



# TOTEM TIMES

19 Wing CFB Comox

THURSDAY 24 FEBRUARY 2000

Comox Valley's Longest Running Newspaper

VOL. 42 NO. 3

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## 19 Wing's Service Person of the Year



MCpl Teichrib receives his award from Wing Commander, Col Bill Neumann.

By Capt Tyldesley

MCpl Teichrib, an outstanding Search and Rescue technician at 442 Squadron, was selected as the 19 Wing Service Person of the Year for 1999. The award was presented at 442 Sqn on 7 February.

"I think it's my wife Jody who should be getting this award," said Teichrib, who dedicated the honour to her. "If it wasn't for her support, there's no way I could have managed it all."

"He consistently exceeded the highest expectations for his position

and rank," said 442 Sqn CO LCol Grant Smith. "He is an excellent family man, community member and military ambassador."

MCpl Teichrib has constantly demonstrated exceptional job knowledge, and in carrying out his primary and secondary duties he has consistently exceeded the highest expectations for his position and rank.

His untiring efforts as a Wing CPR and First Aid instructor and coordinator of the SAREX 99 casualty simulation enabled 442 Sqn to meet all First Aid training requirements

and contributed towards the great success of SAREX.

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

MCpl Teichrib is also involved in the church and in the children's softball program as an assistant coach for three teams. His dedica-

tion to both the military and the community make him an exemplary member of the 19 Wing team.

MCpl Teichrib's dedication and work ethic, coupled with an outstanding team-oriented approach, has been extremely beneficial to the SarTech section and 442 Sqn. He is a cooperative and trustworthy person with a tremendous sense of humour and he makes a positive contribution to squadron morale.

Congratulations MCpl Teichrib on your well deserved award.



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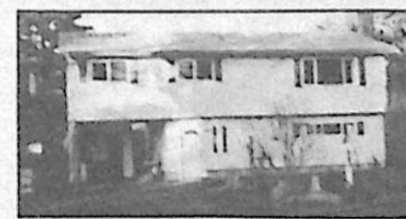
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# Employee Assistance Program

## Rolling, rolling, rolling



Discussing the trail ahead (L-R): Yvette Ally (afterwards an RA candidate), Capt Eithier and MWO Baye, all W SAMP; MCpl Tim Wacey, an RA candidate; Corinne Shelley, Counsellor with CFMRC; Diana Casswell, Staffing & Admin Co-ordinator, WCPO; LCpl Spooner, W Admin O; and back of him, Fr Brown, W Chaplain (RC). Insert: Sgt Brian Buttner, Drug Education Co-ordinator discussing successful meeting with W Chaplain (P) Mury.

The wagon train of EAP crossed a small divide as it linked up with individual drivers who also as a goal aimed at the green grazing grounds of Health Preservation—mental and physical.

As part of the efforts to establish the Employee Assistance Program on a sound footing Base-wide, a trail meet was called at the WARF building to gauge interest in forming an advisory committee, members to consist of what might be loosely called—no, not mule skinner but Base caregivers—chaplains, social worker, W/ Surg etc.

After a power-point presentation by Referral Agent Stephany Gray, acting as wagon master, those interested in forming such a committee agreed to harnessing horses towards the end of February, using the corral of B22 for the round-up.

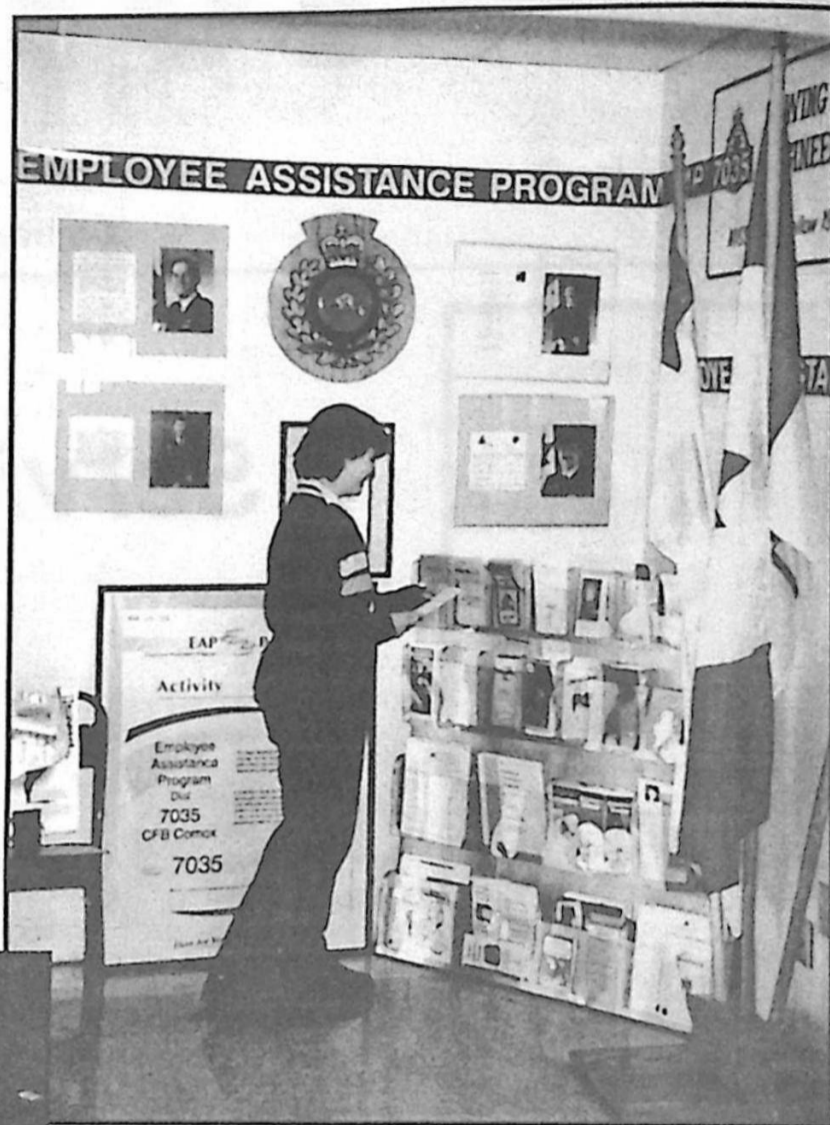
Rivers remain to be forded. Badlands must be crossed. Mountain passes, found. But the train of EAP prairie schooners is on track. Horses and rolling stock will be feeding off lush meadows at journey's end. No ambushes are expected, no highwaymen, no flaming arrows. Just rolling along...Providence willing.

the corral of B22 for the round-up.

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# EAP on display

By Finn



Karen Hoover of Design Support reads through some of the EAP pamphlets.

As all but the blind will have noticed from the banner stretched between two poles between Airfield & Works and the Auto Hobby Shop, the Employee Assistance Program (EAP) Week is currently unfolding throughout the base.

The signs flanking the display rack filled with pamphlets covering a multitude of subjects – depression, Alzheimers, over-eating, gambling, etc – supply basic information about how to contact a Referral Agent, the first step in tackling whatever the problem may be.

The travelling display has been exhibited at WCE, Officers' Mess, Hangar 7, HQ building and elsewhere, and will spend the last day of EAP Week at the new Recreation Centre, where No Sno Fest games will attract both participants and spectators, and at Jr. Ranks Mess during the evening's award ceremonies and entertainment.

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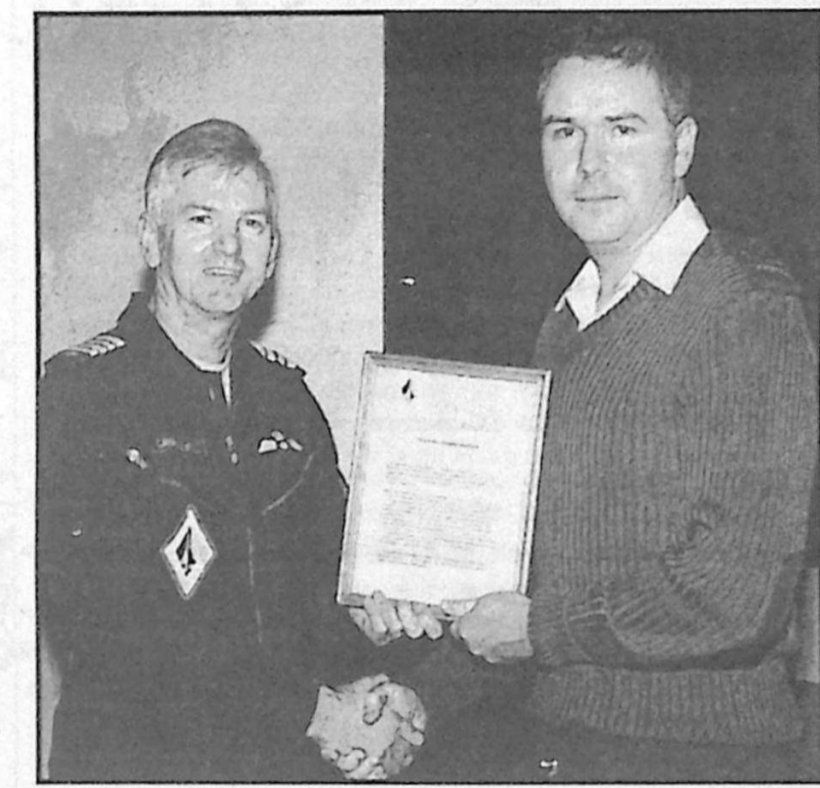


# Cops Corner



LCol Arndt, W Ops O, with Cpl Ed Everest, local MP Blind Fund Rep, drawing the winners of the Valentine's Day Teddy Bear Fun Draw. The draw raised \$80.00 for the Blind Children's Fund. Winners were LS (Jenny) Waugh, PSS and Gail Eggiman, CR clerk.

# Cpl Gerard Morgan receives DFS award



Cpl Morgan being presented with his "For Pro" by Col M. Legault, the Director of Flight Safety.

Cpl Morgan was tasked to conduct a primary inspection of a Buffalo aircraft. During the inspection he noticed rub marks on the upper edge of the forward-facing surface of the left flap. After notifying his supervisor, Cpl Morgan initiated a detailed search for the source of the contact. When the aileron was placed in the full down position, he noted that the bolt in the attaching hardware of the push-rod appeared too long. Consultation with technical orders, and the three extra washers found under the nut, confirmed Cpl Morgan's suspicions. Further investigation showed that the right-hand push-rod was also installed with the incorrect hardware – one that was too short. The extra long bolt had come within millimetres of interfering with the exit opening; as well as coming dangerously close to snagging on the aileron cable. Further evidence indicated that the fault had existed for a considerable length of time. Cpl Morgan then developed a local special inspection and two more incorrect installations were discovered on other Buffalo aircraft. Cpl Morgan's diligence, dedication, and superior professional attitude resulted in the elimination of a significant and potentially lethal safety hazard. Well done.

**TRAFFIC ROUTING CHANGES TO CANEX ENTRANCE**

The traffic routing around the Canex and Post Office is being changed to improve safety in the area. This change is scheduled to be effective as of March 1st and will become permanent. It will involve the two way entrance in front of Canex, becoming a one way entrance only, and the entrance in front of the Post Office, becoming a one way out only.

This new pattern will also involve a change with the parking stalls at the Canex. If the weather remains clement, the appropriate painting corrections will be effected approximately at the time of the traffic change or will be delayed to early summer if Mother Nature does not wish to cooperate. These new changes will require special attention from all motorists using those facilities in order to prevent unfortunate incidents.

Members are reminded that it is everyone's responsibility to observe and adhere to all traffic signs. MSE Safety would like to remind everyone to slow down and remain vigilant for the first few weeks when travelling in the vicinity and to be patient if encountering an inattentive driver.

**Safety is everyone's business**

**MOC 500 SERIES CAREER MANAGER VISIT 26 - 31 MARCH 2000**

A Wing briefing will be held for all 500 Series personnel in the Officers Mess, 0830 hrs 27 Mar 00. AERE officers and Squadron COs are encouraged to attend.

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The new (to North America) television show "Who Wants to be a Millionaire?" has proven to be a huge success, so much so that some of the lexicon has become part of our everyday working language - final answer? So it was with some interest that the family tuned into the latest version, or perversion, of the show "Who Wants to Marry a Millionaire?"

As I realized what the show was all about, I began to feel a bit uneasy. Halfway through I mentioned a few times how bizarre the whole concept was. This looked like an arranged marriage with a capitalist twist. Woman marries man for money, a man she hasn't even met, or even heard of for that matter. The guy views the women from the sidelines, selecting the successful candidate based upon God-knows-what criteria. And we, the audience, are supposed to be swept up in the beauty of the moment, a wedding?

Even my family, who chastised me several times during the show for being prudish, ended the whole event by announcing, "now that was weird." You bet it was and the uneasy feeling about the morality of the whole thing just won't go away. Will we watch the next one? Well I won't anyway.

Joel Clarkston

## Lab evacuates Russian sailor

A Canadian Forces Labrador helicopter from 19 Wing evacuated a seriously ill sailor from an off-shore Russian fish factory stern trawler to Comox at 8:25 a.m. on February 21. The 44-year-old sailor from the *Heather Sea* was diagnosed with appendicitis and is in stable condition at St. Joseph's Hospital.

"Hoisting people from ships at sea is sometimes very tricky with all the antennae, rigging and other obstacles on deck," said Lab copilot Maj Joan Gordon. "But this time the weather cooperated and we were able to speak with the crew by cellular phone the night before, so we knew what to expect."

The Labrador's pilots flew to the 88-metre *Heather Sea*, 10 kilometres west of Pine Island in Queen Charlotte Strait, then low-

ered two search and rescue technicians and a stretcher to the trawler's bow to prepare the sailor for evacuation. A CF Buffalo aircraft kept watch overhead, while Canadian Coast Guard lifeboat *Port Hardy* stood by to assist.

"The ship's doctor had already stabilized the patient, so all we had to do was get him aboard and bring him to the hospital," said MCpl Lance Teichrib, a SAR Tech aboard the Lab. "We do these medical evacuations from foreign ships about ten times a year. Language is sometimes a barrier, but you can usually work around it."

Last year, Comox-based 442 Transport and Rescue Squadron conducted 246 air searches, while Canadian Forces ships, aircraft, and people saved 1,044 lives in search-and-rescue operations.

## Air Force Time Capsule to be officially locked

As the final event in the year-long celebrations to commemorate the 75th Anniversary of the RCAF, a Time Capsule will be officially locked at Canada's National Aviation Museum in Ottawa on March 31. LGen David Kinsman, Chief of the Air Staff, and CWO Gilles Guilbault, Air Command Chief Warrant Officer, will lead the ceremony to close the time capsule for the next 25 years. It will be reopened in the year 2024 to mark the 100th Anniversary of the Royal Canadian Air Force.

The project was initiated by 1 Wing's CWO Guy Boutin in order to commemorate the courage, sacrifice and pride of Canada's airmen and women.

Artifacts from around the world where Canadian aviators have served, and continue to serve, are being assembled for inclusion in the capsule.

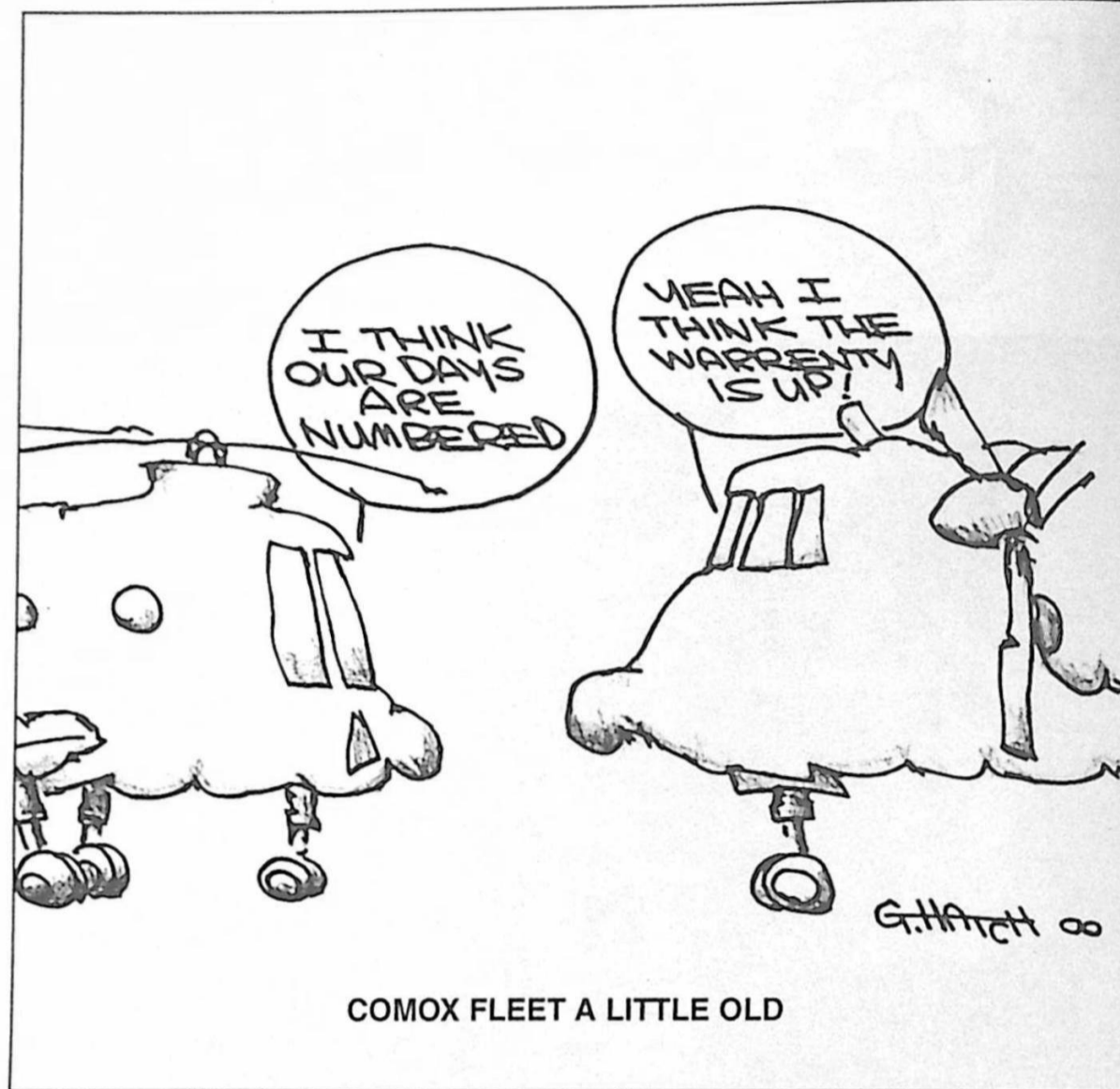
CWO Boutin is still accepting submissions to the Time Capsule. He cautions, though, space is limited.

For more information on the type of artifacts he's accepting, or to send a submission, contact him by phone at:

(613) 541-5010 ext. 8213

or write to him at:

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1 Wing Headquarters  
CFB Kingston  
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## Military Community Volunteer Award

### Bobby Johnson-you're the best!

Bobby has been generously donating his time and energy as a Family Resource Centre Youth Services Volunteer since the spring of 1995. He has worked with over 250 youth in the last five years, and is both a mentor and a role model to these young adults. During the past five years, Bobby's commitment to the CMFRC Youth Program has been demonstrated in the energy and enthusiasm he brings to everything he participates in. He has been directly involved with numerous organized sporting events, monthly dances, outdoor recreational activities, Teen Council meetings, and weekly gym nights. The youth at the CMFRC enjoy working and playing with Bobby and love his easy-going manner and great sense of humour. He is a true asset to our organization and his continued support in working to enhance the quality of life for the youth within our community is greatly appreciated.



The Military Community Volunteer Award is open to any member of the military or civilian employee, their spouses and dependents.

Submissions: Nominees for the Award should include a photograph and writeup. Please drop off all entries at the Totem Times Office.

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

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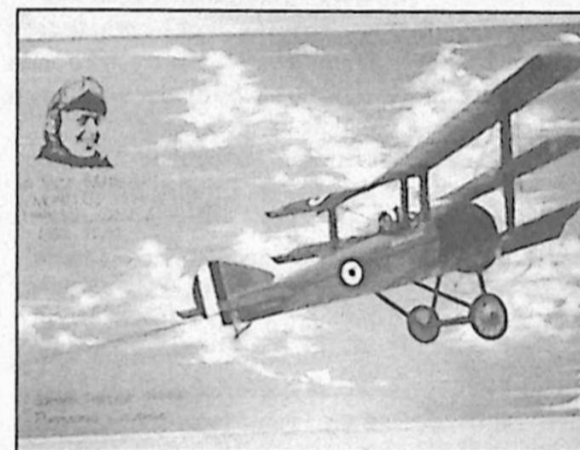
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## Permanent memorial to Air Vice-Marshal Raymond Collishaw C.B., D.S.O. and Bar, O.B.E., D.S.C., D.F.C.

By Bob Mortimer and Terry Burt



(L-R): Frank Murphy, Ted Brothers and Jim Easton happy that Air Vice-Marshal Collishaw has finally been recognized.



Mural and display case are now permanently on display in the terminal.

The next time you are driving down island, take a good look at the Nanaimo Airport Terminal Building and you will see a prominent new sign entitled "Nanaimo-Collishaw Air Terminal."

There are times when trying to publicize and pay due homage to Canada's aviation heroes can be a long and frustrating exercise and Ted Brothers, President of the Vancouver Island Military Museum in Nanaimo, knows firsthand just how difficult it can be. Ted wanted to bring overdue recognition to Air Vice-Marshal Raymond Collishaw, who was born in Nanaimo, BC on 29 September 1893.

Collishaw flew in the Royal Naval Air Service as a fighter pilot in World War I and was officially credited with having destroyed 59 enemy aircraft. On July 2, 1917, he was flying one of six Sopwith Triplanes that were attacked by 30 German Albatrosses. He shot down six and was awarded the Distinguished Service Order; and won the Distinguished Flying Cross a short while later. His unit often flew against Von Richtofen's Flying Circus.

He transferred to the Royal Air Force in 1919, and subsequently served in many overseas command positions, including command of all RAF units in North Africa from 1939 until 1942. He re-

tired from the RAF in 1943 with the rank of Air Vice-Marshal. He is considered to be one of Canada's greatest airmen.

After World War II he returned to British Columbia and worked in the mining industry. He died in North Vancouver on 9 September 1976 and was given a full military funeral.

The original plan was to rename the Nanaimo Airport after Collishaw, but eight frustrating years of dealing with the Minister of Transportation and 468 letters to Ottawa came to naught. But when the federal government sold their interest in the airport to the local Airport Commission for a dollar, things began to improve.

Renaming the entire airport was to prove too complicated and so, two years later, Ted and his Renegade Collishaw Committee had received approval to rename the air terminal building the Nanaimo-Collishaw Air Terminal. Of course, permission was only the beginning; they then had to raise \$20,000 for the sign itself. This they accomplished with generous donations being received from the Pacific Group of the Air Force Association of Canada, its individual Wings, and many others interested in preserving our Air Force heritage. The Pacific Group consists of 11 AFAC Wings and two squadrons located here in BC and in Cali-

fornia, with over 1500 total membership. 888 Wing here in Comox is the largest wing.

On October 2, 1999, the dedication ceremony was held at Nanaimo Airport. The new sign on the Terminal Building cannot be missed by anyone using the airport, or even driving by on the busy Vancouver Island Highway. The ceremony was attended by Collishaw's grandson, Ray Collishaw Smith, and two great grandsons, John Paul and Raymond Collishaw Smith, all of Calgary. Ray spoke to the 50 people in attendance and remembered how some of his grandfather's stories were about his adventures, but others were about the good friends that he lost.

An oil painting of Collishaw, by artist Anita Pichette, is now hanging prominently in the terminal and a display case containing Collishaw's uniform and miniature medals is backed by a four by eight foot James Court mural depicting Collishaw's Sopwith in action in WWI.

Following the dedication ceremony, a recently restored Tiger Moth was flown over the terminal building in salute, to the delight of all in attendance.

So, next time you're down that way, why not make a short stop to see this memorial to one of Canada's most famous airmen.

## Should you borrow money to invest in your RRSP? If so, how?

By Ray Goodman, Vice-President, BC Northwest & Yukon Scotiabank

A registered retirement savings plan is one of the best ways to save for the future. It offers us a reduction in our taxable income and provides a tax-deferred way to build up our retirement savings.

Most financial experts say it's best to contribute a set amount each month, however, many of us don't follow this counsel, or can't. Why don't more of us make the most of our RRSP and maximize our contributions? Mainly because when the deadline approaches, we think we can't afford it.

We plan to contribute just before the deadline (February 29 for the 1999 tax year), but when the contribution deadline rolls around, we discover we just don't have the cash on hand, especially when our holiday bills are coming due. Or we're too busy with the day-to-day expenses of raising our family to consider putting money into an RRSP.

For the millions of Canadians in this situation, there is a way to find the money to invest in your RRSP in time to reduce your 1999 taxes and save for your retirement. Borrowing for your RRSP is one option designed to help us make the most of our retirement years and should be considered as part of a financial plan.

Canadians are concerned about taking on too much debt, and with good reason. However, borrowing for an RRSP offers several advantages. Besides being available at interest rates as low as prime, the money you borrow to invest in your RRSP will very likely grow over time into an amount that's many times larger than what you borrowed. Therefore, the money that you borrow to invest in your RRSP could help with your taxes today and ensure that you are saving for the future.

Here's a quick math version, just to get you thinking:

Let's say you borrow \$5,000. You get a refund of \$2,000 on your tax return (assuming a 40% marginal tax rate) and use it to pay down your loan. Your monthly payments can be as low as \$137, based on an interest rate of 6.5%, amortized over 12 months. And within 25 years, your original \$5,000 will have grown to \$24,138.50 (based on an annual compounded interest rate of 6.5%).

Obviously, these amounts and your own circumstances may vary but if you maximize your current contribution or you need to catch up on unused room, an RRSP loan is a proven and prudent way to do both.

So if you don't have the cash right now to make an RRSP contribution or to maximize your contribution, you should ask yourself: "What kind of loan will work best for me?"

Many of Canada's financial institutions have RRSP loans. For example, Scotiabank's personal investment managers can help you choose from products that are designed to meet your particular set of needs. All of them offer interest as low as 'prime' and you can repay—either completely or partially—with no fees. So if you get a tax refund from the government (which you well could, given your taxable income will be that much lower because of your RRSP contribution), you should use that tax refund to pay down the amount owing on your loan. This, in turn, will reduce your outstanding balance, allowing you to either reduce your regular payments or the amortization.

To learn more about savings for the future by borrowing to invest in your RRSP, just call 1-800-575-8888 or get online at [www.scotiabank.ca](http://www.scotiabank.ca).

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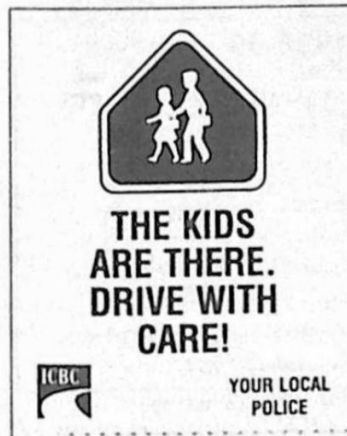
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# Sir Cedric Says...

Not much lately. Sir Cedric has been glued to the phone with Mo on the other end giving updates on the ejection shot trials. Well, they are not really trials. The last bunch of shots have been technology demonstration shots. They finished up on Friday a while ago and they all went 'well'.

The little tee bird that landed on my shoulder chirped that things

were looking good. Unfortunately, they, being the big wigs in CYOW and CYWG, are not running out the door as I type to buy the ARADS. They are going to wait for an initial testing sequence before they buy the good stuff. Just another delay, but the light at the end of the tunnel doesn't have a steaming locomotive roaring behind it. I guess the semi-official word is that there will be six qualification shots after which the green light will shine bright throughout the night and, as you might have figured, in spite of all the tight might we will start to bolt tight the ARAD that gave us the green light. So, i.e. we can fly if they go well, which they should after all the time and effort that the people working on the

system have put into it. After the qual shots, they will be doing 10-12 confidence shots. So that is where we sit in the hanger strapped in to this point. The last wheel turned 7 Oct 99. Can't wait to kick the tires and light the fires!

Has anyone seen Cpl MacNeill? Cpl MacNeill please come to servicing. Cpl Mac... Oh yeah, that's right - it's no longer Cpl MacNeil - it's MCpl MacNeill. A warm and hardy round of applause from the round table of the Black Knights to MCpl MacNeill for his recent promotion. Ou sont les bieres bonhomme?

As well, from a while back, congrats to Pte Joe Dube for receiving his hook. Encore, ou sont les bieres bonhomme?

Well, it has been so long I thought I might zip off another chapter in the continuing saga that you have all forgotten about.

The Story - Chapter 2 They both tried to pick up the old testament to strength and staying power, but it was too heavy. Sonny figured if he set up a hoist somehow he could lift it. Unfortunately he had no such cable. They simply stared at it for a while wondering how it got there.

"Did it get here on the back of a transport truck?" queried Sonny. "It couldn't have just flown here. It looks too old and heavy to do that" replied Demonill.

After about 19 minutes of



Pte Dube receives his first hook from LCol Bossé.

winging around possible ideas of how it came to rest there, they carried on to their spot where they were guaranteed to see some game. They just didn't know what kind of game was lurking around the corner.

Back in Courtenay, one of Demonill's other buddies was opening his freezer. Ineeda Mandahugg loved to crunch ice while he watched the CFL on Sundays. It made him feel like he was right there in the thick of the action. When he reached in for two cubes of Courtenay's best frozen water, the normal chill that accompanied the opening of his 1965 FREEZER shot through him like a bolt of lightning. He collapsed in a heap on his lino floor. His final thoughts as he crashed down was of his iron. Did he leave the iron on?

Back behind Constitution Hill, the two boys were deep in thought

about who would see the first deer and would it be big enough to shoot. Demonill zipped out his cell phone to call Ineeda to let him know that they had arrived safely to their perch and to catch the score of the game.

"No answer" whispered Demonill to Sonny who was watching a bird take a bath in a puddle on the ground. "How are the batteries?" Sonny asked while keeping the pretty bird in his sights.

"A little low. I ought to take two of the four batteries out to save a little juice."

"Touch down!" screamed Ineeda's television to a room that was as vacant as a 7 hangar parking lot after fiscal year of 2001. Ineeda was about to awaken to something scarier than the time he thought he left his security blanket at home on a camping trip when he was 13.



# Watch what you heat - prevent home fires!

*Cooking is the leading cause of home fires. Never leave cooking unattended.*

*Cooking safely prevents fires.*

■ If grease catches fire, carefully slide a lid over the pan to smother the flames and turn off the burner.

■ Always keep an eye on food being heated. If you leave the kitchen, turn off the heat!

(Tip: if the phone rings or something else requires you to leave the kitchen momentarily when cooking, take a pot holder or wooden spoon with you as a reminder to get back to the kitchen quickly.)

■ Keep young children away from appliances when cooking. If you allow older children to cook, supervise them closely and teach them safe cooking practices.

(Tip: enforce a 3-foot kid free zone around the range and teach youngsters not to play in that area.)

■ Dress appropriately by wearing short or tight-fitting sleeves when cooking and use caution when working near heat sources.

(Tip: Try not to reach or lean over the stove. You can avoid this by not storing items you use directly over or behind the stovetop.)

■ Provide plenty of quality, fire resistant pot holders and oven mitts for the cooks in your household.

(Tip: select heavy, fire retardant oven mitts that nearly reach the elbow to protect your entire forearm from heat.)

■ Turn handles inward so pots and pans won't be pulled or knocked off the stove.

■ Keep the stove-top clean and clear. Store things that can catch fire, like pot holders or wooden utensils, away from heat sources.

(Tip: keep food or grease from building up by cleaning often.)

■ Monitor hot oil carefully and heat it slowly, keeping the pan lid close at hand. Guard against splattering grease. Know what to do in case a grease fire occurs.

■ Use caution with electrical appliances. Plug one appliance into an outlet at a time. Have appliances with frayed or cracked cords repaired before using. Never stand in or near water when using electrical appliances.

(Tip: unplug countertop appliances when not in use.)

Always have pot holders and lids at the ready when cooking. You may need them if you experience a small pan fire.

## What to do if you have a fire

■ If a pan fire starts on the stove-top, carefully slide a lid or large pan over the fire and then turn off the burner. Never pour water on a grease fire because splashed grease can ignite combustibles in your kitchen, spreading the fire.

■ Don't try to carry a pan that's on fire outside or to the sink. This is extremely dangerous because it can easily ignite your clothing or other combustibles you may pass with the pan.

■ If a pan fire starts inside the oven, turn off the heat and keep the door closed to suffocate the flames. If a fire starts inside your microwave, keep the door shut, push the 'stop' switch and

unplug the unit. Keep the door closed until the fire is out. Call the fire department if the fire does not go out immediately.

■ If your clothing catches fire, do NOT run. Stop, drop to the ground and roll over and over until the flames are smothered.

■ If you keep fire extinguishers on hand and plan to use them in the event of a fire, be sure you know what type to buy and how to use them properly. Ask your fire department for information on what to buy and training in their use.

■ Cool a burn: if you experience a burn while cooking that does not break the skin, run cool water over the skin for 10-15 minutes. Do not place butter or other ointment on the burn as this keeps the heat in and could further damage the skin. Severe burns, including burns that break the skin, should be treated by a physician.



LCol Bossé, CO 414 (CS) Sqn, presents MCpl MacNeill with his stripes.



# SAR course 34 - starting off the new year

The ten remaining students of Search and Rescue Technician course 34 have successfully passed their medical examination. Testing involved written exams as well as practical medical scenarios, which utilized professional actors, playing the part of casualties. Medical simulations were video taped using two camera angles and facilitated by a SAR instructor. Two students would arrive, at the simulation station, and perform a complete medical call using all necessary medical procedures and administer life saving interventions. Students were then debriefed using their video taped simulation and rated on their performance by a Master Examiner for B.C.'s Justice Institute. The

entire medical phase was sanctioned under the Justice Institute of B.C. Paramedic Academy with all ten students attaining a certification of C.M.A. Level II Paramedic. Not bad, for being force-fed 12 weeks of intensive medical training via a sling shot, on a full stomach.

Training did not stop there. Students then embarked on a two-week practicum in Victoria. There they were put to work in the emergency rooms of The Royal Jubilee and The Victoria General Hospital, working alongside nurses and physicians. They were exposed to a number of various medical procedures such as cardioversions, drug administration, catheterizations, I.V. starts and patient stabilization. Concur-

rently students were putting in 12 hour shifts as ambulance attendants, and answering a large volume of medical and trauma calls throughout their shifts.

The clinical/ambulance rotation training, in Victoria, proved to be extremely valuable, in that skills were honed and mastered in real time situations. Emphasis was constantly placed on accountability of ones actions and understanding of pathophysiology of all medical procedures administered. The next phase of SAR course 34 moves up to Northern Alberta for two weeks and then on to the high Arctic for a complete winter/arctic survival indoctrination. We are all looking forward to the challenge.

Rescue



## Quality of Life Grants - Now at every Base

By: Barb Wilson

Free money! What a concept. No, we're not pulling your leg. The Canadian Forces Personnel Support Agency's Quality of Life grant program ensures that each Base receives a healthy sum of funds from which to improve its personnel support programs. It's all in the name of ensuring that each Base offers a progressive environment with a variety of programs and services aimed at enhancing the quality of life for the Canadian Forces.

Up until mid 1999, these non-public funds (those not generated from taxpayer revenue) were distributed to bases by way of three programs which consisted of grants to small units, minor program high standard, and CANEX royalties.

This system was often perceived as complex, bureaucratic and inequitable, resulting in the approval by the NPF Board of Directors in Fall 1999 for a new system of grant calculation. The new QoL grants are a universally applied distribution system that provides easy access to funds and empowers each Base to spend its money based on local needs. The grant is based on population numbers (per capita) at each Base and includes a percentage of CANEX sales as an added incentive where CANEX is located.

So what does this mean? How about some hard numbers to put things in perspective. The following chart is a sample of funds distributed to Bases using the former three-program system and the new QoL system:

	Former system	New system
CFB Borden	\$158,000	\$207,000
CFB Cold Lake	\$60,000	\$183,000
CFB Valcartier	\$104,000	\$258,000
CFB Gaagetown	\$78,000	\$191,000
CFB Esquimalt	\$90,000	\$200,000
CFB Halifax	\$49,000	\$248,000

# Fire Hall raises money for MD

By Jerry Snook



(L-R): Cpls Queenan, Wise, Summers and Zdrill.

On February 12, members of the 19 Wing Fire Department raised \$548 selling raffle tickets for the Muscular Dystrophy Association of Canada. Tickets were sold to the general public for four hours as firefighters sat at a table inside the Canex. Tickets were also sold at the Driftwood Mall on 29 January.

"It was a terrific day and we are really proud that the community supported us. We would also like to thank the staff of Canex as they were very helpful," said MD Chairman Jerry Snook.

Since 1954, firefighters across Canada have collected donations raising over \$40 million towards the search for a cure for diseases that waste away muscle tissue.

"We look forward to the continued support from the community."



# News

The days are getting longer and the birds are chirping again. Two good indications that spring is on its way. While you're out enjoying the beautiful weather, why not drop in and see us at CANEX. Come in and check out the new stock that is starting to arrive. You might find something to spend that upcoming tax refund on.

Terry spent some time in the hospital but is out now and doing great! Before you know it he'll be back at work cracking the whip. In the meantime, Trish is filling in and is doing a wonderful job. Don't worry Terry, we're not playing too hard while you're away, although we did contemplate having a huge The Boss Is Away Sale. All kidding aside, it really will be nice to welcome Terry back.

Manon Gauthier's daughter, Audrey, is on the mend after breaking her arm in an accident at school. Keep your spirits up Audrey and take good care of

your arm. Before you know your cast, with all the cool autographs, will come off and you'll be back to normal.

Sue is busy getting her Mom ready for surgery. Between fighting off a cold and attending pre-op appointments, it's leaving them both a little work out. Her Mom is scheduled to have hip surgery on 24 February and we all wish her well and a speedy recovery.

Denise 'celebrated' her birthday sick at home. She really had a hard time shaking the bug that bit her. The joke was on her family and friends though when the surprise party they had planned didn't go over as well as they wanted. The thought is what counts, and there's always next year!

Congratulations to my daughter Lynda for pulling off another excellent report card at Highland Secondary. She's remaining steady with straight A's giving her a 4.0 average. Keep up the good work Lynda!

# Guns & Ammo Magazine

Well, ammunition magazine, anyway. Torpedoes, flares, small arms ammo. All of which will find a new home when construction is finished at the site chosen, closer to the old tower. The move is made so that in case of accident the risk to high occupancy areas is diminished, and also to planes landing or taking off.

By now the foundation has been poured for the office building, a pre-fab structure that will be

then lifted in place. Three other buildings will be thus situated. These will mainly be serving as storage facilities.

It has not been all fun and games. Utterly exposed to rain and gales, the construction site has on occasion been the scene of much misery for the crews working there. Carpenter Tom Dowker, who has previously worked on different projects for CE, recalls some mean times. "And that even

though we have had a pretty mild winter this year," he says. "We are certainly glad to feel the strength of the sun returning."

"The wind," adds Richard Matthews, DCC Project OPI, "has in fact so shaken my trailer that it is coming apart at the seams. We've had some rough days."

According to the OPI, the whole complex should be completed by mid-May.



Working on foundation for the pre-fab office building on the Ammo Storage site.

Left: Carpenter Tom Dowker, a face familiar to may at CE, currently employed by contractor.

Pointing: Project OPI Richard Matthews.



# Finn Bits

## CE makes HQ happy

Much darkness may be spread by those who have finally seen the light, but at WHQ (B45) the light is coming to the backdoor located near the CR section in order that darkness may be dispelled.

Better identified by the blue vapour added to the occasional steaming breath by those outside for a breath of air and a hungry puff, the door in winter time lies drenched in a gloom so thick it makes outside entry—usually the

best kind—extremely difficult. Where is that key hole? Who is that approaching? Am I in the right place?

Now a small porch has been constructed, to provide a residing place for a light source, a small shelter for the wind, and—the foot-high cement step having been widened—safer footing for pleasure-flushed, work-lusting returnees. And indeed, for those bringing and taking out the bags of mail.



CE carpenter and workhorse Al Oelke tackling porch job while CR's Gail Eggiman pops her head out to lend beauty's encouragement with a happy smile.

# Transformer triggers alarm



WCEO, Maj Wayne Gauthier, goes to confer with Glen Hendry, CE UGSO, who turned in the alarm when a faulty transformer, located at Spray Paint Booth, caused noxious fumes, later cleared by help of a large fan. Mr. Hendry is standing with Don Buchan, Structural Team Leader. The alarm sent personnel outside for a good half hour, fortunately in benign weather. Damage was confined to the transformer. Red Platoon Chief, Sgt Ricard Martin, explains the nature of the alarm to MCpl Eric Nicholas, MP.

# Follow the brownish dirt road...



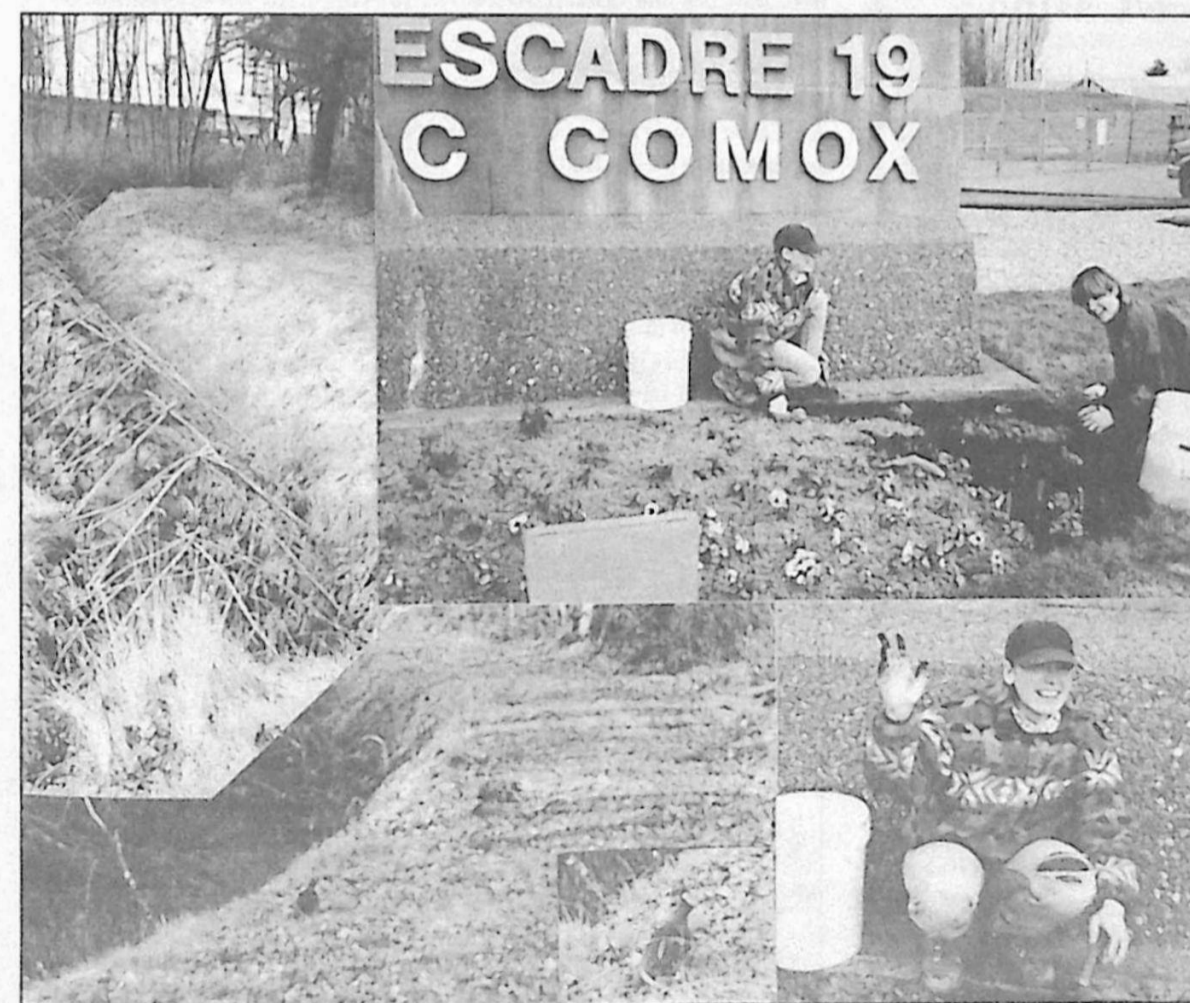
The road builders: personnel from W Tn flank CE's Norm Maximick (L) and John Egan.

...before it gets paved by the end of March. But the new road linking Aurora Avenue and CE's Plumbing and Heating Shop is usable after only 3 1/2 days' work, a combined project by the Airfield & Works Team and the Heavy Equipment Section of W Tn, under the guidance of A&W Team Leader Brian deVries.

The road became necessary with the relocation of the Plumbing and Heating Shop towards the more sensitive area of the QRA, the only road then in existence taking vans and trucks on the runway side of the fence, increasing the risk of foreign material being deposited in proximity to taxiing planes.

"A gate had to be located in the fence, and we manufactured one ourselves with the help of welder Bill Truefit of P&H," says Brian deVries with justifiable pride. "In doing so we saved at least four thousand dollars, and we feel good about that." The road, as mentioned, now awaits an layer of asphalt.

# Yes! Yes! That time again



Yes, spring is (almost) here, and the signs are abundant. Gone is the snow featured in the last issue of Totem Times, instead crocus and tulips are emerging, by the creek a pheasant awaits what sutor spring brings, and over the same stream folks from the Little River Enhancement Society have built protective willow 'teepees' in aid of salmon fry. The ladies working the flower bed by the Voodoo are CE's Marcia Erikson and Carrie Nagel, Airfields & Works, the former also displaying the badge of good, hard work — a dirty hand.

# Short journey, long wait

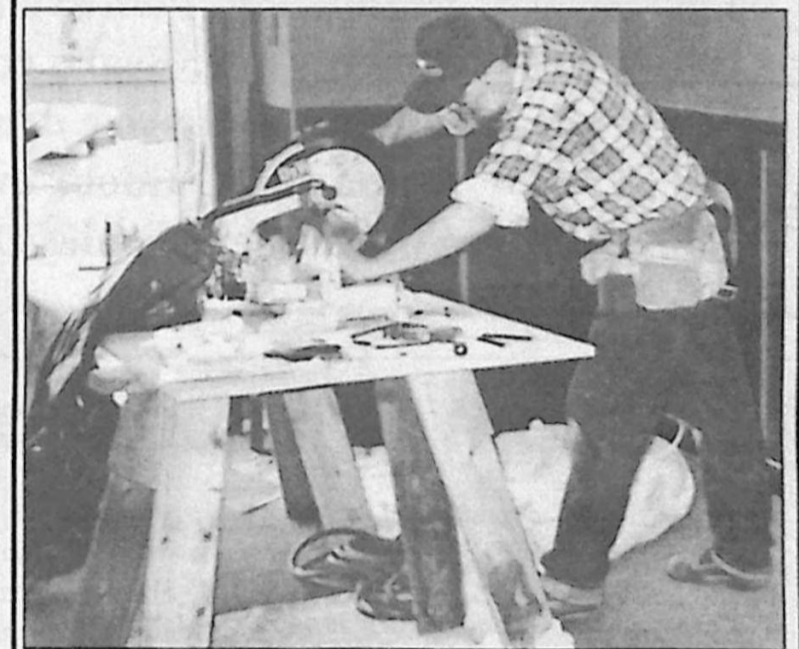
CE said farewell to Sgt Dale Nielsen with a luncheon only six months late—but then the transfer was to W Hosp, not far down the road. There, Sgt Nielsen is providing financial or OR assistance.

Presenting Sgt Nielsen with a framed picture of the Voodoo fighter, Maj Wayne Gauthier, WCEO, thanked the former CE staffer for work on the section's finance at a time when many changes took place, and adjustment by personnel was the order of the day.



Sgt Dale Nielsen and Maj Wayne Gauthier, WCEO.

# Boards for bar belles



CE carpenter Mike Power here cuts wood panelling to size before installing on wall preparatory to placing bar on site—pretty much the space he and his equipment was occupying at the time. Renovation of the Mess has kept CE crews of varying sizes occupied for the better part of a year now. The Mess will reopen upon completion of the work.

A kid brother to 37-ft Mighty Bar at Jr Ranks' other end, Baby Bar—or Shooter Bar—will nevertheless serve an equally important function for those loath to run far for refreshments. When finished, the serving bar will accommodate elbows as well as snacks, a temporary resting place for undernourished customers waiting for refills before returning refreshed to their rear-end parking spaces.

If you haven't received your 1999 TB Vets keytag yet, it's not too late! Call toll-free. **1-877-877-KEYS**

**BC's TB Vets**  
We return lost keys

# No Sno Fest Kicks Off Friday!

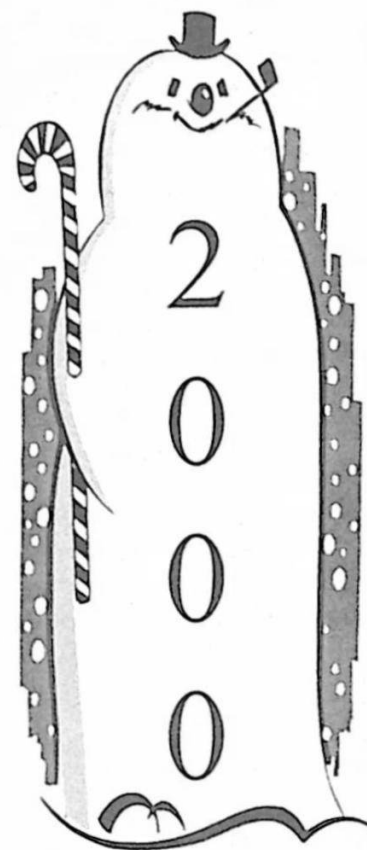
This year's No Sno Fest starts on Friday, 25 February at the new Fitness and Community Centre, and features a "Comic Book Characters" theme. There will be prizes for best costume (no mixing of civvies and uniform allowed), and those in costume will get twice as much seed money at the casino as those who are not in costume.

The events will be similar to last year's, and open to all Regular and Reserve Force members, DND/NPF civilians, and their spouses, who must have their own button. Participants with little ones can take advantage of free child minding. Contact Claudia at 8847. Spaces are limited.

For those who haven't picked up their \$5 button, a limited number will be available for sale on

25 Feb at the pancake breakfast. Purchase of the button gives you:  
• prize eligibility (early bird draws have already started!)  
• the pancake breakfast (served by the COs and Branch Heads)  
• participation in all events  
• admittance to the dance/casino night at the combined mess.  
Charity donations will be accepted at breakfast and lunch, with proceeds going to YANA and SPCA at a 75% / 25% split.

Winner of the first Early Bird Draw is Pat Belanger of Wing Ops. Congratulations, and have a great stay at the Wikaninnish Inn.



## Schedule of Events

- 24 Feb:**
  - 1930 - 2030 Family Skate (FREE!)
- 25 Feb:**
  - 0600 - 0800 Breakfast
  - 0630 - 0715 Polar Bear Swim
  - 0830 - 0845 Opening Ceremonies
  - 0845 - 1100 Tabloid and Pool events
  - 1100 - 1300 Lunch - incl. Beard contest, Logo judging, and prize draw
  - 1300 - 1530 Arena and Outdoor events
  - 1900 - 0100 Awards Ceremonies/Dance/Casino



## Main Sno-Fest prizes

The OPI will use a "prize-mobile" to distribute prizes. Contestants do not have to be present to win, but there will be a two-week statute of limitations on prize pickup. New names will be drawn for any unclaimed prizes on 13 March '00. Due to the value of the prizes, Early Bird winning buttons will not be eligible for further draws. All other buttons will be eligible for the final three prizes drawn at 2230hrs. Prize distribution is as follows:

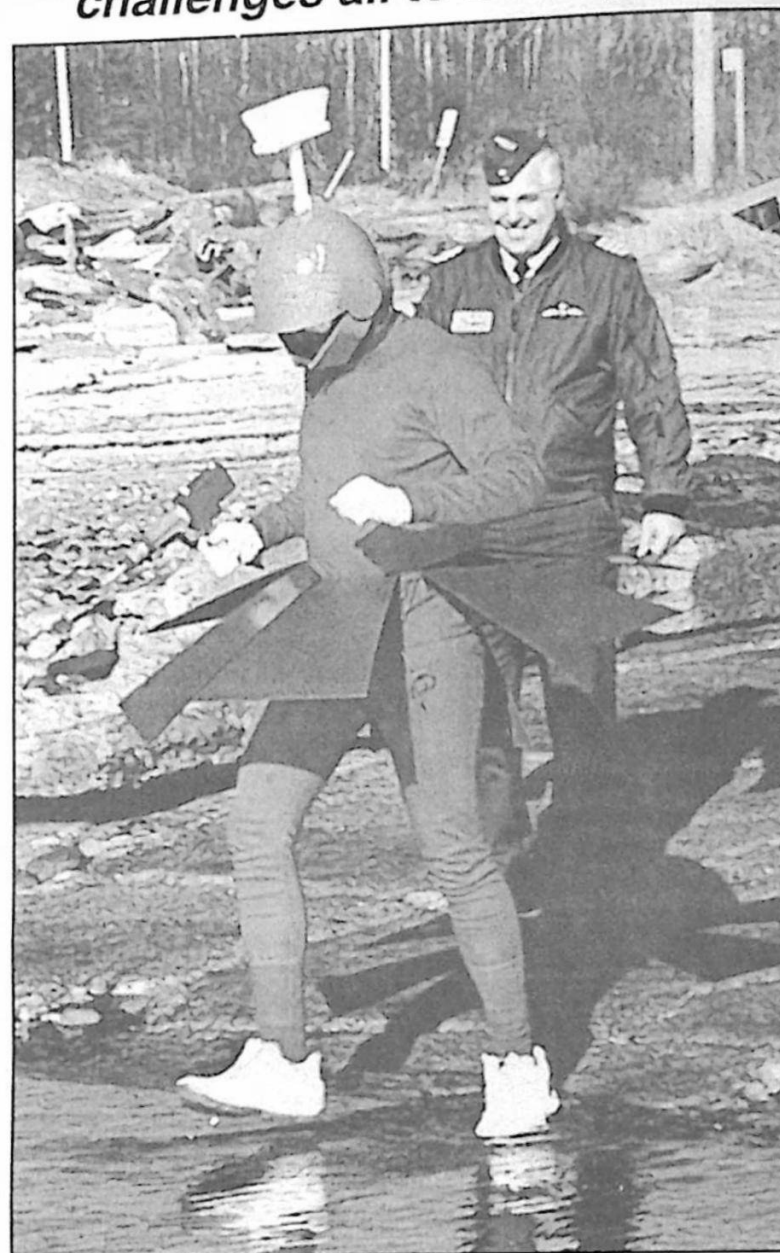
- Early Bird #2 (24 Feb) - 1 hour Glacier Tour for three persons.
- Final three prizes:
  - 2 nights accommodation for two at the Empress Hotel in Victoria & weekend car rental.
  - 1 night accommodation for two at the Ramada Inn in Vancouver & return flight for two.
  - 2 four course meals with champagne and wine at Gourmet By The Sea in Willow Point with limo service to and from your door.
- The lunch draw prize - a glacier helicopter tour for two.
- Highest scoring team - supper for 20 from Wing Foods.



Best Costume prize: JVC Portable Stereo Kaboom Box from Canex.

Watch out for our Mascot "Super Frosty"

## Marvin the Martian challenges all to a chilly dip



Marvin the Martian proves to the Wing Commander that his hot blood is no match for the icy cold waters at Air Force Beach.

## Fest's first ever Polar Bear Swim

19 Wing's first-ever Polar Bear Swim will take place at Air Force Beach on Friday, 25 February. Participants must be at the Air Force Beach Pavilion no later than 6:40 a.m. for the official "Dive-In" at 6:45 a.m.

A bus will depart the new Fitness and Community Centre for Air Force Beach at 6:15 a.m. and another at 6:30 a.m. Return times to the FCC will be 7:00 a.m. and 7:15 a.m.

The FCC will be open for people to change and shower after the Polar Bear Swim, but not before. Coffee, hot chocolate and a warm fireplace will be available in the Pavilion, and life guards will be on site.

If you have questions, please call Capt. Ken Brooks at local 8552

**Rules**  
Participants must wear bathing suits only. No wet suits permitted!

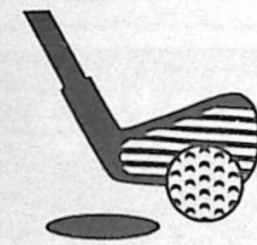
Participation in the swim is not limited to teams. Everyone is encouraged to take part.

Participants are responsible for bringing their own towels.

Participants registered with a No Sno Fest 2000 team will earn one point for their team, to a maximum of ten points for the event. To earn the point, the entire body must be submerged!



Marvin the Martian (aka Capt Brian Zimmerman), complete with killer ray gun, "persuades" Col Neumann to buy a No Sno Fest Button.



## Glacier Greens Golf Shots

### Winter Golf

By Barb Carter

February 13 and it started out to be looking good but, as if on cue, it started to rain. However, the 21 players hung in to finish the 9 holes.

1<sup>st</sup> Low Gross it was Phil Nakashima's team of Norm Fellbaum and Gussy Prichard with a plus 23. 1<sup>st</sup> Low Net with minus

7, Bud Bryan, Glen Caslake and Gord Prichard. 2<sup>nd</sup> Low Gross with plus 24 Rick Forster, Jim Trask and Walt Morris. 2<sup>nd</sup> Low Net with minus 6 Greg Young, Bill Pomponio and Carmel Horochuk. Only one KP this week: on #15 it was Greg Young making the shot.

It was nice to see some new faces out. Missing though are some old faces like Lenny. Poor boy was working - too bad, so sad - and now he's off to Vegas.

The members of the Ladies Club are still gathering stuff for their Garage Sale to be held on April 29. Anyone wanting to donate, the lockers are available and useable good things will be appreciated.

Work on the new addition is going on at a feverish pitch. We are certainly lucky to have so many helpful volunteers, too many to name them all, but we applaud the effort.

Till next time...

## Fest swimming pool sports

Each team must have six participants. Each event is allotted 5 minutes: 2 minutes to move from one event to the next and 3 minutes to complete the event.

### Event 1: Tippy Canoe

Six team members get in the deep end of pool. Lifejackets may be used. Canoe will be turned upside down. The canoe is to be righted and all members must get in. This event will be timed.

Scoring: Based on time. Lowest score gets most points.

### Event 2: Purple Pool

Jump into the pool. Run to the 3rd lane. Grab the hose and try to fill the toilet before time runs out. Get to the ladder. Repeat.

Scoring: By volume inside toilet bowl.

### Event 3: Inner Tube Relay

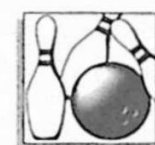
Jump into the pool. Get on the innertube. Paddle to the other end of the pool. Touch side and paddle back to the other side. Tag the next person. Repeat.

Scoring: 1 point for each completed run.

### Event 4: Free Throw (Basketball)

Jump into the pool. Pick up basketball. Reach the lane divider. Throw basketball into the basket, next person jump in and carry on.

Scoring: 1 point per basket



## 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 Potvin 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.

## Rec Centre News

By Jake Plante

### Comox sweeps Oldtimers and Mens Hockey

19 Wing Comox Oldtimers and Mens Hockey teams swept all comers this past week during the Pac Region Hockey Championship.

The Oldtimers went through the round robin undefeated but, because of the goals for and against ratio, they finished 2<sup>nd</sup> to CFB Esquimalt. Their first game of the semi-finals was against a tough Colorado Springs team and tough they were. The game was a 3-3 tie until Craig "Stump" Saunders scored the winner with assists from Alex Robertson and Mark Moffat with 6:47 remaining. There was still a lot of hockey to play but the Silver Totems held the

Tritons off to claim the 99/00 Pac Region Championship.

The 19 Wing Flyers had a best 2 of 3 series against the Pacific Fleet and, as usual, the games were thrilling. Since both teams play in non-contact leagues the show of strength was on for the first game. When both teams got down to the business of playing the game they proved to be very entertaining. Comox proved they had the scoring touch by blasting the Fleet 9 to 2. In the second game the wheels were on. It was a fast-paced game with close checking and some stellar goal tending. Esquimalt came out fast and furious and were quickly ahead 3-0.

## Jake's Trivia Corner

- Who has the most strikeouts for a relief pitcher in the World Series?
- Who was the youngest tennis player to win Wimbledon?
- Who won the most gold medals at the Winter Olympics? (Answers on page 14.)

The Flyers battled back and, with less than 7 minutes left in the third, Wade Simpson tied it up. He decided to get the go ahead and went and added an insurance goal just for good measure.

Congratulations to both teams. Cheer them on from here to Borden 19-26 Mar for the CF Nationals.

## Quality of Life (continued from page 6)

These funds, which are generated by the CF Central Fund and CANEX, are deposited directly into the Base Fund.

The new method of calculation for funds ensures that the smaller units will also benefit, something that didn't always happen in the past. One of the keys in the new formula is that now every dollar

of CANEX sales is treated equitably when it comes back into the QoL grant. It works its way back into the hands of those who spend their money in CANEX facilities by way of programs at the Base level.

The CFPSA is committed to making the quality of life the best it can be for military members and

their families. The Quality of Life grant program is one of many initiatives that help fulfil this mandate. For more information, visit our web site at [www.dnd.ca](http://www.dnd.ca) (in the CF Families category) or at [www.cfpsa.com](http://www.cfpsa.com).

Barb Wilson is the Public Relations Manager for the Canadian Forces Personnel Support Agency.



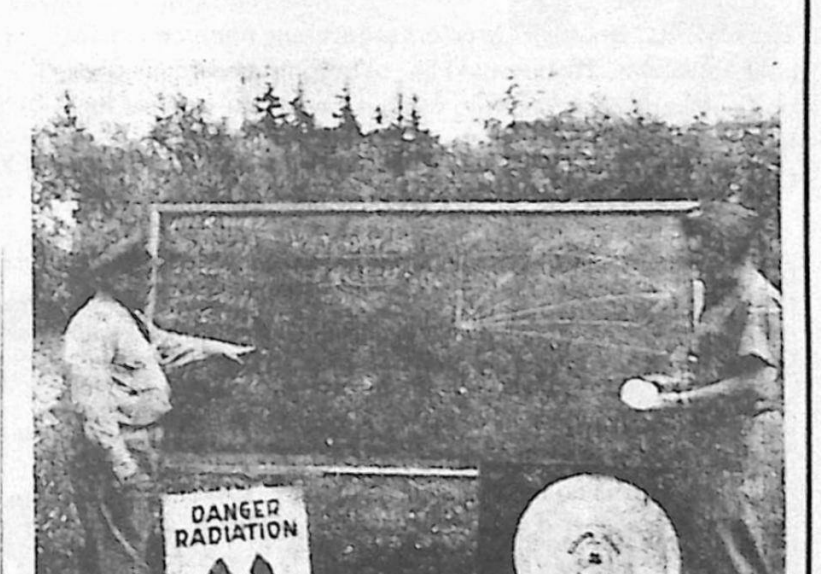
PITCH-IN CANADA WEEK, May 1-7

## BLAST FROM THE PAST

(Totem Times 28 July 1960)



Nuclear Defenceman Cpl. F. P. Wilson wears a contamination suit especially designed to protect him against radioactivity. The Decontamination Control Meter he is holding is used in conjunction with the suit during the cleaning up period after fallout.



F/L Eggleston and LAC G. O. Stanley discuss and compute a typical Radioactive Fallout Plot. In the Nuclear Defence Section such a plot is drawn up twice daily to keep up with the changing winds. LAC Stanley holds a Radiation Dosage Calculator which serves to compute the intensity of radiation in the expected fallout and other factors relating to the maximum allowable exposures during and after the actual fallout by personnel. The "Danger Radiation" sign shown here is internationally recognized and used in "hot" areas.

Your emergency medical information on call 24/7

MedicAlert ALWAYS ON CALL www.medicalert.ca

For more information 1-800-668-1507

## Relocating to Cold Lake

www.ccinet.ab.ca/ds/ljcbbest (780) 594-4414 24 Hour Pager: (780) 612-8470

NORTHERN LIGHTS REALTY LTD. 4310-68 Avenue, Box 871 Cold Lake, Alberta T9M 1P2 Fax: (780) 594-2512 Res: (780) 594-6093 Cell: (780) 812-6979 Email: [johnson@ccinet.ab.ca](mailto:johnson@ccinet.ab.ca)

ROYAL LePAGE



Louise Johnson SALES REPRESENTATIVE

# Comox Military Family Resource Centre

Centre de Ressources pour Les Familles Militaires de Comox

Phone: 339-8290

## If you have children, you should know this ...

There is funding available to assist you in some emergency childcare situations. The first 72 hours of your childcare emergency is fully funded in these emergencies. To be eligible for this funding, or for more information, you must call Alex Greenwood, the Deployment and Emergency Childcare Coordinator at the Comox Military Family Resource Centre at 339-8211 local 8310. The CMFRC has a list of Childcare Providers you can access. The examples below are all 'emergency' situations in which you would utilize your Emergency Childcare Plan.

### What if...

- Your husband is in Bosnia and you just fell off the curb

- and broke your ankle. You have been rushed to the hospital and must have surgery. Your children need to be picked up after school and have someone take care of them for the three days you are in hospital.

- You and your husband work different shifts and share the care of your children. You have been called away to Winnipeg to assist with emergency flood relief. It's tax time and your husband is an accountant. To take time off work is not an option for him!

- You are a single Dad. You just received a phone call and must fly home to Toronto because of a death in the family. Bringing your two very young children with you would only create

more stress in an already stressful situation.

- You can use your regular childcare provider during the day, but she can't take them overnight.

- Your husband is in the Golan for three more months. Your boss just informed you that you must attend a five day course next week in place of a co-worker who was just hospitalized. You have two young teenagers.

- Your wife has been away on course for six weeks, and now your presence at work is critical to the military operation you are involved in. Your daughter has the measles and the daycare cannot care for her while she is contagious.

These are just some vivid examples of what an emergency child care situation could look like. Don't wait until you have an emergency to put your *Emergency Child Care Plan* together. Contact Alex Greenwood today at the CMFRC and prepare for that emergency that we all hope will never happen.

## Nominations pour le Conseil d'Administration du CRFMC

Le Conseil d'Administration du CRFMC est à la recherche de nominations de personnes qui pourraient siéger sur le Conseil d'Administration du CRFMC. Si vous aimeriez poser votre candidature ou si vous connaissez quelqu'un qui serait intéressé à remplir un poste sur le C.A., s'il-vous-plaît, contactez Gilbert Marseille (Président du comité de nomination) au 339-8211 poste 8615 ou le 334-3300.

## Centre de Ressources pour les Familles Militaires de Comox

*"Nous travaillons pour l'amélioration de la qualité de vie des militaires et de leur famille dans notre communauté"*

# Assemblée Générale Annuelle

Le jeudi 9 mars, 2000  
19:00hrs

Au Centre Communautaire et de Conditionnement Physique de la 19 ième Escadre

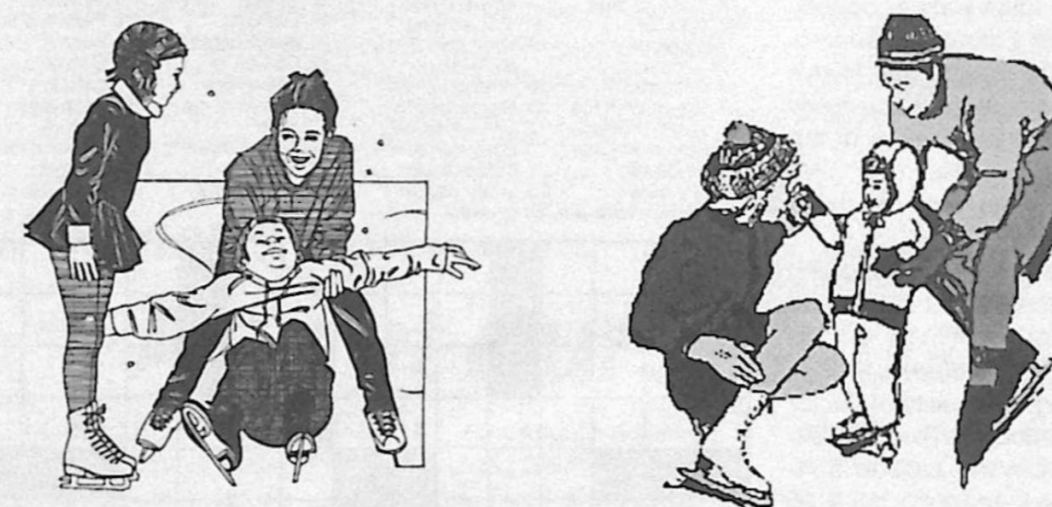
*Membres militaires actuels et à la retraite de la force régulière et de la réserve, conjoints(tes) et membres des familles militaires sont bienvenus à assister à cette assemblée.*

Pour plus d'informations, contactez le 339-8290

Un service de gardiennage pourra être disponible selon la demande, veuillez nous contacter avant le 6 mars.

# Wallace Gardens Community Association News

## NO SNO FEST FAMILY SKATE



Wallace Gardens Community Association in conjunction with 19 Wing Comox No Sno Fest Committee, are holding a Family Skate Thursday, 24 February from 7:30 – 8:30 pm at the Base Arena. All military members and civilian employees and their families are welcome to attend. This event will be free of charge to participants.

For more info, please call Jane @ 339-8211 (8571)

## PMQ Ward Representatives

The following people are your ward representatives on the community council. If you have any suggestions or problems, please feel free to call!

Mayor:	Curtis Wright	MQ 5A	339-9981
Deputy Mayor:	Stan Bekus	MQ 79	339-2354
Ward 1:	Al Wallace	MQ A2	890-7573
Ward 2:	Krista Galbraith	MQ F6	339-1280
Ward 3:	May LeBlanc	MQ 25	890-0719
Ward 3:	Dolina Meaden	MQ 24A	890-0679
Ward 4:	Liz Bech	MQ 59A	339-4570
Ward 5:	Brian Helpard	MQ 73A	339-3815
Ward 6:	Wanda Szczerbaniwicz	MQ 94	890-2061
Ward 7:	Troy Carr	MQ 108D	339-0783
Ward 8:	Pat Nicholson	MQ 113D	339-1966
Ward 9:	Mona Baird	MQ 117A	339-4627

## Youth Events

### Indoor Recreation Activities for Pre-Teens

WGCA is running a winter sports program for ages 9-13, Saturday evenings from 5-7 pm in the new Base Gym. Activities such as floor hockey, basketball, badminton and volley-ball will be played, followed by a visit to the Teen Centre to wind down with your friends.

This program runs every Saturday evening with the exception of Sock Hop Saturdays. Please remember that proper athletic footwear is required. If the weather is bad – please carry your runners as muddy footwear will not be allowed in the gym!

### Teen Video

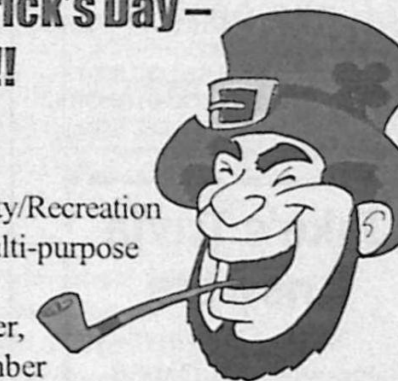
Teen Video for March will take place in the new 19 Wing Fitness and Community Centre.

**Date:** Saturday, March 4 from 1900-2300 hrs  
**Location:** Teen Centre  
**Fee:** There is no charge for this activity.  
**Info:** Call Mona at 339-4627

## Sock Hop

### Celebrate St. Patrick's Day – Wear the Green !!!

**Date:** March 11  
**Time:** 6:00-8:00 p.m.  
**Location:** New Community/Recreation Centre large multi-purpose room.  
**Cost:** 50 cents member, \$1.50 non-member  
**Info:** Call Shelley at 339-4169 or Dolina at 890-0679



## Family Bingo

**Date:** Sunday, 5 March  
**Time:** 1:00 – 3:00 p.m.  
**Location:** Community/Recreation Centre Large Multi-Purpose Room A and B  
**Cost:** 25¢ card Members, \$1.25 first card Non-members, .25¢ each additional card

Parents are welcome to come and play along with their children. Please note that all prizes are child-oriented.

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

## Comox Military Family Resource Centre

*"Working to enhance the quality of life for military members, retired members and their families in our community"*

# Annual General Meeting

Thursday, March 9th  
7:00 p.m.

19 Wing Fitness and Community Centre

All serving and retired military members, regular and reserve, spouses and family members are encouraged to attend.

Call 339-8290 for more information

Child care available upon request (subject to demand)  
Please register for childminding before March 6th



Wanted

Used, reasonably priced archery bow - longbow preferred, recurve will do. Kevin 339-4043. <2>

Wanted to buy

Used captain's or mate's bed. Good condition. No mattress. Michael or Susan 339-0390. <2>

Help Wanted

Earn \$200, \$300, \$500 or more per week, assembling product in the comfort of your own home. Send self addressed stamped envelope to: O.P.H. 6-2400 Dundas St. West, Suite 541 Ref 728, Mississauga, ON L5K 2R8.

Choristers Wanted

Singers required for Our Lady of the Sacred Heart Chapel (RC) choir, 19 Wing Comox. Practices are Thursday evenings starting at 6:30 p.m.

For more info, please contact: Charlotte Harvey (choir director) 897-09856

COURTENAY FLIGHT CENTER YOUR FLIGHT TRAINING SPECIALIST! 338-9814 or contact MWO CYRIL RODGERS LOC 8501, MAJ TONY APPELS LOC 8175 OR CWO JOHN MERCER LOC 8723

Jake's Trivia Answers

- 1. Moe Drabowsky, Baltimore, on 5 Oct 66.
2. Boris Becker at age 17.
3. Eric Heiden - 5.

Toastmasters

A reminder for those on Base who are required to make representations or give talks, and feel apprehensive at the prospect, the Comox Valley Toastmasters meet every Wednesday 7-9 p.m. at Courtenay Junior School

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

Obituary BENNER, KENNETH DANIEL, OMM, CD, CDR/LCol ret'd.

Born Orillia, Ontario, 14 Aug 1935, died 13 Feb 2000 at his home in Comox, surrounded by his family and friends after a long and courageous battle with cancer. Survived by his loving wife Joan and daughters Allison (Loucas), Leah (Keith) and Jennifer (Sean), and siblings Robert (Debbie), Margaret and John (Merina) and several nieces and nephews.

Ken served over 40 years in the Canadian Forces (Royal Canadian Navy, Canadian Army). His service was divided almost equally between the Navy and the Army, with his early years spent in the Canadian Fleet Air Arm. He was a graduate of Mt. Allison University and Pine Hill Divinity Hall (Halifax). In his service with the Army, Ken spent 10 years as an active paratrooper. His last 25 years of service were as a Chaplain, serving in Europe, the Middle east, at sea, and in land establishments and bases in Canada.

Following retirement from the Permanent Force, Ken remained active with the Reserve Force and served for five years as the Minister of St. Stephen's United Church in Qualicum Beach and Grace United Church in Coombs. After three and a half years of RVing around North America, visiting friends and family, he and Joan settled in Comox and Ken served as the Minister of Texada Island United Church. In July 1999, Ken was awarded a Paul Harris Fellowship in recognition of his service to his country, parishioners and community through Rotary.

Canadian Cancer Society

The "Fresh Start" support group for anyone wanting to quit smoking runs two evenings per week for four weeks. Next session starts March 6 and will be held Monday and Thursday evenings. For info or to register, call 338-5454.

Snow to Surf race

Registration forms are now available at the Base gym for the Comox Valley Snow to Surf Relay Race, to be held 30 April. Entries are limited 170 teams on a first come, first served basis.

Basket winner WO Fred Coriveau of WTIS Flight was the winner of Valentine's basket.

RMC Courses

Correspondence offerings for the 2000 summer session have been announced. Details available on the WPSO Homepage. The Dept Head of RMC's Office of Continuing Studies will be providing information briefings on 3 March. All are welcome to attend. Please to the WPSO Homepage, under Education, for details.

Canvassers Needed

The Canadian Cancer Society is recruiting canvassers for its April 2000 Residential Fund-raising Campaign. Canvassers are needed in all areas of the Comox Valley. Volunteering for as little as three hours can make a difference. Money raised goes to education in the prevention of cancer, research for the eradication of cancer, and patient services improving the quality of life for cancer patients.

Eye glasses for Dominican Republic

A request has come to the Comox Valley for the donation of eyeglasses for the less fortunate in the Dominican Republic. As one of the valley residents heading there at the end of the month, I am organizing a collection of eyeglasses at 19 Wing. If you have any spare sets that are just occupying space or collecting dust, I will gladly take them off your hands.

Canadian Cancer Society

8 Mar: Breast Cancer Support Group 7:00 p.m. at Courtenay Cancer office #102-1509 Cliffe Avenue
8 Mar: Prostate Cancer Support Group 7:30 p.m. at Community Health Centre, 961 England Avenue, Courtenay.

Notice of Meeting

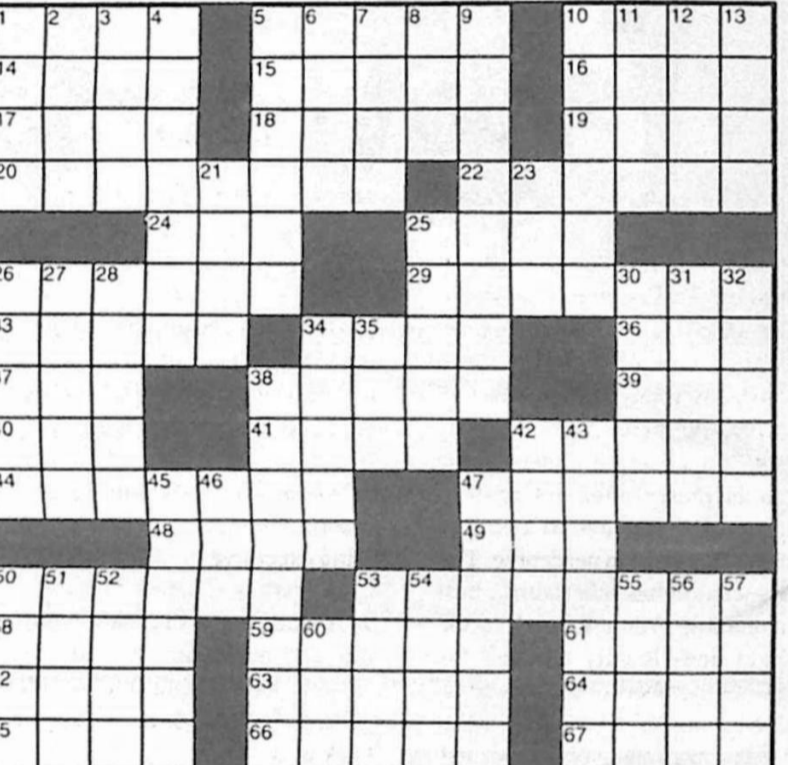
The Upper Island/Central Coast Community Health Services Society will be holding its next meeting: Friday, March 3 1:30 - 3:30 p.m.

GREENPEACE GREEN TIPS

Earth friendly all-purpose cleaner (NC) - This solution is safe for all surfaces, should be rinsed with water and is very effective for most jobs. For a stronger cleaner, you can double the amounts of soap and lemon juice.

TODAY'S CROSSWORD PUZZLE

ACROSS 1 Gossip column one 58 Pounce 59 Singer Judd 10 Fictional captain 61 Striped antelope 14 Dancer - Ellen 62 Wise Men 15 Skater Sonja 63 British Museum's - specialty 16 Satan's 64 Taverns 17 Shade trees 65 Middle Eastern 18 Duck prized for its down 66 Boxes 19 Give out temporarily 67 Shipshape 20 Eases up 21 Corner's partner 22 Clutters 23 Inform 24 W. Hemisphere 25 Barn neighbor 26 How the acid-tongued answer 29 Excited 30 Paces 31 Stringed instruments 32 Custer, to 33 Grow, as crops 34 Canary's home 35 Help 36 Writer Rand 37 Coffee server 38 Pseudonym 39 Cholera 40 Yuletide drink 41 Indicates agreement 42 - pole 43 Criticized 44 "Gone With the Wind" character 45 Melody 46 Round Table knight 47 Carter's hometown 48 Smoked meats 49 - Abner 50 Dry gully 51 Jimmy Hoffa, for 52 Inventor 53 Heroic tales 54 Elephant part 27 Moses' brother 28 One of the Fab Four 50 - mater 51 Peruse a book 52 Fury 53 Caesar's garment 54 Arab ruler 55 Melody 56 Novelist Ferber 57 Corrode 60 Mont Blanc, for one



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For Civilian and Military Personnel Employee Assistance Program

Do you have a problem that affects your work performance, or threatens to do so? Can think of nowhere to turn? If you feel motivated towards a change for the better, call either one of your current referral agents (RAs) Stéphanie Gray @ 8296 (or use e-mail) or Finn Schultz-Lorentzen @ 8379 (or use e-mail) Full confidentiality guaranteed EAP Room, call 7035

Francophone Association celebrates 20th anniversary at Maple Sugar Shack!

It the call of spring has you itching, get down to the annual Maple Sugar Shack on Saturday, March 11, starting at 11:30 a.m. at the Courtenay Fish & Game Club, 2201 Robert Lang Drive. Sponsored by the Association Francophone de la Vallée de Comox, which is celebrating its 20th anniversary, this event promises an array of traditional French Canadian dishes such as pancakes with maple syrup fresh from Eastern Canada, festive oven baked ham, bacon, cretons, sugar pies, pouding aux chômeurs with maple syrup, baked beans, etc. Use your imagination and dress as a voyageur.

For your entertainment, Les Comouliers French Folk Dance Group will perform and Les Voix de L'île francophone choir will sing. Hurry and get your ticket at the Association Francophone, 1491 McPhee, Unit #2 from 11:00 a.m.-4:00 p.m. Family rates are available. For info: 334-8884.

Venez célébrer le 20ième anniversaire de l'association francophone a la cabane a sucre!

Vous aimez le sucre? Eh bien on vous en donne pour votre argent à notre Cabane à sucre qui se tiendra le samedi 11 mars, à 11h30 au Courtenay Fish & Game Club, 2201 Robert Lang Drive. Lors de cette célébration, l'Association soulignera son 20ième anniversaire. Nous vous promettons tout un assortiment de mets traditionnels canadiens-français tels que: crêpes avec sirop d'érable des érablières de l'est, jambon, bacon, cretons, tartes au sucre, pouding aux chômeurs au sirop d'érable, fèves au lard, etc. Pour vous divertir, Les Comouliers, troupe de danse folklorique sauront plaire aux petits et aux grands; de plus, Les Voix de L'île, notre chorale francophone interprétera quelques chansons de leur répertoire et des chansons à répondre. Habillez-vous en couleur des bois. Faites vite et venez chercher vos billets avant le jeudi 9 mars à l'Association francophone, 1491 avenue McPhee, Unité 2, entre 11h et 16h du lundi au jeudi. Nous avons aussi des prix de familles. Pour plus de renseignements, composez le 334-8884 ou 338-2193.

Wingnotes - By Norm Blondel

About ourselves

888 (Komox) RCAF Wing, to give our registered title, is the largest Wing in our parent organization, the Air Force Association of Canada, which has among its objectives, support for a strong and viable air force for Canada, an active, inclusive and effective Royal Canadian Air Cadet scheme and the preservation of Canada's outstanding heritage in aviation, in war as well as in peacetime. The Association has other aims, best summed up in describing what 888 Wing does locally through the various members of the executive, elected annually, each April. Our local programmes are quite varied, and are run by directors and chairpersons of sub-committees. Here's who they are, and what they do-

President - Dave Bews. He conducts general and executive meetings, directs the Wing generally, represents the Wing in our major functions, and his term runs for one year.
Honorary President - "Irish" Ireland. Irish was our first President, and he provides advice and guidance to all of us when we need it. His prime task is to keep us on the straight and narrow when it comes to decisions made at our meetings.

Editor Contrails - Tet Walston. Tet works closely with Alan Scott in producing our magazine. Another, very important function for Tet is his membership on the Air Force Museum Committee.
Publicity - Norm Blondel. Oh! That's me. My job is to explain and promote the Wing in the media.

Housing - Jack Bradley. Tables, chairs, carpet cleaning, you name it - Jack keeps our surroundings clean and functional. A highly visible part of Housekeeping is the landscaped area around the Wing, which includes our memorial garden. Plants and shrubs were donated by Wing members, and many volunteers work hard each year keeping our outside area attractive.
Al Hampshire, a non-member of the executive, is our master carpenter, who works closely with Jack's committee in supplying our furniture needs.

Welfare - Mini MacDonald. If a member lands in hospital, Mini is there with the comforts, and she keeps us all informed in case we want to visit or help out.
Entertainment - Dawna Dozzi. Dawna and her committee run the biggest operation in the Wing, from the annual Charter Ball to the Friday Pub Grubs and everything in between. The Wing has a high activity level, and that's due to Dawna and her crew.

Sgt-at-Arms - Bruce Irig. When Bruce roars, we listen. Ceremony is an important part of our Wing, especially our parades, and Bruce keeps us smart.
Regalia - Joan Scott. Need a wedgie? See Joan for this or any Wing accoutrement.
Ident-a-Kid is a very popular programme, run by Cec Donovan and his group in local malls most weekends. You can have your youngster fingerprinted for his/her future safety. More on Cec's group in the next Wingnotes.



Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m.
Feb 25 Garry's Sound Machine
Mar 03 Norm's Combo
Mar 10 Country Cousins
Mar 17 Ventura Highway

Special Events:

Mar 18 Games Night - darts, euchre, crib Register 6:30 p.m. Play 7:00 p.m.
Mar 19 St. Patrick's Day - Irish Stew, \$3 per plate 1:30 - 6:00 p.m. Music by The Easterners

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.
Feb 25 Gord Kruger & Friends
Mar 03 Island Country
Mar 10 Vested Interest
Mar 17 Highway 19

Special Event:

Mar 24 Lobster Dinner & Dance Music by The Easterners

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
25 Feb Pub Grub/Raffle, \$3.50, 5:30-7:00 p.m.
26 Feb Sadie Hawkins Dance, 6:00 for 7:00 p.m. Music "Country Cousins" \$10.00
04 Mar Games Night, 7:30 p.m.
25 Mar Spring Dinner/Dance, 6:00 for 7:00 p.m.
\*\*\*Tickets for main event go on sale two Wednesdays in advance, noon at the Bar.
Annual General Meeting - 5 April, 7:30 p.m.
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 at 9:00 p.m. if there are no customers, at the discretion of the Bar Manager.

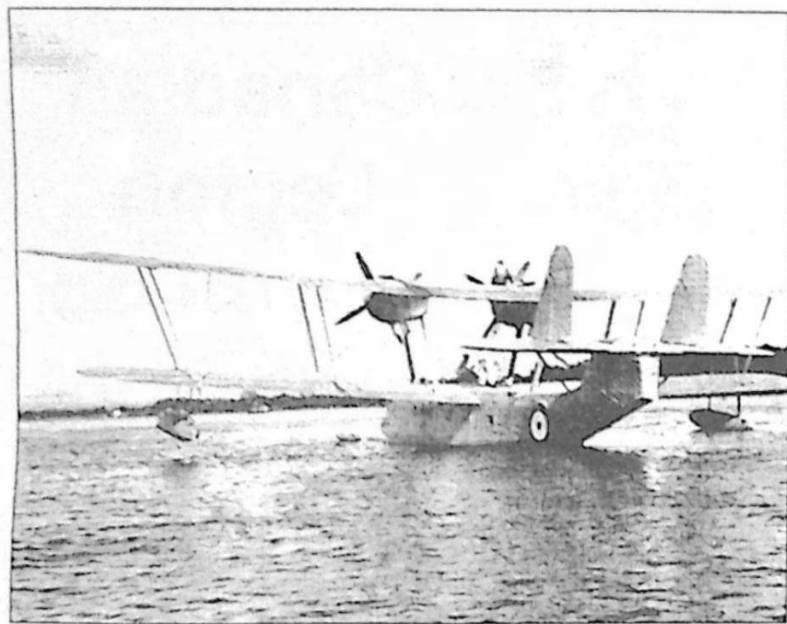
RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM. VISION PROBLEMS, HEADACHES, WEAKNESS, TROUBLE SPEAKING, DIZZINESS. HEART AND STROKE FOUNDATION. Seek immediate medical attention if you have any of these symptoms.

# Heritage Happenings

By Joel Clarkston

## Pin-Points in the Past

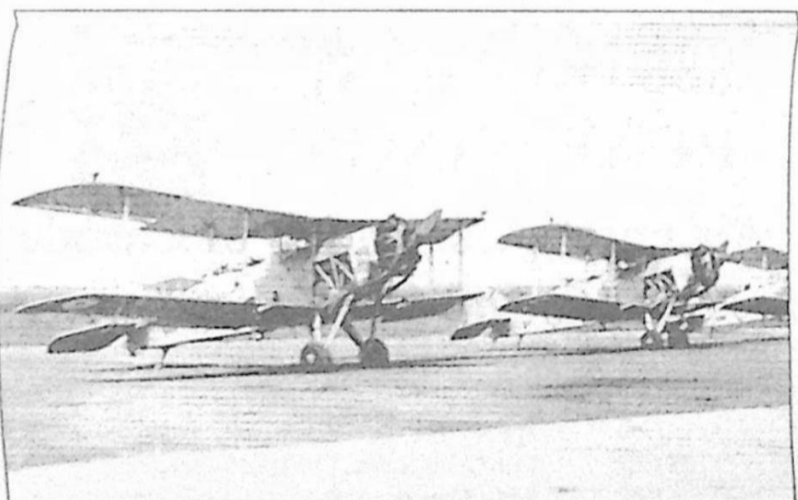
(From *The Roundel* - Vol. 5, No. 7, July-August 1953.)



A Stranraer at her mooring in the Ottawa River.



A Delta of No. 8 Squadron being loaded with supplies at Ottawa prior to departure for Sydney, N.S. The Delta, with a cruising speed of about 160 mph was the first all-metal low wing monoplane in the RCAF.



Wapitis of No. 3 Squadron waiting to be serviced at Ottawa en route from Calgary to Halifax. The Wapiti's cruising speed was about 90 mph.



S/L E.A. McNab (now Group Capt McNab, O.B.E., D.F.C.) about to take off in one of No.1 Squadron's Hurricanes from Ottawa to St. Hubert. Top speed of this aircraft was 335 mph at 18,500 ft.

### On the day of the Second World War's outbreak, the RCAF had 270 aircraft on strength

They comprised 20 types:

- Fleet Fawn (trainer) - 41
- De Havilland Moth (trainer) - 30
- Avro 621 and 626 (trainers) - 14
- N. American Harvard (trainer) - 14
- Fairchild 51 and 71 (transport and communications) - 23
- Vickers Vedette (photography and communications) - 9
- Bellanca (communications and photography) - 8
- Noorduyn Norseman (transport) - 4
- Hawker Tom Tit (trainer) - 2
- Grumman Goose (communications) - 1
- Westland Wapiti (day bomber) - 22
- Airspeed Oxford (trainer) - 20
- Hawker Hurricane (fighter) - 19
- Armstrong Whitworth Atlas (army co-operation) - 13
- Northrop Delta (transport and reconnaissance) - 12
- Blackburn Shark (torpedo bomber) - 11
- Fairey Battle (day bomber) - 10
- Short Stranraer (anti-submarine) - 8
- Armstrong Whitworth Siskin (obsolete fighter, in storage) - 5
- Vickers Vancouver (anti-submarine) - 4

Of the foregoing types, the Stranraer, Vedette and Vancouver were flying boats, the last two of which were Canadian-designed and built in Montreal. The Shark was built under licence in Vancouver. Only the Hurricane and the Battle were first-line operational aircraft. Westland Lysanders, manufactured under licence in Toronto, were also coming into service for army co-operation purposes. The accompanying photographs were taken while aircraft of the RCAF were being moved to war stations in the last days of August 1939.



Ivan Galloway kneels behind his latest creation, a large scale model of a Douglas C-47. The "Dak" is painted in 442 Sqn colours and is patterned after an aircraft used by the squadron in 1966 in the search and rescue role. The radio control model has a 12-foot wingspan, fully operational flaps, retractable scale landing gear and four function control, elevator, rudder, ailerons and throttles. It is powered by two Zenoah G-38 gasoline engines and took three years to build. Mr. Galloway hopes to test fly the aircraft in May when the weather is a little warmer. It may then be on display during the museum's scale model event scheduled for the weekend of June 24.



### 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

