



TOTEM TIMES

19 Wing CFB Comox

THURSDAY 10 FEBRUARY 2000

Comox Valley's Longest Running Newspaper

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Honouring Mark

Peacekeeper's mother receives Memorial Cross



Carol Isfeld, whose son's practice of distributing "Izzy Dolls" to the children of war left a legacy of hope in war-torn Yugoslavia, received the Memorial Cross last week in a quiet ceremony held at the Officers' Mess.

The long-time Courtenay resident was on hand with her husband Brian as 19 Wing paid tribute to MCpl Mark Isfeld. On June 21, 1994, the armoured personnel carrier in which he was riding struck a mine near Kakma, Croatia.

MCpl Isfeld died a short time later in hospital. He was on his third peacekeeping mission at the time of the accident.

The Memorial Cross is awarded to mothers and spouses of soldiers lost on active duty. Due to family considerations, MCpl Isfeld's unit, 1 Combat Engineer Regiment based at CFB Chilliwack, was never able to formally present Carol Isfeld with the cross. The matter came to the attention of several 19 Wing members last Remembrance Day. A short time later, they received the go-ahead to hold the ceremony locally.

Col Jim Simpson, Director of Military Engineering for the Canadian Forces, flew in to make the presentation. Also on hand was the Wing Commander, who presented Mrs. Isfeld with a mounting box, designed to hold both her cross and her son's UN medals.

Carol Isfeld then presented Col Simpson, Col Neumann and Maj Gauthier, the WCEO, with "Izzy dolls" accompanied by plaques and a poem.

IZZY'S DOLL

To the memory of Mark's birthdate - Aug 14 1962
By Carol Isfeld

She lay there in the rubble;
Destruction filled the yard,
Found there by a Sapper
Where God was keeping guard.

A sadness overwhelmed him;
He snapped a picture, with his heart.
A little girl had lost her doll,
Now he would do his part.

He showed the picture to his mother;
She knew what must be done;
He must keep giving others,
In memory of that one.

He gave them to the children
That he met, from day to day;
The smile he got from every one
Took all his pain away.
His brother sappers watched him do it;
Took his picture with each one,
Then God took him, but not his message,
The Dolls are far from done!

His "brothers" now give them with gladness;
They get the smiles that Mark would earn;
It surely makes their day seem fuller
As another soldier takes a turn.



My helpers they are also mothers;
And those who want a smile.
Mark's memory travels with each one,
As his "brothers" "walk the mile."

To all of you who knew him,
Mark's smile to you is in every doll;
Peace be with you as you give them;
Love has no borders, and no wall.

God Bless you all - "Mom" Isfeld.



(Photos by W Imaging)



Mark Fleming
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New listing



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Cormorant sneak preview



On 29 January military aircrew from CFB Comox got an early look at the search and rescue helicopter scheduled to begin replacing their 1960s era Labradors early in 2001.

The test version of the Cormorant, equipped with a unique anti-icing system, is in Fairbanks until March undergoing cold weather trials for its European based manufacturer.

"Our objective is to prove the aircraft is serviceable and flyable in temperatures as low as minus 45°C," said flight test engineer Tiziano Donizetti of Agusta a Finmeccanica Company of Italy, which is manufacturing the helicopter in cooperation with British based GKN Westland.

Cold weather helicopter performance is critical to Comox based 442 Transport and Rescue Squadron, whose area of responsibility includes all of BC, the Yukon and 800 miles offshore. "The classic distress situation is when pilots get into weather they can't handle and we're tasked to fly into that same weather to get them out," said Labrador pilot Capt Jamie Davidson. "We've got to know the aircraft can perform at low temperatures and in icing conditions."

Flight engineer Sgt Lowell O'Keefe was pleased with the accessibility of engine compartments and optimistic about its ease of operation. "When we're basing a search out of some small, isolated town, we've got to put that big aircraft to bed and start it up the next day without any outside help. It seems pretty straightforward on the Cormorant," said O'Keefe.

Search and rescue technician Sgt Gavin Lee was particularly impressed with the aircraft's 32.5cu.m. interior and large rear ramp, designed to allow paramedic qualified SAR Techs to easily move equipment and load casualties for evacuation. "We regularly work with over 2000 lbs. of rescue and survival gear. The extra room is certainly useful," said Lee.

While praising the Labrador for



Cormorant test helicopter lands at Fairbanks, Alaska, test facility.



Comox aircrew and company representatives pose in front of the new Cormorant.

(Photos by Lt(N) Coppard)



Flight engineer Tiziano Donizetti describes fine points of a Cormorant engine to (L) Flight engineer Sgt Lowell O'Keefe and (R) MCpl Kirk Waugh.



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CANEX News

Six more weeks of winter!

Wiarion Willie left his burrow briefly and saw its shadow, which sent the groundhog back to its burrow. According to tradition,

this means yet another six weeks of winter. Since we have to endure winter a little while longer, why not come in and rent a movie. You can

enter to win two New Releases, one 2-litre pop and a 170g bag of chips. Draws will be made weekly. The weekly winners will then be entered into a draw for a Hi-Fi VCR (1st prize) and a Studio Jacket (2nd prize). This promotion is sponsored by Amazing Video and Acme Video and runs until 29 February.

Congratulations go to Julie Richard's son, Joe, for being selected to swim representing Vancouver Island in the BC Winter Games being held in Quesnel this month. Way to go, Joe!

Carol is back at work. We missed her and it's nice to have her back, even though I don't think she missed us for a minute.

Denise celebrated another birthday on 4 February. Happy Birthday and we hope you had fun. You will soon be joining the older staff at trying out Gingko Bibola. The memory's always the first to go.

Come in and see us at CANEX and take advantage of our great deals.

Donation to blind fund



Canex Manager, Terry Zerr, presents a cheque for the Military Police Fund for Children to Capt Eithier, W SAMP O. Also in photo are the local Blind Fund Representative MWO Baye, DW SAMP O and Cpl Everet.

Chief of the Air Staff Message for February



Lieutenant General David Kinsman
Chief of the Air Staff

These are momentous times for all members of Canada's air force family. Every day around the world, the men and women of Canada's air force proudly serve their country and fulfill their respective duties and responsibilities in defence of Canada's sovereignty and the cause of freedom. While it is important that we carry out our duties and responsibilities, it is equally critical that our air force family clearly understands what we are doing and why we are doing it.

In the past, doing our job appeared to be sufficient in order to gain the moral and financial support of the Canadian public. However, times have changed. We must work harder to inform and educate not only the public, but also members of the air force family on what we contribute to this nation's security, and on what our structure, capabilities and requirements are now and in the future.

A long-term, future-focused communications strategy has been developed to take the air force well into the 21st century and beyond. Every air force member has an important leadership role to play in this regard as it is through his and her efforts that sustained understanding and support will grow.

This strategy establishes a proactive approach towards communications. It is future-focused but does not ignore the fact that short-term issues must also be dealt with. It stresses the need to inform our internal audiences, our stakeholders and the Canadian public in general about who we are, what we do, why we do it and what it takes to continue to carry out our roles as professionally and capably.

A strategy can set the tone by providing messages, objectives, and establishing priorities. However, it is only as effective as its execution. Very shortly, and in accordance with this strategy, a CAS level communications action plan will be distributed to all levels.

The action plan includes the establishment of closer ties with defence stakeholders, including the Air Force Association of Canada, the establishment of an air force-level media relations program and an emphasis on our pro-

ple and operations-oriented features in internal and external communications vehicles. In addition, increased emphasis and resources will be given to cooperative communications and exhibit activities with other DND/CF organizations like DGPA and the other command public affairs organizations.

The success of this air force communications strategy will require the cooperation and assistance at all levels of the air force, including our families. In developing their respective communications plans, commanders at all levels are encouraged to incorporate the spirit of the overall air force communications strategy.

Challenge and change have become a permanent feature on the horizon and I believe a strong communications strategy is essential to guiding the way. Communication, with emphasis on understanding and "buy-in", will play a key role in ensuring that we as an organization can contend professionally with that change and that Canadians continue to support us in our challenges.

No-retreat award



MCpl Lapointe receives the No Retreat Award from MWO Rodgers, TIS TMO. MCpl Lapointe, the IT Accounts Clerk, was presented the award for her outstanding performance and dedicated service. She was recognized for going the extra mile in resolving IT inventory problems at 19 Wing. Committed and determined, she worked closely with all DA holders reconciling their IT accounts and, in just over one year, she has been successful in bringing accountability back into the process. Well done and congratulations.


Bug a no show



As we all know, the Y2K bug did not show at New Year's Eve. According to WTISO, that was exactly as planned. "Due to the hard work of all involved in the Technical Compliance Program, we ensured the Y2K bug stayed away." Thanks go out to the compliance cell, Mr. Dave Mosher and MWO Dan Gray, and all unit reps who made for a successful project. Year 2000 activity wound down rapidly post rollover and officially ended 31 January.

Next Deadlines

Advertising: 16 Feb.
Articles: 18 Feb. noon



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The new recreation center is open and the administrative fun is really starting. There's a little matter of who is entitled to use the place and at what cost. Arguments rage on both sides. The logic is sound in all camps. And the decisions are not going to be easy.

Two different classes of members have been established: ordinary and regular. Regular members are to be regular force military, their dependents and reserve force class "B" & "C". Ordinary members are to be "everybody else" who is entitled to use Canex facilities: retired members of the military and RCMP, civilian workers, class "A" reservists, etc. All O.K. so far, except that there's a difference in rates for the ordinary members, they have to pay more. How much more is yet to be firmly established.

The retirees argue that they paid for half of the facility through their NPF contributions over the years (the facility was partially financed through Central Fund). The civilian workers are told that they are part of the base "team," except when it comes to the cost of using facilities. And the class "A" reservists, well, they don't seem to be covered in the CFAO(s) so they don't really fit nicely into the regular membership. Charge them more.

Despite the differences, it's still a good deal. One size fits all would be nice, but that doesn't recognize the sacrifices that the regular force are continually called upon to make. Difficult decisions lay ahead.

Joel Clarkston

Letters to the Editor

(The following letter was recently received by the Base Commander.) Dear Sir,

I'm writing to thank the men and women of 19 Wing, in particular the 19 Wing Military Police for their dedication and commitment in helping children in our community who have vision impairment.

My daughter, Jessica, who is now about 3 1/2 years of age was born with a rare eye disorder called Coloboma. This disorder affects 1 in 10,000 children and is permanent. I have been told there is no cure for this disorder. It affects Jessica's retina, iris and optic nerve. She was diagnosed by an eye specialist when she was only eight days old. At that time, I was told that one eye would have no sight and in the other eye the sight would be quite limited. She has been seen by eye specialists both here in the Comox Valley and in Vancouver at BC Children's Hospital.

We have recently had more information given to us regarding Jessica's sight. We have a wonderful eye specialist at Children's Hospital. Dr. Lyons has been very helpful in giving us a better understanding of exactly what sight Jessica has. She has good vision in her right eye, only missing her peripheral vision above. Her left eye, which has more extensive involvement with the Coloboma, has only peripheral vision at either side and below. That is, she has no straight on vision or peripheral vision above in this eye. Jessica's pupils are dilated all of the time and do not automatically constrict when in bright direct or indirect light. This not only includes light from the sun but also fluorescent light indoors. Although she loves to be outdoors, any time spent in bright light can also do further permanent damage to her eyes. Both eyes are very different from one another. One eye is near sighted while the other is far sighted. Because of the difference in her eyes she has a problem with depth perception.



Jessica all ready to go out Trick or Treating.

I am a single mom who attended North Island College full-time for the past three years. I have managed some part-time work since graduating in June but no full-time work as of yet. So, for this reason, I approached the Military Police seeking assistance in purchasing the much-needed glasses. With their help, we were able to obtain the prescription glasses, which have made a great deal of difference. The first time she wore the new glasses, her reaction was, "Mom, I can see you better." Without your help, Jessica's vision and safety may have been jeopardized until I could somehow have found a way to obtain them myself. You have made an enormous difference in my daughter's quality of life and I will always be forever grateful. Once again, thank you to 19 Wing Military Police for the gift that the rest of us take for granted.

Please extend my thanks to MWO Baye and Cpl Tom Crispin for their personal assistance. They continually supported me in my time of difficulty and were always available and willing to help.

Sincerely,
Megan Munday



NEW REC CENTRE WELL USED BY 19 WING

Dear Editor:

May I thank you most sincerely for granting me the privilege of visiting 442 Squadron recently.

The staff, in all areas, were so kind and patient in explaining the various elements and processes which, as a visitor from Britain, I found most interesting.

Further, the disciplined approach to the diverse tasks and responsibilities of this demanding service was most impressive.

Perhaps you would kindly convey my appreciation to the staff concerned.

With thanks again,
Yours sincerely,
Patricia Leach (Mrs.)

January Weather

January was right on with its average monthly mean temperature of 2.5 degrees. However, the average monthly precipitation was shy of its monthly mean. The maximum wind gust was recorded at 44 kts. The 72.5 hours of bright sunshine was above average for January.

Highest monthly temperature	9°C
Lowest monthly temperature	-3.6°C
Total monthly rainfall	80.1 mm
Average monthly rainfall	147.7 mm
No. of days with 0.2 mm or more snowfall	7

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

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- E-mail doesn't cut it for a real love letter, a love note maybe...
- Plan a romantic getaway
- Dedicate a song on a local radio station.
- Pocket a kiss. Kiss a sheet of plain paper, add a special message and tuck it into a pocket to be discovered later.

Next deadlines
Advertising: 16 Feb.
Articles: 18 Feb. Noon



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DEMON DOINGS



Welcome to another rendition of Demon Doings. This week has the dark evil forces of MPSET descending upon the squadron to cast away the sun and count beans, envelopes and so forth during their annual audit. Complete with their tactical sigmoidoscope, they will peer deep into the bowels of the squadron to see what stuff they can disturb. Tasked to battle with these evil forces are Captains Laplant and Robertson, who were just not quick enough to hop on the department aircraft to Hawaii with the rest of Crew 1 just prior to the arrival of the MPSET weenies. Go Francois and Alex!

For the first time in a year, Crew 2 was without comment... and, no, Skippy doesn't have laryngitis. He and the crew are in San Diego for their first away trip in about a year.

Crew 3 is saddlin' up to get out of Dodge (quite literally for Capt Kretschmann). This is a rather quick turn around from having just returned from six glorious fun-filled days, all expenses paid, trip to Greenwood. It was there, in the midst of a raging winter storm, that they recalled their childhood dreams to play in the NHL or for Team Canada. It turned out that if they had play for Team Canada, they would have had accommodations waiting for them on base when they arrived. But, since they were all just in the military, their rooms were given away and they had to go downtown.

Crew 4 is rumoured to cancel

more flights before breakfast than most crews do in a month. They are thinking of changing their crew patch to show a big lightning bolt. They are also hoping JP "Sparky" Tremblay will provide the same excitement on the ice as he does in the plane. Hint to other ASO's... never lick the plug before powering up the laptop. Congrats go out to Neville Schultz who can now afford to eat again after guessing the score of the Superbowl. Looks like we shouldn't have been teasing him about the psychic hotline on his speed dial. Other than that, things are returning to normal. Now that we've changed the lock on the crew door, maybe Tracey McKinnley can get on with his "new" life.

Prior to the most recent crew shuffle, Crew 5 decided to blow their crew fund on a keg. M. Gagnon was delegated "Moe" for the evening. The keg proved too much for the crew and outlasted the evening. Grahamstein's New Year's resolution is to slim down his sporrans... whatever that may be. So far, he has managed to get it down to the thickness of three regular wallets, but it still remains crammed with paper from the 70s and 80s. E. Squires joined the crew just in time to go to Deadwood.

Since he returned from MOAT in October he has been away three times. But, since all of the trips were to ZX, the crew isn't holding it against him. Eli "mountain man" also denies the abounding rumours of him having used a shovel to hunt and kill a beaver while on the land survival school. When asked about the axe he was issued on the course, he made no comment. EJ accompanies Crew 5 to Greenwood, but just couldn't face the thought of the service flight home. So he made his own way home.

Crew 6 is still recovering from the harsh but fair crew shuffle of the New Year. Version 6.0 of the crew was fortunate enough to enjoy the many wonders of MCBH Kaneohe on their recent CAST adventure. They successfully executed operation "Extreme Assistance" ensuring the Capt Commander passed his MPCC Checkride. A good time was had by all, but especially by Capt Bloggins and Lt Hurlbut who nearly died on the totally sweet hills of Hawaii. The biggest surprise of the trip came when Capt Dietrich actually showed up on time, in the right place, to pick them up. Other than that the crew has been participating in the standard operations as designated by the beloved Ops cell. The only abnormality seems to be the surprising number of Aesops it takes to successfully complete an MPAT. I guess they don't call it Crew 6 for anything.

Reservists in profile

'Bang for the buck'

Reserve Air Nav leads peers in missions flown

At two-thirds the cost of his Regular Force counterparts, Capt Brad White is a proving quite a bargain for the Canadian Forces.

When 442 Squadron recently compiled its 1999 flying stats, Capt White, a reserve Air Navigator, came out on top with 24 SAR missions, the most of his 7-person section. He also garnered the second-highest number of flying hours amongst his colleagues.

"I was surprised when we added it up," says Capt White, who logged thousands of hours

during previous Regular Force tours at 442 and 436 Squadrons. "I've always thought of reserve work as 'part-time', but these days it can mean a lot more."

Capt White spends six months each year on full-time "Class B" service, thanks to a shortfall in the squadron's roster that occurs each summer when a crew deploys with the Canadian Forces parachute team the Skyhawks. The remainder of the year he's on "Class A" status, which works out to around 12 days per month. When he's not flying, Capt

White can be found at the Nordic Lodge atop Mount Washington, where he tunes skis two days per week.

His double life came courtesy of FRP '96, followed by a move into the Air Reserve in 1998.

Maj Paul Weed, head of 19 Air Reserve and Augmentation Flight, is responsible for slotting reservists into manning gaps around the Wing. Capt White's achievements he says, are just one example of ARAF personnel providing "bang for the buck."

"Reservists can fill a need in a hurry, and at a significant saving," he says. "At the same time, the reserve commitment doesn't preclude having another job. It's a win-win situation for all concerned."

Capt White is quick to agree "The advantages of being a reservist more than compensate," he says with a smile. "I really only work six to eight days a month less than everyone else and can't be paid."

But it's not all about the money. "I'm a reservist in trade, a reservist in trade. Some people are reservists in Comox on 10 February on the inventory of



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Military Community Volunteer Award

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Edith Picard with son Andrew (at age one).

Edith Picard the recipient of this edition's award, for her outstanding commitment to the CMFRC.

Edith Picard has been an active and loyal volunteer at the Comox Military Family Resource Centre, for over five years.

As a CMFRC volunteer Edith has worn many hats, initiated many projects, and worked hard to meet the needs of the military community, and raise the profile of the CMFRC. Edith has been instrumental in establishing the Welcoming Program at the CMFRC. She has made personal contact with many new families, written articles for the CMFRC newsletter, facilitated workshops, researched and published a CMFRC Welcoming Directory and Welcome package, and developed a Welcoming Committee resource manual. People close to her describe her as warm, genuine, interesting, motivating and above all a great listener.

Thanks for all your hard work and support over the last five years Edith!

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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Scouts and Leaders from the Comox Valley take Standard First Aid and CPR Level 1 training on the Wing. Photo shows Capt Bush overseeing as Scouts (L-R) Barbie Wells, Matthew more and Steven Beise practice giving CPR. (Photo by Derek)

Burn Awareness Week

February 6 - 12
Prevent burn injuries!



Water Temperature

When running a bath always run the cold water into the tub first, then add hot water to the desired temperature.

Before placing a child in the bathtub, test the temperature of the water by moving your hand through the water for several seconds. If the water feels hot, add cold water until the temperature feels comfortable.

Matches & Lighters

Many fatal burns to children are the result of their playing with fire. Teach children that matches and lighters are tools not toys. Use child-resistant lighters and store all matches and lighters out of the reach of children.

Stop, Drop and Roll

If your clothes catch on fire - Stop immediately, Drop to the floor, cover your face with your hands and Roll over and over to extinguish the flames.

Cool a Burn

If someone is burned, cool the burned area immediately with cool water for 10-15 minutes. Never put ice, very cold water, water or lotions on a burn. If the burn blisters or chars, seek medical help immediately.



Purchase and install working smoke alarms and practise home escape plans

In the Kitchen

Never leave cooking foods unattended - oil or fat can ignite.

If you are faced with a grease fire, carefully slide a lid over the pan and turn off the heat source. Always turn pot handles to the back of the stove when cooking to avoid pots being pulled or knocked off. Never leave hot liquids or food unattended or at the edge of a table or counter where they may be pulled down by a child.

When cooking, avoid wearing loose fitting sleeves that may contact stove burner and ignite.

Tree Mulch raises funds



Pictured with donation-filled boots (L-R) Cpl Ed Blaney and MCpl Jerry Snook.

On January 3, members of the Wing Fire Department raised \$440 for the Muscular Dystrophy Association of Canada. Donations were collected from the general public for six hours as firefighters stood in the Canex parking lot and collected donations in their fire boots - which they weren't wearing at the time, of course!

"It was a beautiful day and we're proud that the community supported us. We are also very grateful to Max Tree Topping for mulching the trees." Said firefighter and 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 tissue.

MDAC provides services to thousands of Canadian affected by over 40 neuromuscular disorders. The association offers hope through research, creates awareness and understanding through education, and provides services through personal support programs.

New look to Wing Foods

By WO G. Robitaille

Since 1 December, the service provided by Wing Foods has taken a remarkable turn. This is mainly due to the implementation of new hours of operation and the revision of the cycle menu.

The new hours allow Food Services to be available any time from 0600 hrs to 1800 hrs every day. Anyone may walk into the Totem dining hall (main floor of the JR Mess) and get a full breakfast meal from 0600 hrs until 1100 hrs.

Regular lunch is served from 1100 hrs until 1400 hrs. Customers have access to one entrée choice, potato, vegetable, soup, salads, dessert and beverage all

ready on the line for quick service. Also, an à la carte menu comprising of up to six choices, including pasta and pizza, all freshly prepared to your request for absolute satisfaction. A la carte selections are available from 1100 hrs until 1800 hrs. Supper is served from 1600 hrs to 1800 hrs, also with an entrée choice ready to serve on the line for quick service.

Every third Wednesday, a "theme" dinner is served from 1600 hrs until 1800 hrs. Please note that a meal ticket must be purchased as required at the time of ordering.

For further info, please contact Wing Foods at local 8857.

Kings of the Playground



A 1998 playground survey showed a deficiency in adequate equipment for younger children. Last year, the Quality of Life Funds Committee approved the purchase of four play stations which provide quality entertainment for the younger children and toddlers in the Wallace Gardens community. Pictured, and no doubt wishing they could try out the new play station, are (L-R): WCWO Dupuis, Quality of Life Funds Committee Chairperson; Mr. Brian Devries, Roads & Grounds Team Leader; WO Bekus, Deputy Mayor WGCA.

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...passing values from one generation to another!

Lucky winner!

Christmas came a day early for Cpl Denis Campeau, the winner of CMFRC's Airline Ticket Draw. The 24 December phone call announcing his win made him a very happy man and the prize of two return tickets anywhere in the world that Canadian Airlines flies was "the best thing that's happened to me all year!"

Accepting on his behalf, wife Anne Campeau got to choose their destination - "somewhere that neither of us have been before." Acting Executive Director, Terry Burt presented the tickets to Anne with CMFRC staff Alex Greenwood and Claudia Naaykens happily looking on.

The CMFRC wishes to thank all who supported this fundraiser, which raised approximately \$3,500 towards a van to use for its programs.



Peacekeeping training tempo continues

The internationally-recognized Pearson Peacekeeping Centre (PPC) will carry out a wide range of training programs and research activities this year in support of Canada's contribution to global peace, security and stability.

Alex Morrison, president of PPC, said the different courses, seminars and exercises will build on the centre's success in 1999 in assisting various military, government and civilian organizations to cope with crises and uncertainties around the world.

Most of the training will be carried out at the PPC campus located at the former Canadian Forces Base Cornwallis. As well, military and civilian staff members will travel to wherever required to conduct training and to consult with military commanders, government officials and non-government organizations involved in crisis situation.

In 2000, PPC will offer more than 20 courses, ranging from the New Peacekeeping Partnership and Human Rights in Modern Peacekeeping to Peacekeeping Negotiations and Civil-Military Co-operation in Modern Peacekeeping. Support for NATO will include participation in an exercise conducted by Allied Forces Central Europe at PPC.

"Each year since the centre's opening in 1995 the level of research, education and training activity on campus and off-site has increased," Morrison says. "In 1999, for example, the centre conducted 19 courses, two exercises and three seminars. This involved more than 7000 participants, including 122 members of the Canadian Forces from the Commands and NDHQ."

"In the last five years PPC has hosted 2000 participants from 120 countries... from UN organizations, NATO members and government and non-government agencies dealing with human rights and humanitarian assistance, all members of the New Peacekeeping Partnership," he explains.

At the same time, PPC has carried out training on four continents. In this regard, the centre's on-site teaching and conducting staff have been ably supported by more than 250 external faculty members who assist in the development and delivery of courses and exercises.

Last October, PPC conducted a major NATO command post exercise at the centre. This involved approximately 2000 participants, including more than 100 members from Headquarters Striking Fleet Atlantic, Norfolk, VA, plus mem-



bers of the CF and other NATO countries and different humanitarian organizations. In November, an operational support exercise was conducted for Maritime Forces Atlantic based on Y2K preparation.

Language is not a problem in the delivery of training. In addition to English, a number of courses are delivered in French at PPC and at the centre's office in Montreal. Courses such as the Changing Face of Peacekeeping: Modern Peace and Security Operations have been developed in Spanish and Japanese for delivery in Argentina and Japan.

The non-profit Pearson Peacekeeping Centre is named in honour of former Prime Minister and Nobel Peace Prize recipient Lester B. Pearson and is funded in part by the Department of National Defence and the Department of Foreign Affairs and International Trade. Since its establishment in 1994, the centre's staff has gradually increased to approximately 100 teach, research, development, administrative and support services members.



Tutor 017 was flown in from Moose Jaw on 3 February to be traded for a DeHavilland Vampire aircraft. The Vampire, owned by Bill Lamberton, has been stored in the 19 Wing QRA since July 99 when it flew in the 75th anniversary airshow. Mr. Lamberton offered the Vampire in trade for a serviceable Tutor, and 017 was subsequently freed up and flown to Comox for the trade. Some pre-trade work still has to be done on the Tutor, and Mr. Lamberton will be travelling to Comox on 10 February to view the aircraft prior to finalizing the deal. The Vampire will then be placed on the inventory of the Comox Air Force Museum.

Air Force Quiz of the Month

Test your knowledge of Canada's Air Force.

- Which aircraft is known as the "workhorse" of Canada's Air Force?
(a) Aurora (b) Hercules (c) Polaris (d) Sea King
 - Which three countries have already signed on for NATO Flying Training in Canada?
(a) Italy, Denmark, US (b) UK, Italy, Denmark (c) Denmark, US, UK (d) Italy, US and Canada
 - During its 2 1/2 month deployment, the Canadian Airlift Task Force airlifted _____ pounds of supplies from Darwin into East Timor:
(a) One Million Pounds (b) Three Million Pounds (c) Two Million Pounds (d) 500,000 Pounds
 - Which WWII RCAF pilot did Prime Minister Winston Churchill name the "Saviour of Ceylon"?
(a) Major Billy Bishop (b) Flight Lieutenant "Buzz" Buerling (c) Air Commodore Johnny Fauquier (d) Squadron Leader Leonard Birchall
 - What was the first all-metal framed aircraft to go into service with the Royal Air Force?
(a) Siskin (b) Goblin (c) Lancaster (d) Spitfire
 - In what year was the RCAF formed?
(a) 1922 (b) 1924 (c) 1928 (d) 1926
 - This April, which Canadian Forces member will become the first Canadian astronaut to walk in space?
(a) Mark Gameau (b) Julie Payette (c) Chris Hadfield (d) James Simiana
 - Who was named 1999 "Canadian Airman of the Year" at the Air Force Association's annual Canadian Aviation Awards?
(a) LGen David Kinsman (b) Col Chris Hadfield (c) Pipe Major John MacDonald (d) MCpl Benoit Rheault
 - Approximately, how many lives did Canada's Search and Rescue crews save last year?
(a) 1000 (b) 2000 (c) 300 (d) 500
 - If you get lost on a hunting trip, which agency is responsible to search for you?
(a) The Air Force (b) The Coast Guard (c) The Army (d) The Police
 - What is the largest fighter base in Canada?
(a) 3 Wing Bagotville (b) 4 Wing Cold Lake (c) 19 Wing Comox (d) 17 Wing Winnipeg
 - Which recent additions to the CF-18 allowed their crews to be effective and interoperable with their allies during the NATO air campaign in the Balkans?
(a) New avionics packages (b) Radar and communications suites (c) Precision guided munitions (d) Have Quick radios
 - A typical Snowbird's show encompasses approximately _____ minutes of flying with some 45 to 50 maneuvers?
(a) 50 to 60 minutes (b) 45 to 50 minutes (c) 25 to 30 minutes (d) 30 to 35 minutes
 - Which aircrafts fly more than 1000 hours annually in support of the RCMP against the importation of illegal narcotics into Canada?
(a) CF-18s (b) Auroras (c) Sea Kings (d) Hercules
 - Which aircraft was bought in 1961 primarily as an antisubmarine aircraft for the navy?
(a) Aurora (b) Twin Otter (c) Sea King (d) Labrador
- Check out the answers at
www.airforce.dnd.ca/eng/answers.htm

More than just doing a good turn



Scouts and Leaders from the Comox Valley take Standard First Aid and CPR Level I training on the Wing. Photo shows Capt Mel Bush overseeing as Scouts (L-R) Barbie Wells, Matthew Gillmore and Steven Beise practice giving CPR. (Photo by Derek Amos.)

EAP live "Chat Room" ready

Signalling completion of Phase One in the revitalization of 19 Wing's Employee Assistance Program (EAP), W Adm O, LCol Mike Spooner, officially opened the EAP Chat Room where Referral Agents may meet with clients in a trusting yet relaxed atmosphere.

Phase Two will involve the establishment of an umbrella committee, compilation of brochures and booklets on a range of topics, and preparation for the upcoming EAP Week. Phase Three will set in motion a series of presentations, including the briefing of supervisors as well as employees.

Cutting the ribbon (a red piece of the left over from Christmas - EAP does operate on a string) LCol Spooner thanked not only the two current RAs for their contribution, but singled out CE carpenter Susan Mendonca for her work with furnishings and walls, giving thanks also to her Team Leader, Don Buchan, and WCEO, Maj Wayne Gauthier, for their support.

Mike Chatwin of the Rec Centre was recognized for his contribution of chair and couch, Officers' Mess and Combined Mess for donating supplies of coffee, tea, sugar, whitener and the like, and acknowledgement was made of the patient endurance exhibited by EAP's corridor-neighbours during all the noise of renovation.

"My thanks go to anyone who has helped create this meeting and



UNDE Local 1107 President, Dennis Kennelly, awaits the snip by W Adm O, LCol Mike Spooner, which will officially open EAP's new Chat Room. (Photo by W Imaging)

office room for the EAP. We all know how important it is to work from a firm base. The EAP room will make the work easier for both current and future RAs, and creates a warm, relaxed atmosphere for potential clients," LCol Spooner told the small gathering. The EAP being a joint Management/Union undertaking, UNDE Local 1007 President Dennis Kennelly joined W Adm O in stressing the importance of the Employee Assistance Program.

"This program has always had the support of unions. The EAP gives workers, whether military or civilian, supervisors or labourers, a last chance to recover from - or find help for - a long range of

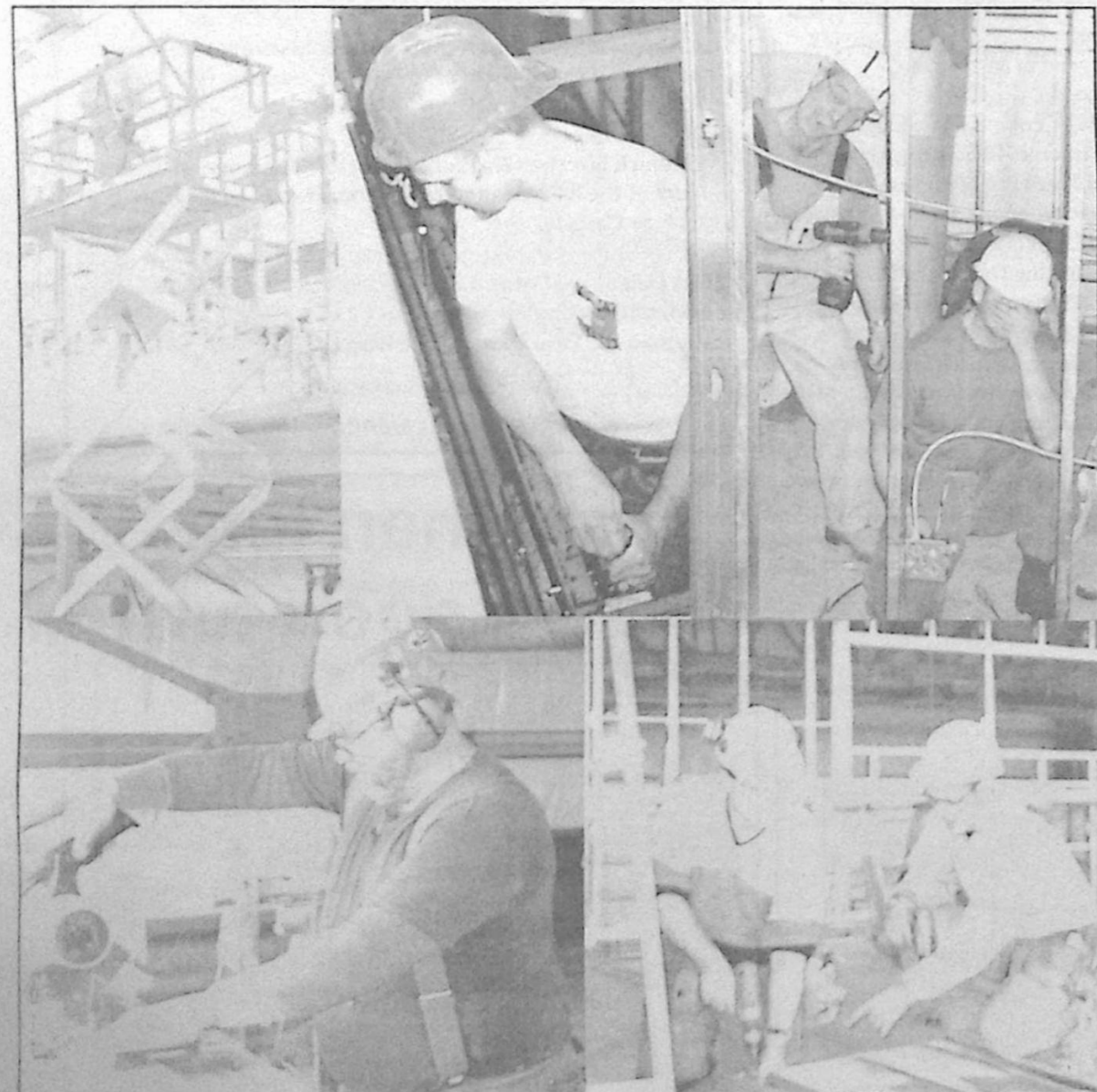
problems any one of which may beset you, me, whomever.

"And that's why we have the RAs and now also the room - just in case. If they are never called upon so much the better. But job changes, Alternative Service Delivery, work pressures and the stress of performing in spite of constant upgrades may quite easily affect production. No one is immune.

"I'm especially pleased with the prospect of presentations during year 2000. Many employees remain unsure just what EAP entails - supervisors, too. The pamphlets will also help to enlighten. The union is entirely satisfied with the progress so far."

Cadet hangar - full of sound and fury

Drills, saws, hammers, noisy machinery - inescapable cacophony of any construction site. With the structure of the new cadet hangar now being up and reasonably complete, CE crews work like buzzing bees on the interior.



(L-R): Scissor lifts make much scaffolding unnecessary and eases work life for CE carpenter Keith Doleman. Cpl Mike McLeod refuses to look at Tim "Funny bones" Mills, live wire CE electrician, the Comb Ops drill master. Structural Team's Charles Williams and Steve Darvule prepare steel partitions for wall, the steel being cut into proper lengths by carpenter Robert Parr.

Finn Bits

Purpose of EAP

Time is running out for those interested in becoming Referral Agents. Loading will soon take place for this spring's RA course. Anyone interested, or wanting to learn more, should contact Stephany Gray, 8296 or Finn Schultz-Lorentzen, 8379.

A reminder: The Employee Assistance Program (EAP) not only provides a sympathetic listening ear but encourages employees to deal constructively with their personal problems. The program's Referral Agents will attempt to help clients sift through options until settling upon a possible solution through referral to an agency or other appropriate source of assistance. In a sense, EAP will help smooth the way for individuals who need help but are reluctant to ask for it.

All conversations are held in the strictest confidence. There is no charge for the service. The range of possible problems encompasses the broad spectrum of hum condi-

tion - drugs, alcohol, finance, marital, gambling, stress, emotional. No problem is too small or too large.

Asking for or accepting the assistance of EAP will not affect an employee's job security or promotional opportunities. Of course, an employee is personally responsible for his or her job performance, and asking, or not asking, EAP for help will not change that. But asking might lead to a healthier, happier and more productive life. Which precisely is the purpose of EAP - to enable an employee better to live up to professional responsibilities.

And if the client does not like the Referral Agent's advice? Then he or she is perfectly free to ignore it. EAP is strictly a voluntary program. But only rarely would advice be offered without the client's concurrence.

Consensus is the aim, referral the means, and a fitting solution, the goal.



EAP Referral Agent Stephany Gray before new display rack. (Photo by Cpl Josee Menard, W Imaging.)

EAP week in February

Just as a physician must be careful not to inappropriately play the buffoon, thus the Employee Assistance Program must be conducted so as not to be mistaken for Laugh-In or the Comedy Hour.

Which in a sense is too bad now that EAP Week is impending. EAP cannot compete with No Sno Fest. It presents none of the Airshow's spectacular features. The week offers nothing in the way of merry-go-rounds, petting zoos, or break dancing. All that is strived for is greater awareness of the program, its purpose, how individuals - including supervisors - any avail themselves of the potential succor it brings Base personnel.

The EAP offers a listening ear plus mutually agreeable referral to the resource deemed most appropriate. Which may not sound of much. But it may be also exactly the encouragement, the 'push' required (for more info, see article in this issue entitled 'EAP's live Chat Room ready').

Oh sure, if financially embarrassed, use your MasterCard to pay your Visa. If bored to tears, pop some popcorn without putting on the lid. Has life become too frenetic? Make a list of things that you have already done. Or fill in your tax form using Roman numerals. That should slow you down. To combat stress, write a short story using alphabet soup. Is depression causing you to feel isolated and a failure? Make up a language and ask people for directions. Watch their reaction and feel a whole lot better.

But maybe not.

What you want is a cure, a permanent remedy, not some off-hand sympathy or temporary hand patting. Sometimes a little levity may in fact restore perspective preparatory to referral and the hoped for permanent remedy.

Banners will be hung to remind you that the Employee Assistance Program is there for you. Or for that friend or colleague whom you think may benefit. If of use, why not take advantage of the opportunity? Dial 7035.



Snow made a fest of it prematurely, leaving CE's Airfields & Works crew no choice but to remove enough of winter's wool to clear passages for Fords and folks. Top left: Marcia Erikson clears lanes for traffic while top right, Team Leader Brian deVries ensures sidewalks are de-iced for better traction. Bottom: The snow has to go somewhere.

Meanwhile, though covered with snow-

other pieces of equipment wait patiently, almost smugly, knowing that the days for grass mower, weed killer tank and tractor are fast approaching.

Push... pull... pile...



Baroque bar of oak

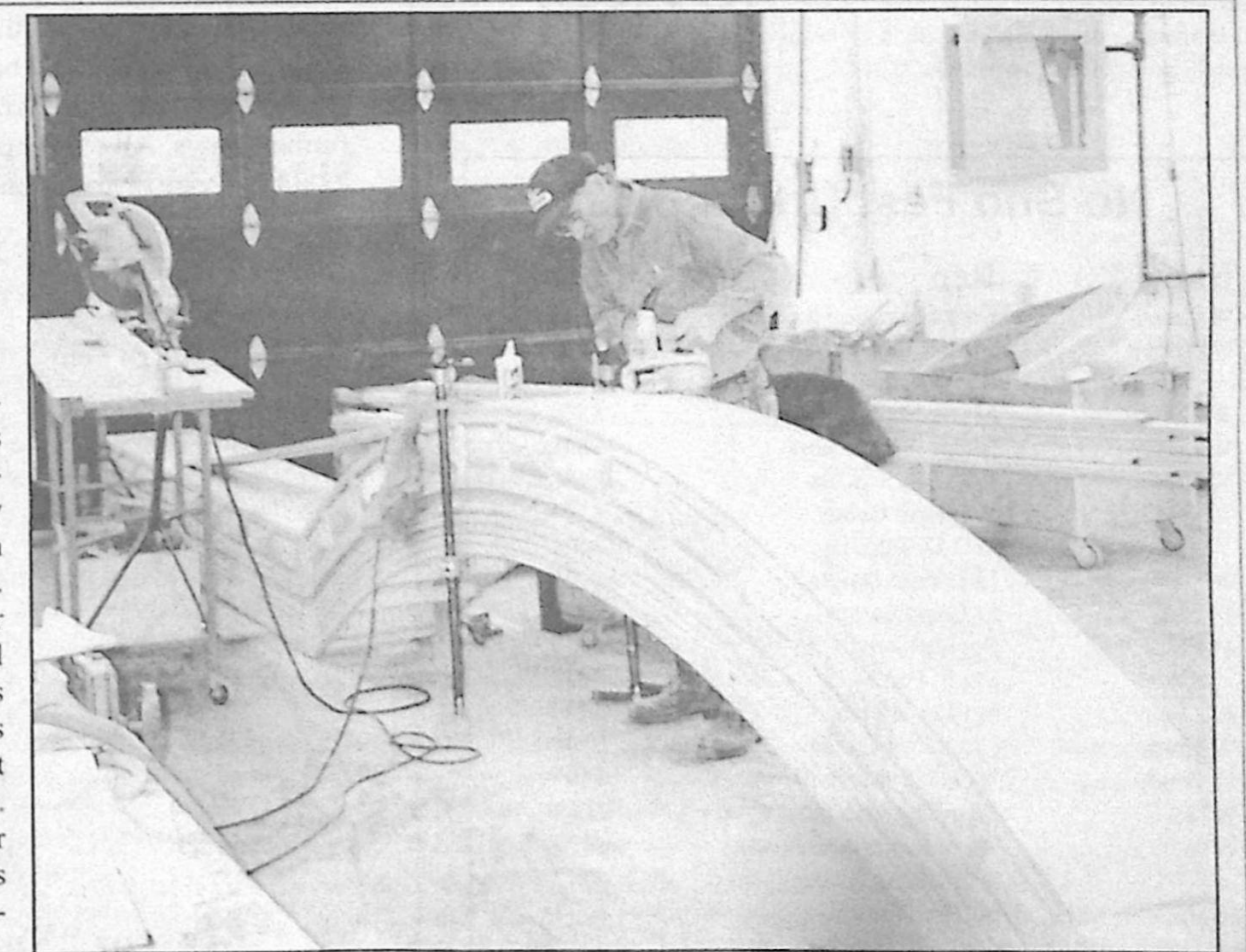
There are baritones in Barcelona, barons in Barbary, baroncles on barquentines, barracks by barbettes, and bargains in Zanzibar and barren Barbizon. But, at CE, there is only one bar: The 37 foot long bar currently under construction for the Jr. Ranks.

John Stokes is the name of the master joiner in charge of the project, and before the bar is up he will have spent over 1 1/2 months just on the structural part.

"The bar is made of solid oak, sports raised panels, and

will be given an oxblood colour lacquer finish," explains John. "The overhead part, affixed to the ceiling, is already up. I expect to have the bottom half ready by mid-February. Which doesn't mean the bar will be ready for use, for we'll be wanting sinks and outlets and the rest, which means plumbers and electricians, but the Structural part will be done. And it should not be long after that the bar will be enjoying its first customers. And the customer, the bar."

Funds for the project comes from Junior Ranks.



Master Joiner John Stokes at work in CE shop, building new 37-ft. bar for Jr. Ranks.

No Sno Fest

The No Sno Fest will take place Friday, 25 February at the new Fitness and Community Centre. This year's theme is "Comic Book Characters" so unit teams should put their minds in gear and come up with a winning look. There will be prizes for best costume, and those in costume will get twice as much seed money at the casino as those who are not in costume.

Note: There is to be no mixing of civilian and military attire in the creation of costumes.

The events will be similar to last year's, and open to all Regular and Reserve Force members, DND/NPF civilians, and their spouses. Those with little ones can take advantage of free child minding, generously being provided by Claudia at 8847. Spaces are limited so reserve early.

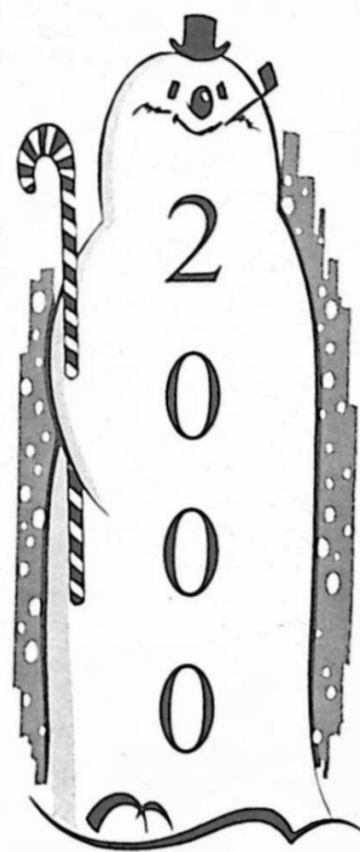
Buttons will be on sale this month, at a cost of \$5.00, until 22 February. Limited numbers will be available for sale at the pancake breakfast on 25 February.

The purchase of a No Sno Fest button gives you:

prize eligibility (early bird draws will commence as soon as buttons arrive the pancake breakfast (served by the COs and Branch Heads) participation in all events admittance to the dance/casino night at the combined mess spouses are welcome to attend, and require their own button.

Charity donations will be accepted at breakfast and lunch, with proceeds going to YANA and SPCA at a 75%/25% split.

The No Sno Fest Casino magnet, Cpl Suzye "Aces" Landry, is looking for 12 shady volunteers to deal blackjack and spin the roulette wheels at Casino night from 6:00 p.m. to 1:00 a.m. on 25 February. If you're interested call "Aces" at 8704. Remember, no skimming. There are lots of holes in the desert...



Pacific Region Mens Oldtimers Hockey Championship 14-18 February

Oldtimers		Men	
1. 19 Wing Comox		19 Wing Comox	
2. Colorado Springs		CFB Esquimalt	
3. CFB Esquimalt			
4. Elmendorf Alaska			
Date	Time	Event/game	
14 Feb	1000 hrs	Opening ceremonies	
	1015	Team pictures	
	1100	2 vs 1	
	1400	3 vs 4	
15 Feb	1300	4 vs 2	
	1730	1 vs 3	
16 Feb	0900	2 vs 3	
	1300	4 vs 1	
	1730	Men	
17 Feb	0900	1 st vs 4 th	
	1300	2 nd vs 3 rd	
	1730	Men	
18 Feb	0900	Men (if necessary)	
	1300	Oldtimers final	

Schedule of Events

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	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 #1 (18 Feb) 2 nights accommodation for two at Wickaninnish Inn & weekend car rental.

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



Mascot "Super Frosty" will begin making appearances when the buttons go on sale.

No Sno Fest Unit rep list

Unit	Rep	Local
W Comd	Capt Craig Fowler	8111
W Admin	Lt Brenda Gauthier	8020
	Maj Marianne Kaduck	8020
W Compt	MS Jemma Neville	8578
W Ops	MCpl John Healey	8848
W Log	PO2 Mitch Scott	8478
19 AMS	WO Stan Bekus	8504
	WO D. Vogel	8401
407 Aircrew	Lt Darren Daigle	8797
407 Maint.	Lt Chris Orrey	8107
414 Sqn	Sgt Phil Perfitt	8839
	Sgt P. Penley	8722
442 Sqn	Sgt Les Bieber	8929
W Hosp	Cpl Suzye Landry	8704
W Foods	WO Guy Robitaille	8405
WTIS	MCpl Paul Roix	8669
WTn	MCpl Kevin Murchison	8475
	MCpl Tony Miller	8349
FS&R	Bobbie Howard	8542
CE	Capt Ken Brooks	8552
WEME	Sgt Gabriel Forest	8724

Logo Contest

This year's No Sno Fest will be the first to feature a Wing-wide logo competition for next year's event. Designs should be tasteful and feature a winter theme with the words "No Sno Fest 2001". Aspiring artists should submit their designs to their unit reps by the 18 February. The top three, as judged by the No Sno Fest Committee, will be displayed at lunch during No Sno Fest and participants are invited to vote on their favourite. The winner will receive two rounds of 18 holes with a power golf cart at Crown Isle.



Comox teams to Nationals

By Jake Plante

Both our men and women are off to the CF Volleyball Nationals in CFB Borden 20-25 February. Both teams won their respective divisions by defeating CFB Esquimalt three straight games in a best of five final match.



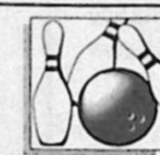
Women's Volleyball team

(On floor): Alex Long, coach. Front (L-R): Kim Delisle, Lucie Gagne, Brenda Gauthier. Back (L-R): Shelly Traves, Luce Gilber, Mimi Prevreau, Linda Cahill and Cindy Wallgren.



Men's Volleyball

Col Neumann presents the Pac Region banner to team Capt Rick Vinet. Looking on are (L-R) Rick Smith, Neil McMahon, Stu Irvine and Jim Buckley.



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	Contacts
Tues. Ladies 6:45-9:00 p.m.	Moe Eisan 338-7569
Weds. Ladies 12:30-3:15 p.m.	Nancy Potvin 339-1782
Weds. Mixed 6:30-9:00 p.m.	Rod Spurr 339-6067
Thurs. Mixed 6:30-9:00 p.m.	Rod Spurr 339-6067

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

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.

New centre draws crowds

By Bobbi Howard-Muir, FS&R Dir

Col (ret'd) Irish Ireland officially opened the new Fitness and Community Centre on 19 January. The ribbon cutting ceremony was preceded by inspirational speeches from the Base Commander, Col Bill Neumann; the Chief Programs Officer of the Canadian Forces Personnel Support Agency, Mr. Greg Pearson; the FS&R Director, Mrs. Bobbi Howard-Muir and, of course, Col Ireland himself. Invited guests attending the grand opening were then treated to guided tours and lunch.

With the formal ceremonies complete, the facility was opened to Wing personnel. Many opted to celebrate the opening with a workout, while others were content to walk around and acquaint themselves with the floor plan (map in hand).

The Military Family Resource Centre greeted visitors with displays and information on the many programs offered by their staff and volunteers while the Wallace Gardens Community Council proudly exhibited the talents of their Craft Club.

At 1600 hours the doors were open to military families and authorized users. Activities were available on the community side throughout the evening while the FS&R facilities were open for business. By the time the doors closed at 2000 hours, everyone agreed the building had been suitably christened.

The two weeks since the Grand Opening have seen an explosion in Recreation Pass sales and



Irish Ireland cuts ribbon to open new centre.



One piece = 30 minutes on the stairmaster!

Cutting the cake (L-R) Acting Executive Director CMFRC Terry Burt, W Comd Col Neumann, Deputy Mayor Wallace Gardens WO Bekus and FS&R Director Bobbi Howard-Muir.

MFRC program registrations. Base personnel are rediscovering an interest in fitness, lifeskills, hobbies and family activities. Many patrons comment on how impressive the facility is and how

it has inspired them to participate in old and new activities. The best indication of the success of the new centre has been the constant traffic at the front doors. Enjoy!

2000 CF National Sports Championships

All championship events are held at CFB Borden unless otherwise stated.

Basketball	Feb 6-11
Biathlon - BFC Valcartier	Feb 27 - 3 Mar
Volleyball (M/W)	Feb 20 - 25
Broomball (M/W)	Mar 5 - 10
Hockey (Men's/Oldtimers)	Mar 19 - 26
Badminton/Squash	Apr 9 - 14
Hockey (Women's Invitational)	Apr 30 - 4 May
CF Marathon - Toronto/Ottawa	TBA (May)
CF Triathlon - Montreal	TBA (Aug - Sep)
Softball (M/W)	Sep 10 - 15
Soccer	Sep 24 - 29
Running	Sep 29 - Oct 1

Pacific Region Men's/Oldtimers' Hockey 14-19 Feb

We will be hosting the above championship and are looking for volunteers to help with the same duties as for the volleyball championship.

Interested personnel who are willing to volunteer for either of the above championships should contact Jake Plante by e-mail or call local 8783.

Jake's Trivia Corner

1. In volleyball, can one use one's feet to hit the ball?
2. Who has won the most MVP's in the Super Bowl?
3. Which quarterback has thrown the most touchdown passes career in the Super Bowl? (Answers on page 14.)

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



Drop-in Child-minding available at 19 Wing Fitness and Community Centre!

This new child-minding program offers parents a well deserved break in which to take advantage of one of the many workshops offered at the Family Resource Centre, or to enjoy the fantastic recreation activities available at the new 19 Wing Fitness and Community Centre.

Days: Monday, Wednesday and Friday
Times: 8:30- 11:30am

Drop in Fees: \$3 per hour for the first child. \$2.40 per hour for any additional children.

For more information call
339-8290

What's happening at the CMFRC?

Do you need help in keeping your new year's resolutions? Why not sign up for one of the great workshops happening at the CMFRC this Winter. Start making plans today to achieve the life you have always wanted to live!

Life Skills

Life skills is a one-stop workshop to strengthen your problem solving skills, communication skills, time management and goal setting skills. In this fast paced three and a half day workshop you will learn about personal finances, become more self-aware and have lots of fun!

Facilitators: Mara Pungent and Coren Cherry
Dates: Feb. 22, 23, 24, and 25

Time: 8:00am - 3:30pm
(Feb. 25, 8:00am - 12:30pm)
Fee: No fee for military families; \$75 for non-military families

Registration: Call 339-8290
Location: 19 Wing Fitness and Community Centre.

Positive Steps to Creating Your Own Business

Discover your marketable skills and your natural creativity. Find out how these can be used to develop and run your own business. This will be an evening of information and a chance to explore the opportunities there are in being your own boss, setting your own hours, and working at something you love. You will have a chance to identify your own transferable skills, come up with some fun business ideas and then review parts of a business plan. You may find answers to the following question: How do I know if I would like to start a business? What resources are there to help me? Who can help me put the puzzle together?

Date: February 15
Time: 6:30-9:00pm
Location: 19 Wing Fitness and Community Centre.
Cost: Free for military family members, \$10 for non-military.
Facilitator: Mardy Bodie-Atkin

Club d'informatique du CRFMC

Ouverture le 21 février
Le CRFMC à 10 ordinateurs disponibles au nouveau CCCP, pour la communauté militaire(membres, conjointes, ados, jeunes) les employés de DDN, les employés du CRFMC et leurs bénévoles. La salle sera disponible à des heures différentes durant la semaine pour des cours, accès à l'Internet, courrier électronique et du travail individuel sur ordinateur et ce gratuitement. Les utilisateurs devront être membre du Club d'Informatique du CRFMC. Vous devrez remplir une formule avec vos informations personnelles tels que: nom, adresse, # tél, et consentir à suivre le guide d'utilisation et les heures d'ouvertures du club. Pour plus d'information, composez

Programme en Français

Pour tous renseignements et inscriptions, veuillez contacter Danielle au 339-8211 poste 8656 ou le 339-8290

Club de marche

Le club continue encore cet hiver on marche on jase, on se tient en forme sans aucun frais, que peut-on demander de plus! C'est ouvert à tous. Que l'on soit 2,7 ou 15 personnes, beau temps mauvais temps, on marche. Voici l'occasion de se mettre en forme entre amis(ies).

Dates: Tous les mercredis
Rencontre au CCCP

Heure: de 9:00 à 10:30hrs ou
12:30 à 14:00 hrs

Club de dictée

On continue les dictées pour l'hiver. Vous voulez améliorer votre français écrit dans une atmosphère agréable et sans avoir à faire de devoirs à la maison! Chaque session, Française donne une dictée et on fait la correction ensemble. On améliore nos règles de grammaire. Les dictées, c'est toujours bon!

Animatrice: Françoise Casset
Date: les jeudis 3 et 17 février, 2 et 16 mars, 6 et 20 avril, 4 et 18 mai.

Heure: 19 à 20:30hrs

Coût: Gratuit

Endroit: Salle de cours #2 au CCCP

Intro à l'Internet

Qu'est-ce que l'Internet? Vous apprendrez, faire de la recherche, HTTP, FTP, Telnet, modems, courrier électronique, virus, etc... et ce en français.

Animateur: Richard Roy

Date: mercredi le 23 février

Heure: 18:30 à 21:00hrs

Coût: \$5.00

Endroit: Salle d'ordinateurs au CCCP

Plaisir de lire (Techniques de lecture)

Le plaisir de lire est un atelier qui vous propulsera dans les livres que vous avez toujours voulu lire. Avec des trucs d'éducatrice, des techniques de lecture rapide, de confiance en soi, d'exercices pratiques, vous remarquerez rapidement que votre façon de lire s'améliorera.

Animatrice: Françoise Casset

Date: jeudi 24 février

Heure: 19 à 21hrs

Coût: Gratuit

Endroit: Salle de cours #2 au CCCP

Groupe Franco Femmes

Groupe de femmes francophones et francophiles qui se rencontre une fois par mois pour un souper ou une activité sportive. Conjointes de militaires et membres militaires ainsi que leurs amies sont bienvenues.

Dates prévues: Les jeudis 10 fév., 9 mars, 13 avril, et 25 mai. Si vous voulez vous joindre au groupe et avez des idées de sortie, contactez Danielle.

Première rencontre, le jeudi 10 février pour un café/dessert au Café Cardero à Courtenay vers 19:00hrs. Contactez moi au 339-8211 poste 8656 si vous pensez venir faire un tour.

WALLACE GARDENS COMMUNITY ASSOCIATION NEWS

MQ Residents:



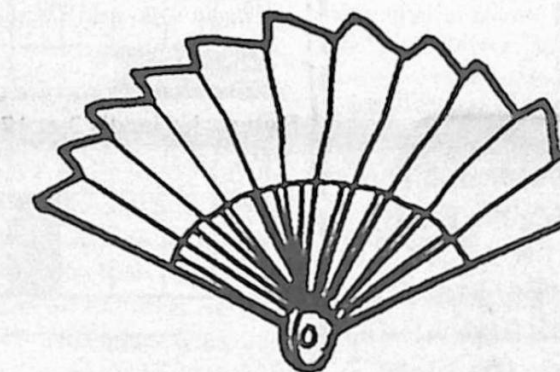
Once again garbage is becoming a problem in the MQ area; not only is it unsightly but it could also pose a health risk for young children. Plastic garbage bags are easily torn and promote the congregation of birds, which become a flight safety hazard. All garbage must be placed in a suitable receptacle with a lid. You are also reminded that it is the occupant's responsibility to clean up their garbage, which has been spilled by either the wind or the birds. Containers, once emptied, should be removed from the curb, not left unattended for several days following pickup.

Please help keep your community clean!

Sunday February 20
7:00 - 9:00 p.m.
in craft room

Adult Craft Club February craft

Create a decorative
wall fan!
A list of supplies may
be picked up in the
Wallace Gardens
office.



More info call Jane 339-8211 (loc 8571)

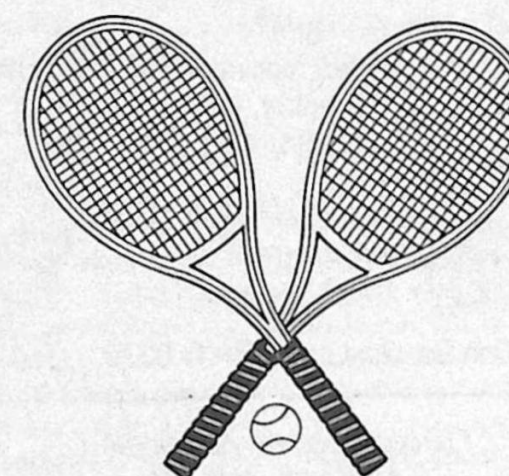
Nothing to do on a Saturday evening?
Wallace Gardens Youth Winter Sports
ages 9-13

5 - 7 p.m. Saturdays
in the Base gym

(With the exception of Sock Hop Saturdays)

7- 8 p.m. in the Teen room

Remember: Proper athletic footwear is required.
Muddy footwear will *not* be allowed in the gym
so carry your runners if weather is bad.



Children's Video

Afternoon

Sunday 13 February
in new centre's
large
multi-purpose room A

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

Popcorn & drink:
.50 cents members,
\$1.50 non-members

For more info:
Suzanne 338-2584

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



Teen Dance

in the new centre
Saturday, February 19
1900 - 2300 hrs
Large Multi-Purpose Room
Cost:
WGardens Members-\$1.00
Non-members-\$3.00
More info: call Mona 339-4627



Pyjama Party Sock Hop

in new centre
large multi-purpose room
February 12
6:00 - 8:00 p.m.
Cost: \$.50/members
\$1.50/non-members



For
info call:
Dolina-890-0679
or
Shelly-339-4169



SAR Techs, aviators, pilots - want more energy, stamina, focused concentration? Exciting breakthrough in cellular nutrition! Used by olympic and professional athletes. Safe, natural, approved by Canada's Health Protection Branch. Call Joe 334-0008 or 334-3806.

Wanted

Used, reasonably priced archery bow - longbow preferred, recurve will do. Kevin 339-4043. <1/2>

Wanted to buy

Used captain's or mate's bed. Good condition. No mattress. Michael or Susan 339-0390. <1/2>



COURTENAY FLIGHT CENTER YOUR FLIGHT TRAINING SPECIALIST! 338-9814

MWO CYRIL RODGERS LOC 8501, MAJ TONY APPELS LOC 8175 OR CWO JOHN MERCER LOC 8723

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 <2/2> Call Celine at 339-4008

N.I. Hot Jazz Society

Dance to Desperation Jazz Band February 19 8:30 p.m. - midnight Lower Elks Hall

9 Wing Gander stories required

The Gander & Area Laubach Literacy Council is gathering personal stories for a literacy resource book titled "Gander...From Past to Present." This book, for use in Adult Learning, will contain personal stories from CF members and their families who have served at 9 Wing Gander since 1940. These personal stories will help Adult Learners in expanding their reading, writing and comprehension skills. Further info: (709) 651-4374 or e-mail: galle@roadrunner.nf.net

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

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, SVP.

French Courses

The following French courses will be available in 2000: 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.

PPCLI History project

The PPCLI Regimental Heritage Committee has been tasked with the production of a new single volume tracing the history of the regiment from the founding in 1914 to the year 2000. An author has been contracted and personal interviews are being conducted from coast to coast to obtain first-hand accounts from former serving members of the regiment. There is, however, a shortfall in the records and information on operations conducted under the banner of the UN, specifically for tours on Cyprus. Among our membership there may be former members of the Patricians who are not members of the PPCLI Association that may be interested in providing first-hand accounts of their service in Cyprus. The project is interested in detailed accounts of any incidents that occurred, special patrols, weapons violations by either side, arms caches, and the like. Dates and names of personnel involved are of importance as are locations and place names. Submission may be written, typed, or recorded on standard cassette tapes and should be forwarded to: PPCLI History Project 4520 Crowchild Trail SW Calgary, AB T2T 5J4

Jake's Trivia Answers

- 1. Yes. 2. Joe Montana - 3. Joe Montana.

Newcomers' Club

Meeting Monday, 14 February at 7:15 p.m. in the Florence Filberg Centre, 411 Anderton Avenue, Courtenay. The club is open to women of all ages who have resided in the Comox Valley for less than two years and is primarily a social club including many activities such as walking, bridge, crafts, lunches and mixed socials. New members welcome. Info: Karen 703-2611 or Dorothy 897-1089.

Canadian Cancer Society

Feb 16: Monthly meeting at Courtenay United Church 2:00 p.m. For info re meetings of Living with Cancer Support Group phone 338-5454. Canvassers are needed for the April door to door campaign. If you could spare 1-3 hours of your time to canvass in your neighbourhood for one evening in the first week of April, please phone Nelleke Young 335-9105, Dianne Larson 334-4367 or the Canadian Cancer Society office at 338-5454.

TODAY'S CROSSWORD PUZZLE

Crossword puzzle grid with clues for Across and Down. Includes 'PREVIOUS PUZZLE SOLVED' and a small grid of the previous puzzle.

Large crossword puzzle grid with numbers indicating starting positions for clues.

Offer someone the promise of a brighter future.

Please sign an organ donor card and discuss your wishes with your family.



THE KIDNEY FOUNDATION OF CANADA

We can't live without you.

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)

Stéphany Gray @ 8296 (or use e-mail)

or

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

Full confidentiality guaranteed EAP Room, call 7035

"Big Mac" McLeod

NEVER FORGOTTEN

By Duke Warren

(The following is an excerpt from the book Gemini Flight in the Comox Airforce Museum.) "We will always remember Mac McLeod because of what happened on Christmas Day 1944. Mac was a New Zealander and a popular member of 66. Hit by flak he went straight in with no hope of survival. It seemed especially hard on Christmas Day. More so for he had been scheduled to go on leave to the UK with an English friend. However, somewhere a decision was made that a man with a home in England would go, and Mac, because there was no hope of him getting home, would go later."

Recently an amazing series of coincidences have taken place and the story is such that were it to be offered as a film plot it would be likely rejected as being too unbelievable. But it is true, and all those involved have been deeply touched, so much so that some have been moved to tears, even after all the years that have passed.

The story begins about two years after the war. A young Dutch girl, whose name was Non McLeod, often visited her father's grave. He had died in 1927, and was buried near Arnhem. One day when she arrived she noted fresh graves and recognised the same name as hers on the grave marker. (I believe this to be when Ian McLeod's body was moved from the wartime burial site to a more suitable location.) Because of the coincidence of having the same name, Non McLeod decided to investigate and learn more about Ian Douglas McLeod who had lost his life fighting to liberate Europe. McLeod is certainly not a common name in Holland, and the coincidence of being buried near her father was intriguing.

Non McLeod, a schoolteacher, inquired of the local people, and found a man who not only witnessed the fatal crash of McLeod but had carried him to his first grave. McLeod was one of a section of Spitfires that attacked a train heavily defended by flak guns. There is a suggestion he made a second pass, which is frequently a deadly mistake. In the action the train was blown up and that was the objective. It was a war where

there were no "smart bombs" to destroy the target from 30,000 feet, attacks were carried out at low level and, if hit by flak, there was no time to bail out.

Using the Red Cross information service, Non McLeod was able to get the names of Ian McLeod's relative in New Zealand and a correspondence was started between the two families. The people in Holland constantly mentioned their gratitude to the NZ people and others who liberated Holland. They maintain the graves and have a special ceremony each year.

Many years after Christmas 1944 a ring was found in a potato field. The ring had the letters "McL" and the honest man who found it turned it over to the police. Eventually Non McLeod was contacted, and she, recognizing the name realised it must have been Big Mac's ring. It was returned to NZ, to the older sister who had given it to him as he left for overseas. This is an indication of how citizens of Holland continue to revere those who fought for them.

How did this story find its way to Comox? A letter was sent to Ted Smith in Austin Texas, author of the book, Spitfire diary. Ted Smith was "Big Mac" McLeod's best friend on 132 royal Norwegian Air Force Fighter Wing. Although called an RCAF wing, 127 Sqn and 66 Sqn of the Royal Air Force were part of the wing. McLeod served in 66 Sqn and Smith in 127 and they became close friends. Big Mac was often

at Smith's home in London. Indeed, when this story came to Ted's attention he immediately wrote his mother in London who broke down and cried such was her love for the young pilot from NZ.

The man who sent the letter from NZ is Ian McLeod, named after and a nephew of Big Mac. Born in 1947, he had no personal knowledge of his uncle. Another coincidence, Ian is married to Yoka, a Dutch girl. However, a New Zealander, compiled a book telling of all New Zealanders who had died serving as aircrew since 1915. Ian went to get a copy last Christmas Eve, 55 years after Big Mac McLeod's death. There he was shown the book, Spitfire Diary, by Smith.

There are numerous entries in that book about Big Mac, so Ian McLeod tracked Smith to his address in Austin Texas. I am a friend of Ted Smith and he was aware I was also a friend of Big Mac McLeod. He brought this amazing story to my attention. In 66 Sqn I flew with Big Mac often, and knew him well. Mac had both a great personality and sense of humour. Not a person one would forget.

NZ42429 Pilot Officer IAN DOUGLAS McLEOD, AGE 23 Royal New Zealand Airforce 664 flying hours 72 operations

Wingnotes - By Norm Blondel

888 Wing makes donations

888 (Komox) RCAF Wing President David Bews announced today that the Wing will donate \$1000 in start-up money towards the formation of a new Royal Canadian Air Cadet Squadron in Qualicum Beach, B.C. "If our own 486 Sqn Air Cadets are anything to go by, parents and youngsters around Qualicum can look forward to a positive contribution to youth prospects in their area. The Air Cadet scheme not only preserves our aviation heritage and fosters the future of aviation in Canada, but it teaches many valuable skills, turning out better adults and leaders as a result," said Bews. 888 Wing also donated \$500 to the Comox Valley Marine Rescue Society, one of many worthy causes supported by the Airforce veterans' organization.

A small correction to my last article is necessary, referring to the landing characteristics of the North American Harvard, when

used for conversion to the DH Vampire. It should have read "flat attitude," not "altitude." Air Force people should know the difference, but, for the benefit of those unskooled in the theory of flight, "Altitude" is the height above sea level (Barometric Altitude) or ground (Radar Altitude), and "Attitude" refers to the angles of an aircraft's axes (that's more than one axis) relative to the earth. A flat attitude, a layman's term, means an aircraft's lateral and longitudinal axes are horizontal to the earth, and the vertical axis is perpendicular... that stuff was the core theory of my old trade, Flight Trainer Technician.

Saturday's Candlelight Dinner (29 Jan), a regular and very popular feature of 888 Wing's social programme was, as usual, a very enjoyable and elegant affair, organised with great panache by a dedicated group comprised of Chefs Joyce and Bob Hollowell,

Ann Defoe, Dawna Dozzi, Barb Newbold and Ruth Woods, and servers Ted Defoe, Duke Reid, Peter Johnson and Hans Kroemer. Music was supplied by "Ventura Highway." Joyce also produced a very smart looking menu for the occasion. There's absolutely no resemblance between this event and the candlelight supper put on by Mrs. Bucket, (pronounced "Boo-Kay") of PBS-TV fame, so would-be members of 888 Wing can join us without trepidation. We are the biggest, most progressive member Wing of the Air Force Association of Canada, and we welcome newcomers, Regular and Reserve force members included. Membership includes a free subscription to: Airforce magazine, free use of our aviation and video library and many other facilities. You will also make many friends here.

Apart from our ongoing public efforts in support of 386 Air Cadet



Royal Canadian Legion

Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m. Feb 18 Country Cousins Feb 25 Garry's Sound Machine

Special Events:

- 11 Feb St. Valentine Dance 8:00 p.m. Music by the Alley Cats 19 Feb Games Night - euchre, crib, darts (Registration 6:30 p.m., games start 7:00 p.m.)

Branch 28 Cumberland (336-2361)

Every Wednesday, Bingo 7:00 p.m. Hall rental: non-members \$75, members \$50, kitchen use \$25.

Branch 160 Comox (339-2022)

Mondays...Ladies Auxiliary Drop-in Bingo (Upper Hall doors open 6:30 p.m., Bingo 7:00 p.m.) Friday Night Dances 8-12 p.m. Feb 11 Double Play Feb 18 Alley Cats Feb 25 Gord Kruger & Friends General Meeting: Thurs. Feb 17, 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

- 11 Feb Pub Grub/Raffle, 5:30-7:00 p.m. \$3.50 13 Feb Valentine Brunch, 11:30 a.m. \$6.00 18 & 25 Feb Pub Grub/Raffle, details as for Feb 11 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!

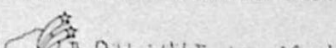
888 Wing hours: Monday - closed* Tuesday - closed Wednesday, noon - 6:00 p.m. Thursday, noon - 1:00 a.m.** Friday, noon - 1:00 a.m.** Saturday, noon - 1:00 a.m.** * Bar open on Holiday Mondays. ** Bar could be closed as early as 9:00 p.m. if there are no customers, at the discretion of the Bar Manager.

Squadron, the Ident-a-Kid programme and the various Bingo charities, 888 Wing has initiated two more programmes. One is an effort to provide a form of permanent recognition of the part played by one of our veteran members towards public appreciation for the RCAF and CF in the post-war years. The "Red Knights," those fine aerobaticists flying red T-33 aircraft, who delighted airshow spectators and inspired many youngsters to join the Air Force, first strutted their stuff 40 years ago and flew for 12 seasons. Our own Red Knight is Bob Hollowell, a founding member of 888 Wing. We have started conversations which we hope will lead to something tangible.

The other effort is to set up a friendly association with the Jer-

sey (UK) branch of the Royal Air Force Association. A historic connection exists between 442 Squadron and the Channel Islands, Jersey, Guernsey, Alderney, Herm and Sark), in that 442 was tasked to fly fleet escort and low-level intimidation missions in long-range Mustangs, on the day the islands were liberated from German occupation on May 9, 1945. As a veterans organization, we are pledged to keep our history alive, wherever the RCAF made its mark.

Make Holiday Wishes come true everyday. Support The Children's Wish Foundation of Canada. Call toll-free: 1-800-267-9474



Heritage Happenings By Joel Clarkston

Spitfire Restoration

On Saturday, 29 January some of the new volunteers for the Spitfire Restoration Project were given a tour of the pieces and the future work space. The so-called "Heritage Hangar," located behind the Heritage Air Park was the gathering area for ten of the new volunteers as they were given a brief overview of the hangar and project by Capt Harlin Price, the Project Committee chairman. Then the group was off for a brief tour of the Heritage Restoration Committee building next to the hangar and a tour of building T-3 (old radar building) on the other side of the airfield.

The Spitfire pieces are undergoing a complete inventory by Cpl Steve Popp at building T-3 under the supervision of WO Bill Ford.

The volunteers were shown inside the building and given a chance to view and touch the various pieces that will eventually be put back into the Spitfire. Despite the mammoth task at hand, the volunteers seemed quite taken with the whole scenario, and enthusiasm remained high even after the tour.

L/Col Grant Smith has volunteered to head up the Fund Raising Committee of the project and has been very active during the past two weeks.

There still has not been any word, however, on the status of the millennium grant application from D.N.D. Hopes remain high that the funding will come through and launch the project off, through adversity to the stars.



A framed letter of appreciation (tax receipt 001) is presented to Tet Walston, first contributor to the Spitfire Restoration Project. Mr. Walston is a former RAF Spitfire pilot and a volunteer member of the Comox Air Force Museum. His contribution of \$500.00 to the project is the first of many that will be solicited for the complete restoration of the Spitfire Mk IX. (L-R): Maj Joel Clarkston, Museum Committee Chairman, Mr. Walston and L/Col Mike Spooner, President of The Comox Valley Air Force Museum Association.



Volunteer members of the Comox Valley Air Force Museum Association are given a briefing by Capt Harlin Price, Spitfire Project Committee Chairman within the confines of the newly constructed "Heritage Hangar". The new members have volunteered to help restore a Spitfire Mk IX currently stored at 19 Wing Comox.

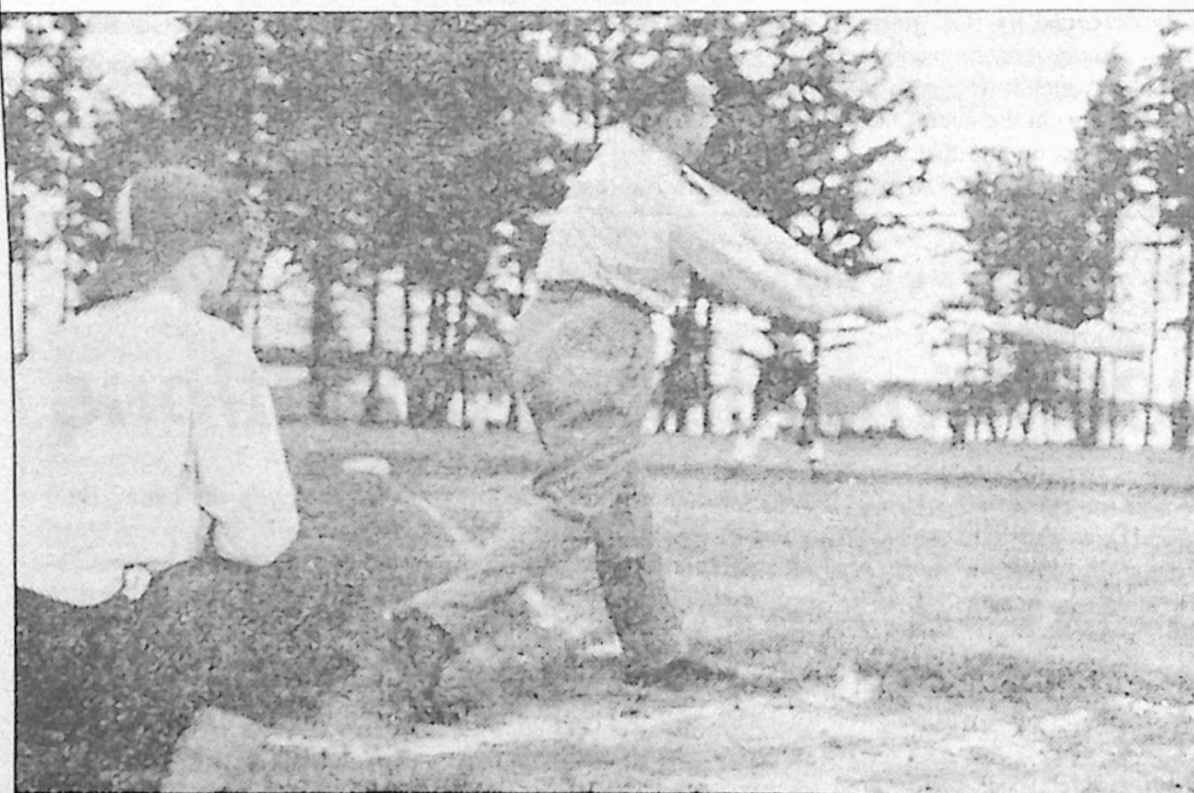


L/Col Grant Smith, CO of 442 Sqn looks over a few of the pieces of the Spitfire Mk IX. L/Col Smith has recently volunteered to head up the fund raising effort for the project.

BLAST FROM THE PAST

(Totem Times June 16 1960)

New PMQ Sports Fields Open



The new PMQ sports field, 18 months in building, was opened on Thursday, June 2, with W/C Bridges and W/C McCarthy officiating. The new sports field, located just north of the apartment blocks, consists of a 44 track, a soccer field, a baseball diamond and two softball diamonds.



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

