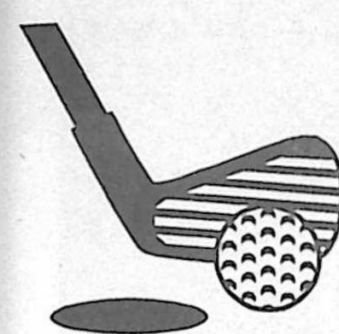
Up, up the long, delirious, burning blue
I've topped the wind-swept heights with easy grace
Where never lark, or even eagle flew -
And, while silent lifting mind I've trod
The high untrespassed sanctity of space
Put out my hand and touched the face of God.

John Gillispie Magee*

* Pilot Officer John Gillispie Magee Jr., an American citizen, was born of missionary parents in Shanghai, China and educated in Britain's famed Rugby School. He came to the United States in 1939, and, at age 18 years, won a scholarship to Yale. But he felt that he must aid the cause of freedom and instead enlisted in the Royal Canadian Air Force in September 1940. He served overseas with an R.C.A.F. (Spitfire) Squadron until his death on active service on 11 December 1941. His sonnet, composed in September 1941, resulted from the freedom of soaring at 30,000 feet. It was scribbled on the back of a letter to his mother in Washington. It subsequently became famous both in R.C.A.F. and worldwide.



Glacier Greens



Tuesday Ladies

By Joyce Merrill

It was mighty fine cuisine served to the ladies of Glacier Greens on October 5 by Chef Steve and staff.

Elections followed the dinner. New executive for the Ladies Club in 2000 is as follows: Club Captain - Fran Hume, Vice Captain - Irma Rowland, Secretary - Marguerite Fournier, Treasurer - Sharon Warne, Tournament Chairperson - Judy Fellbaum, Prizes - Verle Lafferty and Lori Cameron, Rules Handicaps and Match Play - Inge McArthur, Interclubs - Helen Williams and Linda Lott, Publicity - Joyce Merrill, Boards - Liz van Boeschoten, Housekeeping - Mary Kelly, Foods - Barb Carter and Carmel Horochuk.

Congrats to Marguerite Fournier who aced her first hole in one on #15 with an 8 iron on October 4. An excited playing partner was Sharon Warne who witnessed the feat along with two visiting golfers.

Winter golf starts on October 31. Cost is \$4.00 with sign-up time for October, November, February and March 8:00 for 8:30 a.m. For December and January it will be 8:30 for 9:00 a.m. Hope to see you there.

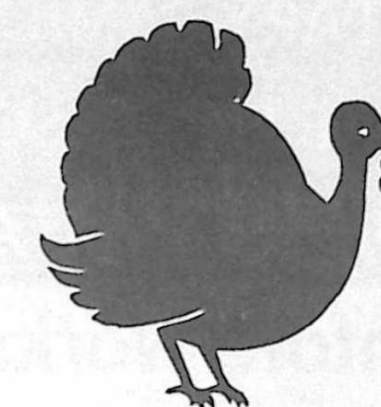
Monday Nite Ladies

The Monday Nite Ladies wind-up dinner and awards took place on October 4. Thirty-five ladies enjoyed an excellent dinner served by Chef Steve and staff.

The team of Carmel Horochuk and Diane Burke were the winners of the tournament played on September 6. Ev Vicklund and Diane Burke tied for the most improved player award. Everyone received a prize from the table.

A special BIG THANKS to the following sponsors who donated prizes every week and for the dinner: Aero Art, Panagopoulos Pizzeria, Anderton Nursery, Canadian 2 for 1 Pizza, Aroma Crystal Therapy (The Garden Gate), Fish "N" Stitches, The Griffin Pub, Scott Fraser Pro Shop, Steve Dodd Catering. You made our season a great success!

Thanks also to Line and Rene Fortin who donated the lovely Tintin picture which was won by Corrine Innes, to Michael Rushton of Rushton Transport and to Marion Carmichael for the plants. That's it for this year.



Mixed turkey shoot

What a great day Mother Nature had in store for this start to Winter Golf - sunny, bright and barely any wind. Not what was expected, but certainly welcome. Seventy-two people arrived and, after a short delay, all teed off by 9.10 a.m.

1st Low Gross with a plus 10 went to the team of Bob Marshall, Bill Krier, Donna Scott and Nancy Mills. 1st Low Net it was Ted Sauve with minus 11, Norm Fellbaum, Mike Pollock, Diane Burke. 2nd Low Gross on a countback with plus 14 Bob Edwards, Jim Brown, Gord Prichard, Bruce Horochuk. 2nd Low Net Andy Blair, Wayne Ogilvie, John Hanson, Pitt Belanger. 3rd Low Gross with a plus 17 went to the team of Ted Gibbon, Rick Forster, Kathy Branch & Jim Hume. 3rd Low Net with minus 7 on a CB Jim Loring, Duane Miles, Ray Fournier and Augusta Prichard. 4th Low Gross Nick Mykitiuk, Dave Kelly Muriel Krier and Rose McCliesh.

KPs on #12 went to Neil Woodrow and his teammates, Ray Cossette, Irene Marshall and Judy Fellbaum. On #15 it was the team of Vic Crisp, Lloyd Billings, Carmel Horochuk, but it was Lorraine Courtemanche making the shot. On #17 the team of Leo Lamothe, Ray Belanger, Mo Morrison and Caryl Diewett.

All in all, 40 birds flew the coop. Hope everyone had a good time. Next Winter Golf is on October 31, same old 8:00 a.m. sign up for 8:30 a.m. tee off. Hope to see lots more bodies. Till next time.



Commander's Cup basketball meeting

This meeting has been rescheduled to November 3 at 1000 hrs. This is the second meeting since only 19 AMS showed for the first one. Please send a rep - 0 points is embarrassing.

CISM Shooting

Trials and Selection
Deadline for entries is 12 November. Qualified personnel may contact Jake Plante at the Rec. Centre for more information.

Jake's Trivia Corner

1. What were the most passing yards in a single game?
2. What were the most goals scored by a hockey right winger in one season?
3. Who won the most consecutive PGA tournaments?

(Answers on page 14.)



Lane swimming for military personnel

During the transition until the opening of the new Base Pool (around 10 January 2000), lane swimming ONLY will be available for all 19 Wing Comox military personnel at the Comox Valley Sports Centre. Check the Comox Valley Recreation Reporter brochure or call 334-9622 for times.

*Procedure: Simply sign in on the 19 Wing Comox Swim Register, producing your Military ID Card, with the Sports Centre staff. There is no cost.

NOTE: This privilege is ONLY for 19 Wing serving military personnel who use swimming as part of their personal fitness program. It is NOT for your guests or dependants - they must pay the admission rate. Also, please note this arrangement is only for the Comox Valley Sports Centre Pool off Headquarters Road, Courtenay. It is NOT available at the new Aquatic Centre on Ryan Road.

Reminder: If you fail to produce your Military ID when registering you will be charged the admission rate, which is non-refundable.



19 WING BOWLING CENTRE

NOW OPEN FOR THE 1999-2000 SEASON

The winters are wet and long in the Comox Valley. League or casual bowling with friends is one great way to get through it in style.

All interested individuals, couples or teams interested in league bowling please contact the people listed below. Space is limited so don't dally!

League Times		Contacts	
Monday Celtics	2:00-4:00 p.m.	Doug Toombs	897-0406
Tuesday Ladies	6:45-9:00 p.m.	Moe Eisan	338-7569
Weds. Ladies	12:30-3:14 p.m.	Nancy Polvin	339-1782
Weds. Mixed	6:30-9:00 p.m.	Rod Spurr	339-6067
Thursday Mixed	6:30-9:00 p.m.	Rod Spurr	339-6067

Casual Bowling
Fridays 6:00 - 9:00 p.m.
Sundays 1:00 - 4:00 p.m.

If you have any queries or are unable to contact the persons listed above, please call the Bowling Centre manager, Scott Teasdale, at 334-1937 or Pat Andrews at 338-8317.

We also take bookings for section parties, sports afternoons, various organizations, birthdays, etc.



CANEX 19th ESCADRE COMOX

SOLDE DE BIJOUX EN OR À P/2 PRIX!

17-18 NOVEMBRE 2 JOURS SEULEMENT

UN CHOIX IMPRESSIONNANT DE SÉRÈRES BIJOUX EN OR 10 ET 14 CARAT SONT MAINTENANT À PRIX SPÉCIAUX POUR LIQUIDATION JUSQU'À 50 % DE RABAIS SUR LE PRIX COURANT

RENSEIGNEZ-VOUS POUR COURIR LA CHANCE DE GAGNER UNE BAGUE À DIAMANT!

CHACUN ACHAT DE BIJOUX VOUS REND ADMISSIBLE AU TIRAGE D'UNE BAGUE À DIAMANT DÉTACHÉ EN MAGASIN

CANEX MARQUES CONNUES À BAS PRIX

CANEX PLAN DE CRÉDIT SANS INTÉRÊT



COMOX MILITARY FAMILY RESOURCE CENTRE CENTRE DE RESSOURCES POUR LES FAMILLES MILITAIRES DE COMOX

Parents as preventors workshop



The Comox Valley Drug Awareness Committee (CVDAC) will be active this fall with two major focuses. The first will be the Annual Drug Awareness Week Activities (November 15th - 21st). This year will include the Parents as Preventors Workshop which is a workshop designed and presented by the Vancouver based Alcohol-Drug Education Service, will take place at Crown Isle Golf Club, Copper Room from 7:00pm -

9:00pm. This workshop emphasises the central role parents play in influencing their children to make healthful choices regarding such issues as alcohol and other drug use. It covers the scope of alcohol and other drug problems among young people as well as specific ways in which parents can reduce the risk of involvement with alcohol and drugs by their children. While the focus is on prevention and health promotion, some of the ways in which parents can cope with an existing problem are also discussed.

The second focus will be two parent-ing for Prevention Seminars, to be held at two local elementary schools.

These seminars are similar to the Parents as Preventors Workshop, but with a Comox Valley flavour. A panel of Comox Valley professionals will look at:

How can parents prevent children for (ab)using drugs? What gets in the way? Discussion on the same topic is then opened up for small group discussions. The evening will close with a reflection on what participants have gained from the evening and what they want to do next. For more information on Drug Awareness Activities call Mara at the CMFRC at 339-8290.

PROGRAMME EN FRANÇAIS

Groupe FRANCO FEMMES

Du nouveau au CRFMC, nous débutons notre groupe de femmes francophone. Nous nous rencontrerons une fois par mois pour un souper ou une activité sportive. Aucuns frais d'abonnement. Vous êtes conjointe de militaire, membre militaire, francophone ou anglophone s'exprimant en français et bien joignez vous à nous en contactant Danielle.

Bienvenue aux nouvelles arrivées.

Horaires:

Novembre: à déterminer
Décembre: Vendredi le 10: Souper de Noël

Microsoft Word niveau 2

Pour les personnes qui connaissent et qui travaillent déjà avec le MS Word. Vous apprendrez à faire des tableaux, des insertions de documents, de dessins, etc...

Animatrice: Doris Houle
Date: Les mercredi 3, 10 et 17 novembre

Heure: 18:30 à 21:30

Coût: \$10.00

Endroit: Édifice Quartier général #45-BFC Comox

Inscrivez-vous dès maintenant 12 places disponibles.

Nutrition santé (Diète pour un esprit serein)

Un esprit heureux commence avec un corps en santé! Dans cet atelier, on explorera les facteurs divers, nutritionnels et autres, pour une santé mentale optimale. On y apprendra les divers facteurs physiologiques qui affectent le fonctionnement de notre cerveau et nos émotions, ainsi que les herbes et suppléments bénéfiques. Vous serez contentes d'être venues!

Animatrice: Lucie Desjarlais

Date: Jeudi 4 novembre

Heure: 19 à 21hrs

Coût: \$5.00

Endroit: Édifice des programmes du CRFMC

Club de marche

On marche on jase, on se tient en forme sans aucun frais, que peut-on demander de plus! Qu'on soit 2, 7 ou 15 personnes beau temps mauvais temps on marche.

Date: Tous les mercredis jusqu'au 15 décembre

Heure: 12:30 à 14:00hrs

Coût: Gratuit

Endroit: Rencontre à l'édifice des programmes du CRFMC (2e maison) Pour tous renseignements et inscriptions, veuillez contacter le 339-8290 ou Danielle au 339-8211 poste 8656.

Making healthy choices

Preventive maintenance. We do our cars, our houses, the boat. We even do the garden. But do we ever think about doing some preventive work on ourselves?

Your body is a biological machine ... just one organism in the sea of life on this planet Earth. We are interactive with this Earth - meaning that what we do effects our surroundings. It also means that what is around us effects us. The air we breathe, the sounds we hear, the "vibes" we get from other human beings, the water we drink and bathe and cook in ... all of these things have

impact on our quality and quantity of life.

We have control. We can choose to participate in activities that make us healthier and that keep us healthy. Choose to fill your body with the nutrients, vitamins, minerals, fibre, and water so that every cell has all the fuel it needs to work at its peak of efficiency. Choose to do some preventative-type activities like knowing your blood pressure, keeping your skin supple, learning to decrease and manage the amount of stress in your life. And, do some moderate, consistent, enjoyable exercise.

Exercise makes your heart muscle strong, it moves the blood briskly through your system, it helps get oxygen and nutrients right to the cells that need them ... and it helps to keep your body weight down and your attitude up.

Shelley Combs is an educator and clinician, she has been a registered nurse for 25 years working all over the world and in a variety of settings. She is a volunteer at the CMFRC and facilitates workshops on healthy life choices.

Upcoming workshops

Focusing on the positive

This three evening workshop provides participants with opportunities to strengthen self-esteem through increased self awareness and skill building.
Facilitator: Wendy Case
Dates: Nov. 22, 29, Dec 6
Time: 6:30-8:30pm
Fee: \$10 per person for military families; \$15 per person for non-military families.
Registration: Call 339-8290
Location: CMFRC Program Building #120 Kinnikinnik

they don't feel heard? That women like to discuss problems while men tend to focus on solution? Communication is a skill that most of us did not learn growing up. Yet good communication is an essential for relationship satisfaction. Without it, arguments go unresolved, resentment builds, and intimacy is threatened. These two evening workshops are designed to teach couples the necessary skills to handle their inevitable differences and solve problems more effectively. The focus will be on skill building within the couple unit. Sharing within the group is not required.

Fee: TBA. A childcare subsidy is available for military families attending this workshop, please call Mara at 339-8290 for more information.

Encouraging positive self-esteem in young children

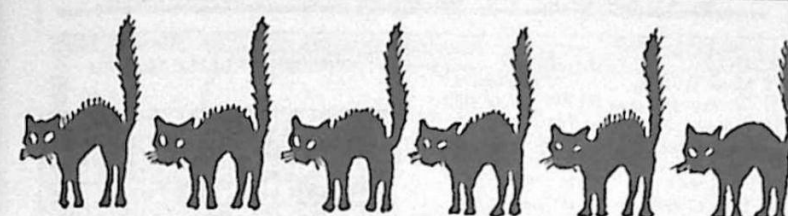
This workshop will have participants focusing on the positive aspects of their child's unique personality. Participants will have opportunities to practice encouraging their child to feel good about their efforts and gifts.
Facilitator: Vi Robertson
Dates: Nov. 2, 9, 16
Time: 6:30-8:30pm
Fee: \$10 per person and \$15 per couple for military families; \$15 per person and \$25 per couple for non-military families. A childcare subsidy is available for military families attending this workshop.

Marilyn is a registered Marriage and Family Therapist, and George is a community and organizational consultant with training in communications, conflict resolution and group process. They have been married for 31 years and have two adult children.
Dates: Nov. 23 and 30

Couples Communication Workshop

(Marilyn Armstrong and George Penfold)
Did you know that ninety-eight percent of good communication is listening? That people argue when

WALLACE GARDENS COMMUNITY ASSOCIATION NEWS



Halloween Sock Hop Report

Held on October 12, our sock hop was a huge success with a great turnout of ghosts and goblins. We would like to thank our corporate sponsors for their generous donations: Norm's Farm Market for the 20 pumpkins and McDonald's for the 10 gift certificates for cheeseburgers. We would like to congratulate the following people as winners of the costume prizes:

Best Costume (1-6 yrs) White Princess - Kaylee, (7-12 yrs) Jeannie - Kristen.
Scariest Costume (1-6 yrs) Dracula - Brandon, (7-12 yrs) Grim Reaper - Matthew.

Funniest Costume (1-6 yrs) Tinkwinkie - Keanna, (7-12 yrs) Vampire Cowgirl - Ashley.

Most Original Costume (1-6 yrs) Pumpkin - Sebastian, (7-12 yrs) Hippie - Katelyn.

Cutest Costume (1-6 yrs) Honey Bee - Nicole, (7-12 yrs) Baby - Susan.



1:00 - 3:00 p.m.
Airport School Gym

Costume Parade
Treats
Haunted House
Open to Wallace Gardens members only

TEEN DANCE

Sat, 20 November
7:00 - 11:00 p.m.
at Wing All Ranks Facility (WARF)
Bldg #10
Members: \$1.00
Non-members: \$3.00
For more info call Mona 339-4627



Sports Program



Youth 9 - 13
6-8 p.m. Saturdays
Base Gym

Proper athletic footwear is required.
For more info call Jane 339-8211, loc 8571.

Children's Video Afternoon

Sunday, 21 November

1:00 - 3:00 p.m.

.50 cents/member or \$1.50/non-member for popcorn & drink
For more info call Suzanne 338-2584.

Family Bingo

Sunday, 7 November
1:00 - 3:00 p.m.
WARF (Bldg #10)

25 cents/card members

\$1.25 first card non-members. 25 cents each additional card.

For more info call Debbi 339-6317 or Rhonda 890-7535



MAKE SURE
YOUR KIDS
HAVE A
SAFE
HALLOWEEN.
PICK UP
FREE "GET
VISIBLE"
STICKERS
FROM YOUR
OPTOMETRIST'S
OFFICE



Start your Christmas crafting early Tole Painted Santa

Join us Sunday, November 21 from 7-9 p.m. and paint a delightful Santa which you will enjoy for years to come!

This class must be pre-registered and a payment of \$5.00 will be charged to help purchase the necessary supplies. Payment is due upon registration.

To pick up a list of materials needed, or to view or register for this craft, come into the Wallace Gardens office Mon-Fri 0730-1200 hrs.

70's Sock Hop

Hey man! Come on out in your fave 70's duds!
It'll be a blast!

Saturday, November 13
6:00 - 8:00 p.m.
At the WARF (Bldg #10)

.50 cents/member

\$1.50/non-member

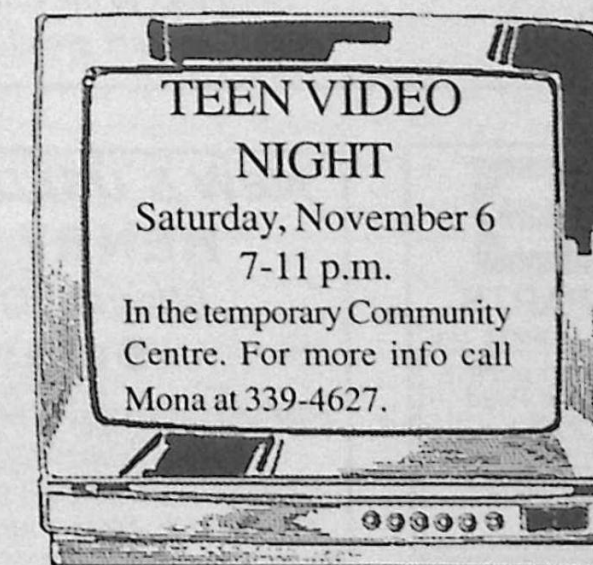
For more information, please contact
Dolene 890-0679 or Shelley 339-4169.



TEEN VIDEO NIGHT

Saturday, November 6
7-11 p.m.

In the temporary Community Centre. For more info call
Mona at 339-4627.



WGCA Ward Reps
Mayor: Capt C. Wright
Deputy Mayor: WO S. Bekus
Representatives

Ward 1	Cpl A. Wallace	890-7573
Ward 2	Ms. K. Galbraith	339-1280
Ward 3	Mrs. M. LeBlanc	890-0719
	Mrs. D. Meaden	890-0679
Ward 4	Mrs. L. Bech	339-4570
	Cpl J. Dubois	339-3725
Ward 5	Sgt B. Helgard	339-3815
Ward 6	Sgt M. McKinney	339-3567
Ward 7	Cpl T. Carr	339-0783
Ward 8	Mrs. P. Nicholson	339-1966
Ward 9	Mrs. M. Baird	339-4627
Courtenay	Ms. H. Irvin	334-1059
Comox	Mrs. C. Morrow	339-1960

Note: Any questions or concerns regarding your ward may be directed to the ward representative, or to the Town Clerk at 338-8211 loc. 8571.

**For Rent**

Executive 3-bedroom ocean front home. Available immediately. References required. 338-5056.

House for Sale

4-yr, 3-bdrm duplex. Gas, HWT & FP. 4-ft. crawlspace. Garage. 4606-B Muir Road, Courtenay East. \$109,500. Ph: 338-5569 <1/2>

Child Care

Hana's Playhouse Daycare in a home behind North Island College. Safe and reliable. Good references. Start times/days flexible. No evenings. Call Kim at 338-7959.

Harvest Banquet Sat. November 6 at Kingfisher

There will be a cocktail hour with live entertainment, gourmet buffet dinner and an auction of items, including a framed Robert Bateman print, at the Kingfisher Oceanside Resort and Spa, Royston. Proceeds to benefit the Mountaineer Avian Rescue Society (MARS), a non-profit organization dedicated to the rescue, rehabilitation and release of injured or orphaned wildlife, primarily birds.

Tickets \$25.00 each, available now at Kingfisher Oceanside Resort & Spa; BC Ministry of Agriculture and Food, 331B Sixth Street (two doors up from the bowling alley in Courtenay); Radio Shack, 2082 Comox Avenue, Comox; or call MARS at 337-2021 or toll free 1-800-304-9968.

This is the sixth year the banquet has been held. All food served is traditionally donated by local farms of the Comox-Strathcona Regional District.

Newcomers' Club

For women new to the Comox Valley within the last two years. New members welcome. Monthly meeting Nov. 8 at 7:15 p.m. at the Florence Filberg Centre, 411 Anderton Avenue, Courtenay. Many activities including bridge, crafts, walking, etc. For more info: Karen 703-2611 or Dorothy 897-1089.

Jake's Trivia Answers

- 554 yards by Norm Van Brocklin of the LA Rams on 28 Sept. 1951.
- Brett Hull scored 86 in the 90/91 season.
- Walter Hagen, 1924-27.

Canadian Cancer Society "Fresh Start" Quit Smoking Program

Starts November 2 and will run Tuesday and Thursday evenings. This is a support group with a lot of beneficial guidance for individuals who want to quit smoking. For more info, or to register, call the local office at: 338-5454

French (CFB Comox)

Progress Level II (PL2) will run from 9 Nov to December 17. Tues-Fri 7:30-11:30 a.m. and 12:30-15:30 p.m. Military personnel, dependents and civilians are invited to apply using the P:drive at: P:\ALLUSER\LANGUAGE\TRAINING\REGISTRATION.COM or contact Dr. Fathi loc. 8828 (home 339-5788).

Catch the YAA! Nomination Wave

Nominations are being accepted on-line for the 11th Annual YTV Achievement Awards - Canada's only nationally broadcast awards ceremony for young achievers. This is the big one for all the talented young Canadians out there. YTV is looking for young people with exceptional talents and accomplishments in the following 12 categories: Acting, Band/Musical Group, Business, Dance, Innovation, Instrumental, Public Service (UNICEF Award), Specialty Performance, Sports, Terry Fox Award, Visual Arts, Vocal.

Surf the YTV website at www.ytv.com/yaa to register online. Nomination forms are also available by fax or mail by calling the info hot line at (416) 530-5164. To be eligible, nominees must be 19 years of age or younger as of 31 December 1999. Entries must be sent to YTV Canada, Inc. by 5 November 1999.

Winners receive an all-expense paid trip to the host city, a \$3,000 cash honorarium, an award statuette, some super-cool sponsor merchandise and the admiration of their fellow Canadians from coast to coast. Finalists will be announced in February and winners will be notified in April.

Millennium Dreamers Awards

The Millennium Dreamers program, created by McDonald's and Disney, together with UNESCO, is a worldwide search for 2,000 remarkable young people (ages 8-15) whose efforts have contributed to their communities. Eighty young Canadians will be chosen to join other award recipients from more than 100 countries around the world at a global youth summit and awards celebration at Walt Disney World Resort in Florida in May, 2000.

Further information is available: - on the Internet at www.disney.com - nomination forms and official rules at www.mcdonalds.com (select "Millennium Dreamers," then choose "Canada"), or at McDonald's restaurants across Canada.

TODAY'S CROSSWORD PUZZLE

ACROSS

- 1 Most stadium
- 2 Climb a soapbox
- 3 Stop up
- 4 Salad-bowl
- 5 Evergreen
- 6 "Clan of the Cave Bear"
- 7 heroine
- 8 M.D.'s
- 9 "So long!"
- 10 Diving birds
- 11 Fable writer
- 12 Brief swims
- 13 Sweet tubers
- 14 In a gentle way
- 15 Silent
- 16 Duck's foot
- 17 Ladd of "Shane"
- 18 Reef material
- 19 Demiss without notice
- 20 Complete surprise
- 21 Subject for Plutarch
- 22 Squeal
- 23 Harem chamber
- 24 Iowa city
- 25 Explodes
- 26 Strong haulers
- 27 Aristocrat
- 28 "Aller" star
- 29 Heroic tale
- 30 Meadow
- 31 conveniences
- 32 Albright of films
- 33 More feed off
- 34 Pretends
- 35 Oil or coal
- 36 Showed reverence
- 37 "I didn't hear that"
- 38 Take a — at (try)
- 39 Actress Lamarr
- 40 Roof part
- 41 Alias
- 42 Fill, as a chair
- 43 Smells bad
- 44 Tacks on
- 45 Smidgen
- 46 Previous to, in poems
- 47 Is concerned
- 48 Soap-making ingredients
- 49 Bread spread
- 50 Leap for joy
- 51 Hits the horn
- 52 Group of witches
- 53 Straw-colored
- 54 Frost
- 55 Polar explorer
- 56 Hollywood tough guy
- 57 Russia's — Mountains
- 58 Very long time
- 59 Attorney's field

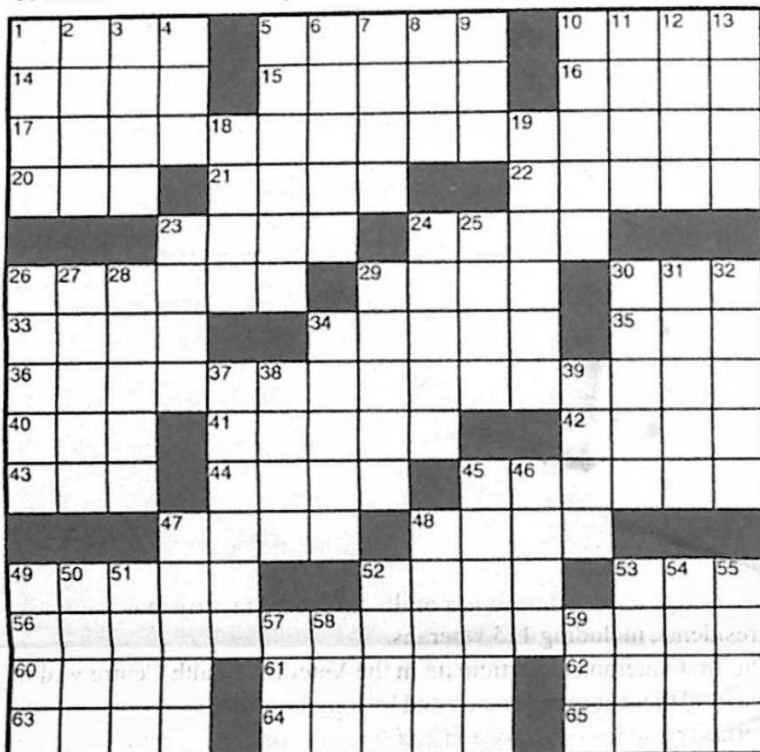
DOWN

- 1 Take a — at (try)
- 2 Actress Lamarr
- 3 Roof part
- 4 Alias
- 5 Fill, as a chair
- 6 Smells bad
- 7 Tacks on
- 8 Smidgen
- 9 Previous to, in poems
- 10 Is concerned
- 11 Soap-making ingredients
- 12 Bread spread
- 13 Leap for joy
- 14 Hits the horn
- 15 Group of witches
- 16 Straw-colored
- 17 Frost
- 18 Polar explorer
- 19 Hollywood tough guy
- 20 Russia's — Mountains
- 21 Very long time
- 22 Attorney's field

PREVIOUS PUZZLE SOLVED

WROTE SPRIG MOW
HERON CAIRO UGH
YOKED ARDEN FRI
LILT DATES
SECRETARY EGOTIST
CLAUDE EXALT
ROPESE TAPDANCE
APE GASES USE
PERSONNEL TENSE
CRAGS LOADED
REVOLTS DEBUSSY
ANITA GITA
INS NOSES CELLS
DUO DRINK CREAK
SIR OASES ORBIT

© 1999, United Feature Syndicate



Masquerade Halloween Party 8:00 p.m. on 30 October

at
Cumberland Legion #28, 2770 Dunsmuir Avenue
Entertainment by FATMAN KARAOKE, hosted by Cressynn Hall. This event is OPEN TO THE PUBLIC. The setting will be for those who yearn to have fun and dress up in outrageous costumes. Those attending in costume will be eligible for prizes, or try your luck at raffles throughout the night. Members of the public are invited to investigate our new relaxed membership qualifications and sign up to be a member.

Tickets \$5.00 or Donation

To pre-register, contact Cumberland Legion 336-2361 or Sheri 336-8872. Sponsored by Cumberland Legion Branch and Cumberland Legion Ladies Auxiliary.

Join the new

Country/Western Dancing Group

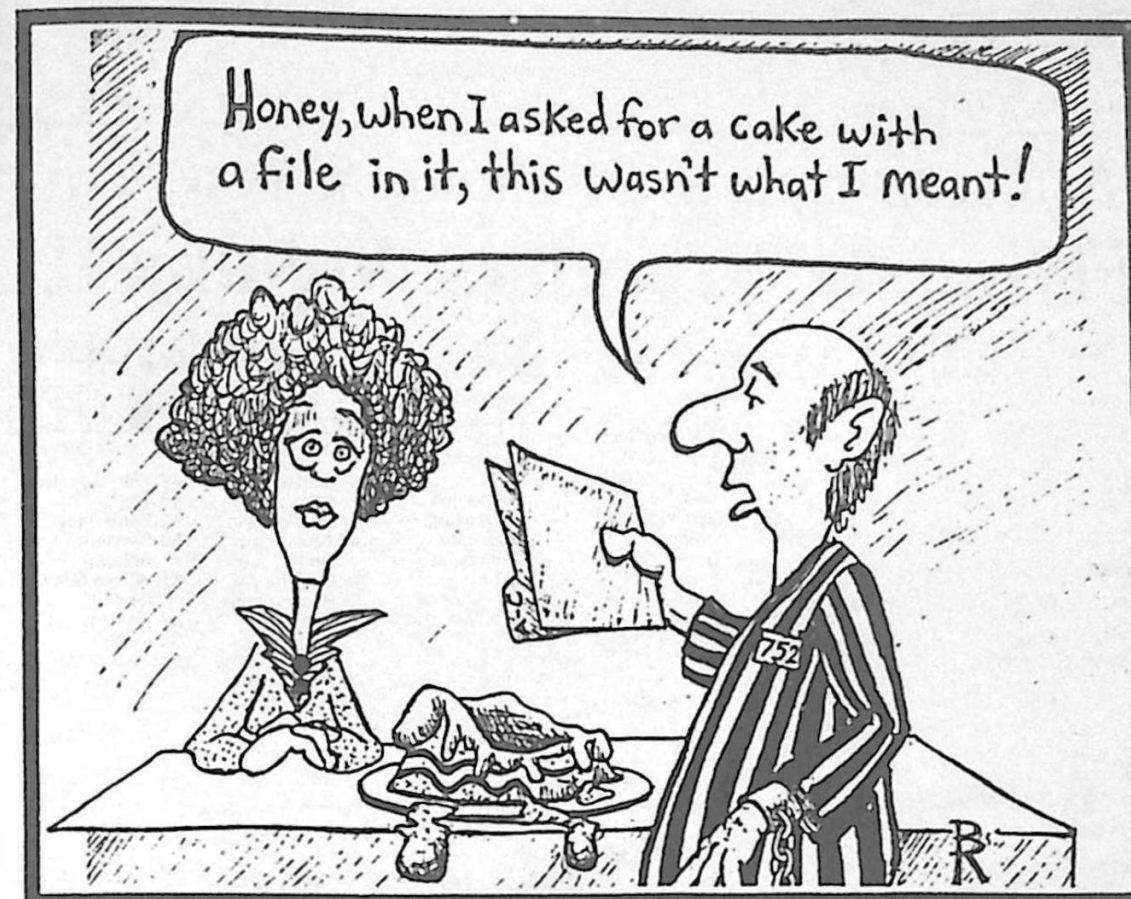
Featuring the upbeat music of Westwind with Gordon Kruger and the boys, with an occasional guest singer. The dances are held every Sunday from 8:00 p.m. to midnight at 360 Cliffe Avenue, Courtenay (below the Museum, across from the Legion). This is a non-smoking building but there is a covered area for smokers. Munchies, door prizes, a 50/50 draw and an inexpensive bar are provided. There is a nominal charge for admission at the door. For those who are physically challenged, there is a lower entrance for easy access and half-price admission.

Come on out and join the fun and friendship.
For more information call Jack at 897-3696

Officers' Mess Ladies' Club Calendar of Events

Wednesday, November 17 - Fall Fashion Show
Doors open 7:00 p.m. show starts at 7:30 p.m.
See this year's holiday fashions.
For more info and tickets call Shelley Wright 339-9981.

FREAKSHOW



Health Care for Veterans

A new centre to provide day services to veterans, their families and caregivers was unveiled on September 13 at The Lodge at Broadmead in Saanich, B.C.

The Veterans Health Centre is designed to support veterans, as well as their senior spouses, families and caregivers, while they await entry into a long-term care facility. Veterans Affairs Canada has entered into a two-year, \$7000,000 contract with The Lodge at Broadmead to develop and operate the centre, which will provide a range of innovative and comprehensive day services.

The Lodge at Broadmead is a multi-level care facility that is home to 225 residents, including 115 veterans.

The first veterans to participate in the Veterans Health Centre will be drawn from those currently wait-listed for long-term care facilities in Greater Victoria. Ten spaces per day and 2,600 respite days per year for families and caregivers are planned for the centre.

It is estimated that there are over 400,000 veterans in Canada, of whom more than 4,000 live in Greater Victoria, while approximately 7,000 live elsewhere on Vancouver Island. In all, there are approximately 91,000 veterans in British Columbia.

Checking salmon for research

When you return to shore after a day of fishing, don't be too surprised if someone carrying a long blue wand (similar to the hand-held security devices used at airports) asks to look at your salmon catch.

You may already be familiar with Fisheries and Oceans Canada's Salmonid Head Recovery Program. This voluntary program involves anglers dropping off the head of salmon with a missing adipose fin (the small fleshy fin on the salmonid's back, just in front of its tail) at a recognized depot. Historically, a missing adipose fin indicated that the fish had a coded-wire tag implanted in its head. Since a coded-wire tag is not visible to the naked eye, the adipose fin was clipped when the fish was tagged to serve as a visual indication that the fish may be tagged. By bringing the dead to a depot, anglers were participating in the Department's program for assessing and enhancing salmon stocks.

Beginning this year, a missing adipose fin on a coho salmon will mean that the fish came from a hatchery. It does not automatically indicate that there is a coded-wire tag in the fish. There will also be coho salmon with an intact adipose fin that contain a tag.

Because a clipped fin is no longer a visual indication of a tagged fish, direct electronic sampling will take place this fishing season to identify returning salmon containing a coded-wire tag.

At selected southern coastal locations this summer and early fall, creel survey technicians will be approaching anglers and asking to check their salmon catch. By running an electronic wand over the fish, the technicians will be able to determine if a coded-wire tag is in the fish. If a wire tag is detected, technicians will ask to take the head of the fish to remove the tag.

If a technician removes the head



Royal Canadian Legion

Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m.
Oct 29 Island Country
Nov 5 Ventura Highway
Nov 12 Eldorado
Nov 19 Andrew and The Machine

Special Events:**Halloween Dance - 29 October**

Prizes for the best costume(s). Come out and support your hard-working entertainment committee and the branch.

November 11 - Remembrance Day

Breakfast starts 9:00 hrs. Cost \$4.00, includes free drink. Parade to cairn commences 10:30 hrs.

Note: Lower Lounge will be closed during Parade to all but staff (NO exceptions). There will be NO BINGO on Nov. 11.

Casino Night - 6 November

Come out and support your Legion and the Entertainment Committee. The Spring Casino was a blast!

General Meeting: Tuesday 23 November at 7:30 p.m.

Branch 28 Cumberland (336-2361)

Every Wednesday, Bingo 7:00 p.m.

Hall rental: non-members \$75, members \$50, kitchen use \$25.

Branch 160 Comox (339-2022)

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.

Oct 29 Alley Cats
Nov 5 Island Country
Nov 12 NO BAND

Special Events

Weds. Nov 10: Branch 160 MEMBERS ONLY NIGHT - 8 p.m.
Thurs. Nov 11: Remembrance Day Parade & Service

Open House after Ceremonies & Parade
Band (TBA) 2 - 6 p.m.

New Year's 2000 Gala: Tickets go on sale Mon. Nov 1 at \$20.00 per person. Hot & cold buffet 8:00 p.m. Band - TBA. Dress: semi-formal. Free transportation available. Tickets & seating plan available in office.

Call Branch office Mon - Fri at 339-2022 for more info.

888 (KOMOX) RCAF WING



Air Force Association of Canada

Calendar of Events

Sunday Brunches & Games: First Sunday each month.

Pub Grub Fridays - Horse Racing, Darts, Cards.

Note date change! Oktoberfest - 30 October. 6:00 for 7:00 p.m.

L.A. Craft and Bake Sale - November 27 at 9:30 a.m. in the Driftwood Mall. Bring contributions to 888 Wing Friday evening (26 Nov.) or the Mall rear door next to Overwaitea, 09:00/27.

General Meeting - Wednesday, December 1, 20:00 hours at the Wing. Long-term Pins will be awarded.

Regular Force Members Welcome!**888 Wing hours:**

Monday - closed* Tuesday - closed
Wednesday, noon - 6:00 p.m. Thursday, noon - 1:00 a.m.**
Friday, noon - 1:00 a.m.** Saturday, noon - 1:00 a.m.**
* Bar open on Holiday Mondays. ** Bar could be closed as early as 9:00 p.m. if there are no customers, at the discretion of the Bar Manager.

of a fish, anglers will be given an official card, signed by the technician, indicating the species and length of the fish. This card will permit the transportation of the fish to the angler's place of residence, as per the catch transportation guidelines set by Fisheries and Oceans Canada.

Anglers can continue to participate in the voluntary head recovery program by dropping off the salmon head at a Salmonid Head Recovery Depot. Call collect (604) 291-6401 for the depot nearest you, or check in the 1999/2000 BC Tidal Waters Sport Fishing Guide.



It's Portrait Time again!

Just in time for Xmas! Twice a year Overwaitea photo lab offers free portraits. Professional photographer Peg Sanderson will be on hand Friday November 12 from 12 noon to 6:00 p.m. and Saturday November 13 from 10:00 a.m. to 4:00 p.m. Children, families couples, groups of all ages are welcome to take advantage of this FREE offer. Your negatives and a 4x6 proof will be ready for pickup in approximately 4 days.

Donations to the Child Development Centre are gratefully accepted.



AUTO PARTS

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338-7277

COMOX AUTO SUPPLY
821 Shamrock Place
338-5560

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Fax (250) 287-2652

E-Mail henry@online.bc.ca

Heritage Happenings

By Joel Clarkston

Museum turns over new leaf

The Comox Air Force Museum will be exploring the softer, arts oriented side of the business this fall with the introduction of a social event featuring the aviation author Shirlee Smith Matheson. On 25 November, Ms. Matheson will be present for the introduction of her newest book, *Flying the Frontiers, Vol. III*. There will be a 45-minute

presentation by the author in the museum theatre followed by a social gathering in the museum itself where visitors will be able to meet with her and possibly some of the aviators featured within the book. The event starts at 7:30 p.m. and there is no charge for admission. See the ad on this page for more details.

Money allocated for new hangar

The Museum Committee met on Friday, October 15 and voted in a total of \$9,000 to support the construction of a new hangar facility near the Heritage Air Park. Captain Price, who is the Chairman of the Spitfire Restoration Committee, made a bid for a new facility near the Air Park to aid in the restoration of the Spitfire, and to be retained as a restoration facility following the project.

The new hangar is to replace the temporary shelter that was used to restore the Piasecki H-21 helicopter, completed in July of this year. Captain Price has approached the Engineers from Abbotsford to see if they are willing to construct

the hangar facility as one of their deployment exercises. The initial contact seemed promising so plans have been drawn up by CE and the whole project is in motion. The concrete pad, complete with underground services has already been provided by CE and is located directly behind the CF-101 at the Air Park.

The former temporary facility, measuring 30' by 60' and suitable for very large storage is now being shopped around to try to recover some of the investment that the museum has in it. Construction of the permanent facility is planned for November.

Notes on Flying (WWI)

Compiled by O.C. 19th Wing,
Are issued as a Guide to Instructors
and Pupils in the Northern Group

RISK:

A Government pilot flying a Government machine is not justified in running any risk, unless he has a good prospect of obtaining some advantage for the Government by doing so. The education of a pilot is an advantage to the Government. The amusement of a pilot is not.

Matheson exposes adventures in new book: *Flying the Frontiers, Volume III* "Aviation Adventures Around the World"



The Comox Air Force Museum

is proud to present the following special evening

on

Thursday, November 25

at

7:30 p.m. in the Museum

We will be launching the new book by award-winning author
Shirlee Smith Matheson.

Flying the Frontiers Vol. III contains thirteen fascinating stories, featuring well-known pilots and engineers. Some of these adventurers made Vancouver Island their home base:

***Cedric Mah** – "What do you want to do? Live forever?" – tales from flying the Burma Hump to being a bush pilot along BC's coastline;

***Bill Cove** – "Mister Cargo" – (story includes an unexpected and desperate landing at Comox Air Force Base in a Beaver aircraft);

***Dan McIvor** – "The Paper Bag Prince" – tells the history of the Marin Mars;

***Dawn (Dawson-Connelly)** – "From Northern Snow to Kona Wind" – learning float-flying skills on the Alberni Canal prepared this pilot for a lifetime of adventure;

*...and nine more exciting stories of fellow Canadians who "flew the frontiers."

From death-defying missions over the Burma Hump, to flying and fixing aircraft on Canada's temperamental coastline and Arctic Islands; from fun-filled around-the-world air races to exploration in space, these aviators have been there – and returned to tell of their adventures around the world. Come and meet some of these people and the author who dramatized their stories in this historic collection!

Admission Free

Refreshments will be served

Comox Air Force Museum, located at the entrance to 19 Wing, Comox
Phone/fax: 339-8162

Contact Major Joel Clarkston for more information



Fall Hours

for

Comox Air Force Museum

located at the entrance to CFB Comox

Open weekends & holidays

10:00 a.m. till 4:00 p.m.



Le Conseil des Arts
du Canada

The Canada Council
for the Arts



The
Writers'
Union of
Canada

T W U C