



TOTEM TIMES

19 Wing CFB Comox

THURSDAY 20 JANUARY 2000

Comox Valley's Longest Running Newspaper

Inside this issue:

This is the start of our 40th year in production!

See 'Blast from the Past' on page 20.

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It's open!



Thrilled with their new facilities, staff from Fitness, Sports & Recreation, Comox Military Family Resource Centre and Wallace Gardens Community Council pose on the steps at the entrance to the Recreation and Community Centre. (Photo by WImaging.)

A pledge by the Department of National Defence to improve the quality of life of its members became a reality in the Comox Valley with the official opening on January 19 of the 19 Wing Comox Fitness and Community Centre. Cutting the ribbon was former Wing Commander "Irish" Ireland.

An Open House for all members of the public was held from 4 - 10 p.m. on Wednesday so that everyone could visit and view the fabulous new facility.

The \$10.5 million complex, the

latest in a nation-wide revitalization of military recreation infrastructure, aims to provide the military community with improved access to fitness, sports and recreation programs.

"It's a great day for 19 Wing," said Comox Wing Commander Col Bill Neumann. "This centre will not only provide the Wing with a much-needed improvement in fitness facilities, but will also contribute significantly to our sense of community."

The 73,000 square foot facility,

financed through an equal share of public and members' funds, offers "one-stop shopping" for its users. In addition to a six-lane swimming pool, gymnasium and weight room, the complex will house a teen centre, the Military Family Resource Centre, child-care spaces and two Community Centre multi-purpose rooms. The centre will serve 19 Wing's 1,500 people, their families, and retired members.

The new centre is a far cry from the scattered, antiquated build-

ings it replaces.

"The facilities we had were not only old, they were inadequate," said 19 Wing Fitness Sports and Recreation Director Bobbi Howard-Muir. "Putting us all under the same roof means much more efficient, focused support for military families. That's what we're all about."

Construction on the centre began in January 1999. The year-long project employed approximately 100 construction workers and relied heavily on local contractors.

Due to printing deadlines, we are unable to publish photos of the actual ribbon cutting and opening ceremonies in this edition.

Turn to pages 10, 11 and 12 for photos of the new facility from start to finish.



Randy Willis
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19 Wing Awards and Honours Ceremony



An Awards and Honours Ceremony was held at the Officers' Mess on 6 December. Recipients pictured with Col W.J. Neumann (centre) include: CWO Mercer, MWO Burke, WOs Murray, Thorne, McKee and Stead, Sgts Gough, Burke, Fleming, Carignan and Schuzster, MCpls McCabe and Chisholm, Cpls Pelletier, Veilleux and Vachon, Capt Paul and Mr. Gagnon.



Left: Maj Kevin Bryski, WTISO, presents Cpl Brian Reed with his promotion to MCpl, effective 2 Dec 99.

Below: Cpl Guy Courchesne received his promotion to MCpl, effective 2 Dec 99, from Maj Kevin Bryski, WTISO.



Lab hoists two to safety

A CF Labrador helicopter from 19 Wing Comox rescued two women and their three dogs from isolated Walt Lake, near Powell River, on January 12. The women, who became lost the evening before while snowshoeing to a cabin, were transported to Powell River hospital where they were treated for mild hypothermia.

"We're very glad we could get these people out," said 442 Transport and Rescue Sqn CO LCol Grant Smith. "They were cold and wet but otherwise alright. Operations like this show the Labrador can still do the job under extremely demanding conditions."

The rescue was made after two previous attempts on the evening of 11 January by the Labrador and an accompanying CF Buffalo aircraft were unsuccessful due to poor weather. "It was frustrating for us," said Lab aircraft commander Capt Rick McClure. "The Buff dropped flares to the area but the snowfall was so heavy we couldn't get the helicopter close enough to pick up the hikers."

McClure added that the hikers' own actions significantly contributed to the rescue's success. "They did the right thing and that really helped us out. When they

realized they were lost they stayed put, erected a signal and took shelter. They also had a two-way radio and good winter gear."

In a second mission, also on the night of January 12, the Labrador was sent to pick up an Advance Life Support medical team in Van-

couver, then evacuate a severely injured motorist from Sechelt to Victoria.

Last year the air force conducted over 1,100 air searches, while Canadian Forces ships, aircraft and people saved 1,044 lives in search and rescue operations.

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WLogO promoted

By Col W.J. Neumann, WComd

One of the greatest thrills a Commander can enjoy is the opportunity to see a richly deserving individual gain recognition for his or her dedication, leadership and contributions to the Wing and the Air Force. I had that thrill on 22 December when I presented LCol Leversedge with his new epaulettes on his promotion to Colonel. The good news was that he was promoted effective 1 Jan 00, the less than good news for us was that he was posted to Ottawa on 10 Jan.

It has been my honour and privilege to work closely with Col Leversedge over the last year and a half, and like all of you, have thoroughly enjoyed and appreciated his wit, vision and focus. He is an extremely competent leader who has worked extremely hard to ensure that we do the best we can for the Military and Civilian members of our team. I know that all of you, and especially those of you in Wing Log, will miss his leadership, but I can assure you (without divulging the name yet) that his replacement is cut from the same block.

Congratulations Terry on your promotion and good luck in Ottawa!



MWO LeCavalier, receives trophy, with his name on plaque, from the hands of WComd, Col Bill Neumann.

MWO Andre Le Cavalier, CE Ops Plan, was selected for this honour and his award cites his outstanding contributions to 19 Wing.

"As WCE Ops Planner, MWO LeCavalier continually takes the time to ensure that the end users' needs are met for each of the many construction projects. He has demonstrated professionalism and dedication as the Project Officer for the construction of the 24-unit singles quarters, and as co-ordinator for the relocation of the occupants of Hangar 3. In times of fiscal restraints and ever increasing demands, MWO LeCavalier is the consummate Team player. He repeatedly goes out of his way to help his subordinates, aid his peers, and support his superiors. In addition, he actively supports teen activities in the valley.

"MWO LeCavalier is a true asset to not only WCE but the entire Wing. Well done!"

Wing promotes Weed!



A1 Air Res Coordinator (Western Area), LCol Al Astles, presenting the Air Reserve Flight Commander, Maj Paul Weed with his new rank. The promotion was effective 1 January. Maj Weed was very pleased to have the presentation ceremony early, avoiding any possibility of Y2K interference with his promotion!



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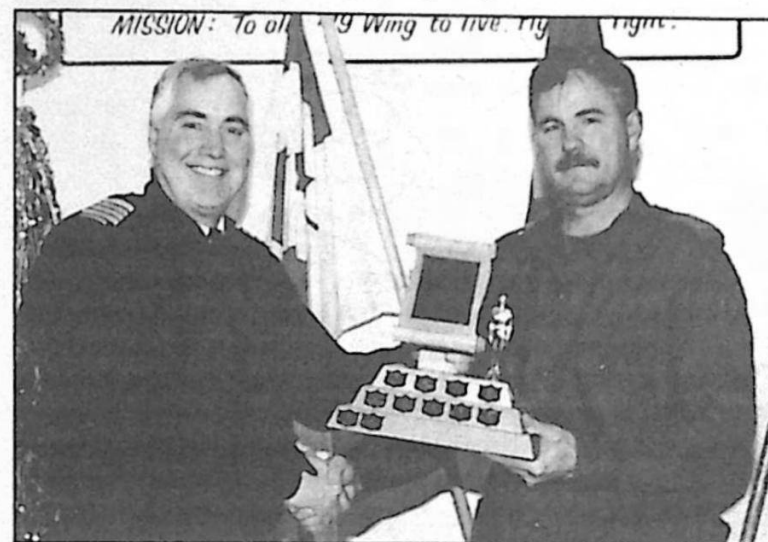
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Service Person of 4th Quarter 1999



MWO LeCavalier, receives trophy, with his name on plaque, from the hands of WComd, Col Bill Neumann.

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"MWO LeCavalier is a true asset to not only WCE but the entire Wing. Well done!"

Minister announces "SHOT IN THE ARM" for Military Medical Service

The Minister of National Defence, the Hon. Art Eggleton, and Gen. Maurice Baril, the Chief of the Defence Staff, announced on 11 January several new initiatives to improve the delivery of health care services to members of the Canadian Forces.

The initiatives, including re-organizing all health care resources under the command of a Director General Health Services, a personalized health card for full-time CF members, and the stand-up of a Project Management Office to implement a wide variety of administrative changes, follow on the heels of a major internal study of the Canadian Forces Medical Services (CFMS).

The review, ordered by Gen. Baril in January 1999 with the encouragement and support of Minister Eggleton, noted that the CF - with approximately 60,000 full-time personnel stationed in every province, territory, and on 20-plus missions overseas - simply could not afford a comprehensive, effective in-house capability providing a full range of medical services to all its personnel. The study recommended accelerating the present move to a medical support model that increasingly relies on civilian health care providers for in-garrison care.

The 160-page review, complete with an Action Plan, was presented to the Minister and DND's senior management committee and approved in mid-December. "Improving the military health care system is of critical importance and my top quality of life priority this year,"

said Minister Eggleton. "With the presentation of the third and final interim report by the Sharpe Board of Inquiry in December, both the CDS and I indicated that major initiatives on the health care front would be announced early in the New Year," he continued. "The institutional and administrative reforms made public today are the result of various studies, reviews, and hard work that began even before the Sharpe Board began its deliberations. As we have said before, the recommendations of their final report will be studied in concert with other activities underway with the aim of establishing the best health care network possible within our available resources." "I am very satisfied with the professionalism and clinical competence of the military health care providers," Gen. Baril said. "I have been personally engaged in the medical service renewal effort for some time now and will remain directly involved to see that it continues improving its ability to deliver quality care to CF members."

This is a complex undertaking, with many linkages and interdependencies with various civilian health care systems, but we have found that many of the more important improvements we can implement ourselves."

Text of the full Chief Review Services, Review of Canadian Forces Medical Services report and an executive summary are available on the Departmental Internet site at www.dnd.ca/hr/medservices.

Touch builds team What makes us who we are?

By Finn

MWO Andre LeCavalier, the winner of the Service Person Award for the 4th Quarter of 1999, thinks he knows what has brought him to the current pinnacle of his career - his upbringing, military management courses, experience, and a knack for determining priorities.

"Knowing what the priorities are will stand anyone in good stead," says MWO LeCavalier, who readily admits his family comes first, but refers to the ranking of projects. "It will also inspire confidence in you. The people you work with appreciate that you know what you are doing."

It has been a banner year for MWO LeCavalier. AEF WO when the year began, he was promoted MWO in early April and took over the position as CE Ops Planner.

While in Bosnia with the AEF, he served as project leader in support of 408 Sqn (Edmonton) operations, he and his team winning the coveted Patton-Cunnington Airfield Engineer Trophy 1998/99.

And while in California work-

ing with the ANG he reaped kudos for achieving more than had been expected. Now he can add another feather to his bonnet, earned for several reasons but not the least for his efforts as the OPI for the construction of the new 24-unit accommodation.

MWO LeCavalier also ensured a smooth move for the AMU, 442 Sqn, CRMP and Cadets from the former Hangar 3. And his emphasis on co-ordination enabled the trades to continue working together in an efficient and highly productive manner.

"I'm a great believer in the open-door policy," says MWO LeCavalier, explaining what he thinks may be the secret of his success. "I never turn down anyone, nor is it to me a question of rank but rather, where lies the greater need? The management courses drove home to me that I'm here for the users. Yes, it can become extremely busy, but I've learned to finish with one before I start listening to the next."

"And I do listen, even when I

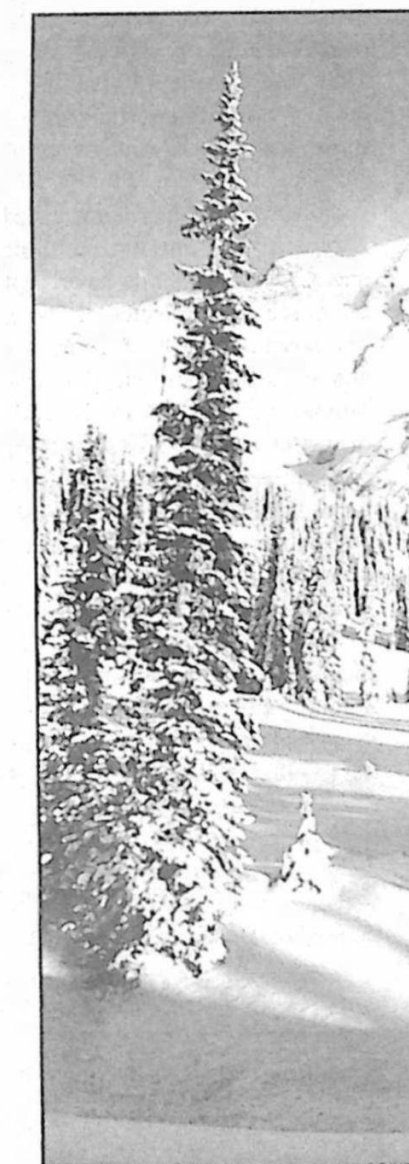
form the opinion that what I hear isn't necessarily the truth. That, I learned from my parents. Listen them out, but avoid those folks next time around, they told me. What I've also learned is that to build team spirit, you need the personal touch. Know people by their names. Greet them. Give a pat when praise is due. Give encouragement. The truth is that everyone has the quality to perform. But you must make them want to."

What's next for MWO LeCavalier, married to Denise in Customer Services, BSUP, and the father of a daughter, Stefanie, 15, and son, Nick, 12?

"I've two goals. They are actually diametrically opposed. I've been here four years and wouldn't mind another challenge, which means leaving. But I also want to stay to ensure continuation, for WCEO and others are leaving, and so for one more year, anyway, I can perhaps help out using my experience at CFB Comox."

Next Deadlines

Advertising: 2 Feb.
Articles: 4 Feb. noon



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Happy Anniversary



With all of the other anniversaries that we have been recognizing and celebrating of late, it is only fitting that we look a little closer to home for the next one. The Year 2000 is of particular significance to the Totem Times because as of 1 March 2000, the Totem Times will have been in business for 40 years. Without missing an advertised publication date, it is the oldest surviving newspaper in the Comox Valley.

I would like to say that things at the fishwrapper have got bigger and better over the last 40 years. I would like to but, unfortunately, computerization doesn't always lead to bigger things. We've become smaller and more efficient. Why, just look at the staff roster back in 1960: one Managing Editor (F/O T.G. Fielding); one Editorial Director (F/L: G.B. Wood); one Associate Editor (LAC T.A. Herron); one Ladies Editor (Mrs. G. Sheard); one Sports Editor (LAC E.L. Mullaney); one Photo Editor (Sgt G.M. Nitschky) and a Circulation Manager (Cpl A. Burden).

With all of the changes that have happened in the Comox Valley, the only constant is the Totem Times... and Good's Grocery on Ryan Road. And, in recognition of this achievement, the Totem Times will be publishing selected articles from previous editions. Watch for them under "Blast from the Past" on the Heritage page.

Joel Clarkston

19 WING PERSONNEL TAKE ADVANTAGE OF NEW REC CENTRE



We must reinforce our military. Canadians support their armed forces with everything but money. There's a reckoning ahead, says Art Eggleton ...

(The following article by Art Eggleton, Minister of National Defence, appeared in the 6 January's edition of the Globe & Mail.)

Canadians have always been prepared to fight to protect what we value. We fought in the First World War, in the Second World War, and in Korea; we've shown ourselves willing and able to help others make the transition from conflict to peace. Canada has been a world leader in peacekeeping from the Suez and the Congo to Bosnia, Kosovo and East Timor. As we look to the future, we must remember these contributions and traditions. They bear real and significant costs. While Canadians give overwhelming approval to our armed forces (see box on page 7) they must be aware that there are hard choices ahead. Some may ask, why invest? What is our stake in this?

Our stake in the world is both moral and economic. As a nation relying so heavily on international trade and so connected to the global economy, we are affected by what goes on in the wider world, from market shocks in Mexico to Asian financial meltdown, genocide in Rwanda and earthquakes in Turkey. We must be able to defend and promote human rights, democracy and tolerance, and we require a stable and rules-based system for trade. Isolation is not

feasible. We do not live in a fire-proof house far from flammable materials.

Yes, the end of the Cold War reduced the threat of global conflict. But in many regions, conflict between peoples within a country has become more prevalent, bringing with it humanitarian catastrophes, "ethnic cleansing" and the systematic abuse of human rights.

So we are faced with new demands for assistance overseas. And as the recent Speech from the Throne confirmed, we will continue to respond. The Department of National Defence has just developed Strategy 2020, a long-term planning document that looks at the capabilities we will need to position the Canadian Forces for the challenges ahead. It poses the hard choices.

And it reaffirms our need for a strong Canadian Forces. This national institution is vital to our security and sovereignty, and crucial to our efforts to deliver humanitarian assistance abroad. It is vital to our peace-support operations by the United Nations, the North Atlantic Treaty Organization and our allies. It is vital to the safety of Canadians, including volunteer organizations and aid groups,

when they operate in dangerous conditions.

As the number of localized, violent disputes has increased, Canada has been among the most active nations in making a difference. From 1948 to 1989, the Canadian Forces were involved in 25 peacekeeping operations; since 1989, the Canadian Forces have been involved almost triple that — more than 65 peace-support operations.

All three branches of our armed forces have contributed their share. Our army units have kept the peace and protected civilians in dozens of countries. Our navy has supported United Nations-sanctioned activities in the Gulf War and in the enforcement of embargoes on Yugoslavia. Our air force made a significant combat contribution in the NATO-led air campaign over Kosovo and the Federal Republic of Yugoslavia.

Such a high operational tempo means that more troops serve abroad more frequently. But for every soldier deployed overseas we require at least three back in Canada to sustain the operation. And peace-building is not only dangerous, it also requires time. Societies ripped apart by conflict do not heal themselves overnight.

Nor is it just the number of operations — their nature is also changing. Situations such as Bosnia, Kosovo, East Timor or the

Central African Republic require delicate handling, far removed from the traditional military rules of engagement. Such operations are also far removed geographically — which means greater logistical support to sustain them. The federal government supports these special operations with additional funding over and above the department's general budget. But more than money is needed in the complex conditions of places such as Kosovo, where our forces often find themselves at the centre of a vast network of players — local authorities, police, aid groups, volunteer organizations — all trying to maintain law and order, preserve the peace and provide emergency relief. And often they operate in areas where many combatants are still intent on war.

These are the demands we are making of our forces abroad. Meanwhile, here at home, we ask them to patrol our airspace and 240,000 kilometres of coastline; help secure our borders against illegal activities; help protect Canada's fisheries from illegal and highly damaging exploitation; undertake thousands of search-and-rescue missions; and provide assistance during emergencies and natural disasters. Who can forget the contribution of the Canadian

(Continued on page 7
MND's letter)

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December Weather

December was warmer and drier than the monthly average. The total hours of bright sunshine were much lower than normal due to the above average occurrence of fog. Wind gusts to 49 knots were also recorded.

Highest monthly temperature	13°C
Lowest monthly temperature	-2.1°C
Total monthly rainfall	126.0 mm
Average monthly rainfall	174.0 mm
No. of days with 0.2 mm or more rainfall	21

For public forecast with 3-day outlook phone 339-5044

RCAF Station Comox
TOTEM TIMES

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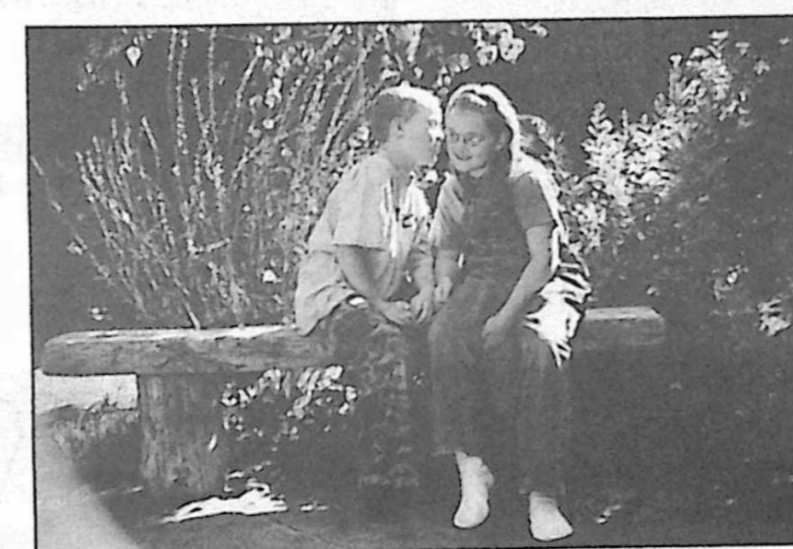
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1999 DND Photography winners



Cpl Joseph Morin – Deputy Minister's Award (with a cheque for \$500), and Honourable Mention in the Professional category.



Ms. Katie Wylie – Amateur Photographer of the Year (which included a Nikon Pronea S camera prize), 1st place Amateur Black & White Portrait category, 1st place Amateur Open Black and White Portrait, and Honourable mention in the Colour Portrait category.



Members of 19 Wing cleaned up at the latest Department of National Defence's Photography Contest. This year's competition was sponsored by Canadian Airlines International, Kodak Canada, Nikon Canada, CANEX and CFPSA. Winners and prizes also included:

MCpl Edith Cuerrier – Honourable Mention in the Professional Colour Open category.

Mr. Scott Harlock – Honourable Mention in Amateur Colour Open category.

Congratulations to all of the winners and continued success next year!



Sgt Eileen Redding – Best in Show Prize – Professional category (with a prize of \$500), 1st place in Professional Colour Portrait category and Honourable Mention in the Black and White Portrait category.



A Division of the Canadian Forces Personnel Support Agency • Une division de l'Agence de soutien du personnel des Forces canadiennes

Financial Services
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- The President and all SISIP staff extend their best wishes for the holiday season to all members of the Canadian Forces community and thank you for the privilege of allowing us to serve you during 1999.
- Le président et tout le personnel du RARM souhaitent leurs meilleurs vœux à tous les membres de la communauté des Forces canadiennes et vous remercient de leur avoir permis de vous servir en 1999.
- Our insurance representatives, financial planners, financial counselors and the Canadian Forces Personnel Assistance Fund personnel look forward to serving your financial needs in the new year.
- Nos représentants d'assurances, planificateurs financiers, conseillers financiers et le personnel de la Caisse d'assistance au personnel des Forces Canadiennes se feront un plaisir de vous servir au cours de la prochaine année.
- Thank you and Happy New Year!
- Nous vous remercions tous et vous souhaitons une bonne et heureuse année!

Finn bits.....

Whyte Tokay Vintage 2000

"Tonight," they said, "the sky will fall upon the heads of all."

The midnight bell would strike dismay as popped the Whyte Tokay.

Yes, time would stop and life, deep-freeze.

The Universe would cease.

The cause-the curse!-was plain as day:

One sip of Whyte Tokay.

A doomsday drink was Whyte Tokay

(like grapes of wrath, okay?) -

"Oh Fateful Night," some folks did say.

"Beware the Whyte Tokay."

But hey! What gave? I still felt thirst

on January the First.

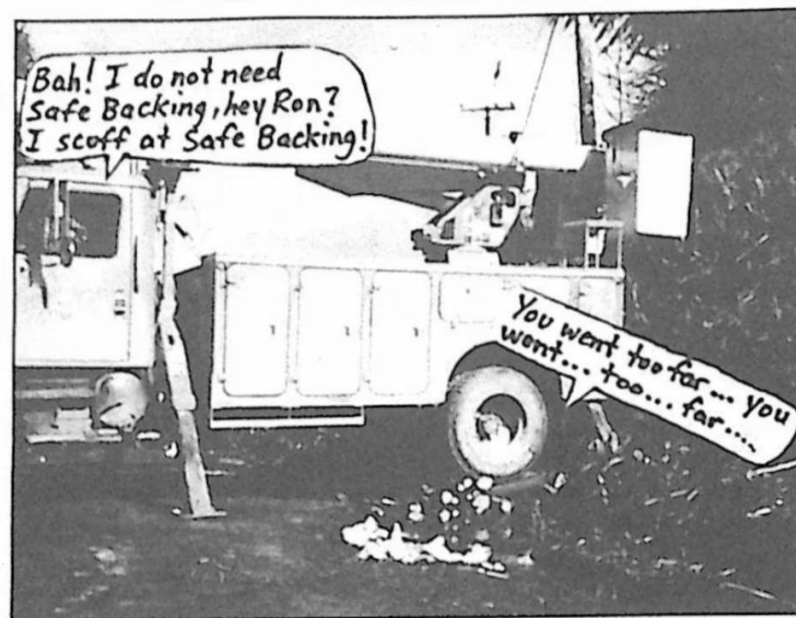
The wine, or whine, that "ganged aglay"

Went 'POP!' with Whyte Tokay.

(Whew!)

finn

CE's live wires



Line truck spouting fun lines. (Photo by Isaac Lucas, CE Electrician.)

The humour of electricians has always had a certain current run through it. It is live, sparky, and turns negative into positive. It arcs from the filament of fun to the bulbous brightness of incandescence. The humour of electricians is never reVOLTING or cause for re MORSE. It is full of high tension, it is electrifying, it galvanizes, draws like a magnet, is

charged with power, shocks sometimes but also on occasion conducts at peak value a veritable corona of mirth.

And so it is with the fun people in CE's Electrical Shop. Of course, they also have their serious side. They know that Otto von Goericke; burgomeister of Magdeburg, back in the 17th century not only invented the first air

pump but also constructed the first electrical machine. At one time they learned about Thales of Miletus, and Pliny (who lost his life in Herculaneum while observing the eruption of Vesuvius in 79 A.D.) both of whom noticed the strange antics of straw and feather when held near a piece of amber which had just been rubbed with bits of wool. They know the Greek work for amber is elektron.

And they know how to back up their trucks, for they assiduously attend courses on how to back up their trucks. Backing up trucks combine the serious and the fun side of being an electrician. They know how to do it yet still poke fun of their colleagues - cellmates, one might call them. "Watt, hey? Ohmmm, full ton, eh?"

Electricians generate enough fun filaments to regulate an alternating current through a force field, trip enough breakers to cable home about, have enough inducted capacity to resist discharges of opposite poles, and are so lightning quick they would make Benjamin Franklin proud.

And, again, their funny bone... but enough said.

Shredder shed sheds shreds

Not what you do but whom you know. And lucky it was for one of CE's clerks, bringing a bag of classified papers to B103 for shredding, that Alvin Robinson of the Refrigeration and Mechanical Team had agreed to come along. No sooner were the papers being fed into the shredder, and just a little bit at a time, when it got plugged up - and suspicion remains that the previous user perhaps had left the shredder thus.

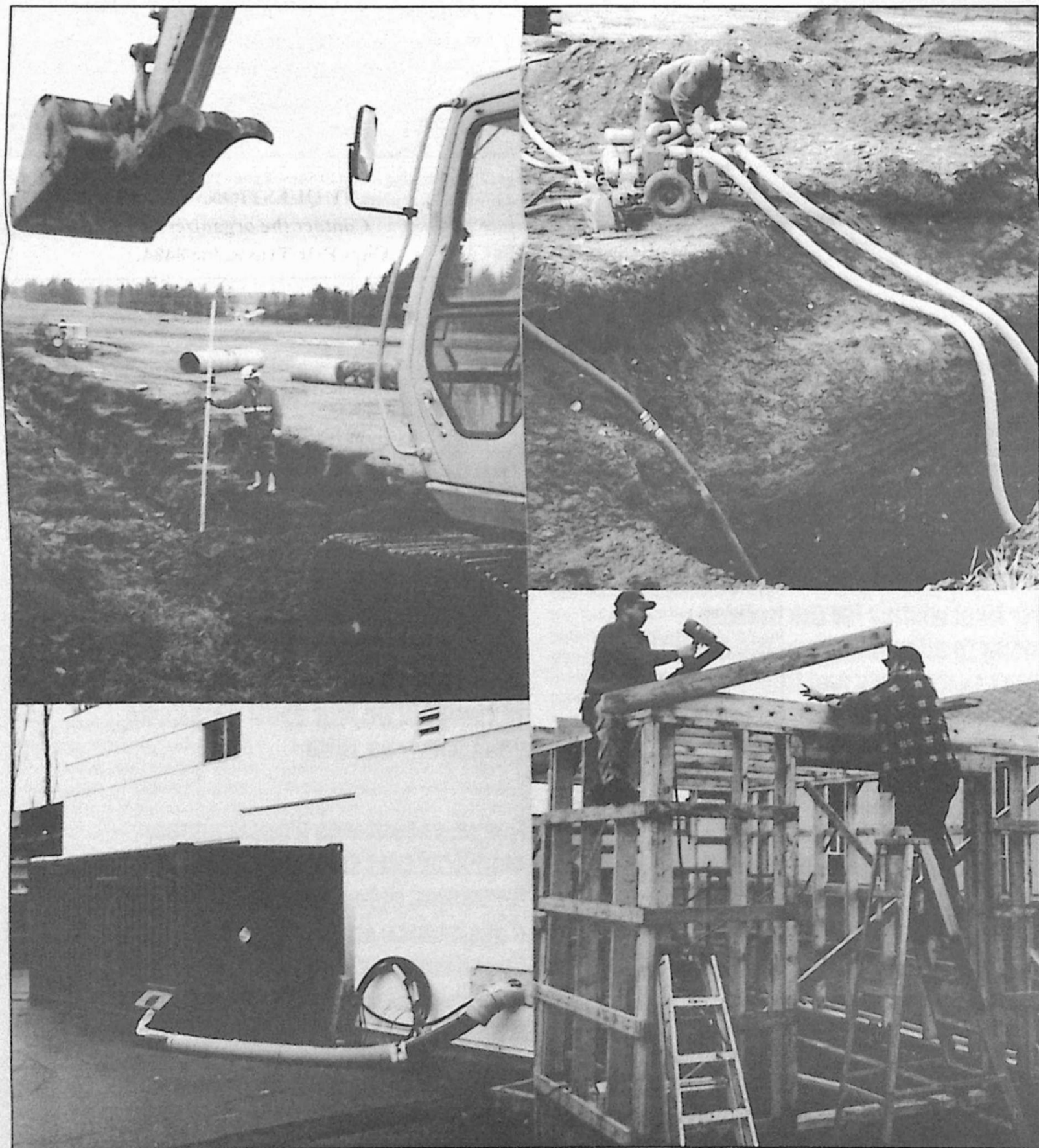
Before the solid mass of paper could be removed, bit by bit, the shredder had to be partially dismantled, the floor was covered in what mostly looked like confetti, the better part of an hour had elapsed, and backs and knees were sore. But at least a glimpse had been caught of what a white Christmas looks like.

For users: The shredder should be fed no more than half a centimeter of paper at a time, and the next bunch should await the shredding of the first. If the shredder should plug up beyond an easy fix, don't just leave it like that. Report to R&M shop, 8453.

Users will also find a brand new table upon which to leave the bag of papers while shredding goes on, courtesy Structural Team Leader Don Buchan and carpenter Al Oelke. Bending 150 times from shredder to floor takes a toll on the back. No longer. The table fits the height of the shredder.

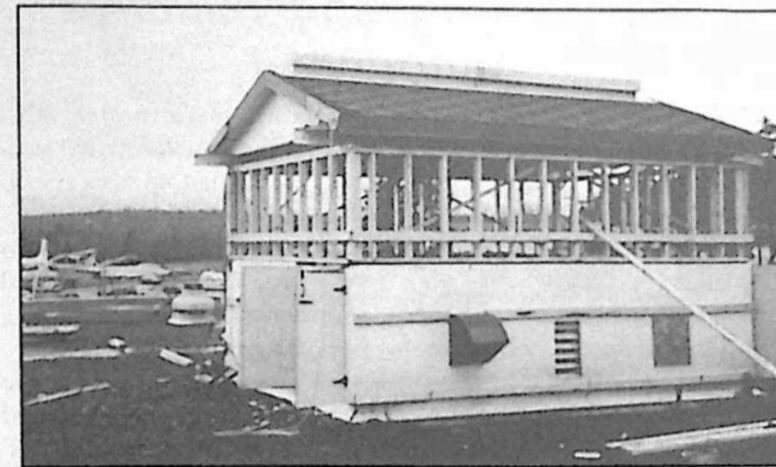


Alvin Robinson and plugged-up shredder.



Top: CE's Norm Maximick measures depth of drainage ditch being dug the 1/2km from the new 24-unit motel type accommodation to Queen's Ditch, while Trevor Vance ensures trench stays sufficiently dry till culverts are put in place. Bottom right: CE carpenters Dave Elliott and Bob Parr build structure to house new stand-by generator opposite CFSSAR. Bottom left: Joint effort by two CE shops sees cables to stand-by generator (back of Combined Mess) made weather safe by plumbing flex pipe.

CE raises roof



As part of the extensive renovations to Combined Mess, B105, the roof on the so-called "penthouse" was raised four feet, doubling the old height, thus no longer making it necessary for maintenance crews to crawl around on all fours.

The penthouse contains the extractor fans from Combined Mess kitchen. Beside new, and higher, roof, the building has been provided with new sidings and now measures 17x13 feet. The penthouse continues to provide what it always did - a great view!

CE carpenter Charles Turner and apprentice Steve Darvauld made up the structural crew which wrought the wonders of renovation.

Wing Fire Fighter aids fallen Senior

By finn

"With respect to First Aid... just in case - just in time. We will therefore press with first aid training."

A quote from Col Bill Neumann, WComd, when questioned about the topic of tight budgets for training last fall, but not with respect to First Aid training.

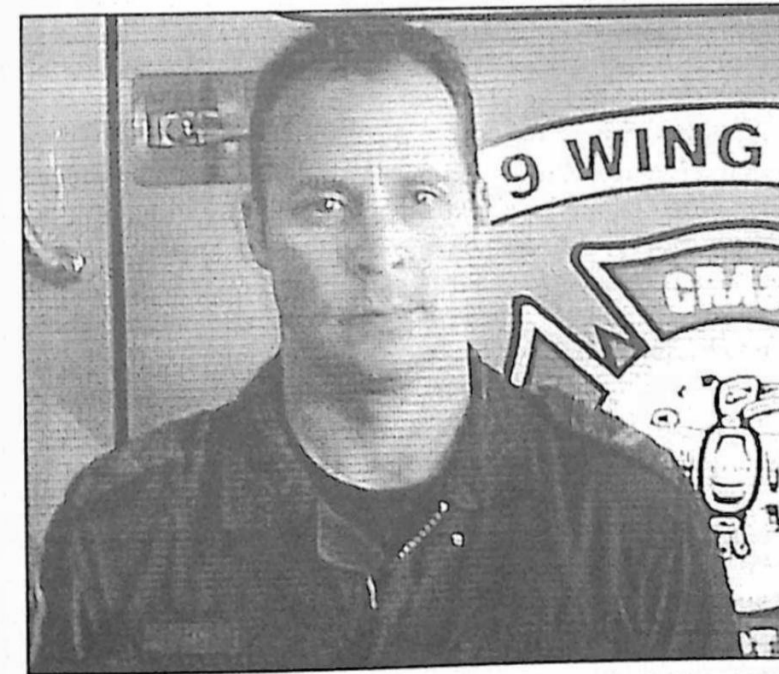
Still, special luck no doubt attended the female senior citizen that had the otherwise bad luck of taking a nasty fall and suffering a broken hip during a routine trip to a Courtenay supermarket. Wing Fire Fighter Cpl Jean Dion, with considerably more experience in traumas than the average First Aider, was nearby and at the victim's side within seconds. He correctly diagnosed the hip as likely broken and, assisted by two bystanders, made every effort to both comfort the lady, ensuring she was warm, and extending such first aid as he could with there being an obvious shortage of appropriate equipment.

Simultaneous with these actions, Cpl Dion made certain that a call went out for medical assistance. When the ambulance arrived, he assisted the two attendants in loading the patient onto the stretcher and then into the ambulance.

Cpl Dion was a bit surprised at the 20 minutes it took for the ambulance to arrive, but later learned, by a phone call placed to the ambulance dispatch centre by his work supervisor, MCpl Ernie Payne, that the ambulance had come all the way from Qualicum Bay. The telephone attendant also indicated to MCpl Payne that the ambulance attendants had been very happy with the help they had received from Cpl Dion.

Capt Ken Brooks, Wing Fire Chief, was not in the least bit surprised that a member of his fire fighters acquitted himself with distinction. "They are all highly trained professionals," says Capt Brooks, adding, "they don't stop being fire fighters and forget about all of their training just because their shift ends."

Even a lesser-trained First Aider would have borne proof of Col Neumann's prudence in not cutting back on this training, but Cpl Dion's expert presence ensured the exceptionally high quality of assistance given.



Cpl Jean Dion, Wing Fire Hall - rendered senior quick assistance.

Values

(Contributed by MWO Andy Harrington, CE FA Tm Ldr)

What are the important things in life? Most would say spouse, children, good health, a roof over the head, bread on the table, doing things they love.

Take a Mason jar and fill it with fist-sized rocks. Is the jar full when no more rocks will go inside? Not really, for if you add gravel it will fill up the open spaces. Is the jar full then? Try to pour in some sand - it will readily fill out the spaces left by the gravel. And still the jar is not full, for it will accept quite a quantity of water.

The point of the exercise? No, it is not about trying to fill more things into limited time. It is about sequence: *If you don't put the big rocks in first, you won't get them in at all.*

Put those big rocks in your life - kids, home, partner, etc - in first. It will pay off handsomely.

MND's letter

(Continued from page 4)

Forces during the Red River and Saguenay floods and the ice storm of the century? Operation Recuperation, the 1998 ice storm effort, cost \$105-million.

As demands rise, the Canadian Forces are stretched. In recent years, we've asked them to do more with much less. Since 1994, the defence budget has been cut by about \$2-billion, the regular forces by 20 per cent and the civilian workforce by almost 40 per cent.

This was part of the collective sacrifice that all Canadians and government departments had to make. There could be no conscientious objectors in the war against the deficit. Everyone had to contribute, and everyone did. The challenge we face today is not just about resources. It's about leadership training, military education and strategic-level thinking. It's also about adapting to a changing world driven by strict economies and budgetary constraints. Canadians want to get the most out of the defence investments they make. But we must ensure that such investments enable the armed forces to be ready and equipped

for the tasks ahead - and in an ever more complex world.

We are making progress. Major acquisitions in recent years include new submarines, new frigates, coastal-patrol vessels and light armoured vehicles as well as search-and-rescue helicopters that will soon come into service. This state-of-the-art equipment will serve us well. A number of other areas, however, remain to be modernized.

The real issue is what to invest in for the future. In planning for the Canadian Forces, we have made several key assumptions.

One is that Canada will continue to need combat-capable forces. It is an essential fact of the modern world that we must be ready to match our fine words with firm action. In Kosovo, for example, our speeches condemned Yugoslavian president Slobodan Milosevic, but it was our military force that helped to stop him.

We must continue to work seamlessly with our allies. As the nature of modern warfare and crisis-response becomes increasingly high-tech, we must ensure that our forces are compatible with those of our allies with whom we have collective defence arrangements such as NATO and the North American Aerospace Defence Command (NORAD).

Our forces should be globally and rapidly deployable. As we saw in Kosovo, and after the earthquake in Turkey, time is of the essence when people are in trouble. We must improve our ability to get the Canadian Forces where they are needed and to get them

No Snow Fest '00 Beard Growing Contest

Start date: 17 January (Monday)

Enlistment fee: \$5.00 paid to the WCWO on sign up.

Sign up: WCWO's Office, clean shaven (moustache included).

NOTE: An extra \$2.00 may be paid to keep a moustache.

Money raised will once again go towards the Festival, with the remainder divided amongst the winners of the following categories:

1. Most colourful
2. Fullest/best beard
3. Worst/mangiest beard

The colour of the beards must be all natural (no dye jobs).

Judging in two stages:

Section preliminary judging: select one entry for each category per team.

Final judging: the morning of 25 February, during the opening ceremonies, by an overqualified group of judges.

Personnel going on TD, or those required for Official Functions will be ineligible to compete. (Sorry folks, but duty calls.)

ANY QUESTIONS ???

Contact the organizer:

Capt Eric Travis, loc 8484.

there fast.

At the same time, we must ensure that the men and women who wear our uniform and carry our cause have a reasonable quality of life. We must give them a decent standard of living. We must continue to re-invest in the men and women who are the lifeblood of the Canadian Forces. We cannot ask them to go into dangerous situations if we are not prepared to back them.

The bottom line is that the Canadian Forces do not have to participate in every international operation, nor do they have to try to be all things to all people. We therefore do not need to invest everywhere and in everything.

But let's be clear. We cannot avoid making hard choices and tough trade-offs. And whatever choices we make now will have an impact on operational readiness, on our equipment (do we buy, upgrade or simply reduce it?), on the kind of training we conduct and on the number of personnel in our armed forces.

I believe that Canadians want our country to remain an agent for good in a world of change. I believe they want us to advance human security and build the foundations for stability and peace. And I believe they want us to ensure that our forces are able to get the job done with the right tools and the right capabilities.

The Canadian Forces have always played an important role in Canada's national life and will be continue to do so in the years to come. Canadians must be ready to make a commitment to them.

WHAT WE WANT

(From an October 1999 Pollara survey of 1,537 adult Canadians) A strong military is important to Canada's international standing.

1999 Agree, 88 per cent

1998 Agree, 84 per cent

What is your overall impression of the people who serve in the Canadian Forces?

1999 Positive, 88 per cent

1998 Positive, 88 per cent

Do you support Canada spending money to invest in military equipment?

1999 Yes, 70 per cent

1998 Yes, 84 per cent

How much is enough for the good life?

Getting to retirement on target, on time

By G. Mark Towhey, CD

So, you've decided to start an RSP and save for your retirement – but how much should you be saving?

"Everyone's situation is different, so there are no pat answers," says Ciaran Devine, Managing Director of Group Services at Canada Trust, which manages the Service Savings Plan – the official Group Retirement Savings Plan for CF members. "Military personnel, especially, have special circumstances to consider."

Devine notes that service members can "retire" as early as age 40, and begin to receive regular monthly pension cheques under the Canadian Forces Superannuation Act or CFSA. This is unlike many civilian pensions.

Like any good military plan, a sound retirement savings plan requires that you start with an objective. What kind of lifestyle do you want after leaving the CF and how much income will you need to pay for it? Will you need more money than the CFSA will provide? If so, how much more? Will you have to take another job – or will you be able to kick back and relax? Answering these questions will help ensure you arrive at retirement on target and on time.

The good news is, you don't have to figure it out alone. Many RSP providers will help you – either in consultation with a financial advisor, or using special retirement worksheets. If you belong to the Service Savings Plan, you have access to a complete package of helpful software tools called *Progressive Partnerships* specially developed by Canada Trust. Using this software, let's look at two fictional military members and see how their retirement plans shape up.

Retire at 55 with money to spare

Betty Brown is 30 years old and plans to retire from the CF at compulsory retirement age – 55. By then, she expects to be a Master

Warrant Officer in the highest incentive pay category. Based on her best five years' earnings, even at today's rates, she expects to receive an annual CFSA pension of about \$35,892. She's never owned a house, but would like to buy one when she settles in the Maritimes. Balancing the added cost of a mortgage against a generally lower cost of living associated with retirement, Betty would like to have about \$45,000 a year to live on after retirement. As a healthy woman, she expects to live at least until 80, and she knows her Canada Pension Plan won't kick in until age 65.

Betty is keen to get started investing and is committed to saving \$200 from each pay – that's \$400 a month. Estimating annual inflation at three per cent, and the expected annual rate of return on her investments at eight per cent, she will have accumulated \$475,470 in RSP savings by the time she retires. Combined with her CFSA pension, that's more than enough to provide her with \$45,000 annually to live on. In fact, she'll have an annual surplus of \$14,760 to age 80 – enough for a down payment on a home, and to enjoy a yearly golf vacation somewhere warm during the winter months.

Retire at 40 – work to 50 – then enjoy

Walter White is 20 years old and plans to get out of the Forces when his *Intermediate Engagement* expires at age 40. A Corporal now, he hopes to retire as a Sergeant. He's just started an RSP and is investing about \$100 each pay period, although he hopes to increase that when he gets promoted. Assuming he does retire as a Sergeant earning maximum incentive pay, based on today's schedule, he expects to draw a CFSA pension of at least \$16,752 yearly. He would like to have \$41,000 a year to pay for his desired lifestyle.

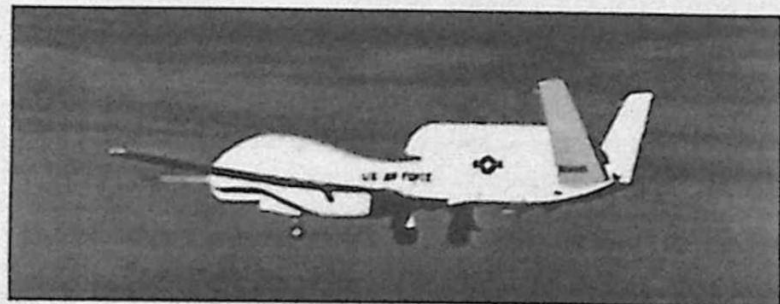
Based on his \$100 bi-monthly RSP contribution (assuming eight per cent annual return on investment and three per cent annual inflation), Walter will have saved \$142,742 when he leaves the CF at 40. Even with his CFSA pension, this would provide him only about \$29,996 in annual retirement income to age 75. That's \$11,000 short of his goal, so Walter realizes he will have to get another job when he leaves the military. However, he is confident he can get a job that pays at least \$30,000 a year. With that income, plus his CFSA pension, he hopes to live comfortably without touching his RSP savings – in fact, he hopes to double his RSP contribution to \$400 a month during this time. At age 50, he plans to stop working entirely. By then, he will have \$389,670 in retirement savings – combined with his CFSA pension, enough to provide an annual income of \$41,000 plus a few thousand dollars each year left over for special events.

As members of the Service Savings Plan, both Betty Brown and Walter White expect to enjoy their retirement without major financial worries. You can do even better. By planning now, you can anticipate your retirement needs and start saving to live the retirement of your dreams. The earlier you start, the less you need to save on a monthly basis.

For help planning your retirement, speak to a qualified financial advisor in your area. For more information about the Service Savings Plan – the official Group RSP for serving and retired members of the CF – see your pay office or call Canada Trust at 1-888-363-7526 within Canada, or visit them online at www.canadatrust.com/serviceplan.html

(G. Mark Towhey is a communication consultant and freelance financial writer who retired from the CF in 1997. He is the former publisher and editor of *Warrior*, Canada's Military Magazine.)

Global Hawk to overfly B.C.



This month, Canadian overflights of the U.S.-based Global Hawk High Altitude Endurance (HAE) Unmanned Aerial Vehicle (UAV) will take place over Alberta. They will be followed by another two flights over the coast of British Columbia in March.

Global Hawk is a U.S. high altitude endurance (HAE) unmanned aerial vehicle (UAV) manufactured by Northrop Grumman. Global Hawk flies without a pilot, using onboard computers to take off and land automatically and manage all of its subsystems for the duration of its mission. It navigates over enor-

mous distances and can fly non-stop to anywhere in the world, communicating by satellite with its pilot on the ground.

Global Hawk will cross the border at an altitude of over 17 km and stay there for the duration of all flights, placing it well above commercial air traffic. At that altitude, Global Hawk will be almost invisible and inaudible. It produces standard aircraft exhaust, and carries no hazardous materials.

Global Hawk has a range of 26,000km and a 41-hour endurance. It is about the size of a large business jet and carries one ton of imaging technology; high-resolu-

tion radar, visible and infrared optical sensors, and a satellite communications and navigation system. With this advanced technology, Global Hawk can see targets with one foot of resolution from as far away as 200 km.

Global Hawk is designed to provide decision-makers with near-real-time intelligence imagery from high altitudes for long periods of time. It is designed to cover an area roughly the size of the Maritime Provinces (or roughly 140,000 km²) on each flight and send radar, infrared and visible images to a ground commander. This enables commanders to observe large areas of coverage, select areas of interest, and zoom in on specific targets to enhance their situational awareness.

At the same time, Global Hawk could provide imagery for numerous civilian applications, including coastal surveillance, pollution monitoring, disaster management, search and rescue, forest management and ice/weather monitoring.

DND-VAC Health Partnership Initiative Announced

The Minister of National Defence, the Hon. Art Eggleton, and the Minister of Veterans Affairs, the Hon. George Baker, today announced the launch of a partnership initiative to improve the administration of health care provided to Canadian Forces members.

The DND/VAC initiative, which takes effect April 1, 2000, streamlines the administration of health services provided to CF members when they must receive care from civilian facilities. Through this arrangement, the CF will gain better access to a network of health care providers and a proven mechanism to efficiently process health care claims.

"Improving the military health care system is of critical importance and my top quality of life priority this year," said Minister Eggleton. "In the past year, DND and VAC have embarked on a number of joint projects that have significantly improved the quality of care to injured or sick personnel. This initiative is further evidence of our commitment to rebuild a sustainable CF medical system and to invest in the health of our personnel."

"Over the past decade, Veterans Affairs has built a solid reputation for providing benefit administration, including processing four million transactions a year for our clients," said Minister Baker. "Building on this success, the Department approached DND to offer its services for health claims payment and benefit administration to their members."

By taking advantage of an existing contract between VAC and

its claims administrator, Blue Cross, the CF will save substantially on the start-up costs associated with a new health care administrative system. The total cost to the CF of this internally funded partnership is \$3.6 million over a five-year period.

Concurrent with this initiative will be the issue of a personalized health care card to all full-time CF personnel. The Canada Health Act specifically excludes Canadian Forces members from the definition of "insured persons" for whom health services are provided under provincial health care insurance plans. The majority of CF personnel are not entitled to provincial health care. Providing a health card is expected to improve the consistency of administration and service that members receive under the various civilian health care systems in Canada.

Each full-time CF member will also receive a copy of the *VAC - In Service to the Canadian Forces* brochure with their health care card to provide additional information on what services and benefits are available to them through VAC.

In addition, a 1-800 health information line will be established to help members learn about what health care benefits and services are provided at public expense to CF members and other eligible persons, as well as identifying those services and procedures that are not publicly funded. This information service will also provide CF members with answers to basic health care concerns, and will advise where they should go to obtain any required medical care.

Call for Nominations

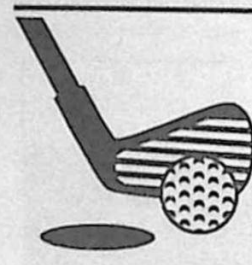
Comox Valley Community Health Council

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

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

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

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



Glacier Greens Golf Shots

By Barb Carter

Mixed Golf 2000

Sunday, 2 January 2000 – Hey! We made it! So why all the hype? The only glitch we had was the missing KP sign on #15. The first group off 15 took it out, but after that it was nowhere to be found. So the only choice was, it would be carried over till January 9.

Glen Meeres' team with Jack Hawkins, Jim Trask and Al Cavell came in with a plus 14 for 1st Low Gross. 1st Low Net with a minus 10 (Wow!) Floyd Merrill's team of Fran Hume, Bill Pomponio and Caryl Diewert. Dave Kelly didn't show up so Floyd was back on his winning way.

2nd Low Net with a minus 9, on a countback, Ron Carter, Lloyd Billings, Jim Hume and Bob Lamb. KP on #12 went to the team of Rick Forster, Wayne Ogilvie, Ralph Glass and Joyce Merrill, with Joyce coming through for the team. Great shot, girl!

It was a bright sunny, cool day which also meant the dreaded frost delay but, after two hours, 24 remained to play.

January 9 and what a nice surprise – there was no frost delay, no rain even, just bright and sunny, though a titch cool. 31 people

came out to have some fun.

Play began about 9:10 a.m. because some guys got the time wrong, but all were put on teams. Please guys, give Ron and Dave a break – start time for January is 8:30 a.m. sign-up for 9:00 a.m. tee off. Come early and have breakfast.

1st Low Gross, with a plus 15, to Mike Slauenwhite, Fred Williams, Jim Trask and Joyce Merrill. 1st Low Net was latercomer Rick Forster, Wayne Ogilvie and Gussy Prichard with a minus 9 on a countback. 2nd Low Gross Floyd Merrill even though he again had Dave Kelly, Fran Hume and Bob Lamb, their plus was 16. 2nd Low Net Phil Nakashima, Ron Carter, Glen Caslake, Bill Pomponio, also with minus 9.

No KP on #12 this time. On #17 it was John Herie and on #17 it was John Herie's team again with Norm Fellbaum, Jim Hume and J.A. Doyle making the shot.

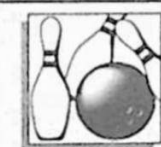
Sunday Mixed Golf is sponsored by Scott Fraser for Low Gross and by Steve Dodd for Low Net. We thank them for their continued support.

Till next time...

407 Sqn repeats as Commander's Cup Champs



WComd Col Neumann presents LCol Szczerbaniwicz with the trophy for the 1999 Commander's Cup competition, comprised of eight sports, which 407 won with a 33 point total. Watching the presentation is Trevor Espan of Mountain Meadows Sports, the event sponsor.



19 WING BOWLING CENTRE

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

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

League Times

Tues. Ladies 6:45-9:00 p.m.
Weds. Ladies 12:30-3:15 p.m.
Weds. Mixed 6:30-9:00 p.m.
Thurs. Mixed 6:30-9:00 p.m.

Contacts

Moe Eisan 338-7569
Nancy Polvin 339-1782
Rod Spurr 339-6067
Rod Spurr 339-6067

Casual Bowling

Fridays 6:00 – 9:00 p.m.
Sundays 1:00 – 4:00 p.m.

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

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

Please note: The Bowling Centre will continue to operate in the old building, not the new Rec Centre. Rec passes are not required to use the Bowling Centre.

Becoming an Outdoors-Woman Winter Workshop

By Gail Eggiman, CR

It's coming soon! The Becoming an Outdoors-Woman Workshop sponsored by the BC Wildlife Federation will take place in the Comox Valley on 25-27 February. The Comox Valley will be holding the first winter workshop and it will be a great opportunity to show off our beautiful area. After viewing our glacier, mountain, ocean, lakes and other areas, the BOW participants and their families will be bound to return. Two other workshops will be held at Loon Lake and Moberly Lake later in the year.

The BOW Committee, made up of Reta Walls, Gloria Sponselee, Gail Eggiman, MaryAnn McIntyre, Sheila Dupuis, Linda Orr and Marlene Sawchuck, have been busy coordinating this enormous task and the local Fish and Game Clubs are giving their full support. Courses offered range from archery, rifle shooting and shotgunning, to cross country skiing, snowshoeing, driving an ATV, outdoor cooking, fishing canoeing and many others. This BOW workshop is an ideal opportunity for women of all ages over 19 to learn outdoor skills from qualified, patient instructors who are volunteering their time and expertise. Some women suffer severe traumatic stress and pressure when taught by their husbands,

Participants will sign in by noon on Friday, 25 February, receive their welcome package (filled with goodies and promotional material about our glorious Comox valley) and then be assigned sleeping quarters. Lunch will be served and then it's off to the first workshop. This will be followed by supper and an evening filled with entertainment, or participants can just relax and meet new and old friends from all over BC.

Saturday morning will start out with a short fitness workout (for those so inclined) let by local fitness instructor, Karen Beamish, a fortifying breakfast, morning workshop, lunch and then an afternoon workshop. Saturday night's banquet will feature guest speakers Inez Cliffe and Laurie Pratt followed by an outdoor safety and gear display by Gary McWilliam. After that, we will have a raffle with great prizes generously donated by many of our local businesses and merchants. Sunday morning will start with

boyfriends or others. This way there is no tension; unless a participant finds that, after instruction, she is just as good if not better than her partner in some skills. Hopefully, the end result finds everyone enjoying and respecting all aspects of our great outdoors.

Hundreds of women have attended these education and fun filled weekends over the past few years and many have attended more than one. Friends sign up and travel together and mothers, daughters and sisters enjoy a special weekend. The age of participants has ranged from 19 to 67. Don't be afraid to sign up by yourself; you won't be alone for long! Each course is comprised of small groups of women who learn and work together and by the end of the first course you will know at least eight people!

Registrations are already coming in from all over. We hope to see more registrants from the local area. To register contact BC Wildlife Federation (Phone: 1-800-533-2293 or Fax: 604-533-1592).

We would welcome any and all donations (either cash or a raffle prize) for the BOW Workshop. The cash is used for scholarship purposes for BOW registrants who find the fee difficult to raise, i.e. full-time students or single mothers.

Karen's workout again, then breakfast and the final workshop. After lunch, participants will pack up and trade phone numbers and addresses and arrange to see each other again at the next BOW Workshop!

Registrations are already coming in from all over. We hope to see more registrants from the local area. To register contact BC Wildlife Federation (Phone: 1-800-533-2293 or Fax: 604-533-1592).

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Santa visits Black Arts Jiu-Jitsu Club

By Sgt Maggiolo

Santa slid down the chimney at the base gym to visit the Black Arts Jiu-Jitsu/Hapkido Club. All the kids got a chance to tell Santa and his helper what they would like for Christmas (and whether they were naughty or nice). The kids played a variety of games, which included the breaking of a piñata, filled with toys.

The club would like thank all the people who bought tickets for

our basket raffle. The lucky winner was Cathy Reyno. We would also like to thank all the parents who sold tickets. Thanks to your hard work the club is much closer to its goal of buying badly needed training mats.

We would like to wish everybody a Happy New Year and hope to see everyone at the new 19 Wing Fitness and Community Centre in January.



Big smiles from club members.

Jake's Trivia Corner

1. Who has the most stolen bases in one season since 1900?
2. Who served the longest suspension in the NHL?
3. Who is the only Heavyweight Boxing Champion without a loss or a draw throughout his career?

(Answers on page 14.)

The Children's Wish Foundation of Canada™

6,400 wishes granted

(NC) – The Children's Wish Foundation of Canada is pleased to acknowledge the granting of 6,400 wishes since its inception in 1984.

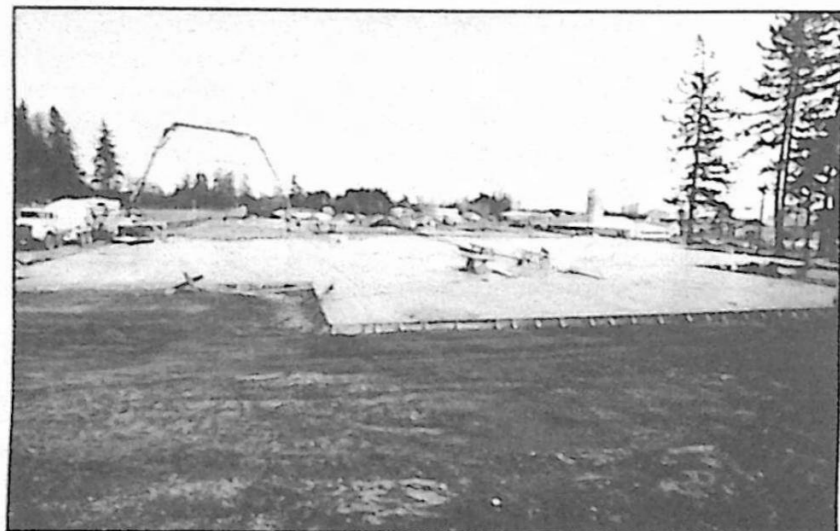
On behalf of the 6,400 wish children, their families and The Children's Wish Foundation of Canada, we would like to thank all the Canadian people who have so generously donated funding, personal time and energy to help grant the past 6,400 wishes.

The magic of wish granting is a team effort and we would never accomplish it without you. We hope you will continue to join us in the fulfillment of children's wishes, until the time when we are no longer needed.

1-800-267-WISH (9474)

From start...to finish

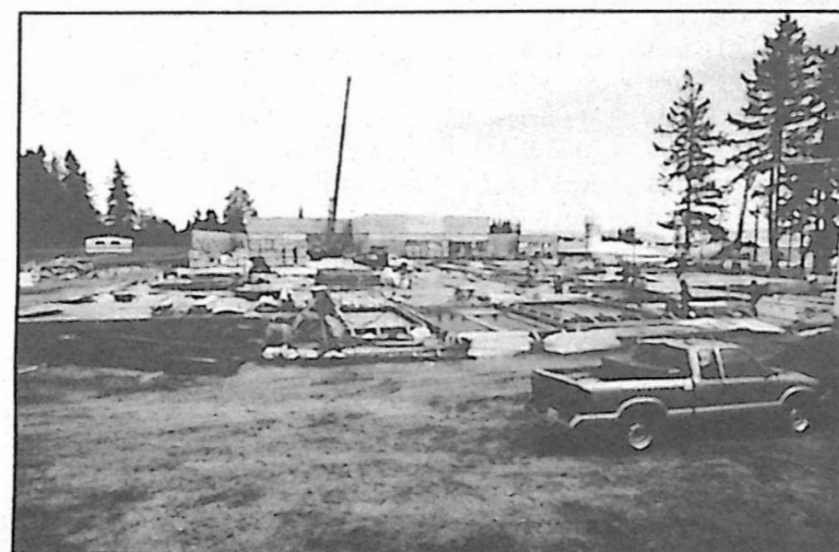
The Recreation & Community Centre gradually took shape throughout 1999



Pouring the foundations was a big job.



Just a hole in the ground.



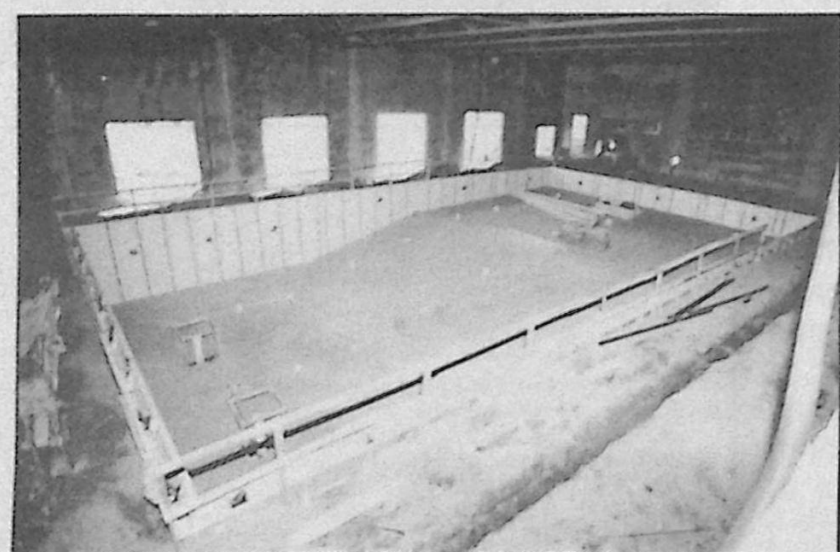
Slowly taking shape.



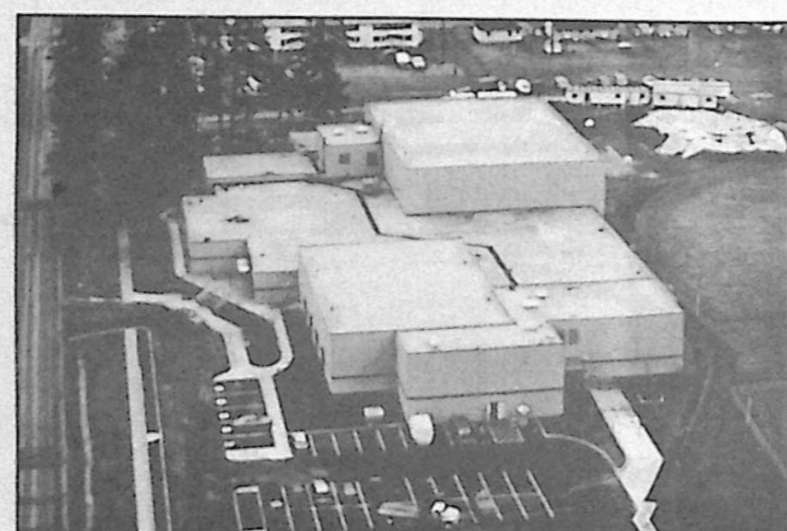
Beginning to see the shape of things to come.



Which room will this be?



Believe us, this is going to be a pool!



The final product.

Photos by Wing Imaging



FS&R

Ms. Bobbi Howard-Muir and Mr. Mike chatwin.

Closing the doors on the old - on to the new



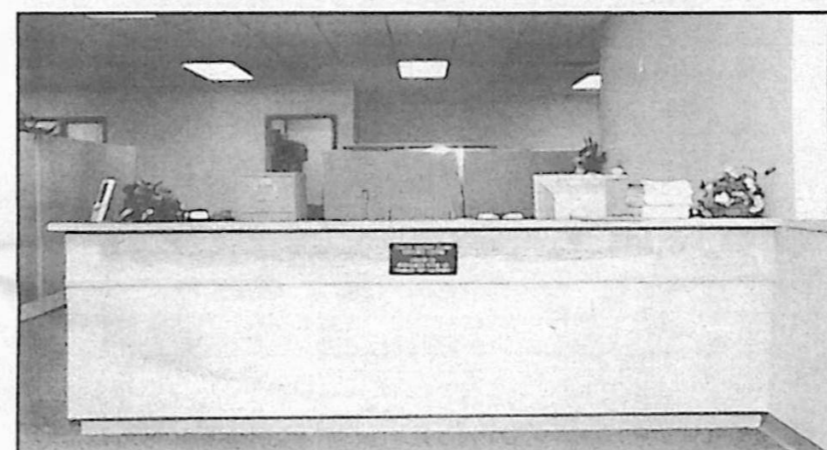
CFMRC

Mr. Terry Burt and Ms. Brenda Ouelette.

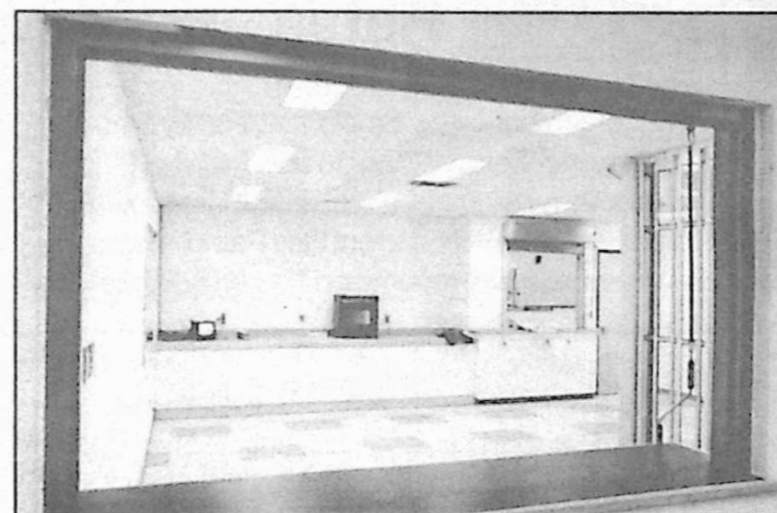


WGGC

Ms. Jane Bekus and Capt Curtis Wright.

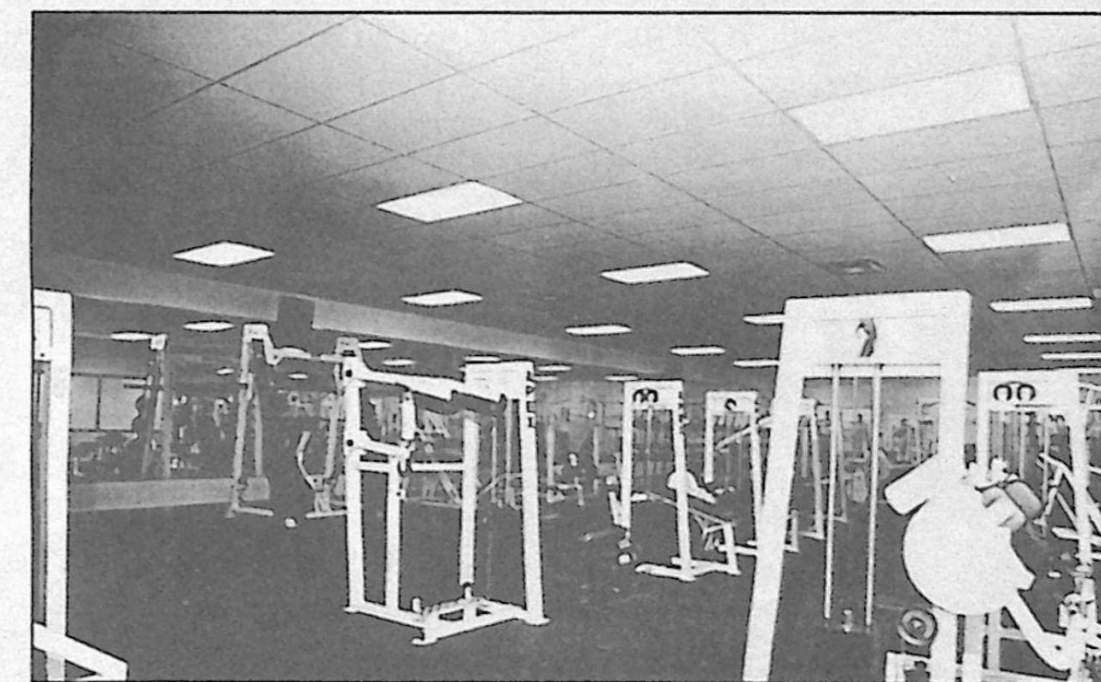


Family Resource Centre's inviting reception desk awaits first clients.

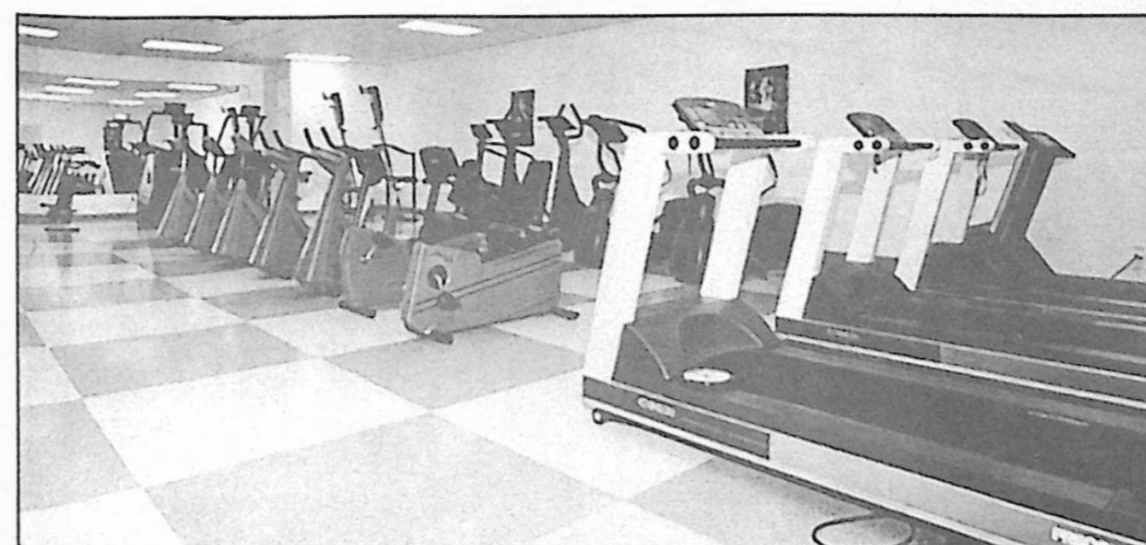


Sport stores ready to serve you.

A look inside - the new centre's interior is stunning



Weight room all ready to help build those muscles.



No excuse for not getting fit with this equipment.



People might even *enjoy* attending meetings in a conference room like this!

Raring to go

Photos by Wing Imaging



Multi-purpose room can be made big or small with dividing walls.

Let the games begin! Pristine gym floor is ready for action.



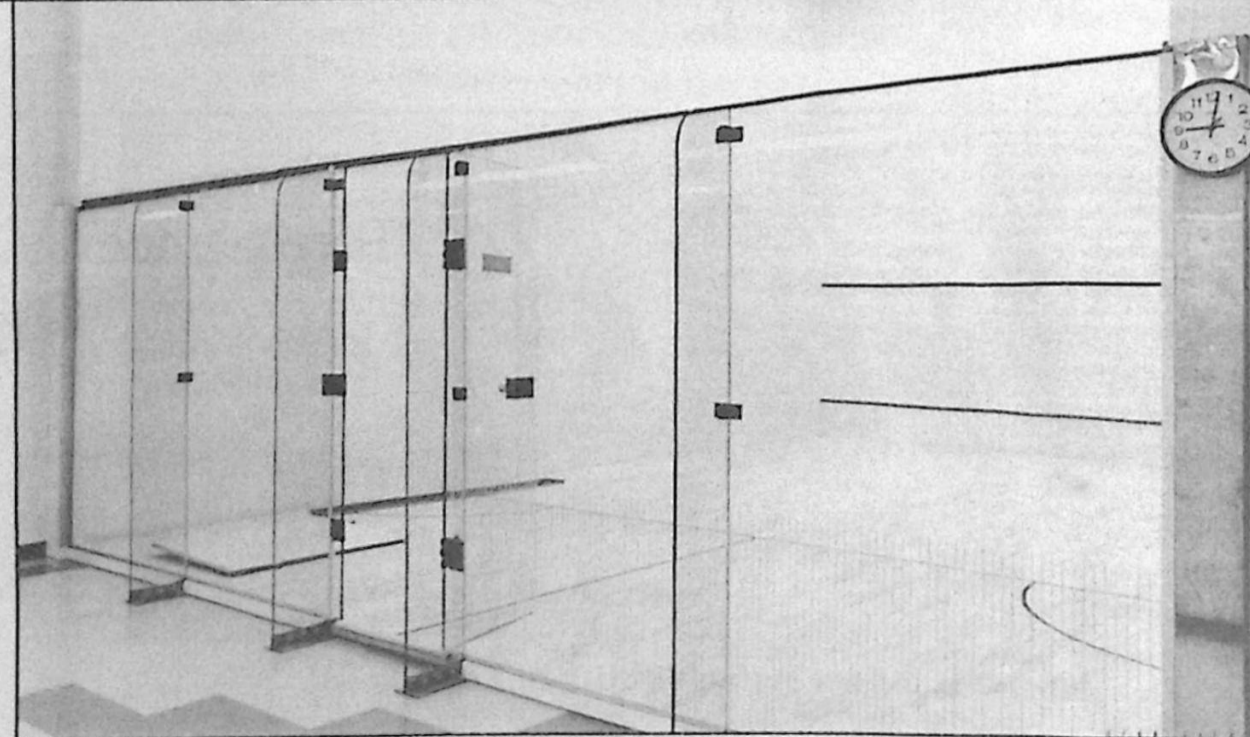
Recreation Pass Rates

Regular members: Single \$32, Family \$48
 Ordinary members: Single \$64, Family \$90
 The above rates are in effect until 29 February 2000. No early renewals for current Rec Pass holders. Rec Pass sales will resume on Thursday 20 January.



Pool waters sparkle waiting for first splash.

Squash courts primed for some fast games



WALLACE GARDENS COMMUNITY ASSOCIATION NEWS

Colouring contest winners

Lots of entries were received for the December Christmas colouring contest and, as usual, it was very difficult to judge as everyone did a spectacular job. Thanks go to the CANEX barbers for their judging expertise.

Congratulations to the winners:

0-3 years:

- 1st- Nicole Besnard
- 2nd Natasha Hacking
- 3rd Shanna Boutillier

4-6 years:

- 1st Megan Dumont
- 2nd Martina Doucer
- 3rd Jennifer Bialek

7-9 years:

- 1st Dominique Lefebvre
- 2nd Shaylene Johnson
- 3rd Stephanie Popp

10-12 years:

- 1st Kyanne Johnson
- 2nd Veronica Carr
- 3rd Susan Bech

Xmas Lighting Contest winners

The judges had a very difficult time determining the winners of the 1999 contest due to the reduced number of prizes available and the increased number of participants.

Sincere congratulations to:
 1st - MQ 109A, MCpl & Mrs. Hunter
 2nd - MQ E7, Cpl & Mrs. Kilmury
 3rd - MQ 25A, Cpl Lewis & Ms Gruniger.

Thank You

Our Christmas programs were an unqualified success - primarily due to our wonderful volunteers! Their true spirit of "giving" led to a few more smiling faces around the community. Thank you all!

Cheryl Morrow, Mona Baird, Michelle, Jane & Stan Bekus, Brian, Gillian & Ryan Helpard, Martin Sylvestre, Stephen Beimes, Craig Krystia, Curtis Wright, Craig Fowler, May & Kevan LeBlanc, Robert Vachon, Chris Meaden and MS Easton.

Thanks also goes to those volunteers to helped with the Skate with Santa event and the people at CANEX, A Buck or Two, the staff of Glacier Gardens Arena and the Fire Hall for their participation.



We've now moved to the new Recreation & Community Centre. Our local is still 8571.

Adult Craft Club

The first meeting of the club for the new millennium will take place Sunday, 23 January from 1900 - 2200 hrs in the new Recreation Centre craft room.

Craft for this month will be a "Mother Goose" or "Doll" airfreshener. There is no cost to members for this craft, however a \$3.50 drop-in fee will apply to non-members. A supply list can be picked up from the office Mon-Fri 0730-1200 hrs. For more info call Jane at loc 8571.



Children's Video Afternoon

In the new Rec Centre large multi-purpose room - Sunday, 23 January. Because of the big difference in ages of the video afternoon participants, it has been decided to split the afternoon into two age groups:

- Ages 4-8 years 12:30 - 2:00 p.m.
- Ages 9-12 years 2:30 - 4:30 p.m.

Please note that the movies will be selected according to the age group, however children are no way restricted to the movies for their age group - they may attend at either time. Popcorn & drink 50 cents/member, \$1.50/non-member.

Info: Suzanne 338-2584



Teen Dance

The first teen dance of the new millennium will take place in the large multi-purpose room of the new Rec Centre on Saturday, 22 January from 8:30 p.m. - 12:30 a.m.

Dress will be semi-formal: NO JEANS
 Cost: \$1.00/member, \$3.00/non-member.
 Info: Mona 339-4627

We are still looking for a ward representative for Ward 6: Houses 84 to 100A. If you would like to volunteer please contact the Town Clerk at loc 8571.

December Sock Hop report

Our last sock hop was held on 11 December, in the WARF for the last time. It was well attended by 44 children. We had a special visit from Santa who stayed and judged one of our dances. It was hard to tell who enjoyed themselves more, Santa or the children. Santa was very pleased with the gifts of non-perishable food items that the children brought for him.

We would like to thank Flo Jean for providing the gingerbread men for each of the participants.

There will be no Sock Hop for January as Shelly and I are recovering from the Millennium Family Bash. We look forward to seeing everyone again in February, in the new community centre. Have a great month and stay well.

Millennium Family Bash

On December 31 members of Wallace Gardens and 19 Wing Comox spent the evening bringing in the New Year as one big happy family. This was a great bash attended by 207 people of all ages. There were lots of opportunities to win awesome prizes. U Do Imaging was on hand to take pictures for the families to record this special night. The sandwiches and millennium cake were made by Super Valu, Comox. The gym was beautifully decorated by Lots of Laughs. David Potvin did an awesome job as the DJ.

We would like to thank the following sponsors and people who helped make this a very special and memorable night for all:

Aroma Crystal Therapy, Arizona Gift Gallery, Aeroart, A&W Restaurants, A&B Sound, A&V Photography, Blockbuster Video, Backstage Pass, Barr's Gift Box, Buchart Gardens, Beaver Lumber, Boston Pizza, Boca Authentic, Backyard Bouncers, Buckfield's, Blue Heron Books, Busy Bee's, Burger King, Comox Valley Florist, Comox Shoes, Canada Post, Courtenay, Chrysler, Cyber City Adventures, Comox Builders Supply, Comox Photo, Cal's Crafts, Canadian Tire, Canadian 2 for 1 Pizza, CANEX staff, Dairy Queen, Driftwood Florist, Digital Ark, Decorama, End of the Roll, Fancy Nails, Funtasia, Forbidden Fitness, FS&R Staff, Gunter Bros. Meat Co., Grape Expectations, The Griffin Pub, Glacier Lanes, Gone Hollywood Videos, Hallmark Card Shop, Hansel and Gretel, House of Kemp, Innovations Gift Shop, Island Stretch Limousine, Island Spirit Natural Body Shop, Java Junction, Judy Wild, Janice's Tree Island Kayaking, Little Caesars Pizza, Leisure Time Hobbies, Krysalis Fashions, Little River Garden Centre, Lewis Craft, Miracle Beach Adventure Mini Golf, Middleton Meats, McConchie's Furniture, Moxies Restaurant, Mystery Meadows, Maida's Boutique Ltd., Maximick Originals, National Geographic Theatre, New's Furniture, Orbitz Cafe, One on One Trail Rides, Payless Shoe Source, Penny Tyme Fashions, Petro-Canada (Airport), Portuguese Joe's Fish Market, Ricky's Restaurant, Rexall Drugs, Rocky Mountain Chocolates, Rickson's Men's Wear, Romeo's Restaurant, Roxanne's Fashions, Splash Body Care Ltd., Sweet Dreams, Sylvie's Boutique, Sam The Record Man, Swiss Chalet & Bread Garden Restaurants, Scotty Starr, Shar-on's Fashions, Silhouette Theatre & Dance Shop, Suzanne's Fashions, Saan, Sail Pacific Yacht Charters Ltd., Saratoga Speedway, Toys 'R' Us, Taco Time, Toscanos Restaurant, Touch of Class, Tupperware, U Do Imaging, Usbourne Books, Video Update, Viking Computers, The Wine Cottage, White Spot Restaurants, Water Pure and Simple, Wing Supply, WEME, Wing Transport.

Special thanks to all volunteers who helped set up and tear down the event; the poster volunteer team consisting of Michell, Evan & Jane Bekus, May LeBlanc, Allison Nichols, Steven & Susan Bech, Mackenzie, Wade & Jessica Potvin; and the volunteers who worked the canteen and the front door during the evening.

Bravo zulu to all!!!



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

Second language training for military spouses at the CMFRC

- The CMFRC is pleased to be part of a pilot project on second language training for military partners.
- 48 hours of instruction per session.
- Day and evening classes
- Courses offered will be French & English beginners and intermediate level.
- The registration fee is \$50.00 and which will be reimbursed at the end of the session if the student attends at least 70% of the course.
- Assessment for the level of competency prior to taking classes.
- A minimum of 5 people is required to run a class.
- The childcare fees encountered by attending a second language course may receive a subsidy.
- The session begins mid February

Registration: now until February 5

- By calling Danielle Bernier, French Program Coordinator at 339-8211 local 8656 or for more information

Note: If you have any second language teaching experience or equivalent please call Danielle for a potential employment opportunity.

Enseignement de langue seconde Français/Anglais pour les conjointes de militaires du CRFMC

- Le CRFMC est heureux de faire partie d'un projet pilote pour l'enseignement des langues secondes. Ces cours sont destinés aux conjointes et conjoints de militaires.
- Début de la session 2000 à la mi-février.
- 48 heures de cours par session
- Classes de jour et de soir
- Les cours de français et d'anglais seront offerts de niveaux débutant à avancé. Les frais d'inscriptions sont au montant de \$50.00 et seront remboursés à la fin de la session si l'étudiant(e) assiste à au moins 70% du cours.
- Chaque étudiant(e) aura des tests d'évaluations (classement) afin de déterminer leur niveau de compétence linguistique avant le début de chaque session.
- Minimum de 5 personnes est requis par classe.
- Les frais de gardiennage encourus par la poursuite de ce cours peuvent être subventionnés.

Inscription: Dès maintenant jusqu'au 5 février

- En contactant Danielle Bernier, Coordonnatrice du Programme en Français au 339-8211 poste 8656

Note: Si vous possédez de l'expérience en enseignement des langues secondes ou l'équivalent, contactez Danielle pour possibilité d'emploi

Upcoming Workshops

Life Skills

The life skills course is a unique program that provides military personnel and their spouses with an opportunity for personal growth and development.

Facilitators: Mara Pungente and Coreen Cherry

Dates: Feb. 22, 23, 24, 25

Time: 8:00am - 3:30pm (Feb. 25, 8:00am - 12:30pm)

Fee: No fee for military families;

for non-military families

Registration: Call 339-8290

Location: Wing Fitness and

Community Centre

Next Step - Planning Your Future

This workshop will help you develop your back to work or career action plan. Free child care (for military families) will be provided and pre-registration is necessary.

Facilitator: Dave Muir

Date: Feb. 9

Time: 9:00-11:00am

Fee: Free for military families \$10

for non military families

Location: 19 Wing Fitness and

Community Centre

PROGRAMME NOUVEAU DÉPART

Le Programme en Français et d'Assistance à l'emploi du CRFMC, présente le Programme Nouveau Départ. Les animatrices seront Danielle Bernier (Bachelière en Administration et Management) et Michelle O'Neill (Maîtrise en Éducation). Ce programme accueille les femmes francophones de 30 ans et plus qui se trouvent à un carrefour et qui veulent faire une pause, prendre le temps de réfléchir et de faire le point dans leur vie. Le programme permet aux femmes de s'auto-évaluer et de s'auto-orienter en ce qui concerne leur vie personnelle et professionnelle. Les objectifs permettent à la participante d'évaluer ses ressources, ses limites et ses besoins, de trouver la voie la mieux adaptée à sa situation, de bâtir son projet personnel, de s'informer sur les ressources accessibles et de passer à l'action. On vous propose du travail en atelier avec des animatrices, du travail individuel, des exposés et le matériel nécessaire pour le programme. À noter que le programme sera adapté aux réalités de la vie militaire. Nouveau Départ est une corporation à but non lucrative de Montréal et est offert dans plusieurs centres au Canada. Danielle et Michelle vont rencontrer chaque femme avant le début du programme pour connaître leurs besoins et leurs attentes.

Maintenant les mercredis matins

Dates: Débutant le 23 février jusqu'au 26 avril (10 sessions).

Heures: de 8:45 à 11:30hrs

Coût: Gratuit pour les conjointes de militaires / \$30.00 pour les femmes civiles. Possibilité que le gardiennage soit subventionné.

Inscription dès maintenant, contactez Danielle au 339-8211 poste 8656 ou Michelle au 339-8211 poste 7004.

Employment Opportunity

CMFRC Second Language Training Instructors

The Comox Military Family Resource Centre is looking for Second Language Training Instructors (English & French).

Available days and evenings

48 hours of instruction (planning time is not included)

\$18.00 per hour

Courses will begin in mid-February

The ideal candidate will possess:

Experience teaching second languages or equivalent.

Excellent organizational skills.

An understanding of the military community is an asset.

This is a contractual position.

Send resume before Thursday, January 20 at 4pm to:

Danielle Bernier
French Program Coordinator,
CMFRC

P.O.Box 310, Lazo, BC, V0R 2K0

Phone: 339-8290

Only people short-listed will be contacted

Professeur de Langue Seconde du CRFMC

Le Centre de Ressources pour les Familles Militaires de Comox est à la recherche de professeurs de langue seconde (Français et Anglais).

Doit-être disponible le jour et où le soir

48 heures d'enseignement (le temps de préparation n'est pas inclut)

\$18.00 de l'heure

Les cours débuteront à la mi-mai

Le candidat idéal aura:

Expérience en enseignement des langues secondes ou l'équivalence

Excellentes habiletés organisationnelles

Connaissances de la communauté militaire un atout

Position contractuelle

Faire parvenir votre curriculum vitae avant le jeudi 20 janvier à 16:00hrs à:

Danielle Bernier, Coordonnatrice du Programme en Français,
CRFMC

Boîte postale 310, Lazo, CB, V0R 2K0

Tél: 339-8290 Seul les personnes choisies pour une entrevue seront contactés.



News from 388 (Komox) Sqn Cadets

The Air Cadet training year for 1999/2000 started with enrollment for new cadets in early September, followed by the first public parade at the Battle of Britain Parade on 19 September. Since then we have been very busy training, volunteering within the community, fundraising and having fun!

On 28 September we held our Open House and had a chance to meet with parents and show them what the cadets would be learning.

We began preparation for the upcoming Biathlon Competition by having a training clinic in December. The cadets also managed to "survive" the survival weekend October 15-17. We hosted a Band Clinic on October 2 with our new Band Director, Mrs. Joanne Politis. Band cadets should begin to consider the possibility of participat-

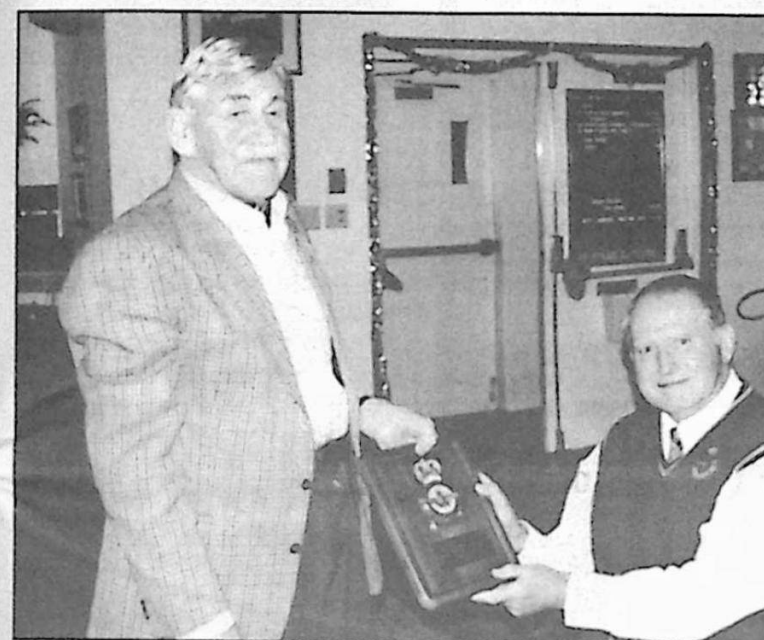
ing in the Honour Band during Spring Break. Cadets also participated in Gliding and Range on October 23 and their hard work was rewarded with a Halloween Dance on October 29. The next morning some of the cadets and staff were up early to travel to Vancouver to perform with the band and flag party in the halftime show at the BC Lions football game. It was a very long day for them. Other cadets helped with the Poppy Campaign for the Courtenay Legion on October 30 and again on November 6. On October 31 the cadets were able to participate in Gliding and others worked at the Range with Capt Hogan and Lt Filgate.

In November, the cadets attended the Remembrance Day Parade in Courtenay with members of 888 Wing Air Force Associa-

tion. On the 13th and 14th, cadets attended an Emergency and Standard First Aid Course, taught by Lt Cooke and Capt Blake. We were also seen on the street corners of our community on November 20 for our Tag Day. Another Band Clinic was held on November 14 and 21. Recruit Training Weekend was held November 27/28 where new cadets learned to perfect the care and condition of their uniforms, the art of drill and many other necessary abilities required to be a good cadet.

The Christmas Tree Sale was held on December 12 with hot chocolate and hot dogs on sale for hungry purchasers.

We are all looking forward to an exciting and busy New Year. We wish a Happy and Prosperous New Year to all in our community.



"Tet" Walston (L) and Alan Scott with their second "Best Newsletter" award from the Air Force Association of Canada.



Gerry Gerow, "Fishwrapper" columnist, is presented a 25 year scroll from the Air Force Association of Canada.



Brat Hats - Norm Blondel (L) presented Bert Linder (R) with his RAF Halton "Trenchard Brat" hat recently with Duke Warren (centre) officiating. Norm (63rd entry) and Bert (37th entry) received their technical training under the RAF aircraft apprentice scheme. Bert served in the Battle of Britain.

Wingnotes -

By Norm Blondel

Second win for Contrails

Editor "Tet" Walston and compositor Alan Scott pulled off their second annual award in a row in December, garnering Best Wing Newsletter award for 888 Wing's Contrails magazine, for 1999. A mix of newsy items, colour photographs and historic articles, some of them experienced first-hand by the writers, set in an imaginative layout, led the Air Force Association of Canada to award 888 (Komox) Wing RCAF, the coveted shield.

Long service awards were also presented at the December general meeting, including a 25-year scroll to former Totem Times assistant editor and current Dog Morsels columnist, Gerry Gerow. Others receiving their honours were: Denny and Marilyn Kock, Alison Arsenault, Chuck Hazelton, Garry Flath and Mini MacDonald.

888 Wing members are delighted that one of their own will cut the ribbon at the opening of the new 19 Wing Community Centre. As founding President, current Honorary President, former Group Captain and RCAF Station Comox Commanding Officer, Irish Ireland commands universal respect among both his peers and younger members like me. His signal career achievement, with local ace "Stocky" Edwards, was the conversion of RCAF pilots from piston to jet engine aircraft just after World War II, using Harvard training aircraft landing in a high speed, flat altitude profile, simulating the landing characteristics of the new Vampire jet fighters. His article on the subject, with photographs, is scheduled for inclusion in the Spring edition of Airforce magazine.

(Photos by
Bruce Inrig.)



Royal Canadian Legion

Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m.
Jan 21 Ventura Highway
Jan 28 Garry's Sound Machine

Special Events:

22 Jan Games Night - euchre, crib, darts
23 Jan Crib Tournament

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.

Jan 21 Alley Cats

Jan 28 Ventura Highway

Special Event:

Jan 22 Robbie Burns Dinner
25th Anniversary Dinner
Upper Hall. No Host bar 6-7:00 p.m.
Dinner 7:00 p.m. Cost: \$15.00 per person

General Meeting: Thurs. Jan 20, 7:30 p.m.
Please note new start time.

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

888 (KOMOX) RCAF WING



Air Force Association of Canada

Calendar of Events

Sunday Brunches & Games: First Sunday each month.

Pub Grub Fridays - Horse Racing, Darts, Cards.

Special Events

29 Jan Candlelight Dinner, 6:00 for 7:00 p.m.

"Ventura Highway" \$12.50

13 Feb Valentine Brunch, 11:30 a.m. \$6.00

26 Feb Sadie Hawkins Dance, 6:00 for 7:00 p.m.

Music "Country Cousins" \$10.00

***Tickets for main event go on sale two Wednesdays in advance, noon at the Bar.

Regular Force Members Welcome!

888 Wing hours:

Monday - closed*

Tuesday - closed

Wednesday, noon - 6:00 p.m.

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

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

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

* Bar open on Holiday Mondays. ** Bar could be closed as early as 9:00 p.m. if there are no customers, at the discretion of the Bar Manager.



Members receiving their honours were: Denny and Marilyn Kock, Alison Arsenault, Chuck Hazelton, Garry Flath, and Mini MacDonald.



June Richard with contest winner Jacques Calmes.



Santa Drawing Contest winner Amanda Melanson.



CANEX staffer Denise with Sylvia Knapel, contest winner.



Rossane Hale, winner of Coca Cola blanket.

CANEX News

The holidays are over, the relatives have come and gone and we're all settling into a new Millennium. We're trying to lose the extra pounds that have crept up on us from all the holiday goodies and enforce our New Year's resolution. The CANEX staff would like to take this opportunity to wish everyone a Happy and Prosperous New Year. With all of the Millennium Bug hype that kept us frightened and excited, it's nice to breathe a sigh of relief that no major problems were experienced.

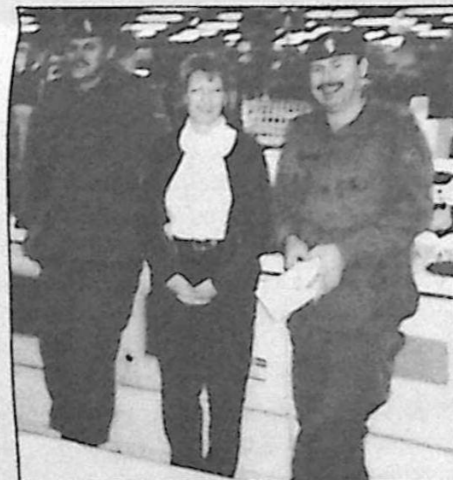
Carol is taking a little holiday to spend some time with her Mom before she has to head back to Ontario. Trish and her husband went on a mini holiday and had a great time. Manon is having a bout with the flu bug and the bug seems to be winning. Sue's daughter, Laura was home for the holidays. It was nice to see her again. Nancy drove out to Seattle for airport drop off and pick up duty.

Thank you to everyone who took part in our Trivia contests and to all of the children who submitted beautiful drawings. There's a lot of talent out there, making the judging a very difficult task.

Hope you were one of the lucky winners during our Mad Cash promotion. Drop in and see us and take advantage of our Advantage pricing program and interest-free credit plan.



Alice Marriott, Trivia Contest winner.



Trivia Contest winners Cpl Lindsay and MCpl Meaden, with CANEX staffer Diane. (It took both of them to answer a simple question!)



Alora Kilmury was the Drawing Contest winner in the 7-9 years category.



Caroline Cannon became the new CF Community College Network Co-ordinator (CFCCN) on January 1. She has lived in the Comox Valley for two years, with her military husband and two pre-school age daughters.

Caroline worked as a ship's navigation officer for the Canadian Coast Guard after obtaining a degree in Technology of Nautical Science. She then worked for two years as a Marine Controller at the Rescue Co-ordination Centre at CFB Esquimalt, which is manned

Adult Education at 19 Wing

by both Coast Guard and Air Force personnel.

In 1994, she began a five-year leave of absence from the Coast Guard when her husband was posted to Portage La Prairie, Manitoba. During that time she completed a certificate in Human Resource Management and Office Administration.

In Portage she worked as a facilitator for an employment agency, assisting adults in the process of career and employment transitions, and as a co-ordinator for the tourism Portage La Prairie Committee.

Since the birth of her second child three years ago, Caroline has remained at home, making her family her number one priority. Caroline is excited about the opportunity to work as the CFCCN

Co-ordinator. It is a part-time position so Caroline feels she can have the best of both worlds - family and career. She is a continuous learner and has always taken courses, mainly through community colleges for both career and personal interest. She feels ready to use her skills and life experience to assist other adults in obtaining their goals.

January office hours
9:30 a.m. - 12:30 p.m.
Wednesday
1:00 - 4:00 p.m. Thursday

What is the Canadian Forces Community College Network

In 1995, 21 colleges across the country joined together, with DND, to create the CFCCN. These Network Colleges and DND rec-

ognise that people pursuing post-secondary education, while being associated with the Canadian Forces, can experience unique challenges. In response, Network Colleges work with local bases to provide special services designed to keep your educational goals within reach.

Who is eligible?

You are entitled to the CFCCN's service if you are one of the following:
CF Member (active, Reserve, retired);
DND Civilian or NPF Employee (active, retiree);
Family member of either group.

How do I benefit?

Network Colleges have agreed to provide the following services to those listed above:

-Applying credits to their programs that were earned at other Network Colleges

-Reducing certificate/diploma residency requirements to 25%

-Assessing military training/experience as credits toward a related and specified certificate/diploma

-Offering subjects/programs at times and locations that meet the demands of the military community.

Addition services available to you include:

-Educational counselling, designed to bring together your interests and local/national learning opportunities.

-Advocacy, to ensure you are receiving the best possible service from Network Colleges.



Help Wanted

Earn \$200.00, \$300.00, \$500.00 or more per week, assembling product in the comfort of your own home. Send a self-addressed stamped envelope to: O.P.H. 6-2400 Dundas St. West, Suite 541, Ref 728, Mississauga, ON L5K 2R8.

For Sale

Two Porsche 924's: 1-1979 excellent shape, runs very well. 1-1980 parts car. \$4,500 for both. Call 334-1587.

Lost - Reward

Homemade Superman flag handed in to 442 Sqn. at Comox Airshow '99. Reward. Please call Louise at 338-1879.

Attention Fire Fighters

A reunion of Military, National Defense and NATO Fire Fighters, both serving and retired, will be held in the beautiful Comox Valley on the August 2000 long weekend. Activities covering 4-7 August are planned with many opportunities to renew old friendships. For additional details or a joining package, contact 19 Wing Comox Fire Chief or DFC through normal channels, or Don Armstrong at (250)339-6207. This reunion also has a page on the 651 Fire Fighter web site. Hope to see you there.

Chimo gymnastics 1st Annual Pajama Party Invitational 2000

Come one, come all! The 1st Annual Pajama Party and gymnastics display will be held one day only. Athletes, coaches and parents of kids involved invite you to a stunning display of physical control and precise coordination. This fun filled spectacle will start at 9:00 a.m. on February 5 at the Comox Rec Centre. There will be two sessions: 9:00 a.m. and 1:00 p.m. There will be various displays and competitions with numerous awards. There will be a costume judging based on the Teddy Bear/Pajama Party theme and, of course, team spirit trophies will be awarded at the end of each session. For more info call Wendy Lewis 338-8761.

Child Minding

Need a break to go shopping or visit your friends? I can help you with your loved little ones. When: Tuesdays & Thursdays Time: 8:30 a.m. - 12 noon Where: 114E Spruce, Lazo Price: Only \$3.00/hour Call Celine at 339-4008

English Training

If there is sufficient interest (min. 6 students) an Advanced English course will be run in the Feb to Apr timeframe on a full-time basis. Mon to Fri from 0730 to 1530 for five weeks. Please contact the WCOL at 8456 or e-mail Capt Long if you are interested.

This course will focus on reading and writing skills. The tentative timetable is February 14 - March 17. Additional courses and/or different levels are available if there is sufficient interest. DND military and civilian personnel, as well as military dependents are encouraged to apply using the P drive.

Entraînement pour langue seconde 2000

Dépendement de l'intérêt général, un cours d'Anglais Avancé pourrait être offert sur une base continue de Février à Avril à condition qu'il y ait un minimum de 6 étudiants. Ce cours à temps plein portera sur une durée de six semaines aura lieu du lundi au vendredi de 0730 à 1530.

La durée du cours est de 5 semaines, l'accent est mis sur la lecture et l'écrit. Date Projectée: du 14 fév au 17 mars. Des cours supplémentaires à divers niveaux pourraient avoir lieu, s'il y a une demande suffisante.

On encourage vivement le personnel du MND, civil et militaire, ainsi que les conjoints(es) à s'inscrire en utilisant le formulaire d'inscription qui se retrouve sur le P drive. Pour de plus amples renseignements, veuillez me contacter au 8456 ou envoyer un message électronique, SVF.

French Courses

The following French courses will be available in 2000:

PL1 (beginners) February 7 - March 17

Tues-Fri: 7:30 - 15:30

PL2 March 21 - May 3

Tues-Fri: 7:30 - 15:30

PL4 (or PL3) May 8 - June 9

Mon-Fri: 7:30 - 15:30

Specific skills June 12 - June 30

Mon-Fri 7:30 - 15:30

Additional courses and/or different levels can be run if there is sufficient interest.

DND military and civilian personnel, as well as military dependents are encouraged to apply using the P drive - P:\ALLUSER\LANGUAGETRAINING\REGISTRATION.DOC. OR CALL Dr. Fathi at 8828.

Pinetree Reunion 2000

Gimli Manitoba 3-5 July

We invite all personnel who ever worked or lived on any of the 44 Pinetree Line Radar Stations to attend the first, and possibly only, Pinetree Line Reunion in Gimli.

Events

July 3 - registration, Meet & Greet, late evening buffet.

July 4 - golf, kids activities, free time socialize, companion shopping trip to Winnipeg, kids pizza party, sing-a-long/jam session/music/dance, late evening buffet.

July 5 - concert in the park (music by The Band 1 Can Air Div, skits/talent show, banquet, dance. Join us to rekindle old friendships and remember the contribution we made to the defence of North America for so many years during the Cold War.

Check our website at: www.magma.ca/~wilson/reunion.htm Phone/Fax: (204)642-9447 Mail: PO Box 40, Gimli, MB, R0C 1B0

Comox District Concert Band

Rehearsals: Tuesdays, 7:30 p.m. in the Band Room at Courtenay Junior School. New musicians welcome. Further info: Pat 339-5091

TODAY'S CROSSWORD PUZZLE

- ACROSS**
1 Dieter's lunch
6 Polishes
10 Smart remark
14 Avoid adroily
15 Writer Dinesen
16 Open
17 Preacher's due
18 Geometric calculation
20 Bell towers
22 Originated
23 Bring up a child
24 Island near Java
25 Cisco Kid
29 Hurried
33 Hot tubs
34 Dixie
36 Chipmunk of toons
37 Rank above PFC
38 - Blue? (Ethel Waters song)
39 Throng
40 Brewery products
42 Japanese port
44 Sobbed
45 Curb
47 Some newweds
49 Bear, in Bordeaux
50 Assist in crime
51 Rubber City
54 Sadal or

- Mubarak
58 Pitch in
61 Lovers' lane?
62 Fit
63 Business letter abbr.
64 Auctions off
65 - out (scraped by with)
66 Mutton or pork
67 Lock of hair

- DOWN**
1 Galfers' workplaces
2 Dismounted
3 Stringed instrument
4 Sticks
5 More profound
6 Less green
7 Exploits
8 Soap unit
9 Slalom need
10 Asked about
11 "Do - others"
12 March 15, in old Rome
13 Tiny opening
19 Soda fountain treat
21 Young lady
24 It's to dye for
25 Blonde shade
26 Author Wilde
27 Orchard
28 Narrations
48 Meal

PREVIOUS PUZZLE SOLVED

ADS	TROUT	PALEA
LEI	AORTA	AFIRE
ICEBUCKET	TOTED	
COVET	TAHOE	
EYED	TREED	TRIP
RUMORED	SOUNDED	ANA
TAILORED	ROLLS	
RUMORED	ORIOLES	
AGAPE	EPIPHYTIE	
MUG	SCREAMS	
PRIG	EARLS	VAST
NINES	SINCE	
OHARE	HOGHEAVEN	
CURDS	ERNIE	TNS
TRAY	ROUTS	LEE

1	2	3	4	5	6	7	8	9	10	11	12	13
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51	52	53								54		55
58						59	60			61		
62						63				64		
65						66				67		

For Civilian and Military Personnel Employee Assistance Program

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

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EAP Room, call 7035

Jake's Trivia Answers

- Rickey Henderson.
- Dale Hunter, Washington Capitals, 21 games.
- Rocky Marciano 49 for 49, 17 March 1947 to 21 September 1955.

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Demon

Greetings from the Demons' Den (Maint Flt)!

It's the new millennium and everyone seems to have survived the holiday season. It was a hectic fall with keeping aircraft ready to deal with the refugee situation, in addition to coping with the personnel changes we've seen since last report. Some of the senior supervisors changed, or exchanged, positions. The results being WO Russo became the AMCRO, WO Stead is 'A' Crew Chief, WO Skrzyzala is ramrodding A/C Repair and the AVN Shop, and the newest, WO Germain took over 'B' Crew. Additions and rotations to 'C' Crew included Cpl Sherry Dedla from Cold Lake, Cpls Claude Labrie, Patty MacNeil, Ray Girardi, Dan McCutcheon, Mark Jones, and Pte Shawn Heighington. I'm sure their transitions were made a lot easier by MCpl "Cant" wait till June" Malouin, MCpl "School starts in January" Devers and Sgt

"You'll figure it out" Leblanc. The Servicing Crews have also received a number of new, some old, faces. Cpls Wallace, Senay, Wales and Selstead and Ptes Sharp and Snell were welcomed from 'C' Crew. Other losses included the departure of MWO Lowdon, to NDHQ, and Cpls Brenson, Davis and Gibeault from the Maint Flt and the squadron to become FEs.

The CO, MFC and Sqn Chief have been seen on the Maintenance floor with greater and greater frequency. It has been appreciated so much that I hear there is a possibility that the techs are going to get them their own coveralls...

The holiday season must have been very good what with the number of releases submitted since then. Cpl Yves Langein will be moving back to Montreal to join his wife and work for Bombardier. Cpl Patty MacNeil plans to stay in the area and pursue more artistic endeavours. Sgt Andy Landry will be getting out this summer and moving his family back to Ontario. Pte Quentin Clement has already

moved to Vancouver, with his wife, and is working for MTU. We've also had some early postings, Sgts Nickerson and Cochrane will be leaving us for GK and Vancouver very soon. Good luck to all!

MCpl Stu "Open House" Anderson is adjusting well to an open home concept. It seems a young car thief was being chased by the police and ran into their car, which rammed Stu's truck through the kitchen wall of his home. What a way to get a new fridge and dishwasher, Stu! Talking about repairs to vehicles, perhaps Cpl Martin Sylvestre should consider a remuster to "metal basher". Hope everything turned out okay! And speaking of "metal bashing," Cpl Dawn Meier seems to be supporting the local phone company with her calls to the ACS school in Montreal. Bet you can't wait 'til school gets out!

That's about it from 'C' Crew but I did hear that Sgt Beadreau is looking forward to his wife's release so that she can have dinner, slippers, and a massage waiting for him when he gets home!

First Hook!



Pte's Heighington and Clement of 407 Sqn Periodic Inspection Crew receiving their first hook from Capt Fleet, 407 AMO.



Pte's Heighington and Clement of 407 Sqn Periodic Inspection Crew receiving their first hook from Capt Fleet, 407 AMO.



407 CO presents the Commanding Officer's Trophy to Crew 2 and the Maintenance Crew for winning the right to represent 407 at the annual O'Brien ASW Competition in Greenwood.

Presentations



WComd Col Neumann presents plaque to 407 CO on behalf of Immigration Canada for Migrant Ops during summer of '99.



Col Neumann presents Wing Commander's Commendation to Maj Andy Giblyn in acknowledgement of the extra effort 407 Sqn maintenance personnel carried out during the Migrant Operations during the summer of 1999.



MCpl McKinley receives CO's Commendation from LCol Szczerbaniwicz for superior performance and dedication.

Doings



From the aircrew side of the house, the millennium disaster is over and we can get back to figuring out where our new crew rooms are. The boys in the front office have finally finished throwing darts and the new crew list is out. Touch luck for WO Carroll and MCpl McKinley as they both move into the training cell just in time to weasel onto the Crew 1 Sourdough Days excursion.

Looks like Santa was good to Crew 2, as they are finally getting a long awaited trip somewhere other than Greenwood. Their visit to San Diego will be the first away trip since we were preparing for Y1K. New Cowboys (the crew's nickname for now) should take heed when selecting a hot meal. Lt Squires learned the hard way that putting your name on a meal pretty much guaranteed that the lid would be switched with another less desirable dinner (rhymes with 'cabbage rolls'). Departure messages go out for Capt Wade (aka Mod-Moma), Capt Bill Shipley, Lt Eli "the human garbage disposal" Squires, WO Walt "the milkman" Carroll, and Sgt Claude "the guitar

man" Potvin. Speaking as an ex-cowboy, why don't you guys get rid of that butt-ugly crew patch? Apparently MPCC Skippy Bullis got a new hockey stick for Christmas. An unnamed source (rhymes with retchman) commented, "I hope this one won't have crazy glue all over the blade."

The Dawgs of Crew 3 overcame the Y2K panic, but they ended up losing a few members in the process. Ken Smith will have to live without hot sauce as he has downgraded to the Sharks on Crew 6. Trace Tridhardt managed to evade the crew shuffle, but was subsequently booted from the Dawgs because his bowflex machine wasn't Y2K compliant. Little BoBo was so upset that he left the squadron and moved across the street to ABATS. Have fun Trace. You obviously overstay your welcome here. Smell ya later. Jake Gallant had a good Christmas this year, but his stock in JustImagine computers took quite a hit. You can find him on the phone speaking daily with the company's staff to ensure that his investments will be secure for the

future. Graham Edwards spent his vacation roasting chestnuts over an open fire.

Congrats go out to Lt (USN) Andy "Leadfoot" Lee as he takes over as MPCC of Crew 4. His first official duty was to seize the A/C brakes at the intersection of 36/11 during a PPF. The Icemen also jumped into the trading melee. Cpts Jim "I'm just a love machine" Byrne, Anne-Renee Bouchard, Brian "Tae-bo boy" Erickson, and MCpls Tracey "Mr. Pink slip" McKinley and Mike Tuohy were traded for a bag of Doritos and some dip. (FYI: we got the dip by throwing in a second AESOP.) After checking out Santa's naughty and nice lists, OPS has decided to send us to Greenwood so we can see some real mountains. NTF for the schedulers in OPS: six of our crew play for the Demons hockey team, so try not to screw up our only exercise.

The Crew 5 Vikings would like to bid farewell to the following excellent people we were forced to trade: Ron Carmichael, Karl Desilets, JP Tremblay, Mike Lonigro and Mike Gagnon. All we

got in return for this great sacrifice was: Capt "Jimmy Love" Byrne, Capt Fletcher Wade and Capt Eli Squires. Then, to add insult to injury, they made us take "Huck" Tuohy as well.

Several people have been inquiring about Travis Wert's condition after his recent skiing mishap. Medical experts intend to take a graft from one of his sideburns to replace the missing skin on his nose. Prognosis: nose will continue to function, however, ugliness factor will remain high. Some of those chairlift discounts can be tricky, eh Travis? Upon hearing that hair grafts were available, Pete Bolton and Curtis Wright have been seen fighting over who heard the news first. Congratulations to the newly promoted Lt Terry Rodrigue. CWO Mercer wants your AESOP Union membership surrendered to him immediately. Just make sure he gives you a snappy salute in return. You can keep the peanut butter.

The Sharks from Crew 6 survived the holidays although Santa didn't bring enough Rogaine to "the land of no hair". World trav-

eller Nevil Schultz has concluded his experiments after returning from New Mexico. He reports that he has set a new world record for moving water through a "human" body.

Cpts Will Evans and Rick Smith have been vying for the mid-life crisis reaction title. Rick recently bowed out opting for the \$40 haircut rather than a new car. Maj Simmons recently commented "I've never shared a cockpit with two guys that had less hair than I do." Johnny Disco's internal clock wasn't Y2K compliant, resulting in him being late for all timings this year. He claims it will be fixed by 2005 when he sells his 50th car and can afford a new watch. J.P. Hebert is doing well with his new nose and sinuses, although the doc was unable to completely remove the "tick accent". Rumours are rampant of a new little Kosciukiewicz on the way. Len's long range OJT plans are to have the youngster able to spell "Kosciukiewicz" by the age of 12!

LCol Szczerbaniwicz presents CD's



MCpl Conniston.



Cpl Ward.



Cpl Kassay.



Capt Moffatt.

Heritage Happenings

Heritage Hangar nears completion

The 1800 square foot storage building located adjacent to the Heritage Air Park, destined to house the Spitfire parts, is nearing completion. 192 Airfield Engineer Flight from Abbotsford returned to Comox on 10 January to finish the construction work that had been started shortly before Christmas. High winds and poor weather prevented completion of the project at that time.

With materiel support provided by Comox Builders, the Airfield Engineers were able to complete the roofing and the siding, as well as

install the frames for the two personnel doors, one window and vehicle door. The small amount of work that remains will be done by 191 Airfield Engineers, Comox, and members of the Heritage Restoration Committee.

Capt Harlin Price, our NBCWO was able to organize the project with the help of Capt Dale Thingvold, commanding officer of 192 AEF. Capt Price was also on hand last Friday to recognize and thank the members of 192 AEF for their efforts and to say a few words of appreciation on behalf of the Air

Force Museum and the Heritage Restoration Flight. Maj Wayne Gauthier, 19 Wing CEO, also attended the get-together on Friday afternoon to announce the promotion of 192 AEF member MCpl John Gunter, promoted to Sergeant effective 15 January 2000.

The storage shelter, now known as the Heritage Hangar, is expected to be completed by end January. Various pieces of the Spitfire restoration project are planned to be moved into the building so that a complete assessment of their condition can be carried out.



Maj Wayne Gauthier, Wing CEO announces promotion of MCpl John Guntner to Sergeant, effective 15 January.



Members of 192 Airfield Engineer Flight caught last Friday in front of their handiwork, the new Heritage Hangar for the Spitfire Project.

Front row (L-R): Cpl Chuck Daniels, Sgt Rene Pelletier, Cpl Ken Canning, Cpl Mark Parker (191 Flight).

Back row (L-R): Sgt John Guntner, Cpl Peter Genreux (191 Flight), Pvt Ray Euper.

Below: Murray Smith, (Volunteer Coordinator - Air Force Museum Association), Capt Harlin Price (Spitfire Project Committee Chairman) and Cpl Steve Popp (414 Sqn) survey some of the parts under inventory in Building T-3. Cpl Popp is completing an inventory of all existing parts prior to their transfer to the newly constructed Heritage Hangar.



Spitfire project gains momentum

A meeting of volunteers for the Spitfire Restoration project was held on Thursday 13 January and was well attended by 30 people from the museum, museum association and the general public. All voiced their intention to become involved in the restoration of the Spitfire and the associated activities. This was welcome news to the museum staff who have been fielding queries by the media and public on the status of the project.

The Spitfire project has been organized administratively and fund raising and restoration will begin in earnest near the end of January. A revised millennium grant application has been signed off by the Wing Commander and should be in Ottawa by end January. The original application raised some concerns with the Millennium Coordination Office and these had to be addressed before any decision on funding could be made. It is hoped that this amended application adequately addressed those concerns and that some millennium funding is forthcoming. Application has also been made to the Comox Valley Foundation for funding support. 888 Wing AFAC, the Comox Valley Legions and valley service clubs will also be approached for support in the near future.

In the interim, work is progressing on the inventory of Spitfire parts currently on hand. Cpl Steve Popp, Cpl Steve Wain, and MCpl Jim Morrissey, all of 414 Sqn under the direction of WO Bill Ford have been busy working at building T-3 doing an extensive inventory. Once this is complete, a clear picture of what work needs to be done, and the number of parts that still need to be obtained will emerge. And with the imminent completion of the Heritage Hangar at the Air Park, transfer of some components needed for the first stages of restoration will be moved to this new facility.

BLAST FROM THE PAST

(Totem Times April 28 1960)

"Scoop Ball" New Station Sport

Game is Test of Skill and Stamina

Scoop Ball, the newest form of sport for the station can probably be best described as a cross between jai alai and lacrosse. There are six men on each team, five forwards and a goalie. As in lacrosse, the object of the game is to pass the ball (plastic with a diameter of 4 inches) to your teammates in order that you shoot on the goal (a net 5 feet high by 8 feet wide) and (if you're lucky) score. There are three periods of play, each of 15 minutes duration with a 3 minute rest period in between.

The game requires muscular coordination, mental alertness, and good physical condition. There is no body contact (it says here!) and although a player may move any-

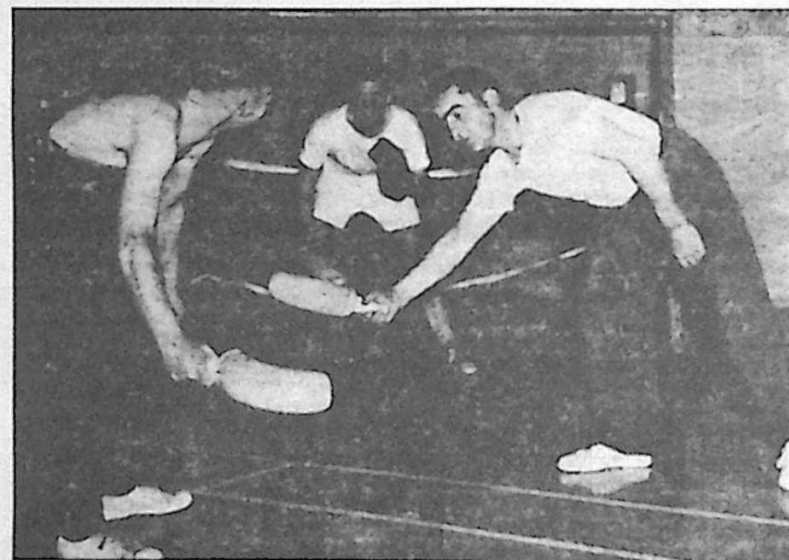


Photo by Cpl. V.H. Maxwell makes it very fast.

where on the floor, he cannot enter the goalie's crease. The player is allowed only 5 seconds or 5 steps in which to pass the ball. This feature keeps the game lively and

We invite anyone who wishes to keep in shape (or get into shape) to come around any time there is a game on, and try their hand.



Comox Air Force Museum

Dedicated to the preservation of West Coast aviation heritage and history

located at the entrance to CFB Comox
Open weekends & holidays
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