



TOTEM TIMES

19 Wing CFB Comox

THURSDAY 11 NOVEMBER 1999

Comox Valley's Longest Running Newspaper

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Congratulations to MCpl Teichrib for being selected 19 Wing's Service Person of the Quarter



Mountain climbers rescued

By Capt Tyldesley

Two injured mountain climbers were hoisted to the Labrador helicopter from a narrow rock ledge near Pavillion, BC on the morning of 1 November. The two climbers, both 24 year-old men, had been climbing on 30 October and intended to return home that evening.

One of the climbers injured his ankle and the two were trapped and freezing on a ledge, 1000 feet up from the valley floor. Screams for help were heard on 31 October and local ground search and rescue personnel proceeded to the top of the steep face. During the night, one member was able to rappel 500 feet down to the climbers and render first aid.

The Labrador launched from Comox at first light and prepared to hoist the climbers and ground rescue member from the ledge, which was about 8 x 4 feet in size. Pilots Maj Tom Mitchell and Lt Stu Irvine stabilized the helicopter in a precarious hover over the ledge, the rotor blades missing the rock face by 10 feet.

Three hoists were carried out at an altitude of 5300 feet above sea level, where the thin air made the operation even more difficult. The hoisting was carried out with the coordinated effort of flight engineer Sgt Pat Monsigneur and Sar Techs Sgt Ron O'Reilly and MCpl Bill Clouter.

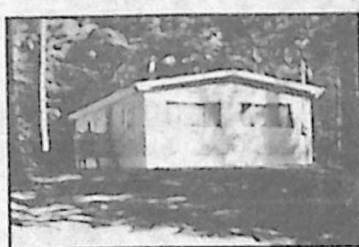
Both climbers were taken to hospital in Kamloops, where they were treated for frostbite, hypothermia and an injured ankle.

Smoke forces quick return

During a routine maritime patrol, a C P-140 Aurora aircraft from 407 Sqn declared an in-flight emergency at 1:09 p.m., after crewmembers noticed smoke in the rear of the aircraft. The aircraft was approximately 500 miles away from Comox at the time of the incident. In-flight corrective measures were taken and the smoke dissipated enroute. The aircraft landed safely at 2:25 p.m. However, two members of the crew were taken to hospital for observation and were later released. 19 Wing Flight Safety personnel are investigating the incident.



Gregg Hart
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Arlene Petersen
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Service Person of the Quarter

MCpl Teichrib is an outstanding Search and Rescue technician at 442 Squadron and was selected as the 19 Wing Service Person for the third quarter of 1999. The award was presented at 442 Sqn on 26 October.

Consistently exceeding the highest expectations for his position and rank, MCpl Teichrib constantly demonstrated exceptional job knowledge and carried out primary and secondary duties effectively.

His untiring efforts as a Wing CPR and First Aid instructor and

coordinator of the SAREX 99 casualty simulation enabled 442 Sqn to meet all First Aid training requirements and contributed towards the great success of SAREX.

As 19 Wing's You Are Not Alone (YANA) representative, MCpl Teichrib undertook the enormous community challenge of the 24-hour relay, which was an unparalleled success. His involvement in these efforts is driven entirely by his personal beliefs and his desire to help those in need.

MCpl Teichrib is also involved in the church and in the children's

baseball program as an assistant coach for three teams. His dedication to both the military and the community make him an exemplary member of the 19 Wing team.

MCpl Teichrib's dedication and work ethic, coupled with an outstanding team-oriented approach, has been extremely beneficial to the Sar Tech section and the squadron.

He is a cooperative and trustworthy person with a tremendous sense of humour and he makes a positive contribution to squadron morale.



Wing to get replacement hangar

The Hon Art Eggleton, Minister of National Defence, has announced the awarding of a \$11.5 million contract to Bird Construction of Richmond to build a replacement hangar facility at CFB Comox.

Bird Construction will design and build a replacement hangar facility for 442 Transport and Rescue Squadron. The unit primarily conducts search and rescue tasks, as well as fulfilling a transport role.

About 2000 jobs will be created for the duration of the construction period. Work will begin this month and should be completed by October 2000. He contract was awarded following a competitive bidding process.

"Protecting Canadians is a key element in the defence of Canada," said Minister Eggleton. "These new facilities will provide an out-

standing home for search and rescue personnel and their equipment."

442 T&R Sqn currently uses four CH-113 Labrador helicopters and six CC-115 Buffalo aircraft to conduct its missions. DND intends to replace the Labrador with five CH-149 Cormorant helicopters, which are scheduled to be delivered starting in 2001.

The 8,615 square metre hangar will consist of maintenance shops, a supply section, aircraft servicing, search and rescue technician space and the operations centre. The administration, command and aircrew offices and a combined technical trades and operation training flight area will be located on a second floor. The facility will be located on the site of Hangar 3, which will be demolished as part of this project.

Were You Too Young to Fight? Canada Remembers Life on the Homefront during World War II

Many Canadians bemoan the fact that young people today do not appreciate, respect or even know the sacrifices made in World War II for the freedom we cherish today. After all, Remembrance Day is no longer a holiday and many people don't even spend a minute of silence in gratitude. Perhaps part of the reason for this is simply a lack of information. Have you shared stories with your children and grandchildren? Have you told them how you contributed to WWII, what your life was like, and what that experience has meant to you? Many Canadians have not.

A recently published collection of memoirs by prominent and accomplished Canadian writers encourages us to bridge this gap. The book is entitled *Too Young to Fight* and it provides first hand accounts of what it was like to grow up at this time. The war affected people at home in powerful and often paradoxical ways. In support of our war efforts and to protect our children, these homefront stories have rarely been told. As a result, many Canadian cannot know or fully understand this most critical period in Canadian social history.

World War II affected every family in Canada. Will Daddy come

home? Why did my brother leave? What is a conscientious objector? If my husband comes home, who will he be? Why is my German or Japanese friend suddenly an enemy? Saving left-over tin foil for weapons, rationing food, unknown soldiers and strangers living in our homes (often without a husband present), the fear of receiving a telegram, children playing games such as "Blow up the Enemy" and "Bomb Berlin," children planting "victory gardens," children practising air-raid drills at school and, for some, heart wrenching dispossession and relocation to internment camps. We endured, we persevered, and we helped. In a united and noble effort to assist those at war, Canadian families contributed food, offered up their homes, their careers, their fortunes and their families. This was no small sacrifice. We would do well to remember, to discuss, to understand, and to honour.

When you read this article and think about remembrance, consider sharing your stories, consider asking your parents and grandparents questions about their lives. If it helps you, we suggest questions like the following:

-How old were you during World War I and/or World War II?

Next Deadlines Advertising:
17 Nov.
Articles:
19 Nov. Noon

WHMIS HAZMAT "Well Done" Award



For his exceptional dedication and perseverance, MCpl Gosling, now Sgt Gosling, was recognized with a Well Done Award from D Safe G, presented by LCol G.Y. Smith, CO 442 Sqn.

MCpl Gosling, an Avionics Technician within 442 (T&R) Squadron, was designated Squadron WHMIS/HAZMAT Coordinator as a secondary duty several years ago. He was given these duties to address squadron management concerns about its health and safety program. He aggressively and eagerly tackled his new duties by initiating an in-depth survey of the existing program.

MCpl Gosling found that, although the WHMIS/HAZMAT program was in place within the Unit, its effectiveness had declined over time. He immediately developed a Squadron Maintenance Instruction which clearly

and concisely gave direction to the Unit WHMIS/HAZMAT program. He then began a detailed overhaul of all storage facilities. POL lockers which did not satisfy Fire Code requirements were replaced under his direction. He then ensured all time-expired products were removed and disposed of, and remaining products properly separated and identified. To ensure proper WHMIS/HAZMAT management, he developed a computer database, which readily flags items nearing time expiry. All WHMIS stations were properly identified, and time expired MSDS forms were replaced with current ones. The main POL storage facil-

405 Sqn Greenwood nabs FINCASTLE honours

405 Maritime Patrol Sqn based at 14 Wing Greenwood garnered top honours in the Maintenance and Fellowship division at the annual FINCASTLE competition held recently in Kinross, Scotland. The United Kingdom won this year's overall trophy.

ity was reorganized in complete compliance with all safety directives. MCpl Gosling then developed a self-study WHMIS training system within the squadron. This training system incorporates the Carswell package. Finally, he developed a 50-question exam and a system for tracking and monitoring the training. Through this system, MCpl Gosling has been able to dramatically increase the level of training within the Unit.

His professionalism in performing this vital secondary duty has garnered excellent ratings for the squadron during quality assurance and safety program evaluation audits.

Lab Rat gets out — or does he?

After 25 years of loyal service, Sgt Brian Clayton, laboratory technician, retires from the CF. Brian has had a rewarding career with the military with seven postings across Canada and one in Europe. He participated in the 1976 Olympics doing medical coverage with I FD AMB and completed a tour of duty with NATO to Coralic, Bosnia. Brian was posted to 19Whosp in 1993 as the lab tech.

Anyone who has ever reported to the lab for blood work has been greeted with a pleasant smile and a very large needle.

Brian will be retiring to the Comox area with his family but you may still see him around the lab now and then as he plans on trading in his reg. force greens for reserve force blues.

Good luck, Brian, and all the best from your friends at 19Whosp.

Flight Surgeon jumps ship



After 15 years of service Lt(N) Minnie Ho, Flight Surgeon, is retiring from the CF. Minnie started her career as an NCM with the Naval Reserves in 1984.

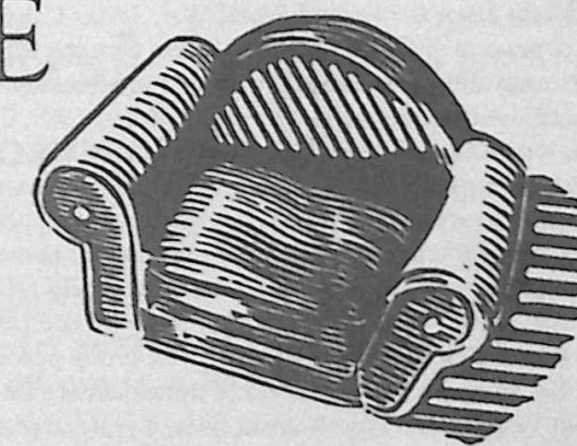
After six exciting years of working in the Log and medical branch she decided to move on to better things. Minnie enrolled in medical school in 1989 and emerged six years later with a degree in medicine and started taking her coffee breaks at the Officers' Mess.

Minnie was posted to 19 Wing in July 95 and hung up her shingle at the Whosp.

She upgraded her skills to Flt surg in 1996 and began gallivanting around the world with 407 Sqn and something no career in the CF is complete without — a UN tour to the Golan.

Minnie will be retiring in the Comox area. Good luck and all the best from your friends at 19 Whosp.

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Who was credited for shooting down the Red Baron?

- A. Captain A.R. Brown D.S.C.
- B. Major W. A. Bishop V.C., D.S.O., M.C., D.F.C.
- C. Major R. Collishaw D.S.O., D.S.C., D.F.C.

Which squadron gained fame as an anti-shipping unit that made daring mast height attacks?

- A. 405 Sqn
- B. 404 Sqn
- C. 407 Sqn

What was the date of the first test flight of the Avro Arrow?

- A. April 23, 1955
- B. March 25, 1958
- C. October 12, 1962

Name the three aerobatic teams of the RCAF/CAF?

- A. Snowbirds, Blue Angels, Golden Knights
- B. Snowbirds, Golden Centennaires, Golden Hawks
- C. Skyhawks, Snowbirds, Blue Angels

What is the range of the CH133 Labrador?

- A. 1110km
- B. 1300km
- C. 900km

All of the answers can be found at www.airforce.dnd.ca

Name Phone #.....

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 22. The winner's name will be published in the next issue of the Totem Times.

A most newsworthy event



The most newsworthy event of the 20th century. That's what the media representatives have chosen to name the invasion of Normandy by Allied troops on June 6, 1944. Given the number of events that have occurred during the last 100 years, that's quite an honour.

Upon reflection, and as my number of years on this planet increases, I have to admit that I do not disagree with this assessment. Almost my entire living environment has been touched in some way by the events of World War II and June 6 was certainly a pivotal day in that war. My uncle, my father's oldest brother, was killed at the battle of the Falaise Gap. He himself was put ashore on June 7, D-Day plus one, and participated in the many battles that followed till the fall of Germany. (I was not there, but my father was and, although he seldom talked about it, the effect was profound.

The war even touched most of every day life in the small town that I grew up in. The social structure was to a large extent governed by what the parents did during the war. Those that volunteered were revered, those that did not were always viewed with some suspicion. Even the local officials were so judged. Nobody messed with the Game Warden, for instance. He had been a commando during the war, and everybody knew to stay well clear.

I often wonder what the modern world would be like if British Prime Minister Neville Chamberlain had been able to achieve "peace in our time." Mine would certainly have been different, and June 6, 1944 would probably not have been the most newsworthy date of the 20th Century.

Let's We Forget.

Joel Clarkston

Let us not forget our peacekeepers

Remembrance Day is day for remembering the men and women who gave the supreme sacrifice for their country during the two World Wars and the Korean Conflict. But it is also a time to remember the sacrifice by those who lived and served their country faithfully during those times of turmoil, death and destruction. Today's members of our armed forces face the same death and destruction, but in the role as peacekeepers. More than 100,000 members of Canada's Armed Forces have served in peacekeeping operations since the Second World War. Today Canada has approximately 10 per cent of Canada's Armed Forces currently serving as peacekeepers on overseas operations. Canada's contribution to peacekeeping has increased dramatically: between 1948 and 1989, CF members were deployed on 25 peacekeeping operations; since 1989, Canadian soldiers have been deployed on 65 peacekeeping missions. Peacekeeping is not a six months vacation to a tropical paradise, it is an opportunity for Canada to show the whole world, it's compassion for human suffering. Since Korea, the United Nations has had approximately 1400 fatalities in peacekeeping operations. Canada has had it's own suffering with 108 Canadian Peacekeepers having lost their lives during peacekeeping operations. So, when you are at this year's Remembrance Day service, remember our Veterans and Peacekeepers, both current and past, for their sacrifice. Because of our veterans and peacekeepers we have a safer world today and maybe, just maybe, if we all try together, a safer world for the future.

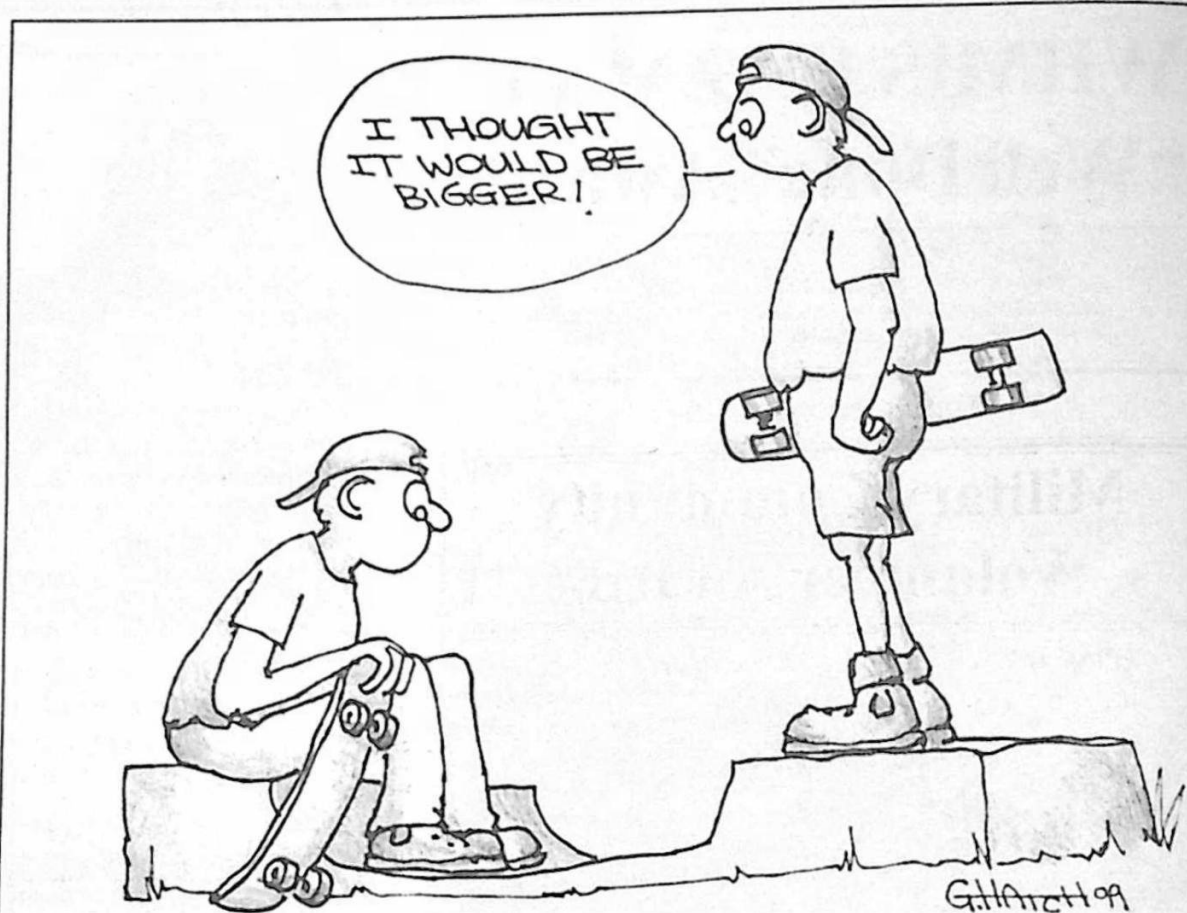
This Remembrance Day, walk up to a veteran or a peacekeeper, extend your hand and thank them. Thank them for the horrors they had to endure so that we would not; thank them for the professional job they did, and thank them for everything they had to give up.



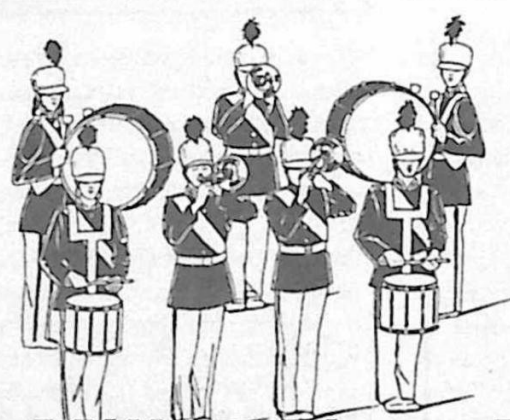
Weather

October was slightly cooler, but much drier than normal. Total hours of bright sunshine (148.8 hrs) was well above the monthly average. Thirteen days with wind speeds of 16 knots or greater were recorded.

Highest monthly temperature	15.6°C on 18th
Lowest monthly temperature	-0.1°C on 27th
Total monthly rainfall	78.6 mm
Average monthly rainfall	127.8 mm
No. of days with 0.2 mm or more rainfall	12
For public forecast with 3-day outlook phone 339-5044	



SKATE BOARD FACILITY SCALED DOWN A LITTLE.



Millennium Music Competition

The Minister of National Defence, the Honourable Art Eggleton, has announced a competition for three new parade music compositions for the Canadian Forces. Open to all Canadians, including members of the Forces, the music competition offers cash prizes for a Quick March, a Slow March, and a Lament for solo bagpipes.

"Military music has a long and glorious history in Canada," said Mr Eggleton. "It is one of the strongest, most emotive and most thrilling expressions of Canada's military heritage. The stirring strains of military music have been, and remain, an integral part of all the major events in the life of the Forces. At the same time, the special music of our military is equally essential to all the historic events in the life of the country. The creation of three new compositions, therefore, is an ideal way not only to mark the arrival of the millennium but also to honour Canada's military legacy."

The Quick March and the Slow March will officially debut at the Canadian Forces Massed Bands Beating Retreat Ceremony sched-

uled for July 20 to 22, 2000. The third composition, the lament, will receive its first public rendition at the ceremony commemorating the Repatriation of Canada's Unknown Soldier to be held in May 2000.

The winning composers of the Quick and Slow Marches will each receive \$3000, while the author of the winning bagpipe composition will receive \$1000. Additionally, all entrants will receive a Certificate of Participation, and a professionally recorded CD of their composition.

The competition is being conducted by the Department of National Defence's Directorate of History and Heritage and the Canadian Forces Music Centre. All entries will be judged by a selection board chaired by LCol Denis Bouchard, Canadian Forces Supervisor of Music. The board will consist of recognized leaders, military and civilian, in the field of music.

For further information, please call:

Major Ken Killingbeck
Canadian Forces Music Centre
Telephone: (613) 991-0916

Next deadlines
Advertising: 17 Nov.
Articles: 19 Nov. Noon



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Base wins Best Overall for NAOSH Week

CFB Comox beat out businesses and government organizations from throughout Canada, the United States and Mexico on October 20 to win the "Best Overall" safety award for its activities during the North American Occupational Safety and Health Week 17-23 May, 1999.

It is the fifth year in a row that CFB Comox has received an award from the NAOSH organizing committee for its safety initiatives, and the second time it has won the Best Overall category.

Mr. Ken Ilitski, Wing General Safety Officer, and two members of his team, Mrs. Emma White and Mr. Glen Hendry, accepted the award at a ceremony in Vancouver.

"Keeping things safe at a busy air base like CFB Comox requires a lot of effort and teamwork," says Ilitski. "We have aircraft launching and landing 24 hours a day, seven days a week. Everybody, from aircrew and technicians to the



(L-R): Mrs. Rempy Liddar, President NAOSH Week Committee; Ken Ilitski, WGSO 19 Wing; Mrs. Emma White, UGSO Accom O; Mr. Glen Hendry, UGSO WCE.

support people behind the scenes, has to be on the ball."

Activities during NAOSH Week included general safety, hazardous material, flight safety, driving and first aid training and equipment displays. Events were aimed at 19 Wing's 1500 military and civilian employees, and family members through boating and bicycle safety sessions.

"This year's theme Occupational Safety and Health: It's Everybody's Business was very appropriate for 19 Wing," said Wing Commander Col Bill Neumann. "We try to emphasize that safety is a concern not only on the flight

line, but in all aspects of peoples lives. Accidents don't discriminate between people at work, rest or play."

NAOSH Week is an annual North American event sponsored by the Canadian Society of Safety Engineering, in association with the Workers' Compensation Board of B.C., Human Resources Development Canada, and the B.C. Ministry of Labour.

Its goal is to focus the attention of employers, employees, safety committees and the general public on the importance of preventing injury and illness in the workplace.

Suicide intervention workshop

The Social Work Office will be offering a 2-day Suicide Intervention Workshop 17 - 18 November in Building 22, Rm. 233. Appropriate civilian attire will be dress of the day.

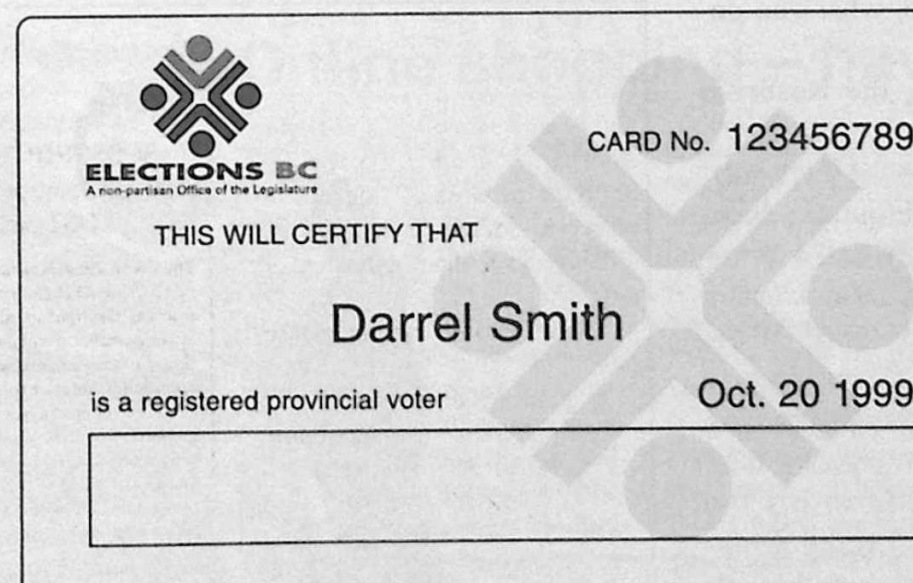
This workshop will provide participants with the knowledge and skills necessary to identify and intervene with someone at risk of suicide and to refer the person to the appropriate community resource.

The format of this workshop is the most widely used suicide intervention education program of its kind in the world. Because of its popularity, enrolment in this course (with unit approval) is limited to 20 participants and confirmation is on a first come, first served basis.

If you would like to attend this Suicide Intervention Workshop, please register (either by e-mail or by phone) with the Wing Hospital, WO Bob Turpin, at local 8465.

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- a Canadian Citizen;
- and have been a resident of BC for the past six months.



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Troubles that tease

It is a well-known occurrence, almost a law of nature: You are at the doctor's, and the symptoms are gone – of course, they will reappear with a vengeance the moment you are back home. But when they are required for a diagnosis to be formulated, they are only too happy to playpossum.

Same with your car engine. Purrs like a kitten while checked by the mechanic.

And it can be a bit the same with compressor trouble. CE staff like Norm Rowland and Daryl Owen of the Refrigeration and Mechanical Team have learned patience.

"It's the on/off trouble that tests you," says Norm Rowland. "You know there is a problem, but while you are there checking out the systems, everything works fine. It can be a little frustrating. Unless you have oodles of time, which we do not, it's best to wait until the problem reoccurs."

Adds Mike Korschak, R&M Team Leader, "We had an amp recording meter attached, from one Friday to the following Monday, and everything was fine. Two days later, the compressor tripped out. We came, reset, and again the compressor gave us no problems. But obviously there is one."

And that explains why Norm and Daryl likely will be back some time soon at the mechanical room serving the Military Police building. They would like that teasing compressor to behave. Meanwhile all they can do is wait. A busy wait, though – myriad of other chores demand their attention.



Norm Rowland and Darryl Owen testing the control, panel in the MP mech room.

Time to remember your Road Sense

The shorter days, cooler weather and wetter roads of the autumn season mean it's time for B.C. drivers to review some basic road safety tips. Now that B.C. has returned to Standard Time, drivers will be spending more of their time on the road in the dark during the late afternoon period.

With the skies darkening an hour earlier, ICBC is reminding drivers to pay special attention while they're in school and playground zones and at pedestrian crosswalks. The reduced daylight, combined with autumn weather conditions such as rain and fog, can hamper visibility for drivers.

Here are some fall season driving tips:

- *Slow down and keep your distance. It takes longer to stop on wet pavement or on pavement covered with leaves and/or mud.
- *Use extra caution at intersections. With reduced light conditions, it can be more difficult to see pedestrians. Use your headlights at all times.
- *To avoid being blinded by the headlights of an approaching vehicle, look toward the right side of your lane until the approaching car passes.
- *Review the condition of your vehicle to ensure it is mechanically fit for the fall and upcoming winter season.
- *Don't drive with bald or badly worn tires.

The fall season is a high-risk time on B.C. roads. Last year, ICBC received more than 260,000 claims during the October to December period.

...back with Road Sense.

By
Finn

C.E. news



Raffle run-away success



WCEO, Maj Wayne Gauthier, watches as CE's Bernie Gagnon, from the Electrical Team, pulls out yet another winning number.

In previous years, CE's raffle on behalf of the United Way has benefitted from the interest and open purses of flights and sections throughout the Base. This year, the raffle sold out before it could make its way out of CE. Perhaps time has come to print more tickets!

Elaine Holoshka, CE Admin Co-ordinator, was the organizing *primus motor* behind the drive, obtaining donations for prizes, getting the tickets ready, taking her sales spiel to the various shops and offices. Her efforts garnered for United Way \$201.61, boosting CE's overall contribution.

The amount, it must be said, included 85 cents in Canadian Tire money. Eminently convertible to the real coinage of the realm, so no less welcome. But it shows how enthusiasm for the good cause got the better of some ticket buyers.

Below is a list of prizewinners:

- 1) Bev, Canteen - Framed picture by Lenora Kehler. (Donor: picture Elaine, Admin Coord, frame: CE Struct Team.)
- 2) Dennis Kennelly - Bucket of Vintage Steam. (Donor: John Stoll, CHP.)
- 3) Bev, Canteen - one "Bouteille volatile blanc." (Donor: Finn, CE OR.)
- 4) Shirley Evans, Procurement - set of DCC coffee mugs. (Donor: DCC staff.)
- 5) Norma Hanson, Work Control - one luncheon special. (Donor: Bev, Canteen.)
- 6) Finn, CE OR - one dozen cinnamon buns. (Donor: Bev, Canteen.)
- 7) Dennis Kennelly - golf ball labeller. (Donor: Norma Hanson, Work Control.)
- 8) Gary McGregor, Prop Planner - jar of blackberry honey. (Donor: Gerry Cummings, CHP.)
- 9) WO Blake, FDO - jar of homemade blackberry jam. (Donor: Finn, CE OR.)
- 10) Maj Gauthier, WCEO - jar of homemade blackberry jam. (Donor: Finn, CE OR.)
- 11) Capt Brooks, WFC - CE flag, desktop size. (Donor: WCEO.)

Closing the cracks

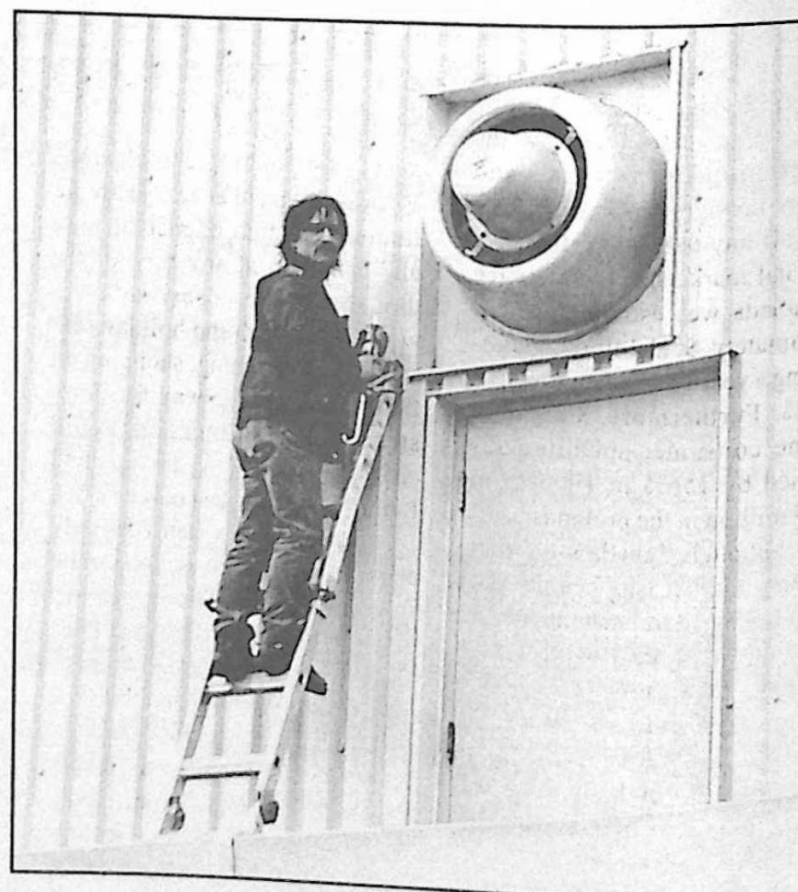
"Hey, Joe, what you doing?"

"Keeping the Reserves nice and dry."

And so Joe Albert was! Joe, CE's ubiquitous lock-and-door man, and a member of the Structural Team, went atop the roof of the Museum/AFIS building to lessen the draught coming through the emergency door. Gales spitting in off the Strait were forcing whistling, chilling winds through cracks where door and wall met, and Hoe was busy caulking.

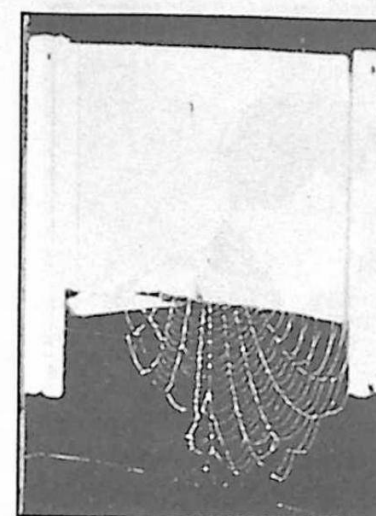
Presumably the Reserves are satisfied. No more complaints.

Which makes Joe a happy man.



Joe Albert - keeping the Reserves nice and dry.

Wing Web sights



Finn's contributions...

Would W Imaging compete with CE in the fine art of cabinet making? Of course not.

Would CE compete with W Imaging's Sgt Eileen Redding in photography? Absolutely!

Didn't Iraq's Saddam Hussein take on the combined weaponry of the U.S. and assorted western nations, including Canada? And wouldn't he have won except he lost?

Salmon have had their fall run into the rivers, the geese migrated south, and spiders have put up their nets. Fall is waning, winter looms, fools tread boldly.

On Base, the Y2K exercise was on; electricity, out; computers, down. But there were other web sites to be found in the fog and murk, strung by spiders operating independently of man-made power. And the webs were practically everywhere – from fond attachment to an overhead, temporarily stilled, inside fan to equipment of all sorts left outside. Webs beautiful in their intricacy.

Of which beauty CE's correspondent to the Totem Times, Finn, thought he might try to furnish proof, unaware that Sgt Redding already had. But – oh! – so wishing now he had known. It is good, of course, for the soul to be humbled, as has been said. No doubt by someone unacquainted

with the experience.

The pictures explain all...

Spiders, according to the Greeks, were literally punished into existence, and therein lies a parallel with CE's zestful if ill-considered challenge to those at W Imaging who, much like Zeus, control both flash and developments.

Lowborn Arachne (she was the daughter of a wool-dyer) was a whiz at the loom. Hearing that Arachne's accomplishment in spinning and weaving equalled her own, the goddess Athena (or Minerva, in Ovid's recount) accepted a challenge from Arachne to a contest – and lost! But only fools challenge inhabitants of Olympus. Angered, Athena acted. Arachne felt her head shrink; her body, contract. Thin fingers dangled for four pairs of legs. The rest of her became belly.

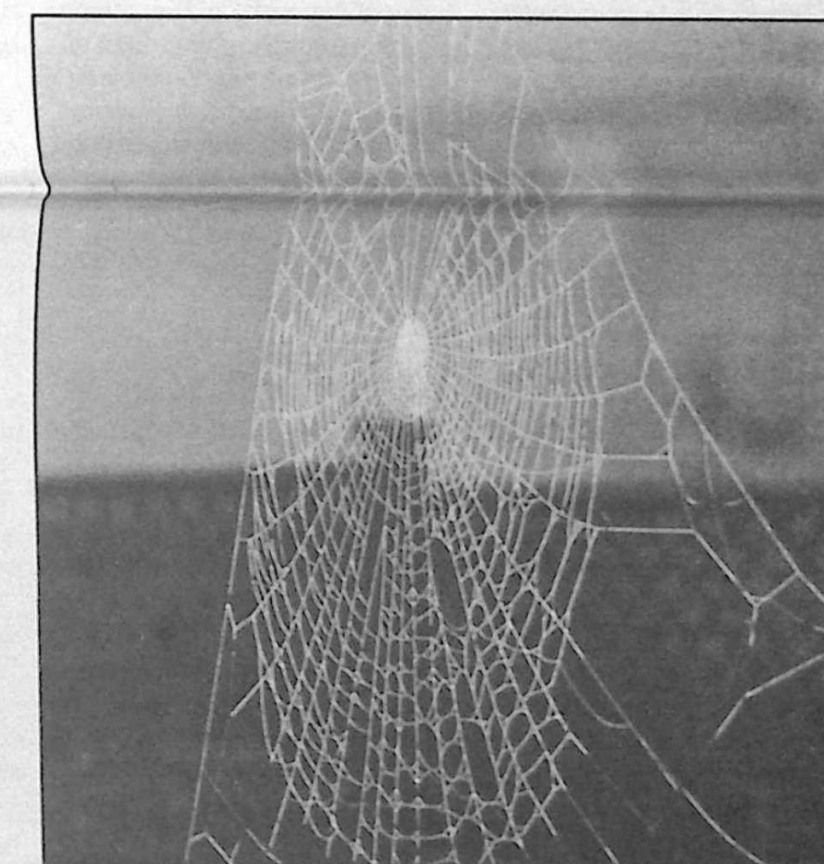
From this she lets the thread issue forth and, a spider now, practices her former weaving art.

Though all spiders have poison glands, some with sufficient venom to kill small birds and even rats, the web spinners on Base are likely to be one of two species, *Theridiidae* or *Eperididae* – neither of which is capable of breaking through the skin of *homo sapiens*.

Or so they say.

Tough competition

As a footnote to history, or at least the Wing Web story, Sgt Eileen Redding is this year's proud, and eminently deserving, winner of the First Prize in DND's Annual Photography Contest 1999, in Best in Show category. The contest is national in scope and entries are judged in Ottawa. Congratulations!



...and Sgt Redding's

Online shopping – have you tried it yet?

Everyone's talking about it and more people are doing it. Shopping via the Internet is the hottest trend in retailing and there's no sign that it's going to cool off any time soon. In 1998, the total market for e-commerce in Canada was estimated at approximately \$5.3 billion, representing a year-over-year growth of 187%. Furthermore, Canadian online consumer spending increased by 156% in 1998 from \$269 million in the previous year. And, although Canada's Internet retailing market lags behind that in the US by 12 to 18 months, it is growing at an explosive rate. Internet sales should top \$11.1 billion this year and soar tenfold to \$12.8 billion by 2003.

It's easy to understand why online shopping offers today's consumers a seemingly unbeatable combination of choice and convenience. Now they can find simply by pointing and clicking. E-shoppers have access to an unlimited selection of merchandise and can shop at any time of the day – or night – seven days a week. And, with the holiday season fast approaching, shopping on the Web is a great way for time-strapped consumers to avoid crowded malls, long lineups and frantic dashes for last minute gifts.

And consumers aren't the only ones singing the praises of online shopping. Many businesses are discovering that e-commerce helps them sharpen their competitive edge by enabling them to lower their selling costs and reduce their retail space. And some, like the travel industry, are passing these savings on to consumers, through price reduction incentives.

Online shopping still has a few hurdles to overcome before it gains widespread acceptance here in Canada. Although close to 50% of Canadians have access to the

Internet, 87% have never bought anything on the Internet. Rather, they tend to use it to gather information about products and services. The main reason why so many people are shopping but not buying over the Internet is fear. They are afraid that they won't get the item they ordered and someone will intercept their credit card information.

But is online shopping really that risky? Not as much as many people think, say the experts, who claim that consumer confidence in e-commerce is not so much a security matter as it is a behavioral issue.

"There is more security on a Web site than in a store. In fact, one is probably more at risk giving one's credit card to a waiter than using it online," says Leonard

Marketing at ShopWireless.Com, one of North America's fastest-growing online e-marketers of wireless telephony and mobile computing products.

There are things you can do to protect yourself when shopping over the Internet. Although most major online shopping sites take good care of your financial data, some sites are safer than others. For optimal security, it's best to shop at sites that use encryption that scrambles your credit card information as it traverses the Net.

It's also important to know whom you are dealing with. When doing business for the first time, check with the Better Business Bureau to see if any complaints have been filed.

Sir Cedric says...

What rhymes with astounded? Grounded! What rhymes with snort buying? Not flying! What rhymes with Gord Smith? Bored stiff! — that is right, all you weenies, Sir Cedric has been asked if 414 aircrew get to wear their flight suits or do we go to work in DEUs? Ha, ha, ha. Funny. We've heard all the good ones. Let me just say that 414 is going to be the most OPDP'd, First Aid'd, Officer Developed, ironed, pressed, creased, starched squadron in the Forces. Did you know that J2 Geo staff can advise in the preparation of a Geomatics Support Annex? Or did you know that the primary responsibility for verifying individual accounts rests with those authorized to confirm and certify entitlement pursuant to FAA section 34? I bet you didn't! As well as personal development, some squadron members are donating even more time to local causes that need a little extra help. The mirrored glasses aren't always on the inside. Those one-piece windcreens are looking pretty snazzy downstairs. There is still a lot of great work going on on the floor. Believe it or not, the word "promotion" is still in the English language. Sir Cedric and all of 414 Sqn would like to congratulate Private Branigan for her first chevron. Way to go. Is the beer on you? Maybe Ginette will want to invite Janet to her party as well. That is right. Congratulations are also in order for advance promoted Cpl Horner. Not only promoted, but in advance. Sir Cedric raises his huge stein for big cheers to both of our newly promoted Knights. Totis Viribus.

The squadron Christmas dinner is coming around the corner. I know somebody who missed it last year and want to make up for it. Maybe we can re-decorate the mess with a streak motif. What do ya say? Oh yeah, this year there will be a closed circuit TV watching the squadron wine. Ya you know the wine with one for everybody? The wine with everybody's name on it? Ya the ones that some wanker stole more than their shares with. Get it? People are still bitter from two years ago when some hoologans took more than their fair share. HOHOHO!

In the spirit of keeping something new in each lovely episode of Sir Cedric Says, I have a new idea. Each issue of the Totem Times (well, in each issue that I find the time to write for) there

will be a very quick chapter of an epic tale that will keep you on the edge of your coffee cup. There will be suspense, mystery, treachery, betrayal, love, hate, wisdom and stupidity. Most of all there will be wit and humour that only the likes of Trout will be able to wrap his mind around and come close to partially understanding. Look for it after Sir Cedric signs off at the end of each issue. To help you get started and understand the underlying theme of this beautiful piece of literature, write down the italicized words as they appear in the text. Look at them separately from the story you are reading and you will uncover the first of many layers of mystery.

On the sports scene, the 414 Knights are a cool 3 and 3 in the hockey world. We could be 6 and 0 but that would put us in the "A" division where we might have a smidge of competition. So the Knights stealthily are playing middle of the pack to ensure a "B" division spanking like you had when you were five and tried to get the last cookie and knocked over your Mom's favourite classic irreplaceable cookie jar. The squadron also went and played paintball a few days back. It was a lot of fun, with Cpl Roy getting the flag a couple of times. Just on a side note, there is a "Connect the Purple Welts" contest this coming weekend. Shane Martin has volunteered his back as a playing board. Other squadron member who didn't feel like getting pelted and welted hit the old Glacier Greens. Of course, Woody rocked and Ed and Marty. But no one could have known that in the final foursome one of them would go for the green in two, being 250 years away after a crappy drive on #18. The ball went a bit left but it leaped those darn trees with a single bound and landed three feet from Mo. Sorry about that. The word on the street is that there is 40 cm of snow on Mount Washington. Time to suit up and rip the slope in front of your best friends. I just found out, so I'll quiz you on it — who won the 1942 Grey Cup? It's worth a bit of research. Answer might be in the next issue, but the chances of there being two Sir Cedric Says in a row is slim.

It's about time to retire the Mighty Lance for a while. The ink well has dried up. Before I trot off into the beautiful sunset, I would like to share something with you.

Buried for many years, locked in a cold and calculating spell, bound by only the will to hold its secret for ever, a small scroll has found its way by means of trolls and goblins into the stark firm hands of Sir Cedric. This scroll has etched onto it by a mere human's blood the secret to longevity and keeping the spark in your life. It also holds the secret to infinite inner sanctity. It reads, blood on it still bright as the day it was scribed, "FIX THE DAMN SEATS SO WE CAN DO OUR JOB."

Totis Viribus

The Story

The story begins in a Crown Land field just behind Constitution Hill. Two young men decided to go hunting for deer near the end of the season. The first of the two men wore a *bright yellow jacket with red trimmings*. He brought with him to hunt *four rifles, four clips of ammo, and two sandwiches*. His name, given to him by his close friends who all lived in division spanning like you had when you were five and tried to get the last cookie and knocked over your Mom's favourite classic irreplaceable cookie jar. The second boy, much larger in stature and surrounded by four fast limbs, was nicknamed after his passion to go on *long straight walks for hours on end*. He was *Demonill Maranis*.

The two boys had just left their camp to go to the edge of Jim Crofton's property where the deer and the antelope were often seen playing. *Seldom* a word was spoken between them as they neared their hideout. It was a "crack" off in the distant bushes that made Demonill jump a bit and Sonny laugh out loud at his buddy's nerves of satin. Demonill, a few months back, was hospitalized due to frayed nerves. For a while after that, wherever he went he had to be accompanied by another person.

"Whatever!" stammered Demonill, giving Sonny a *wide grey stare*.

As they approached their perch for the next few hours, Sonny stumbled upon an *old but strong looking gravestone*. It was surrounded by *four razor sharp edges* that, after the years of weather, Sonny thought they would be more dulled. In the middle was a carving of *one figure* that the two of them would soon come to fear. The figure held in each hand what appeared to be two vital organs, totalling *four* in all.

(To be continued)

Congratulations



LCol Busse presents Private Branigan with her first chevron.



Cpl Horner receives her second hook, one year in advance, from LCol Busse.

THE CORPORATION OF THE TOWN OF COMOX

1999 General Local Election Notice of Election by Voting

PUBLIC NOTICE is hereby given to the electors of the Town of Comox that an election is necessary to elect six Councillors and one School Trustee for a three-year term to commence December 6, 1999 and terminating December 2, 2002. The Mayor has been elected by acclamation. The persons nominated as candidates, and for whom votes will be received at the Election by voting are as follows:

Mayor - 1 to be elected

Surname	Usual Names	Jurisdiction of Residence
*Kirkwood	George	Comox, BC

(*Elected by Acclamation)

Councillor - 6 to be elected

Surname	Usual Names	Jurisdiction of Residence
Anderson	Amie	Comox, BC
Crossley	Ray	Comox, BC
Davis	Don	Comox, BC
Grant	Tom	Comox, BC
McLoughlin	Shirley	Comox, BC
Mack	Gwynne T.	Comox, BC
Marinus	John J.	Comox, BC
Strand	Dennis	Comox, BC

School Trustee - 1 to be elected

Surname	Usual Names	Jurisdiction of Residence
Colclough	Georgie	Black Creek, BC
Hoadley	Bruce	Comox, BC
LaRochelle	Bernard	Courtenay, BC

General voting day will be open to qualified electors of the Town of Comox on Saturday, November 20, 1999 in the Gymnasium of the Comox Community Centre, 1855 Noel Avenue, Comox, BC.

The voting place shall be open between the hours of 8:00 a.m. and 8:00 p.m.

Elector Registration

If you are not on the List of Electors, you may register at the time of voting by completing the required application form available at the voting place. To register you must meet the following qualifications:

- 18 years of age or older
- Canadian Citizen
- Resident of B.C. for at least 6 months immediately preceding voting day
- Resident of, or registered owner of, real property in the Town of Comox for at least 30 days immediately preceding voting day, and
- Not otherwise disqualified by law from voting

Resident electors will also be required to produce two pieces of identification (at least one with a signature). The identification must prove both residency and identity.

Non-resident property electors must produce a non-resident property elector certificate and two pieces of identification (at least one with a signature) to prove identity.

Non-resident property elector certificates can be obtained from the Town of Comox at Comox Town Hall, 1809 Beaufort Avenue, Comox, BC during regular office hours prior to 4:30 p.m. on Friday, November 19, 1999. On general voting day, certificates can be obtained from the Chief Elections Officer in the Gymnasium at the Comox Community Centre, 1855 Noel Avenue, Comox, BC, during voting hours.

Richard Kanigan
Chief Elections Officer
Town of Comox

OPERATION TOUCAN



A landing craft loaded with Canadian soldiers of the Royal 22nd Regiment approaches the beach.



Members of the Canadian contingent enjoying a break on board HMAS Tobruk prior to disembarkation.

The HMCS Protector reports that it has replaced Her Majesty's Australian ship Success and has now assumed fleet sustainment tasks. That is to say that Protector has begun providing refuelling and other logistical support at sea

for other coalition ships. Our air-lift taskforce in East Timor reported that its two Hercules aircraft have now delivered more than a million pounds of supplies and more than a thousand troops to East Timor.



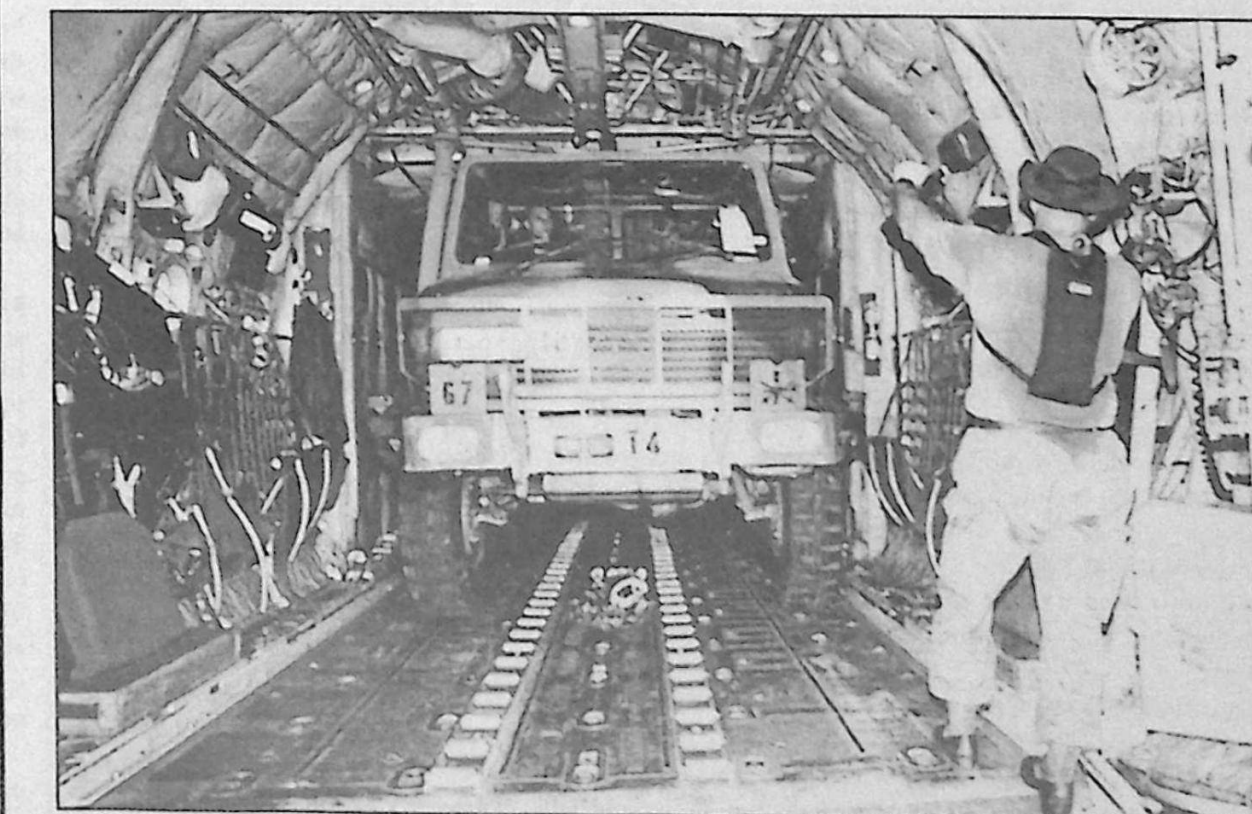
A landing craft loaded with Canadian soldiers of the Royal 22nd Regiment approaches the beach, with HMAS Tobruk in the background.



Cpl Colin Kelley, formerly with 19 Wing Imaging section, on deployment in East Timor. Cpl Kelley is currently attached posted to HMCS Protector.



Canadian soldiers of the Royal 22nd Regiment move equipment up from the beach landing point in Suai, East Timor. The "Van Doo's" will be supporting INTERFET as part of a New Zealand Battalion.



Cpl Thomas, a Traffic Technician from 8 Air Movements Sqn, Trenton, ON guides LCpl Daniel Yeoman, of 162 Recce Squadron, Townsville, Queensland into the back of a C-130 Hercules aircraft, in preparation for transport to Dili, East Timor.

Promoted and Posted

WO Taylor received his promotion 18 October. Unfortunately, we will miss him as he is posted to CFB Trenton.



Annual conference held on Base

With the relocation of the A1 Air Reserve Coord (Western Area) office to 19 Wing this past summer, it made Comox the logical location to hold the annual Air Reserve Flight Commander's and Chief Clerks Conference. We were fortunate enough to have representation from CAS, 1 CAD, the Air Res CWO and a guest speaker from CCAP.

Day 1 was a full one, filled with presentations from all key areas within the Air Reserve.

Day 2 provided Flt Comd's and Chief clerks with a less formal setting to address specific issues that they wished resolved. Following a lunch catered by Steve Dodd, all participants enjoyed nine holes of golf at Glacier Greens. The highlight of the round was the ceremonial tee off by LCol Al Astles.

An exploding golf ball was substituted and, after an initial malfunction, the desired effect was achieved. The only down side of this prank is that one or two individuals PER's may suffer as a result!

Following the golf, some attendees were given a tour of the Comox Valley, prior to catching their flights for home. However, the fog that had settled in the valley persisted and we ended up transporting those catching a flight down to Nanaimo to walk-on the ferry to Vancouver. We appreciated Wing Transport's quick response, in providing us with an 8-passenger van to get these folks to Nanaimo.

The conference was deemed very successful and we look forward to next year's gathering.



Pictured above are the attendees at the Air reserve Flt Comd's & Chief Clerks's Conference held 20-22 October.

Front Row (L-R): Maj Costello, LCol Robbins, LCol Astles, CWO Murphy, LCol Clark, Maj Dean Middle Row (L-R): Sgt Thistle, Maj O'Connor, Maj Allard, Cpl Francis, Capt Auguston, Capt Thomas, Cpl Bugutsky, Sgt Gilechrist Back Row (L-R): MWO Batchelor, Sgt Conway, MWO Gray, Capt Bird, Capt Lalonde, MWO Vinet-Paradis, Maj Boettger, Maj Clark, Capt Weed.

Pension Reform receives Royal Assent

In the past five years three bills have been passed into legislation amending three federal government pension plans; the Public Service Superannuation Act (PSSA), Canadian Forces Superannuation Act (CFSA) and the Royal Canadian Mounted Police Superannuation Act (RCMPSA). Bill C-55 had received royal assent in 1994 and more recently Bills C-71 and C-78 receiving royal assent in June and September of 1999 respectively.

Major highlights of the new legislation are as follows:

Improvement to the basic benefit formula. The basic formula for calculating pension benefits has been changed from one based on the average salary for the six consecutive years of highest paid service to five years.

Dental Plan for Annuitants. It is proposed to establish a dental plan for current and future annuitants, their survivors and dependants, with the costs shared on a 60/40 basis between employer and pensioner respectively.

Extension of Survivor Benefits. Domestic partners of the same sex will become eligible for the same survivor benefits currently available to common law partners.

Reserve Force Pension Plan. the development of a reserve force pension plan.

Supplementary Death Benefits Plan (SDBP). Coverage doubled to two years pay instead of one year's pay with no increase to premiums. Furthermore, at age 70 the paid up insurance of \$ 500.00 was increased to \$5000.00.

Pension Benefits Division. Pension benefits are considered a family asset and subject to division on marriage breakdown. Previously there was no method for the plan to pay the non-member spouse his or her share of pension credits earned during the marriage. This legislation is part of the reform of public sector pension plans introduced by Bill C-55 in 1992. On 30 September 1994, the PBDA and Regulations were proclaimed. The Act provides a mechanism for payment from federal public sector pension plans, including the Canadian Forces Superannuation Act (CFSA), where a division of pension benefits has been either ordered by a Court, or agreed to by the parties, as part of a property settlement following the termination of a spousal relationship. Under the Act, the pension plan member or the member's spouse may apply to the Minister of the department administering the plan to have up to 50 per cent of the pension benefits accrued during the period of cohabitation paid to the entitled spouse. Where the legislative conditions are met, payment will be made from the pension plan to a retirement saving vehicle, such as an RRSP or another registered pension plan. The pension plan member's pension benefits will then be adjusted accordingly.

Reserves (Deemed Re-Enrollment). Previously if a CFSA pensioner was drawing a pension for one year while on continuous Class B or C service, at the end of the year the pensioner would be back in the pension plan effective day "one" of the continuous period of service. The pension ceases at the one year point and the pensioner must pay back the contributions for the one year. Under this new legislation, after one year the pensioner will be in the CFSA but not retroactively for that year. The member will have the option of keeping the pension that was paid or of counting the time as pensionable service, but not both. Furthermore, ALL FORMER REGULAR FORCE MEMBERS are in the pension plan after one year of full-time paid continuous reserve service, not just members who are entitled to a CFSA annuity.

Marriage After Age Sixty. For survivor benefits, the CFSA does not recognise a marriage after the age of sixty. Under the new provisions a pensioner who marries after age sixty is able to elect to provide a survivor benefit by having his or her pension reduced, in effect to compensate for providing benefits after age sixty.

Service Without Pay. For Regular Force member's who are on LWOP, the first three months must be paid out, any period in excess of three months a member may elect not to pay for this period. That member may in the future elect to pay for any period of LWOP in excess of three months that he previously elected not to pay.

Integration with the Canada Pension Plan (CPP). Under the CFSA, benefits and contributions are integrated with the CPP. This means that at the age of 65, or earlier if a plan member becomes disabled, CFSA benefits are reduced to take into account the benefit payable under the CPP. A recent amendment to the CPP would have resulted in a modest reduction in these benefits. Thus the CFSA has been amended accordingly. Reductions in CFSA benefits that occur at the age of 65 will now be more in line with the amount of the CPP benefit that the plan member actually receives.

If you have any questions please contact your local PSS or Department of Veteran Affairs for more

Asked and Answered

If you have a question, send it to the Totem Times Editor and we'll ask the military experts for an answer.

Q: I read in your paper an article about CISM Shooting. What is CISM?

A: CISM is the Conseil International Du Sport Militaire. CISM is an international sports organization, founded in post-war Europe to promote friendship through sport. Its aims are to encourage military physical training, develop friendly relations between member nations, provide a forum for sharing and exchange of technical information, and contribute towards universal peace.

There are currently 123 member countries in CISM, many of them former Eastern Bloc countries. Over twenty sporting events are held around the world annually under the CISM flag, often attended by world and Olympic athletes.

The Canadian Forces currently participates in the following sports: basketball, volleyball, triathlon, biathlon, sailing, shooting and cross country running. Canada has hosted three CISM competitions to date: CISM Running at CFB Borden (1990), CISM Taekwondo at RMC Kingston (1993) and CISM Ski Week at CFB Valcartier (1997). Canada also hosted the semi-annual meeting of the CISM Executive Committee in October 1997 in Ottawa.

Since joining the organization in 1984, the CF has gained considerable respect and credibility in CISM. CF personnel have often been sought after to serve on the various working committees, as

Committee (BGen I Popowych), a women's representative on the CISM Permanent Commission for Sport (LCdr(N) J. Switzer), a military doctor as member of the Sports Medicine Committee (Maj D. Menard) and members of the Permanent Technical Committees for basketball, biathlon, soccer, volleyball and sailing.

In 1996, Canada was the first country to receive the inaugural CISM Fair Play Award for its sportsmanship at the First CISM World Military Games held in Rome, Italy the year before. In 1998, three members of the Canadian Forces Personnel Support Agency (CFPSA), BGen I. Popowych, Maj (Ret'd) R. Hillier and CWO (Ret'd) Ken Doucette were awarded CISM's highest honour, The Order of Merit, in recognition of their work in promoting amateur sport and the ideals of CISM.

Up-coming CISM Sports Competitions:

Cross-country Running, Alger, Algeria; 25 Feb-1 Mar 00.

Skiing, Hochfilzen, Austria; 20-25 Mar 00.

Shooting, Ankara, Turkey; 17-26 Jul 00.

Sailing, Berga, Sweden; 19-28 Aug 00.

Taekwondo, Seoul, Korea;

Glacier Greens Golf Shots Tuesday Ladies

By Joyce Merrill

The final tallies are in and the awards for 1999 were announced on November 2. The winners were as follows:

Ringer Board 0-24 h/c Irene Perry; 25+ h/c Marguerite Fournier.

Birdies and Chip-ins: Irene Perry.

For the most pars in the 36+ h/c division Mary Kelly.

Putting honours went to: first Fran Hume, second Pat Verchere, third Duane Miles.

The CLGA Pin went to Lor-

raine Courtemanche; runner-up was Ellie Nicholas.

Match Play winner was Pat Verchere; runner-up Joyce Merrill.

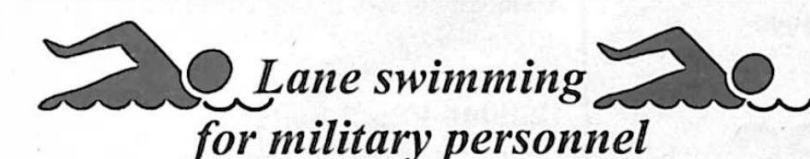
Club Champion Net Pin winner was Dolly Pearson.

Hole-in-one trophies went to Irene Perry #17, Ardyth Wood #15, Lori Cameron #15 and Ellie Nicholas #12.

Congratulations to all.

Many thanks to Aero Art (Mike and Mark) for donating the prizes.

Play will continue on Tuesdays 9:00 a.m. to 9:30 a.m. tee-off.



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.

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.

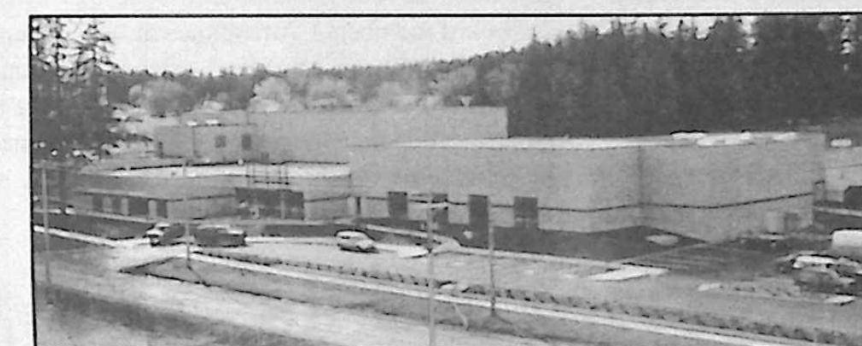
If you are interested in becoming a health council member you may pick up a nomination package at the community health council office located at 961A England Avenue, Courtenay between 9 a.m. and 4 p.m., Monday to Friday. If this is not possible, please call the council office at 338-5453 during the same 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 mail-



On October 22, the Third Annual Mt. Washington Supply March went off without a hitch. The task at hand was a 17-km walk to the ski lodge from the chain-up area at the bottom of the road. The group raised \$314.00 for the United Way. We challenge all other sections on Base to do the same next year.

Back row (L-R): Tim Dobbs, Bev Merchant, Frank Unrau. Front row (L-R): Bob Martel, Marie Josea, Chantel Racine.

New Fitness & Community Centre nearing completion



By Bobbi Howard-Muir, FS&R Director

It is hard to ignore the large building that has taken shape next to Canex. The new 19 Wing Fitness and Community Centre is nearing completion and it seems everyone is eagerly awaiting the opening. The project is on time and on budget so it is anticipated that the keys will be handed over some time in December. Although this is an important milestone, there will still be a lot of preparation before the facility will be ready for operation.

The first step will be to move and assemble the new fitness equipment, which was purchased with Quality of Life funds last year. While this is being done, the present facilities will remain in operation throughout the Christmas season. The Base Gym will then close on 1 January 2000 and remain that way until the move is complete sometime in the middle of the month. The Comox Military Family Resource Centre (CMFRC) and Wallace Gardens Community Council will follow and start their operation upon completion of their move. During this time the building will remain closed to everyone except staff and work crews. This is very important in order to give the occupants a chance to be ready for full operation. The interruption of service during this time is unavoidable and a necessary part of a major move. Customers' patience will be greatly appreciated.

When the new complex does open, 19 Wing personnel and their families will enjoy a Personnel Support facility that provides something for everyone. Activities ranging from fitness, to family support, to community programs will be available in one location. And contrary to many rumours circulating in the local community, the facility will not be open to the general public. In fact, the Fitness Sports & Recreation (FS&R) wing will have strict access control, which will ensure the entry of authorised users only. The priority of the 19 Wing Fitness and Community Centre will always be service to the military community.

A date for the official opening ceremonies will be announced shortly. The FS&R staff, CMFRC staff and Wallace Gardens Community Council are looking forward to celebrating the Year 2000 with 19 Wing personnel in their new digs.

Kayaking comes to 19 Wing

Lessons and equipment available to Wing personnel

By WO Brian Copeland

Effective January 2000, kayak lessons and boats will be available for wing personnel and dependents.

Maj Don Thain, Commodore, 19 Wing Sailing Club is pleased to announce that the Comox Squadron - Canadian Forces Sailing Association will proceed with plans to provide wing personnel with a kayak division. The club will operate under the Sailing Club and be located in existing facilities both on Quadra and the new Recreation Facility (pool).

The kayak division was formed to enhance the lifestyle of military personnel and dependants by offering a safe yet adventurous opportunity to participate in one of British Columbia's fastest growing sports.

The kayak club will provide lessons in the new Wing swimming pool, starting in the new year. Friday night lessons will use the smaller whitewater kayaks with a follow-up Saturday morn-

introduce ocean kayaks. Lessons will include water safety, paddling techniques, Eskimo roll, rescue procedures and a hot tub. Boats will be available for members of the Sail/Kayak Club for daily rental.

The 19 Wing Sailing Club presently offers lessons and boat rentals for keel boats, dinghy boats, windsurfing and now kayaking. With close to 100 members, the club offers a friendly nautical social setting on scenic HMCS Quadra.

Gliding silently along the waterways of the Comox Valley offers a unique experience and opportunity to enjoy the beauty of the local scenery. Kayaking affords the opportunity to spend a safe exciting evening or holiday with your friends and family in the beautiful BC outdoors.

For more Sailing Club info: Wing BBS/Clubs/Sailing Club or contact club executives listed on the BBS (http://comox.dwan

Jake's Trivia Corner

1. Who hit a home run in the most consecutive games?
2. Who scored the most points in an NCAA Tournament game?
3. Who had the most points in major college basketball?

(Answers on page 14.)



COMOX Military Family Resource Centre Centre de Ressources pour Les Familles Militaires de Comox

Military Family National Advisory Board seeking a Pacific region representative

The Military Family National Advisory Board is looking for a volunteer to serve as a board member from the Pacific Region.

The Military Family National Advisory Board provides advice to the Assistant Deputy Member (Human Resources-Military) on issues relating to the quality of life of families of Canadian Forces members. Spouses of CF members, representing the different geographic, linguistic, rank, and life-styles, are joined by CF members to advise, advocate, monitor and promote

the military family within DND. The spouse positions on the Military Family National Advisory Board are open to all spouses of currently serving military members.

The term of the positions is for a period of three years and requires a considerable time commitment from the board members. Attendance at the Military Family National Advisory Board conferences every 4 months, attendance at regional meetings and work on regional family issues for an average of 4 hours/week

is required. This is a voluntary position which is provided an honorarium.

If you are interested in submitting your name for consideration for the Military Family National Advisory Board regional representative for the Pacific Region, please contact the Comox Military Family Resource Centre at 339-8290, for a copy of the application form and questionnaire. Applications should be sent by November 22nd 1999.

Employment events at the CMFRC

North Island Employment Foundation Society Presentation

North Island Employment Foundation Society helps Employment Insurance recipients who are interested in re-training.

Date: Friday, Nov. 12th

Time: 9:30-11:00am

Location: CMFRC, Bldg 120

Registration: Call 339-8290

True Colours Workshop

True Colours is an easy and entertain-

ing way to identify your strengths and discover how they relate to your personal and professional development.

Date: Wednesday, Nov. 17th

Time: 9:30 - 11:00am

Location: Wing All Ranks Facility

Registration: Call 339-8290

Community Futures

Development Corporation of Strathcona Presentation

The Community Futures Development Corporation of Strathcona

helps Employment Insurance recipients start their own business.

Date: Friday, Nov. 19th

Time: 9:30-11:00am

Location: CMFRC, Bldg 120

Registration: Call 339-8290

Skills Assessment Workshop

Date: Wednesday, Nov. 24th

Time: 9:30-11:00am

Location: CMFRC, Bldg 120

Registration: Call 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. Novembre: Souper de Noël, le Vendredi 26. Restaurant et heure à déterminer.

Cuisine Végétarienne

Des recettes facile et rapide à faire avec du tofu, des grains de toutes sortes, des noix etc... Cécile et sa famille sont végétariens depuis 10 ans. Elle fait des recettes qui répondent aux besoins de sa petite famille, c'est-à-dire simple et facile. Vous n'avez pas besoin de souper avant, car Cécile nous fera goûter ses recettes; hamburger, croquettes, tartes etc... Pour une fois que le tofu va goûter quelque chose! Ha!

Animatrice: Cécile Charbonneau
Date: Jeudi 25 novembre
Heure: 18:30 à 20:30hrs
Coût: \$5.00 (la bouffe est fournie)

Endroit: Édifice des programmes du CRFMC (2ème maison)

"Crafting pour Noël"

On apprend à faire des milieux de table et des décorations du temps des fêtes avec du bois de plage, coquillages, roches et autres. C'est facile, simple, différent et on laisse aller son imagination.

Animatrice: Céline Coté
Date: Jeudi 2 décembre
Heure: 19 à 21hrs
Coût: \$5.00

Endroit: Édifice des programmes du CRFMC (2ème maison)

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

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
Time: 6:30 - 8:30pm
Location: CMFRC Bldg 120
Fee: \$25 for military couples / \$40 for non-military couples. A child care subsidy is available for military families attending this workshop.
Registration: Call 339-8290

Workshops to enhance the quality of your life



Parents as Preventors - A drug awareness workshop

This workshop emphasizes the central role parents play in influencing their children to make healthful choices regarding such issues as alcohol and other drug use.

Date: Nov. 16th

Time: 7:00 - 9:00pm

Fee: No Cost

Location: Crown Isle Golf Club - Copper Room

Registration: Call 339-8290

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

Couples Communication Workshop

(Marilyn Armstrong and George Penfold)

Did you know that ninety-eight percent of good communication is listening? That people argue when they don't feel heard? That women like to discuss problems while men tend to focus on solutions?

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

WALLACE GARDENS COMMUNITY ASSOCIATION NEWS

Halloween Winners



Best costume

- 1st "Peanut" Christina Burgher
- 2nd "Scarecrow" Prescilla Fortier
- 3rd "Pumpkin" Ryan Scott

Colouring contest

Ages 0-3:

- 1st Natasha Hacking
- 2nd Evan Joudry
- 3rd Nicole Besnard



Ages 10-12:

- 1st Michael Driver
- 2nd Jessica Chagnon
- 3rd Mike Hughes



Ages 4-6:

- 1st Martina Doucet
- 2nd Katie Woznow
- 3rd Kevin Nicholson

Ages 7-9:

- 1st Dominique Lefebvre
- 2nd Kristian Delong
- 3rd Nathan Caron



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.

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.

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.



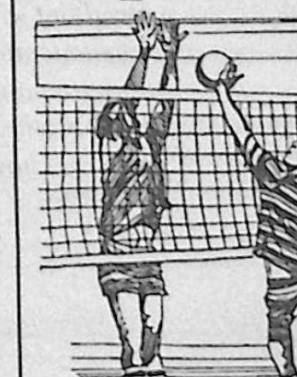
TEEN DANCE

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

Youth Winter Sports



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

Remember, proper athletic
footwear is required.

Happy New Year Celebrate the Year 2000 Millennium Family Bash

December 31

8:00 p.m. - 12:30 a.m.
at the Base Gym

Tickets: \$1.00/person member, 2.00/person non-member
Door to door ticket sales will take place within the Wallace Gardens Community on November 15 and 16.

For more info: Shelley 339-4169 or Dolina 890-0679

THIS IS AN ALCOHOL-FREE EVENT
Volunteers required

To make the New Year's Family Bash a spectacular event we need your help not only at the dance itself, but prior to and following it. If you are willing to donate an hour of your time please call Jane at 339-8211 or 8571



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 <2/2>

For Sale

Sony CD Player, Sony STR D990 Receiver, Sony Surround Speakers (1 centre & 2 rear), 2 BSM Tower Speakers. \$250.00. Ph: 339-3486

Toastmasters

A reminder for those on Base who are required to make representations or give talks, and feel apprehensive at the prospect, the Comox Valley Toastmasters meet every Wednesday 7-9 p.m. at Courtenay Junior School. Develop and improve your speaking and presentation skills; your ability to think on your feet. Acquire better listening talents and benefit from stronger leadership skills. For more information, call Harry Piercy, 338-7166.

Jake's Trivia Answers

1. Ken Griffey Jr.
2. Notre Dame's Austin Carr.
3. Pete Maravich, LSU 69-70

For your favorite golfer...

- \$32.10 gives reduced and free green fees at 281 B.C. and Alberta courses — and more
 - Two for one admission to the Vancouver Golf Expo
 - Automatic entry in a prize draw for tickets to the 2000 Air Canada Championship*
- *No purchase necessary to enter prize draw
- Call Ticketmaster at 280-4444 or 1-800-863-3611 (no service charge, prices include GST).
- A fundraising project of
BRITISH COLUMBIA LUNG ASSOCIATION

AUTO PARTS
"Two Locations To Serve You!"
COURTENAY AUTO SUPPLY
780 Cumberland Road
338-7277
COMOX AUTO SUPPLY
821 Shamrock Place
339-5560

Airwomen's Reunion

An RCAF Airwomen's Reunion to celebrate their 50th Anniversary will be held June 8-10, 2001 at St. Mary's University, Halifax, Nova Scotia. This is for airwomen who have served any time during the period 1951 to the present date. For information visit our web site at: <http://www3.ns.sympatico.ca/mario/rcaf.html>

Timmins Reunion

The Timmins High & Vocational School Reunion Committee will be hosting Homecoming 2000 from August 3-6. We hope to see upwards of 5000 former students returning to the City With A Heart Of Gold for this event-packed weekend and to share memories and good times with friends and relatives. If you are interested in attending, registrations can be obtained from: P. Toffanello, Principal, TH&VS, 451 Theriault Blvd, Timmins, ON P4N 8B2. E-mail: www.nt.net/happyluke/thvs2000.htm

Canadian Cancer Society

To find out when the next meeting of the Cancer Support Group "Living with Cancer" will take place, call the Courtenay office at 338-5454.
17 Nov: Monthly meeting of C-V Cancer Society 2:00 p.m. in Courtenay United Church. Members please join us for this informative hour with coffee and sweets to follow.

Job Opportunity

New CFCCN coordinator required

An exciting opportunity is available for an energetic, self-motivated person who is interested in a long-term part-time position on the Base. We are looking for a new Coordinator for the Canadian Forces Community College Network (CFCCN), to start in January.

CFCCN is a Canada-wide program which was developed to respond to the realities of today's DND. Post-secondary education can be a way to enhance your military career by demonstrating your commitment and potential. In addition, while the military used to be a life-long career, most members now expect to pursue a second career after they leave the service. Post-secondary education is important to everyone who wants to find interesting work in today's highly competitive job market, and can be a crucial first step even for people who plan to start their own business. Another factor is that it's hard to get that education for military members who are posted every few years, and just as hard for their spouses. The CFCCN was designed as a service to respond to these realities.

The Network is an information, referral and support service which links our members with 21 community colleges across Canada. As a Coordinator, you will work with individual students providing education counselling as they make choices about their education. You will also bring education opportunities to our members, including on-base courses from many colleges in the Network.

CFCCN members include military members, civilian and NPF employees, both serving and retired, and their families. As Coordinator, you will work closely with the Personnel Selection Office staff, the Comox Military Family Resource Centre staff and North Island College.

The Coordinator must have a university degree or college diploma, be familiar with the military community, and have excellent communication and interpersonal skills. This is a contract position requiring 24 hours per month.

If you would like more information, call Pat Allan at 339-2280. Apply by resume by 5:00 p.m., Saturday, November 13, to 339-7515.

This is a great opportunity to meet people and make a positive difference in our community.

GREEN TIPS

(NC)—To save money and energy this fall, fix any leakage with weather stripping and caulking. You can also turn down the heat at night or during the day when you are away from home.

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

Zeellia Concert

The Comox Valley Ukrainian Cultural Society is pleased to host Zeellia in concert on Saturday, November 13 at 7:00 p.m. at the Courtenay Junior High School Multi-purpose room.

Zeellia is a Vancouver-based women's quartet, specializing in Eastern European folk music, sung in the traditional style of "bilij holos" or "pure voice." In Ukrainian, "zeellia" means herb or herbal potion with magic powers. These four women weave a mystical spell singing Slavic folk songs from Ukraine, the Balkan states and the Canadian prairies both acapella and with accordion, violin, cello and clarinet accompaniment. It's Slavic Soul, rooted in the traditional but with a contemporary edge, connecting the past with the present and the old country with the new.

Tickets: The Laughing Oyster Bookstore, Courtenay or The Blue Heron Bookstore, Comox, or call Donna (250)338-7746.

Denman Craft Faire

The Denman Island Christmas Craft Faire takes place Sat. & Sun. December 4 & 5 this year. The Faire features high quality products of crafts people from Denman, Hornby, Quadra, Cortes, the Comox Valley and Vancouver Island. Open 10:00 a.m. - 4:00 p.m. each day. Admission is free. Home cooked lunches and snacks are for sale. Ferries run hourly from Buckley Bay. The Faire is in the two community halls, just a short walk up from the ferry dock.

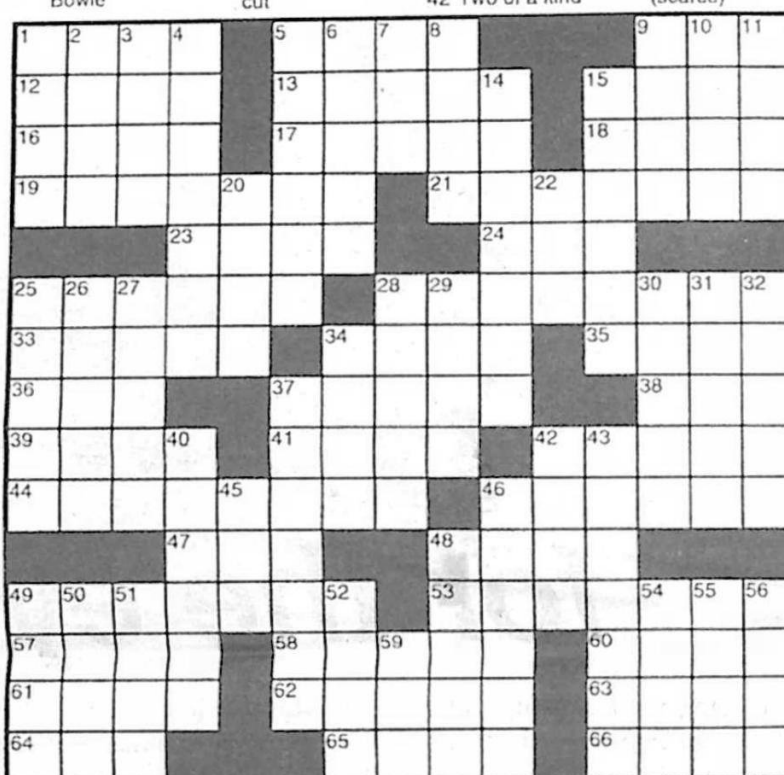
TODAY'S CROSSWORD PUZZLE

ACROSS

- 1 The Egg —
- 5 Thickon, as cream
- 9 Explorer's need
- 12 Zoo favorite
- 13 Unconventional
- 15 Home to Scarlett O'Hara
- 16 Eve's grandchild
- 17 Raw rubber
- 18 Deep tracks
- 19 Deer of the far north
- 21 Military trim
- 23 Wins at rummy
- 24 Nest-egg letters
- 25 Strut
- 28 Pie topping
- 33 Spring fastenings
- 34 Not often seen
- 35 Highway fee
- 36 Lodging place
- 37 Sounds like Big Ben
- 38 Money dispenser, for short
- 39 Japanese volcano
- 41 False statements
- 42 Juan's father
- 44 Soft fabrics
- 46 Roman emperor
- 47 Frontiersman
- 48 Bowie

DOWN

- 1 Actor Guinness
- 2 One of a 1492 trio
- 3 House part
- 4 Sudden understanding
- 5 Georgia, once
- 6 Hawaiian feast
- 7 Mel of baseball
- 8 Sycamore, e.g.
- 9 Heavy hammer
- 10 Johnson of "Laugh-In"
- 11 Days gone by
- 14 Terminates
- 15 Principal's problem
- 20 Dressmaker's cut
- 22 Onassis, to friends
- 25 Light rowboat
- 26 Cancel
- 27 Skater Henie
- 28 Horse features
- 29 Units of work
- 30 Urges on
- 31 Very, very
- 32 Bugs' nemesis
- 34 Make turbulent
- 37 Flaw
- 40 Introduce
- 42 Two of a kind
- 43 Made fizzy
- 45 None
- 46 Sconce item
- 48 Templed
- 49 Pretty soon
- 50 Appoint
- 51 Network
- 52 Grub
- 54 Perform a civic duty
- 55 Post Millay
- 56 Lounge around
- 59 — premium (scarce)

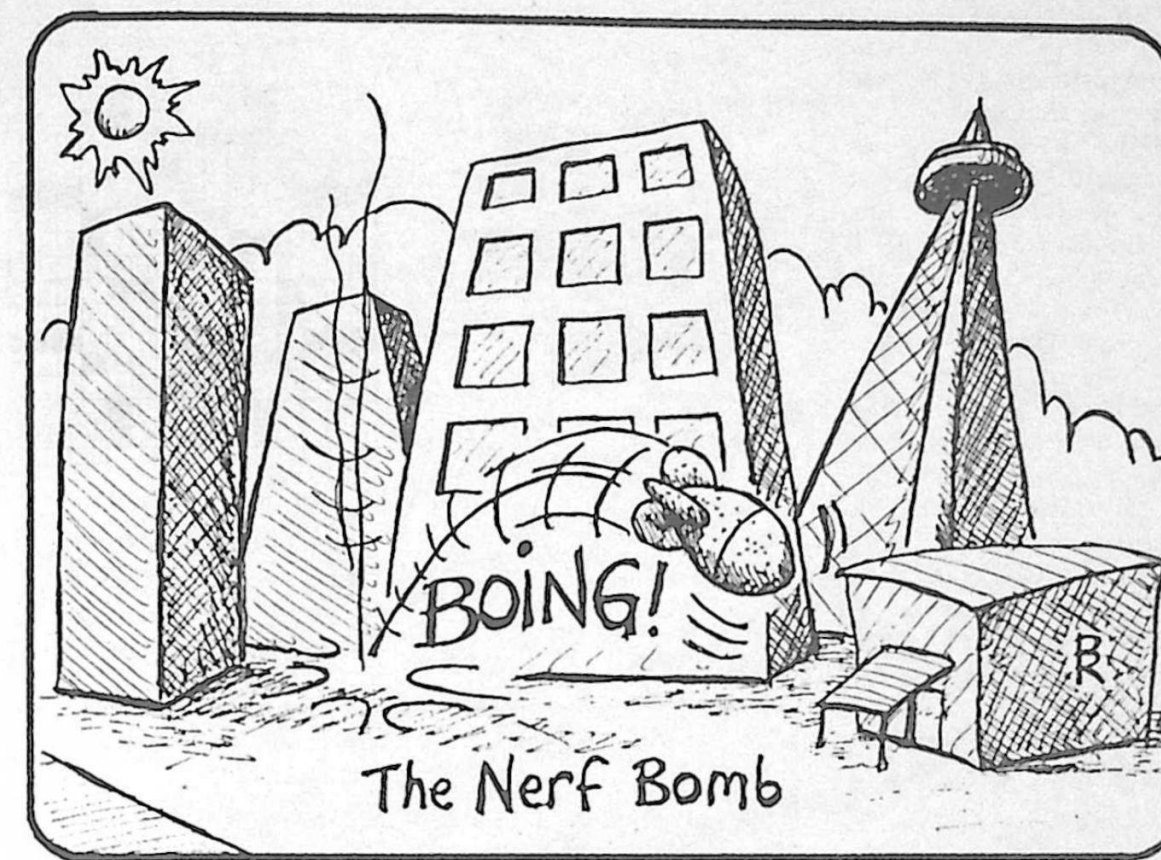


PREVIOUS PUZZLE SOLVED

SHEA ORATE CLOG
TEAK CEDAR AYLA
ADVANCED DEGREES
BYE AUKS AESOP
DIPS YAMS
TAMELY DUMB WEB
ALAN CORAL AXE
BOLT FROM THE BLUE
OUT LIVES YELP
ODA AMES BURSTS
OXEN LORD
CAINE SAGA LEA
ABSENTEE BALLOTS
LOLA SORER ACTS
FUEL KNELT WHAT

2-27-99 © 1999, United Feature Syndicate

FREAKSHOW



Virtual Reality Games: Are they bad for the eyes?

Playing virtual reality (VR) games can harm their children's vision in any way. They need not worry, says the president of the B.C. Association of Optometrists (BCAO). "Although more research is needed to determine the long-term impact on vision," says Dr. Paul Geneau, "most players can enjoy VR games without eyestrain or headaches, by making sure the headset is properly adjusted to their eyes." Prescription corrective lenses may need to be worn. He added that taking frequent breaks will also help avoid those feelings of dizziness or disorientation due to sensory overload, reported by some users.

Relatively new on the market, VR games are becoming increasingly popular with kids and adults alike. To play a VR game, the user wears a headset which effectively shuts out the outside world: sound is provided through earphones, and images through a

miniature video screen. The player is the central character and "Moves" through the game's setting viewed through focussing lenses placed in front of each eye. Most games feature high-risk action or contests, such as battling through a maze or flying an aircraft. The visuals respond to the viewer's eye and body movements which feed back to the headset computer.

Focus shift could cause eyestrain

Although the video display screen is set very close to the user's eyes, the eyes focus through lenses simulating a longer distance. The result, over prolonged periods of time, could be eye fatigue. "When buying a VR game set, look for one with an adjust-

able headset," said Dr. Geneau. "Make sure the focussing lenses in the headset are adjusted properly, to match the distance between the user's eyes; if not, the eyes will have trouble maintaining their alignment." He added that some eyeglass wearers may find it impossible to adjust the headset for clear vision.

The following are some suggestions to avoid overloading your visual system:

- the headset should be adjustable and visually comfortable,
- the game sessions should be kept at about 15 or so minutes at a time, and
- if you or your children experience eyestrain, headaches, dizziness, or nausea, stop playing until you've discussed these symptoms with your optometrist or family doctor.

Regular eye and vision care will ensure optimum visual efficiency in all aspects of life and leisure.



Get it Free! 1-888-334-9769
www.paguide.com

Physical Activity Guide

Employee Assistance Program

Do you have a problem that affects your work performance, or threatens to do so? Can think of nowhere to turn?

If you feel motivated towards a change for the better, call either one of your current referral agents (RAs)

Stéphany Gray @ 8296
(or use e-mail)

or

Finn Schultz-Lorentzen @ 8379
(or use e-mail)

Full confidentiality guaranteed



Royal Canadian Legion

Branch 17 Courtenay (334-4322)

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

Nov 12 Eldorado
Nov 19 Andrew and The Machine
Nov 26 TBA

Special Events:

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.

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.

Nov 12 NO BAND
Nov 19 Highway 19
Nov 26 Alley Cats

Special Events

Thurs. Nov 11: Remembrance Day Parade & Service
Open House after Ceremonies & Parade Band (TBA) 2 - 6 p.m.
Thurs. Nov 18: General Meeting 8:00 p.m. - Branch Elections.

New Year's 2000 Gala: Tickets \$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.

DID YOU KNOW?

- The Royal Canadian Legion is Canada's largest Veteran's organization with 500,000 members.
- Over 6,300 Canadians are employed by the Legion at 1,600 Branches nationwide.
- Over 2.3 million volunteer hours were donated by Legion members for youth, seniors and veterans programs last year.
- The Legion has sponsored the construction of 9,300 seniors and veterans housing units.
- Over 2,790 Cadet, Scout, Girl Guide, Cub and Brownie groups are sponsored or supported by Legion Branches.
- The Legion collected \$8 million in its Poppy campaign in 1998. The Poppy Fund is separate from Legion finances and is used solely for charitable purposes.
- The Legion paid over \$9 million in property taxes in 1999.

- News Canada



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.

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*

Wednesday, noon - 6:00 p.m.

Friday, 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

Tuesday - closed

Thursday, noon - 1:00 a.m.**

Saturday, noon - 1:00 a.m.**



Heritage Happenings

By Joel Clarkston

Air Force Museum fills void

It's Veterans' Week and there's not much on display to mark the event. What do you do? That was the situation facing the Driftwood Mall, so they put in a last minute call to the Comox Air Force Museum to see if they would be interested in placing a display in a vacant storefront.

Without a moment's hesitation, the museum staff put together a portable display and trucked it down to the mall Sunday evening. The only problem being that the museum focuses on the Air Force and it would be nice to have the other services represented. No problem there either. It turns out that one of the volunteers, MCpl Bob Melville, has a fine military collection and was able to provide a number of "land element" artifacts. When he walked into the mall with the BREN gun, and two machine guns, well, that was considered a bit much and although offered, they are not on display. Plenty of other artifacts are.

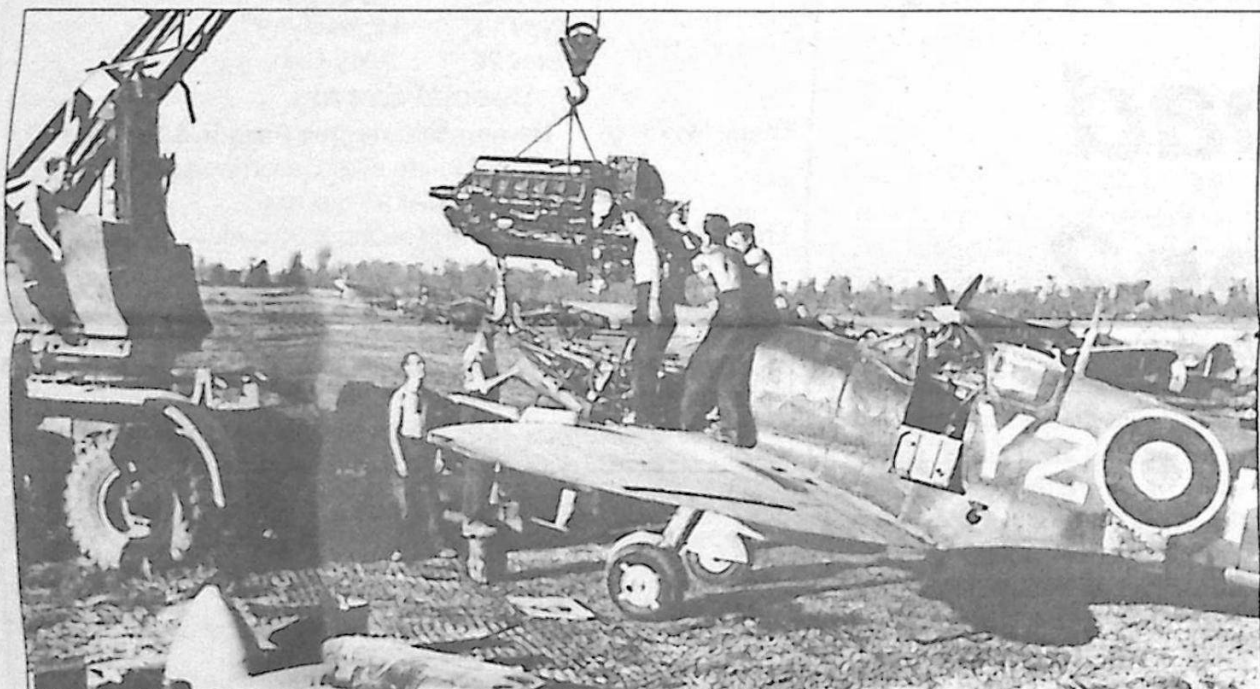
The display is on at the mall till the 12th. It's well worthwhile and adds suitable visibility to Veterans' Week.



442 fixes Y2K problems!

(The following photo and caption appear in "Spitfire, A Complete Fighting History" by Alfred Price and was spotted by a Totem Times reader.)

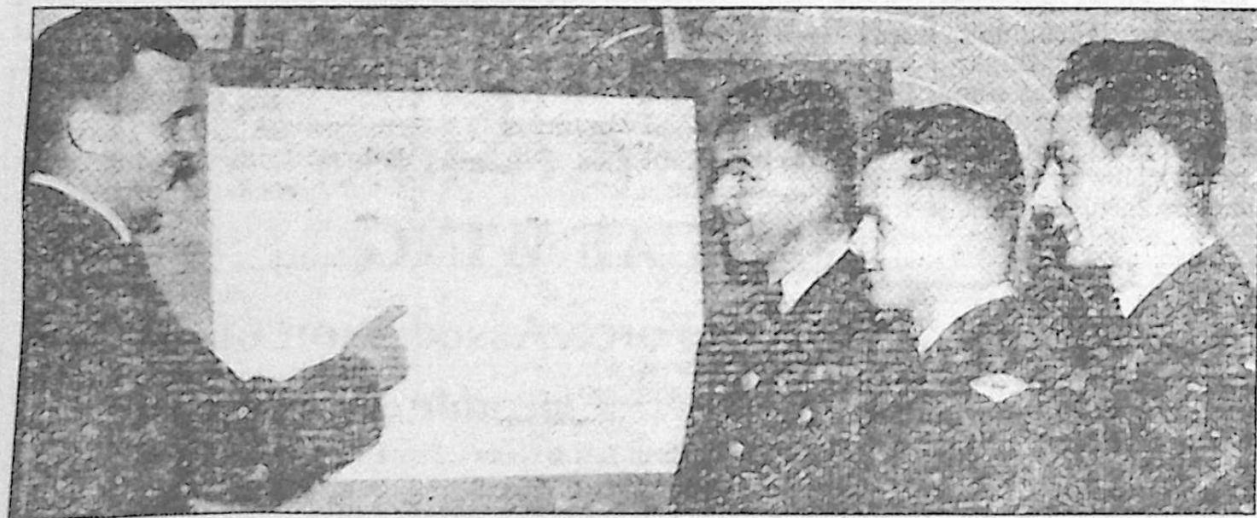
Fitters of 442 Sqn RCAF doing an engine change in the field, with the luxury of a mobile crane to do the hard work. If no such crane was available, ground crews had to use a set of wooden shear legs with a block and tackle to hoist the engine out, then push the Spitfire clear before lowering the engine onto a trolley; refitting was the same process, in reverse. During the campaigns in North Africa, Italy, France and the Far East, the great majority of Spitfire servicing had to be done in the open where, as one fitter commented: "If it rained that was just tough luck - both you and the Spitfire got wet!"



BLAST FROM THE PAST

Comox prepares for air space age (Totem Times 3 Dec 1960)

Modern space vehicles are the result of many technological improvements in recent years. One of the greatest contributors to improved space vehicles is the transistor. This little device which in many cases replaces the vacuum tube and which is appearing in the common transistorized receiver is thousands of times more efficient and reliable than the vacuum tube. However, this little device operates on a different principle than the vacuum tube and to help prepare the personnel in the electronics trades for the future, several courses running for six weeks have been prepared.



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



Le Conseil des Arts
du Canada

With financial assistance
from The Canada Council
for the Arts through The
Writers' Union of Canada

The Canada Council
for the Arts



The
Writers'
Union of
Canada

Wave of Silence - A nation remembers

(NC) - The Royal Canadian Legion has a vision that all of Canada will take a moment of silence at the 11th hour of the 11th day of the 11th month. Whether you are driving a car, typing a memo or renovating the basement, spend 120 seconds thinking about what it means for a soldier to go to war knowing that he or she might not come home. This 2 minute "Wave of Silence" will sweep across the country and symbolize our respect for all men and women who gave their lives for Canada. Veterans Affairs Canada proudly supports the Royal Canadian Legion and we encourage you to join the wave.



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.

