



TOTEM TIMES

FREE

19 Wing CFB Comox

FREE

THURSDAY 22 JUNE 2000

Comox Valley's Longest Running Newspaper

VOL. 42 NO. 10

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Our water is the best!
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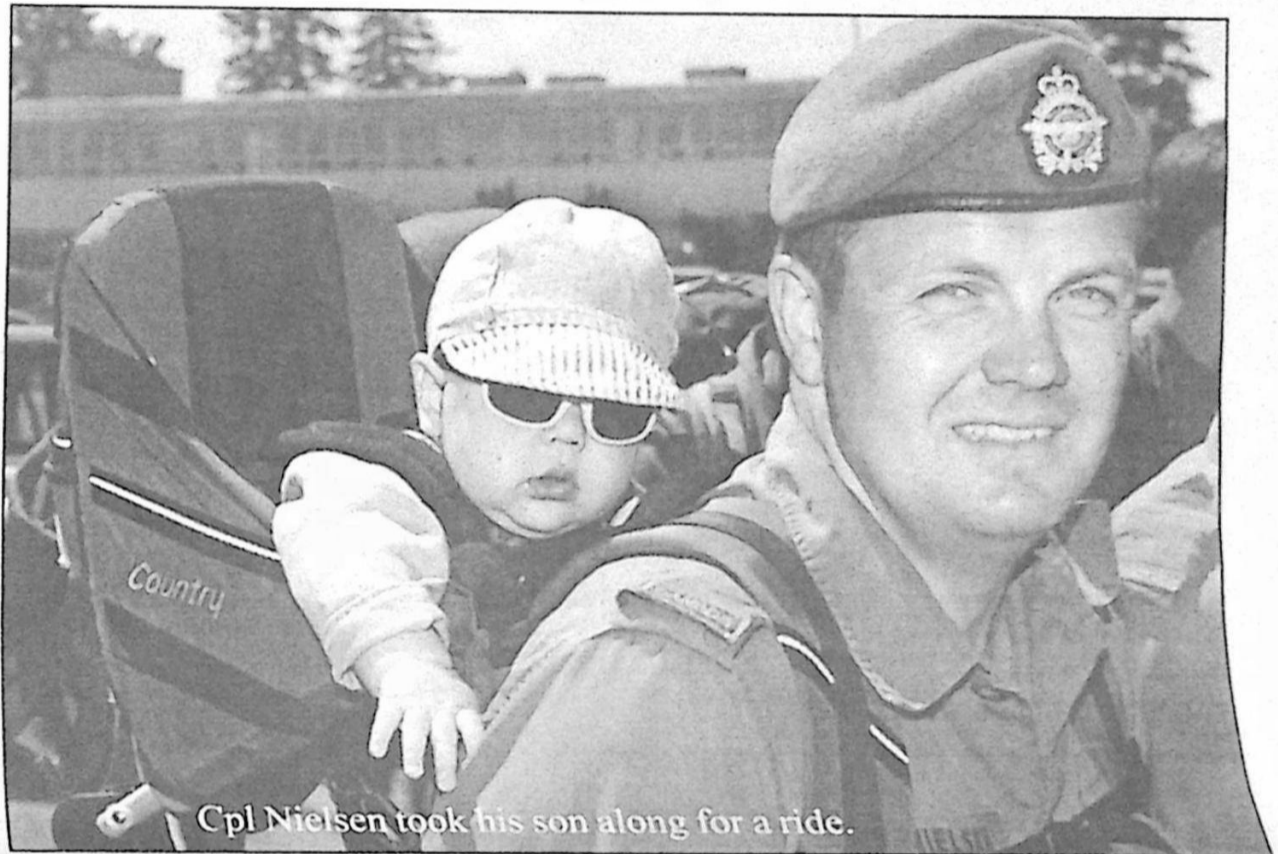
Scale model aircraft contest
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Community Centre Hours of operation
1 - 3 July
Fitness Centre 1300 - 1700 hrs
Pool 1300 - 1600 hrs

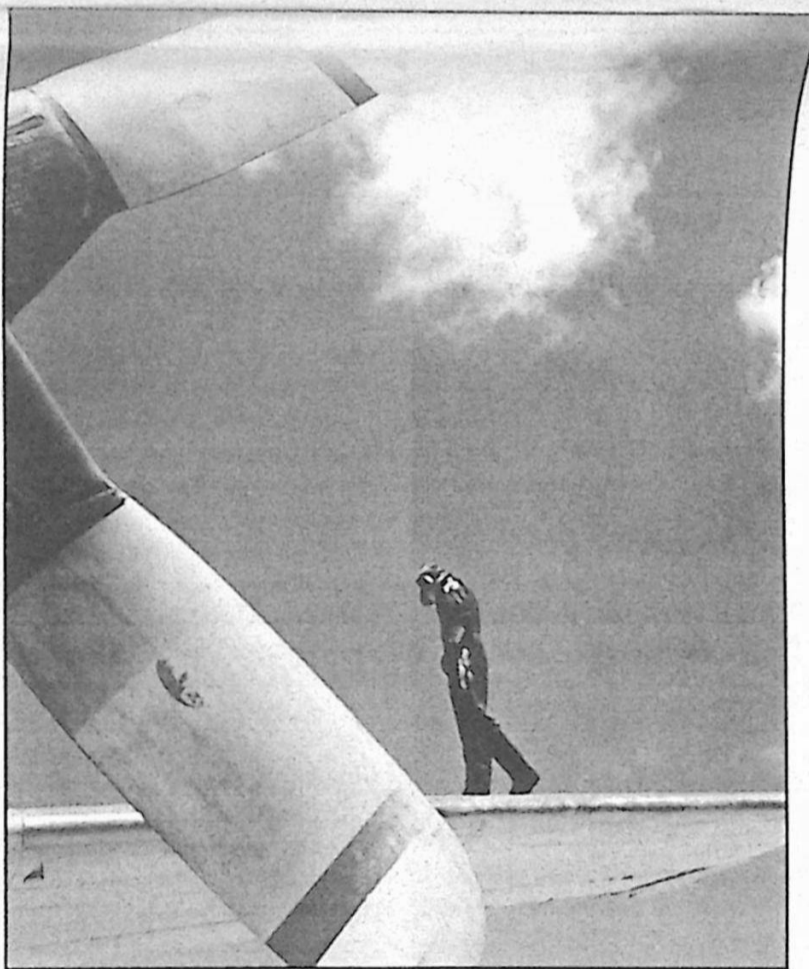
19 Wing Goes Marching!

After a long period of coolness and rain, the sun broke out and so did the boots! 19 Wing COs/Branch Heads, supervisors of Nijmegen Marchers and friends of the 19 Wing Comox Nijmegen team donned marching gear to participate in the First Annual Invitational Nijmegen March and BBQ on 15 June. About 60 marchers joined in the parade led by a firetruck and the four members of the 1998 19 Wing Comox Nijmegen Team, sporting their Vierdaagse Nijmegen medal (the Royal Dutch medal awarded to all who complete the Four-Day Nijmegen March). The parade wound its way from the old gym, past the Nijmegen Distance thermometer where LCol Spooner, A/WComd and WCWO CWO Dupuis took the salute. After a airmanship display by a Labrador helicopter and a leisurely 5 km

(Cont'd on pages 8 and 9)



Cpl Nielsen took his son along for a ride.



Flight Engineer Sgt. Chuck Mearns walks the wing of a CP-140 Aurora Maritime Patrol aircraft in Kaneohe Bay Hawaii.

RIMPAC update

KANEOHE BAY, Hawaii—From the look of the combat fatigue-clad Canadians toting supplies out of a green army tent under a sweltering tropical sun, one could easily imagine being in Bosnia, the Golan Heights or another foreign 'hot spot' where Canadian peacekeepers keep watch. But these "soldiers" aren't soldiers at all, they're airmen from 19 Wing Comox keeping two CP-140 'Aurora' Maritime Patrol aircraft flying in a major naval exercise 'RIMPAC' taking place off the coast of Hawaii.

It's not an easy job. The heat and humidity wreak havoc on the aircraft's 20-year-old electronics, and a multitude of things can, and often do go wrong before every flight. The problems are called "ramp snags" and it's the job of the AVS (Avionics Systems) Technicians, electronics gurus, to fix them before the aircraft takes off. If they can't, then either the aircraft will have to fly under operat-

ing restrictions, an unpleasant prospect for aircrew searching for state-of-the-art American submarines, or the aircraft's commander will have to cancel the mission altogether.

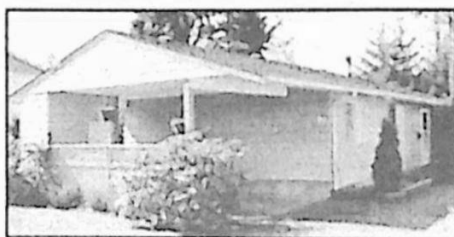
"The ramp snags are mostly time pressure. The crew often ask how long it's going to take to fix something, and if it's going to be long they'll take it the way it is," says AVS Technician Cpl Dan Janelle. "You've got to just ignore the pressure and get on with it," adds Pte. John Sarginson.

Meanwhile, the more numerous AVN (Aviation Systems) Technicians, known in the private sector as aircraft mechanics, maintain a rigid maintenance regime to keep the major aircraft systems, such as the engines and flight controls, operating smoothly. While the pressure on them is usually not as intense, the consequences of a breakdown can be severe. Since

(Cont'd on page 5)



Terry Carr
898-8668



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Doug Tottenham
335-3003



Cpl Chris Parks received Demon of the Year award from CO-407, LCol Szczerbaniewicz.



MWO shows his Certificate of Service for 34 years in the CF. Enjoy your well-earned retirement, Tom.



Capt Wright received his new rank. Well done, James.



MCpl Nissen holds her Certificate of Service. Joann has served 21 years in the CF.



407 SQN

AWARDS



MCpl Dan MacIver received his new rank. Congratulations Dan.



Congratulations MCpl Mark Legros on receiving your new rank.



MCpl Dan McIver was presented with Demon Tech of the Year award.



Cpl SherryLynn Dedla received a certificate and cash for three Suggestion Awards.

COURTENAY'S JULY 1ST EVENTS

Canada Day starts Thursday Night! Go to the Canadian Legion BINGO Thurs @ 7 pm. CASH PRIZES! Come to the centre stage in Lewis Park for Concert & Family Dance! The NIGHT BEFORE DANCE Fri. June 30 at 7:30 pm Lewis Park's Centre Stage! FREE

CANADA DAY'S SCHEDULE OF EVENTS

- 7-10 KINSMEN BREAKFAST, lower parking lot Filberg Centre
9-10 Parade entry Judging. *Cash prizes to be won!
9:30 Bike Decorating contest at Lake Trail School - prizes for all kids
10:00 Horseshoe Pitching in Lewis Park, by tennis courts
10:00 Scale Model Cars race in tennis court all day!
10:15 One Mile Fun Run down Fifth Street. Start at Woods Ave (enter at 9:30 am)
10:30 THE GRAND PARADE "Begin the Millennium" Fifth Street
11-4 Exciting Craft and Food Booths in Lewis Park
11-4 First Aid Booth in operation all day!
11-4 Kal Tire's Family Fun - Go Karts for the kids, Virtual Fishing for parents!
12-3 STORY HOUSE at Tsolum House, near main baseball diamond
12-4 Fun for Kids - bounce, clowns, stories and more
12-4 KIDS' STAGE - new group every 20 minutes!
12:30 OPENING CEREMONIES - "O CANADA" a real show stopper!
1:00 GRAND MARCH TO MILLENNIUM PARK
1:15 RIBBON CUTTING CEREMONY TO OPEN MILLENNIUM PARK
1:15 MUSIC AT CENTRE STAGE - the best the valley has to offer!
1:30 Pool open for FREE SWIM all afternoon!
1:30 Cake cutting by Canadian Daughters at Centre Stage
1:30 CRA CHILDREN'S GAMES - prizes supplied by ELK'S Club
2:00 ELK'S giveaway free ice cream to all kids!
2:30 112th swimming of the Ducky 500
2:45 Sheep and duck herding by the fantastic sheep dogs!
3:00 Skydivers from Campbell River - the Pacific Airsports
3:30 Ladies' Nail Driving Competition
4:00 Bike Draw for kids age 4-12. FREE bikes for winners!
WALK OVER THE BRIDGE TO THE FILBERG CENTRE -
4-7 Feasting at the INTERNATIONAL FOOD FAIR, lower parking lot Filberg Centre
7:00 MULTICULTURAL CELEBRATION at Filberg Centre - come early!

Base well water world's best

By MCpl Mark G. Benjamin, 191 AEF WFE Supr

The concern raised by the calamity which recently struck Walkerton in Ontario is entirely justified. When seven people die and hundreds are struck down with debilitating illness owing to a contaminated drinking water supply, people anywhere in Canada may be excused for feeling worried - for themselves, but in particular for their children.

CFB Comox with its personnel and their dependents is not immune. How safe is our water? Your water?

The water here may be the world's best.

Call it incredible luck, call it a miracle, but our underground water source is naturally pure. This is a boon not only with regard to our health but saves huge amounts by obviating the need for filtering plants and the like.

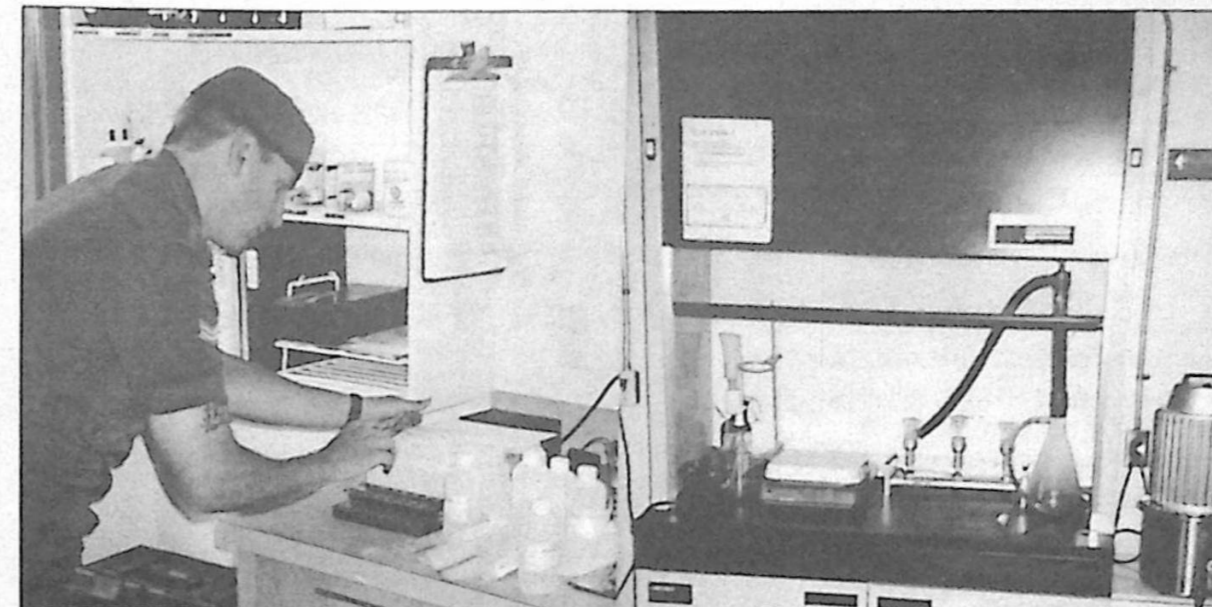
How do we - YOU - know that the water remains safe?

My job is to ensure it does. I make it my responsibility to see that a disaster like the one at Walkerton will never occur here.

You turn on your taps expecting the water coming out to be clean and safe. It is, and for good reasons.

The drinking water source for CFB Comox is located 2-1/2 km away, off Greenwood Crescent. There are four wells. Each is approximately 70 ft. deep. The wells are divided into two secure compounds - two wells per compound.

Water is affected by its environs. No farm is nearer the wells than one kilometer, and the closest is located at a lower elevation. No risk there. Transported by secure pipeline to the Base, the water is then injected with chlorine. Afterwards, the water flows into reservoirs (located by the main



Top: Back at the lab Cpl Jamie Carew prepares sterile bottles for well water. Bottom: Cpl Carew and MCpl Mark Benjamin visit one of the sites where bottle is filled with well water preparatory to testing.

gate and the Base pump house). The water is checked daily, including weekends. It must conform to the Canadian Safe Water Drinking Standard. Once a week we take bacteriological samples from all the wells as well as the pumphouse. These samples are sent to the Ministry of the Environment Provincial Laboratory, there to be checked for total and fecal coliform levels (fecal coliform is where e-coli is present). Additionally, once a year the well water is sent out for a complete metal and chemical analysis. It must also have its certification of potability in accordance with the Canadian Safe Drinking Water Standards.

The most important check is that concerned with the chlorine level. Should there be a break in the chlorine system an alarm in the Chlorine Shack will sound off. The problems will be worked on without let until rectified. If required, the reservoir will be chlorinated manually.

Additionally, spot checks are carried out on the distribution system. We wish to ensure proper chlorination levels are maintained within the system.

Should we ever have any sort of problem, a boil order will be issued by the Pre-Med Tech.

But so far, the major annual test has come: "Water Pure." We intend to keep it that way.

The people who work with me are all Certified Water Operators. The checks and balances are many. Anyone wishing to view our records is welcome to do so. All records of testing are kept at the Water Plant.

One should always be a little wary, regardless. But we are amongst the blessed of people - our water - your water - is pure.



CFSSAR Promotions



LCol Arndt and CWO Ritchie present MWO Morris with his new rank.



WO Carignan receives his new rank from LCol Arndt.

Advertisement for Canada's 1800 O-Canada service. Includes text: 'You want to know more about:', 'Finding a job?', 'Connecting Canadians?', 'Safe boating?', 'Starting a business?', 'Children's services?', 'Health and quality care?'. Also includes website www.canada.gc.ca and phone numbers 1 800 622-6232 and TTY 1 800 465-7735.

Volunteerism



A SIGN OF THE TIMES

From Maj Clarkston's last editorial one would think he has departed for good. This can't be. No one has had the opportunity to say good-bye or to thank him for the wonderful job he did as Editor-in-Chief for the past five years or so. He is, in fact, on EDT (Excused Drill and Training) status with the Reserves and is off to Yellowknife until September to fight real forest fires vice the "fires" at the Totem Times. His absence provides me the opportunity to write this editorial and talk about volunteerism.

Maj Clarkston is truly the mark of an all-round volunteer. He gave tirelessly of his time to ensure that the paper was produced without interruption. There are many other dedicated volunteers on the Wing as well, each making a significant contribution to our quality of life. We all know that "volunteer" duties involve a great deal of one's precious time. But what is it that defines such a volunteer? Why do they do it? What's their reward? And where do you find such an individual when you need one? When a "voluntold" is in place the results are never as good.

And now for the kicker, Major Clarkston has indicated that he could use an extended break and we're looking for a volunteer Editor-in-Chief to replace him. You knew there had to be a context for this. Have you always wanted a 'voice,' a chance to express your 'views,' to see your name in print? This could be your chance. Just think how many more people you could reach in an editorial than in those discussions at TGIF or Bosses Night. Interested? Contact the WAdminO or the Totem Times.

PS. If you are a Navigator or Maritime pilot, don't worry, Jenny and Bev can help with typing, grammar and the spell checker!

LCol M.R. Spooner
WAdmin O

Next Deadline
Advertising: 5 July
Articles: 7 July noon

Post Living Differential

In its response to SCNDVA, the government endorsed the principle that the cost of living for CF personnel and their families should be maintained at a relative and predictable level, no matter where personnel are called upon to serve. The aim of PLD is to help stabilize the cost of living of CF members and their families, particularly those who have been relocated to high cost locations. The general principle applied is that the portion of cost of living greater than the CF average in Canada will be offset by PLD. PLD replaces the Accommodation Assistance Allowance (AAA) with effect from 01 Apr 00.

The following summarizes PLD:
a) Like AAA, PLD is payable to members of Regular Force, Reserve Force on class "C" service, and Reserve Force on class "B" service greater than 180 days. Unlike AAA that compensates only for differences in rental costs, PLD addresses the differences in over-

all cost of living between the CF average in Canada and higher cost locations in Canada where members have their principal residence. In addition, there will only be one rate for each designated PLD area in Canada regardless of the income, rank, or member's family size. Where members share a principal residence, including married service couples, each member will be paid 75 percent of the PLD rate. PLD is payable to homeowners and renters who have been relocated for duty reasons at public expense. The single rate and inclusion of homeowners address major criticisms of AAA.

b) Since rates for single quarters are national rates, relative to size, and are heavily subsidized, members whose principal residence are single quarters are not eligible for PLD. If single quarter rates become market rates at some point in the future, the CF would seek treasury board approval to extend PLD eligibility to members

living in single quarters.

c) Members who were receiving AAA on 31 Mar 00, at a rate greater than the new PLD applicable to them on 1 Apr 00, will be paid their AAA rate until they change their principal residence. Members who commenced AAA after 31 Mar 00 at a rate greater than the new PLD applicable to them, will be paid their AAA rate until 30 Jun 00 or until they change their principal residence, whichever occurs sooner. These measures will ensure that members currently receiving AAA do not lose in the transition to PLD. Very few members will be in the situation of PLD being less than AAA.

d) While PLD is a taxable benefit, it includes an increment to help offset the impact of tax. This means PLD provides a much improved net after tax benefit in the highest cost locations, compared with AAA program. This benefit applies only to members who have been relocated at public expense

for duty reasons.

The table of PLD locations and amounts follows. Read in three columns: location/ full PLD rate/seventy-five percent rate.

A. Victoria/Esquimalt/498/374
B. Vancouver/750/563
C. Aldergrove/387/290
D. Chilliwack/69/52
E. Calgary/177/133
F. Edmonton/11/8
G. Dundurn/22/16
H. Winnipeg/123/92
I. Shilo/57/43
J. Toronto/948/711
K. Hamilton/299/225
L. Windsor/334/251
M. London/175/131
N. Barrie-Borden/106/80
O. North Bay/86/64
P. Sudbury/80/60
Q. Thunder Bay/85/64
R. Ottawa-Hull/114/85
S. Montreal/446/335
T. St-Jean QC/178/134
U. Sherbrooke/165/124
V. Quebec City-Valcartier /98/73
W. St. Johns NF/193/145

GREEN TIPS

(NC)—If you are having difficulties with unwanted insects in your garden, try this spray recipe: blend 2 or 3 very hot peppers, 1/2 onion and 1 clove garlic in 4 quarts/litres of water, boil, steep for two days and strain. Put the liquid in a spray bottle and apply to plants that are attracting insects. This mixture can also be frozen for future use.

If you would like a free copy of *Stepping Lightly on the Earth: Recipes for Responsibility*, please write: Greenpeace Information Office, 250 Dundas Street West, Suite 605B, Toronto, Ontario M5T 2Z5.

- News Canada

WComd PLD comments

By Col W. J. Neumann, WComd

I am aware that many members of the Wing are disappointed that Comox was not included in the PLD package this time around. Like most of you, I thought that BC stood for "Bring Cash."

The PLD decisions were based on a survey conducted by a very well-respected accounting firm, which looked at a long list of cost factors including housing, taxes, insurance, fuel, food, etc.

As you can imagine, Treasury Board scrutinized the results very carefully as well. Once a weighted average for Bases was determined, those which fell below the average, were removed from the list for this year.

I have asked the QOL team for a copy of the audit/survey, to satisfy myself that nothing was missed or mistakes made. There will be an annual review of the list, and I will also ensure that those Bases not included will be given the same review.

In the interim, we should not look at this as a case of winners vs losers; those who must live in the higher cost locations are receiving an important benefit. The QOL team has worked a miracle by having PLD approved!!

We all know that Comox is the best place in Canada to live, and it turns out that it is not amongst the most expensive.

I will advise you of my findings once I have reviewed the audit.

Tribute to a Friend

By Norm Blondel



Wartime Tet.

Some time ago, when I was editor of the Totem Times, an older gentleman with a large, bushy mustache and a full head of wavy white hair came into the office and asked, diffidently, if I might consider carrying some material about 888 Wing, in the "Fishwrapper." He spoke with a cultured English accent, leavened by a soft Yorkshire burr. His polite approach was such that I would have given him a full page, had he asked for it. That was Tet's way, and it never varied in all the time I knew him. He was a man of virtues; a quiet politeness, consideration for oth-



With his fellow Spitfire pilots at 888 (Komox) Wing (L-R): Duke Warren, Tet Walston, Irish Ireland, Stocky Edwards and John Pomietlarz.

RIMPAC update

(Cont'd from page 1)

19 Wing doesn't have any strategic airlift capability, engines and other major components have to be flown in by CC-130 'Hercules' transport aircraft based in Winnipeg or Trenton, Ontario, or by Federal Express. Making tough decisions about grounding aircraft, ordering parts and providing

ers, firm principles, perfect manners—the kind of man who would remove his hat in a Burger King.

When he passed away suddenly on Wednesday June 7, none of us was prepared for the shock. Tet was the healthiest looking old man I knew. Meticulous to a fault, intelligent and focussed, a constant contributor to very important projects, his loss to the airforce community is real. How do you replace a Tet Walston? All the clichés we utter for our own comfort and for the bereaved somehow seem just not sufficient in this case. Tet Walston was a unique man, and his passing has made us poorer. The Airforce Museum, where he spent many years researching and cataloguing, the Y2K Spitfire restoration project, on which he was a prime mover and actually made the first financial contribution to the Spitfire Fund and his work with the Air Cadets were his latest and probably greatest achievements for this military community.

386 RCAC Squadron had asked him to review their recent annual

parade and demonstration of cadet skills, with the theme "Honouring the Past and Building the Future." They were, in fact, honouring Tet Walston, for he represented all that was good about the older generations. He was devastated that his sudden illness prevented him from returning the compliment to the boys and girls in the Air Cadet movement for whom he had given his steadfast support over the years. He apologised for not being able to attend. Apologising for being ill; that was Tet Walston.

Tet was a Spitfire pilot and, in his early years, he looked the part. A grammar school boy from a farm near Tetley, Yorkshire (hence the nickname, 'Tet'), he pursued an engineering career, but when WWII broke out, he promptly volunteered for pilot training, opting for the photo-reconnaissance role. It was not a glamorous job, as the following quote from the poem 'Gremlins' shows:

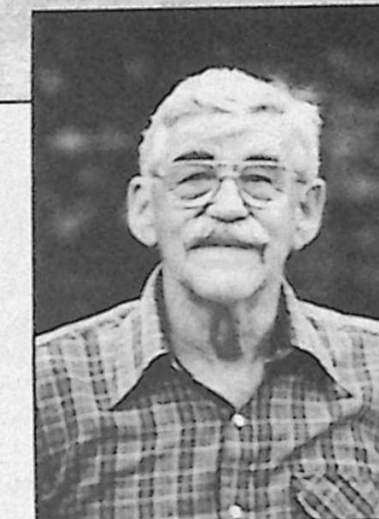
"When you're seven miles up in the heavens
That's a hell of a lonely spot,
And it's fifty degrees below zero,
Which isn't exactly hot!
When you're frozen blue like your Spitfire,
And you're scared a Mosquito pink,

When you're thousands of miles from nowhere
And there's nothing below but the drink..."

Tet flew 78 missions as a PR Spitfire pilot, and finished the rest of his war training other pilots in Rhodesia (now Zimbabwe). At war's end he was posted to "a dump called RAF Wheaton Aston, a miserable place where the only redeeming feature was the WAAF who became my wife." Celia, a RT



At Nanaimo - returning from a flight in "Sentimental Journey" a B-29 of the Confederate Air Force. Tet flew the entire trip in the nose bay.



Tet as he saw himself.

Operator, was the WAAF, and they were married in March 1946. After a few different jobs in England, Tet emigrated to Canada in 1965, where he engaged in nuclear research and retired in the Comox Valley in 1990. He joined 888 (Komox) Wing RCAF and eventually became its President. He continued to work for the Wing as Editor of 'Contrails' the Wing quarterly magazine, until just before his death.

Like all the Spitfire pilots I know, and there are a few of them in 888 Wing, Tet never posed as a heroic figure. Only in the movies will you see that. He took his commitments seriously, but never said "I'm older and wiser than you are, and therefore I know best." But he revealed his wisdom often, usually with a terse phrase or two; I remember an executive meeting in 888 Wing, when we were bogged down in discussion about whether or not the Wing was a public building. Tet listened to all the palaver and then uttered one word: "Seman-

tics!" We promptly went on to discuss other, more worthwhile things. With an engineer's precision, Tet could cut to the nub of any debate.

This Yorkshire lad, one-time tool and die maker, Spitfire pilot, forest warden, veterinary chemist, nuclear technician and a friend to all he met, leaves behind his loving wife Celia, three daughters and a son, plus a host of friends, 160 of whom turned out at 888 Wing on Sunday June 11 for his Poppy Service.

We may have lost a good husband, father or friend, but Heaven has gained a wise man, and in that I find comfort.

Per Ardua ad Astra, Tet.

Vous voulez en savoir plus sur...

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OFFICE HOURS
Open during production period only:
dates are posted on front door and on answering machine.

Central Registry

"If you write it, we'll mail it; if you're searching, we'll try to find it!"

By Gail Eggiman

Central Registry is back to full staff this week. Marina and I left Vicky running the show for most of the week while we went on leave. I went on a long time dream cruise to Alaska with hubby. The house was still in one piece; and Tank, our infamous yellow Lab, was still alive. Marina was off to Regina to celebrate the graduation of her husband from RCMP Training. Some of you would remember Rick, a former steward here at 19 Wing. Marina will be leaving soon to head off to Morinville, Alberta. So... if you heard any wailing, moaning, or cursing in the air, it was most likely coming from Central Registry as Vicky coped with messages, mail and customers all by herself! Because of her stress we sent her to Ottawa to work on the dreaded Universal Classification Models. I know... we can be evil!!

We know you probably don't like receiving our little notes of correction or instructions! We hope personnel will find our helpful hints useful.

HELPFUL HINT#3

NOTIFY CR OF CHANGES
We receive all unclassified message traffic by Email from the Message Centre. We then send the messages to the designated OPI that we have listed in Central Registry. If the OPI is changed, please advise CR of the replacement's name. It is frustrating to try to send a message to someone who is no longer in the address book.

HELPFUL HINT#4

If mail or correspondence is sent to an individual in another section, please address it with name AND section. We pride ourselves on knowing almost all personnel on base, but sometimes we tend to forget where they work! That is difficult for us to admit! Proper addressing will ensure your mail moves quickly.
That's all for now. Please remember to call us any time at local 8801 or 8654 if there are any questions.

INTERNET QUICK TIP

Keeping Fresh Herbs

(NC)—Fresh herbs from the garden are one of the joys of summer cooking.
To store fresh herbs, wrap the stems in a damp sheet of paper towel and put them in a plastic bag. This way they can be kept in your fridge for up to 10 days. Just wash them before using and blot dry with paper towel.
Eat up more food and drink tips at the Sympatico Web site at www.sympatico.ca

- News Canada



Fire Dept News

As I write this article I've, well, enough complaining. The firehall is commencing their annual fire-fighter physical fitness test with Red crew taking the lead on 16 June. A big welcome home goes out to Cpls Bettsworth and Weatherhead on their return from Bosnia on June 14. (By the way guys, there's lots of grass to cut.) They'll be spending some much-deserved time with their families.

On June 22 the firehall will be hosting a BBQ and sports day commencing at 12 noon so all CE personnel come out and enjoy the festivities. On Sunday 18 June, WO Gauthier, Cpls Lamond and Geldart will head out for Edmonton to commence training for Bosnia 24 June (gotta love that grunt training). A "well done" goes out to Sgt Veniot, Cpls

Hildebrand and Summers on their accomplishment in the Great Walk from Gold River to Tahsis on June 3 - 64 km - way to go guys!

Congratulations from all fire-fighters to Pte Debalinhard and his fiancée Richelle who will be married on 24 June at Airforce Beach. (Joe, we know you'll go down in a blaze of glory.) Ha ha! There will be a reception at the Junior Ranks' Mess later that evening.

Our newly promoted Sgt Forget will be (off to sea, Billy) from 19-30 of June to become Flyco qualified on the HMCS Calgary and then posted to HMCS Vancouver in August of this year. We wish him well on his posting.

Well, that's all for now from Smokey.
(Igni Obstaire) Stand Against Fire!



A big welcome home goes out to Cpls Bettsworth and Weatherhead on their return from Bosnia on June 14.

Les extincteurs d'incendie

Suivez le mode d'emploi

1. Tirez la goupille. Sur certains appareils, il faut dégager un verrou de sécurité, appuyer sur un levier de percussion, inverser l'extincteur ou exécuter d'autres manœuvres.
2. Diriger la lance ou le cornet de l'extincteur à la base des flammes.
3. Appuyez sur la poignée.
4. Balayez la base des flammes et videz le contenu de l'extincteur.

Les extincteurs à mousse et à eau fonctionnent de façon différente. Lisez le mode d'emploi.

Achat et entretien d'un extincteur.

1. Il existe sur le marché des extincteurs à poudre sèche, à mousse, à anhydride carbonique, à eau ou à halons. Peu importe le type d'extincteur que vous achèterez, il doit être approuvé par un laboratoire d'essai reconnu à l'échelle nationale.
2. Plus la cote numérique de l'extincteur est élevée, plus il peut éteindre de feux. Ceux qui possèdent les cotes les plus élevés sont souvent (pas toujours) les modèles les plus lourds. Assurez-vous de pouvoir manœuvrer le modèle que vous achèterez pour la maison ou qui se trouve à votre lieu de travail.
3. Demandez à votre détaillant comment faire réparer et vérifier votre extincteur. Rechargez-le après CHAQUE utilisation. Un extincteur qui a servi peut aussi bien être vide.
4. Il faut placer les extincteurs loin des dangers latents d'incendie, mais près des voies de sortie.

Voici votre ABCD des extincteurs d'incendie portatifs

Un extincteur est un contenant refermant de l'eau ou des produits chimiques. Il est conçu seulement pour éteindre de petits incendies. Les extincteurs portent l'étiquette ABC ou D. Assurez-vous d'utiliser le type d'extincteur qui convient pour éteindre les petits incendies.

Il vous faut un extincteur d'incendie à la maison.

ABC

Si vous envisagez d'acheter un seul extincteur, sachez qu'un extincteur à poudre polyvalente étiquetée ABC convient à la plupart des incendies : bois, papier et tissus, liquides inflammables ou appareils électriques.

Si vous achetez plus d'un extincteur, le mieux serait d'acheter un extincteur de type BC pour la cuisine, un de type A pour le salon et un de type ABC pour le sous-sol et le garage.

A Matières combustibles usuelles

Pour les feux de papier, de bois et les incendies se déclarant dans les rideaux et les meubles rembourrés, employez un extincteur de type A.

B Liquides inflammables

Pour les feux de mazout, d'essence, de peinture, de graisse de cuisson, de solvants et d'autres liquides inflammables, utilisez un extincteur de type B.

C Équipement électrique

Pour les feux se déclarant dans le câblage, les boîtes à fusibles, les conducteurs et les autres sources d'alimentation électrique, servez-vous d'un extincteur de type C.

D Métaux

Pour certains métaux comme le magnésium et le sodium, utilisez des extincteurs spéciaux à poudre sèche de type D.

Quick Tip #1 - Sun and Babies

(NC)-If you've got a new "beach baby" this summer, keep her in the shade, and remember these hot tips:
Y Don't use sunscreens on babies under six months old.
Y For babies under a year old, a sunburn should be considered an emergency. Call your family doctor.
For more tips on protecting you and your family from the summer sun, surf to the Sympatico Web site at www.sympatico.ca

- News Canada

Fire Extinguishers

Read the instruction on your extinguisher for use and application. Fix a picture in your mind that will fit the instructions on the extinguisher. *If there's a fire, get everyone outside; ask a member of your family to call the Fire Department from a neighbour's house. Then fight a small fire only. If the fire gets large, get out. Close doors to slow the fire spread.*

Learn how to PASS

1. Pull the pin. Some units require the releasing of a lock latch, pressing a puncture lever, inversion, or other motion.
 2. Aim the extinguisher nozzle (horn) at the base of the fire.
 3. Squeeze or press the handle.
 4. Sweep from side to side at the base of the fire and discharge the contents of the extinguisher.
- Foam and water extinguishers require slightly different action. Read the instructions.

Buying and maintaining an extinguisher

1. Extinguishers come in dry chemical, foam, carbon dioxide, water, or halon types. Whatever type you buy, it should be labelled by a nationally recognized testing laboratory.
2. The higher the number rating on the extinguisher, the more fire it puts out. High rated extinguishers are often (not always) the heavier models. Make sure you can hold and operate the one you buy for home use or be required to use at work.
3. Ask your dealer how to have your extinguisher serviced and inspected. Recharge it after ANY use. A partially used extinguisher might as well be empty.
4. Extinguishers should be installed away from potential fire hazards and near an escape route.

Your ABCD's of portable fire extinguishers

A fire extinguisher is a storage container for an agent like water or chemicals. It is designed to put out a small fire, not a big one.

Extinguishers are labelled A, B, C or D. Make sure you use the right extinguisher to put out a small fire.

ABC

A multi-purpose dry chemical labelled ABC puts out most types of fires - wood, paper and cloth, flammable liquid, or electrical fires. If you buy more than one, you might want to get a BC for the kitchen, an A for the living room and an ABC for the basement and garage.

A: Ordinary Combustibles - Fires in paper, wood, drapes and upholstery require a class A extinguisher.

B: Flammable and Combustible Liquids - Fire in fuel oil, gasoline, paint, grease in a frying pan, solvents, and other flammable liquids require a class B extinguisher.

C: Electrical Equipment - Fires started in wiring, overheated fuse boxes, conductors and other electrical sources require a class C extinguisher.

D: Metals - Certain metals, such as magnesium and sodium, require special dry powder class D extinguishers.

MINI STORAGE

U Store It
Lock It
Keep the Key

"Close to the Base & Town"

COMOX TOTEM
KNIGHT & FRITCHARD
1520 RYAN RD.

339-3424

ALL SIZES AVAILABLE HEATED OR UNHEATED. SECURE ACCESSIBLE. RESIDENT MANAGER
HOURS 7:00 AM - 7:00 PM

FINN



BITS

CFB Home Builders

Now that the new Armament facilities stand ready, the Airfield Engineering Flight (AEF) has begun preparing the old Torpedo Shop for its new occupants - the AEF. Which may explain the will and gusto applied to the work - not unusual for the AEF, but your own home (or place of work) always benefit from that little extra drive.

As behooves an armament facility, the building, if no Bavarian castle, is sturdy and sound, and with the loving care of the AEF team may be assured continued long life.

Occupation is hoped to take place by the fall.



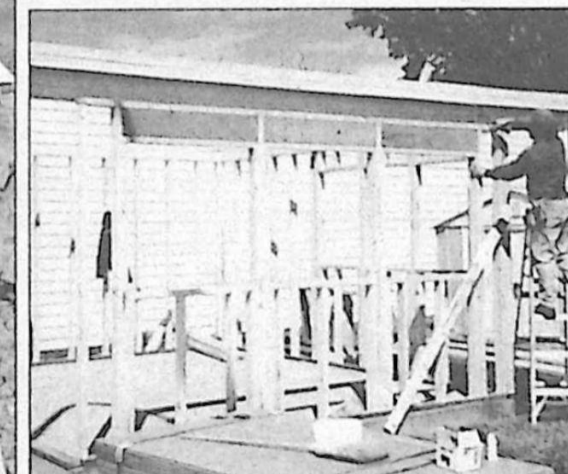
Hard at work: Sgt Gary Rouzes, Cpl Joe Huard, MCpl Glen Baird, all AEF.

This business of taking a flying leap, often a suggestion meant as an insult, actually works just fine. Perfectly, in fact, when the ground is hard, the spade-edge a little dull, and the feet are protected by good work boots.

The discovery was made by CE carpenter Jan Christensen, preparing the ground before helping with the erection of a closed-in patio at the back of the Officers' Mess, one of three to be built on Base. The other two will go up at each end of Combined Mess.

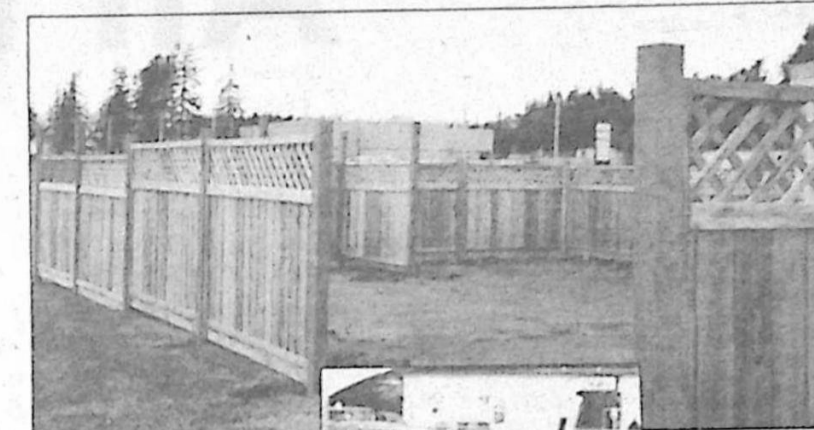
Being airborne may not necessarily be one of Jan Christensen's greater joys in life, but as long as it works... right? Fits in with being employed at an air base.

Airborne!



The effort paid off - the building is well underway. CE Carpenter Jan Christensen...taking off...landing.

Parcel post



Quality of Life money has contributed some added comfort to personnel long bereft of several amenities. Among the projects, closed in patios, or small annexes, to Officers' Mess and Combined Mess, and at the east end of the AFIS building a fence has been erected to enclose a tiny parcel of land for shelter and privacy.



The diligent accomplishers, from, Airfield Engineering Flight, were Corporals Glen McCreary and Mark Parker, seen digging and drilling holes for the fence posts.

Duck drama II

(to be continued - maybe)

Last seen, Duckie and her brood were getting a rest by the Officers' Mess before - presumably - setting off for the small creek behind WHosp.

But, back at the old Torpedo shop, another Duckie - soon a mama to become - remained nesting on the slope of one of the berms. There, she was observed by the grass-mowing crew from CE's Airfield & Works Team, which considerably left a circular swathe of sheltering grass tufts around the nest.

Friday 9 June the ducklings started hatching, and for 2/3rd of the batch Operation New World proved successful. Whatever then went wrong, one hatching did not make it all the way, and two of the eggs remained whole. Curiously, an egg-sized dark stone that on the Friday had been up-slope a few feet from the nest, on the Monday was now in the nest itself. Foul play? Who can say? Mom was gone and so were her small survivors, all probably headed for the same creek. Just ducky!



At least seven eggs in the nest at one time. The next, three eggs and a stone remain. The latter, possibly blown into the nest by a lawn mower, could be the villain in the act. And then there were none.

Ready-room ready

CE carpenter Jan Christensen is not measuring, just getting his tape rolled back in. "In" is where his work is, inside the Military Police building. A room once used for interrogation will be (has now been) changed into an office, necessitating removal of a window, installation of a door, repainting, and a few cosmetic touch-ups.

Difficult job? "Nah," said Jan, estimating. "Will be done in a day."



CE carpenter Jan Christensen.

All for one -

(Con't from page 1)

along the airfield, the parade halted at the WComd's campsite.

"The march was good fun" commented LCol Smith, CO 442 Sqn who marched at the front carrying the rucksack of Cpl Woznow and was on hand to accept a cheque of \$500 for the Y2K Spitfire Restoration Project. The Nijmegen team collected the money during the phase one - team selection - of the training. Maj Bryski, team leader, on behalf of the team, also recognised the support of 19 Wing sections, sponsors and volunteers who all contributed to date to the success of OPERATION NIJMEGEN 2000. "You cannot conduct an operation such as this without the terrific support of a lot of folks - we thank them from the bottom of our hearts" commented Maj Bryski.

"Timing for the event and party was selected the day before team selection since we wanted to provide an opportunity for all who finished the training to celebrate their accomplishments before the team was announced." Although 18 finished the training, only 11 can go to the Netherlands due to the team size restriction set by national authorities. The team will be announced on 16 June.

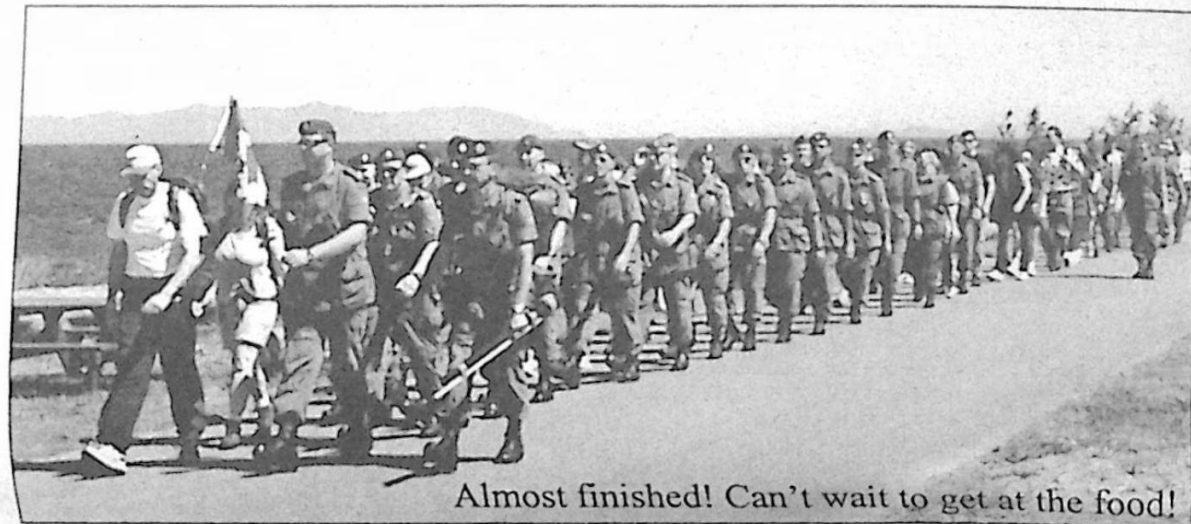
"The Wing has greatly benefitted from the training to date" commented LCol Spooner. "We will do everything we can to find a spot on another CF Nijmegen team for those who are not selected on the 19 Wing Team." Capt Pete Bolton, one of

the 18 volunteers trying for a spot on the team and OPI for the Y2K Spitfire Restoration Project on the initial team was emblematic of the pain and suffering all endured during the long marches. Although he did not complete the 5 km march due to injury, he appeared at the BBQ wearing the largest pair of boots in his closet and slowly hobbled to perform his duties at the ceremonies. It was safe to say that all who attended could share in the pain he was enduring. Ouch - "There is no pain like Nijmegen pain!"

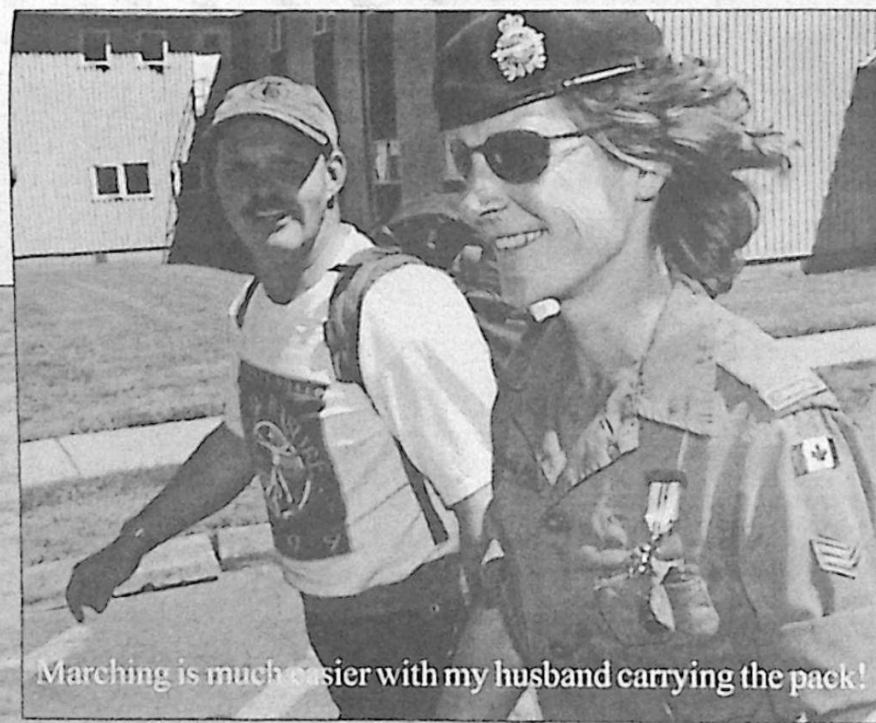
A great meal was provided by Wing Foods and a Wtn shuttle service ensured all got back to the start point after a great day. ON THE MARCH. "I would like to thank MCpl Mantha, the OPI, and his crew and the WCWO for his support in making the event an important milestone in the success of OP NIJMEGEN 2000" commented Maj Bryski. "After completing 600 km carrying a rucksack it sure felt very light not having it" remarked Cpl Woznow, 442 Sqn. The only team member that carried his pack was the Team Sergeant-Major, MWO Shields, WCE. MWO Shields provided the music for the march and for the longer distances, as he rigged up a portable ghetto blaster to play tapes and the radio. MWO Shields also provided entertainment for the 15 kids who attended by firing his potato gun a number of times. It was a real family event from all perspectives and a good time was had by all.



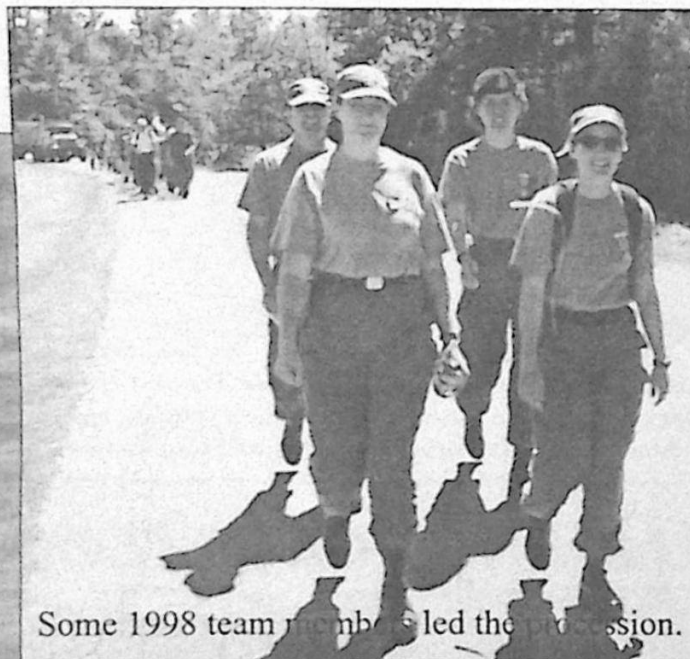
Finalists take a well-deserved break.



Almost finished! Can't wait to get at the food!



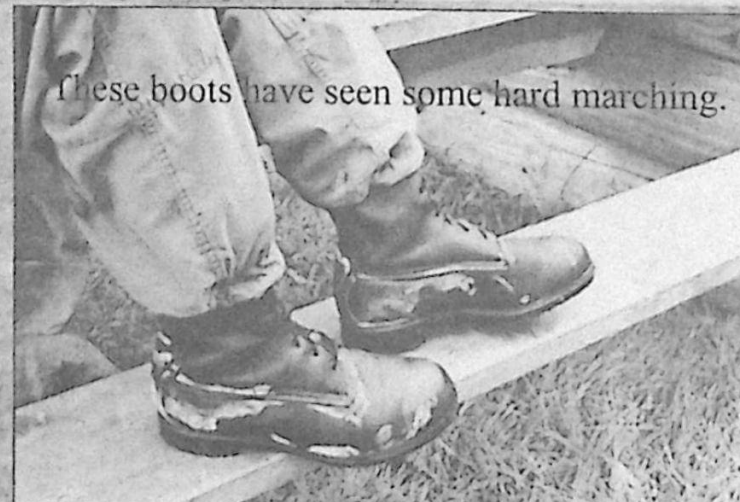
Marching is much easier with my husband carrying the pack!



Some 1998 team members led the procession.



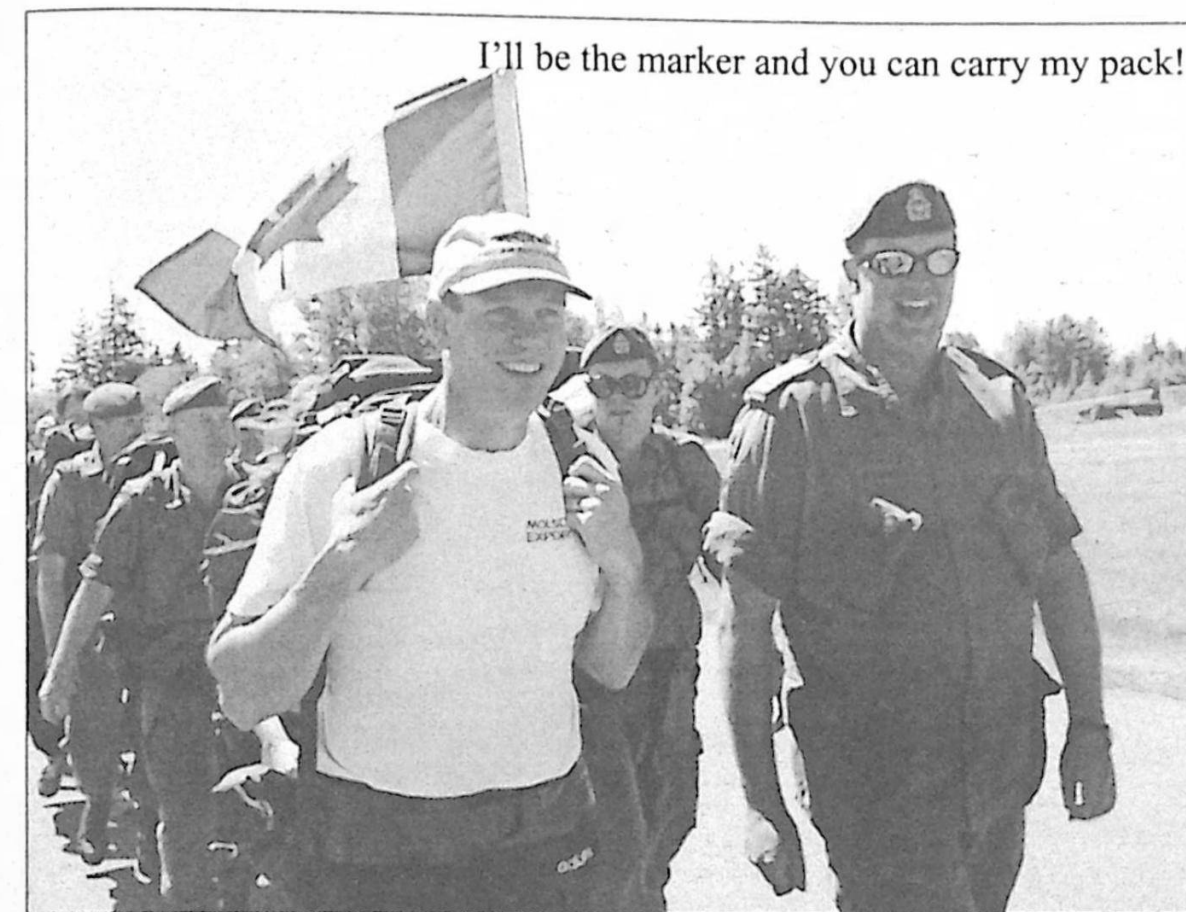
Section heads were recognized for their support.



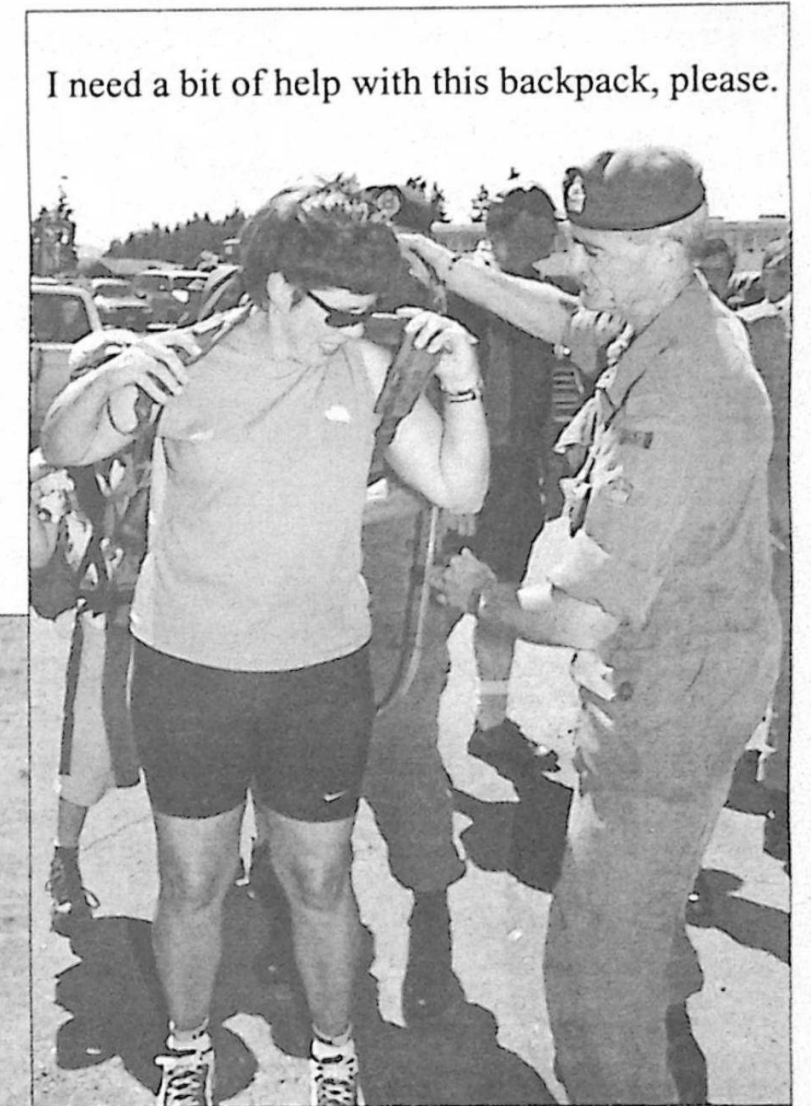
These boots have seen some hard marching.

- and one for all!

Photos by Wing Imaging



I'll be the marker and you can carry my pack!



I need a bit of help with this backpack, please.



Pile those weights in!



\$500 was raised for the Y2K Spitfire Restoration Project



Kayak adventures

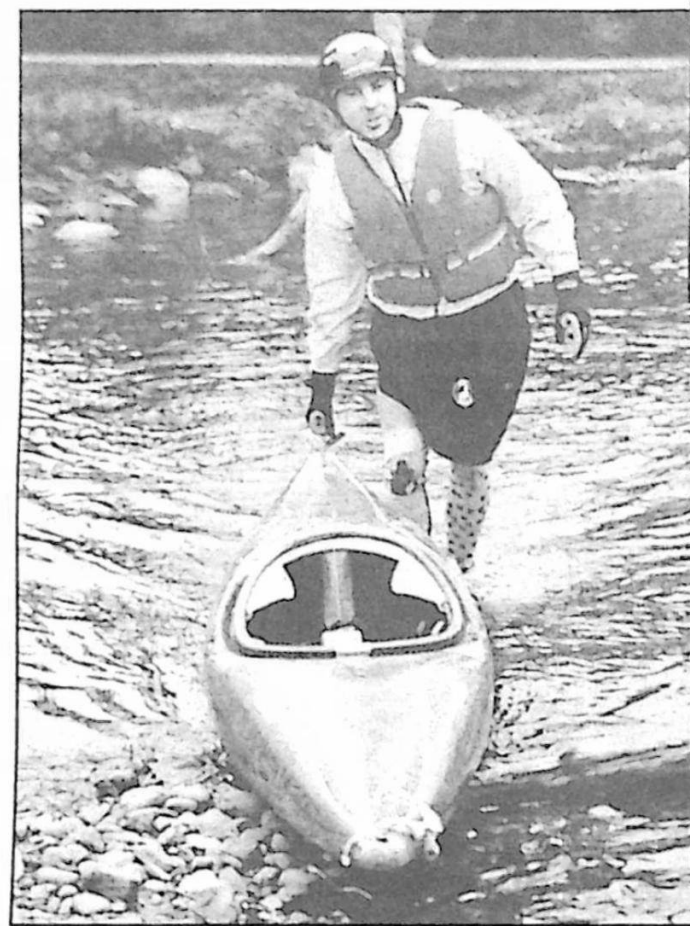
By Brian Copeland

Members of the Kayak Club enthusiastically paddled their way to Tree Island last Saturday and enjoyed the hot summer day on the beach. Ben Pridham, Neil McMahon, Kim Gilmour, Dario Rossi, Rhonda Eddy and Paul Blouin donned their skirts for a 45 minute journey to the serene beach of Tree Island. A perfect day for kayaking which included calm water, no wind and a 15 foot tide to bring them home.

Prior to heading off to paradise, Ben and Aaron Dycke escorted a class of new members out for their Saturday morning ocean session. Rod and Peggy McMillan, Mike White, Matthew Parsons, and Mike Simms (finally, eh Mike?) have completed their training and we hope to see them out kayaking soon.

Our scheduler has been extremely busy booking lessons and coordinating classes. Bea Kollman is trying very hard to book extra classes during June to accommodate new members. Her busy work schedule, family responsibilities and holidays in Victoria have made for an extremely busy month. We'll miss her at the pool for Friday night lessons this month and look forward to the return of her constant smile and enthusiasm. Not sure who is going to perform her Cupid duties while she's gone though.

TRIPS.....TRIPS.....TRIPS.....
Ben has a new Bulletin Board. It now contains a list of upcoming trips to Tree Island, Desolation



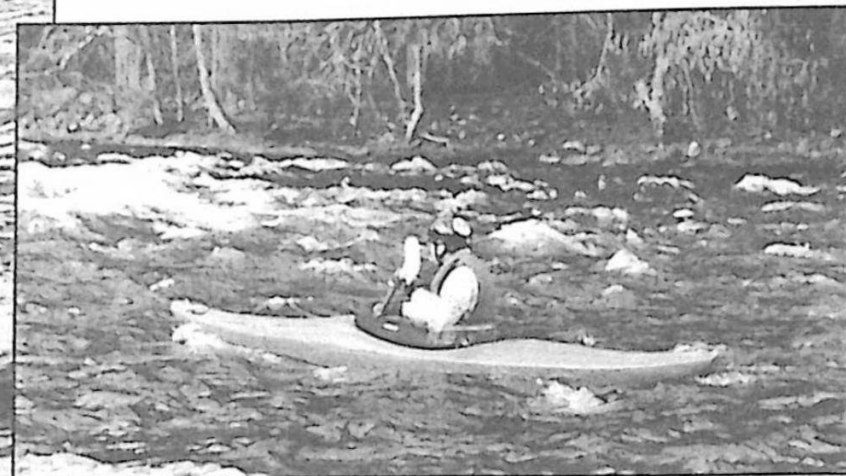
Ben Pridham launching his kayak into the Puntledge River.

Sound and Robson Bight. Drop into the kayak clubhouse and sign up for a trip or get more information on these adventures. Kayaking has to be the most enjoyable way to see Vancouver Island. Come out and take advantage of these trips. If you have any ideas for kayak adventures, club socials/activities or anything you want to pass on please leave a note

for Ben in the clubhouse and he will get back to you and discuss it. It's your club, so get involved. High winds and big waves didn't dampen the enthusiasm of Chris Copeland and Jay Steele last Monday. Chris and Jay took advantage of the pounding waves and high winds by donning their wetsuits and surfing the big ones. With an onshore wind and incom-



Ben Pridham, Billy Ternes, Tristan, Chris Copeland and Jay Steele preparing for the excitement and thrill of the Puntledge River.



White water presents a challenge and excitement.

ing tide they rode the monster (kinda like a fish story) waves over the sandy beaches of Point Holmes. Jay figures a couple days a week of this action would be all the exercise he would need. As soon as he gets the water out of his ears he's off to fly in Maple Flag for some extreme combat flying. Good luck Jay. Lessons are still going well and

there's lots of room for new members so don't hesitate...call the base local 7245 (S.A.I.L.) and choose the kayak feature "3" to leave your name and number. Bea will get back to you and book your lesson as soon as possible. If you're not sure what it's all about, drop by the pool Friday nights between 8-9 p.m. and watch a class in action.

Nijmegen Team named

After marching 605 km over the past 11 weeks, including a couple of 40 km marches on successive days, each taking over eight hours, the 19 Wing Comox Nijmegen Team has been selected. In early April, 37 members of 19 Wing started the progressive training with a singular goal - make the team. The desire to represent 19 Wing at the famed Nijmegen march was so intense that one marcher endure 25 km of mental anguish and pain only to find out the next day that his foot was broken. Of the original 37 members, 19 withdrew from training due to foot-related medical conditions and work conflict reasons - leaving only 18 who actually completed the demanding schedule. Qualification for the team required that individuals had to complete at least 500 of the 605 km, including the back-to-back 40s held on 13 and 14 June.

The Nijmegen marches are held in Holland on an annual basis. It consists of four days of marching over various distances, by both civilian and military, individuals and teams. Military teams must march 160 km (four days of 40 km each) in groups no smaller than 11 and carry a rucksack that has a dead weight of 10 Kg. Canada has been participating since 19542 and will send 176 teams this year, four of them Air Force. CF teams are well received in Holland, as Canada was instrumental in the liberation of Holland during WWII.

Being part of a Nijmegen team means its members are highly trained in endurance march; however, more importantly, they are proud Canadians.

Throughout the team selection phase, the Comox Nijmegen team has had much support from both 19 Wing and the community. "This type of operation is not easily mounted without a significant amount of support from a lot of folks" said Maj Kevin Bryski, team leader. "We would like to take this opportunity to thank all supporting agencies at 19 Wing, businesses in the Comox Valley and especially the public for the generous support we have received. We conducted an intense public affairs campaign to better educate everyone why we would even consider marching such long distances with a 10 Kg rucksack" remarked Bryski. "The amount of waves, honking horns and encouraging remarks we received while on the march was just incredible. It really boosted our morale and made us feel even more proud to be Canadian." One lady slowed her car to a crawl, opened her window and said "You guys look really sharp - watching you makes me very proud to be a Canadian. Keep it up." Silence overcame the team and the pace quickened.

Spurred on by an idea provided by Cecil and Anne-Marie Potter, owners of Huckleberry's Fabrics, the team met with the public each

Sunday morning following their 15 km marches. We had former Nijmegen participants come out to lend encouragement. We would like to thank them and the hosts of our 'Meet the Nijmegen Marchers' events including: Huckleberry's Fabrics, Tim Horton's, McDonald's, Robin's Donuts and Deli, Quality Foods, Mountain Meadows Sports, and Canadian Tire. In addition, the Village of Cumberland, Mountain Meadows Sports, Wal-Mart Optical, Molsos and Work World contributed materially to the team. Finally, the media did a terrific job in covering all of our events and providing information on the status of our training. Nijmegen is indeed a community effort.

The Nijmegen team will continue training for the next four weeks, ultimately marching 855 km in total before leaving for the Netherlands in mid-July. For more information and photos visit our website at: www.comox.dnd.ca/nijmegen

Final team members are:
WO Benoit - who has been on two previous marches (Air), Maj Bryski - team leader (Air), Cpl Burgher (Land), Cpl Girardin (Air), MCpl Gogan (Air), LS King (Navy), MCpl Mantha (Air), Cpl Nielsen (Air), Sgt Rouzes (Land), MWO Shields (Land), Cpl Wozniow (Air), Cpl Hildebrandt* (Air), Cpl Maher* (Air).
* denotes spares.

Canadian Forces Community College Network North Island College - training that works

Interested in office work? Whether you are considering a career as an office worker, or are already employed in the field, take a look at the wide selection of courses available through North Island College's Office Administration Program. Students can choose to take individual courses, or complete a whole Certificate at either entry or supervisory level.

The entry level introduces you to a range of current computer applications and general office procedures. In addition, students are encouraged to develop the important interpersonal skills required in today's office. All courses are offered on a flexible, open, self-paced basis, with instructor support.

At the supervisory level, the Administrative Office Management Certificate prepares you for supervisory office positions. Its content reflects the challenging issues that affect today's managers and leaders in the business environment, and provides the opportunity for every student to enhance his or her problem-solv-

ing and critical thinking skills in a creative environment. The six courses in this Certificate are delivered on a scheduled part-time evening basis.

Students attest to the relevance and practicality of the programs. The following are statements from current students: "The Office Administration program provided me with the skills training I needed, by exposing me to both software and office procedures that are current and relevant in today's workplace." "I am thankful that I took the Administrative Office Management program. I feel I have an upper hand on my job because I have an understanding of today's office environment. I learnt more from the program than I had ever expected. I have recommended this program to others."

For details of either of the above programs or to attend an information session, please contact Andrea at 334-5048 or Sharon at 334-5088 (both at the Courtenay campus) or Sonja at 923-9743 (Campbell River campus).



Glacier Greens Golf Shots

Ladies Club

By Joyce Merrill

It was Pin Day #3 on June 13. Big winner of the day was Verle Lafferty who won with a sizzling low net of 61 and also received her pin for breaking 90 with a great score of 88. I guess things do happen in threes, Verle also won the 50/50 draw. Jean English took second low net with a 72 and Joyce Merrill was third with 73. Rose Jacobson/Martha Campbell tied for least putts with 33.

Monday Nite Ladies

On June 12 the winners were: Low net Gillian Iddiols and least putts Carmel Horochuk. Augusta Prichard won KP on #7. Most honest golfer was Alice Marriott. Evelyn Viklund/Carmel Horochuk each had a chip-in. Teri Healey won the 50/50 draw.

Mark your calendar for June 26. There will be a chicken BBQ and beer night after golf in cooperation with a beer company. Cost will be \$6.00. Our Pro, Scott Fraser will be doing the cooking (this should be good!). All lady club members are welcome to join us.

Course record broken in Men's Open

By Vic Crisp, Tournament Director

Greg Koster, representing the Player's Club returned a gross 66 on the first day and set a new course record during Glacier Greens' McConochies Men's Open. He finished the 2-day event on 136 to win the field low gross prize. Chasing him was Steve Berry from Royal Colwood with 141 ('A' Flight winner) and Joel Woods from Glacier Greens (second, 'A' Flight) who finished with 142. Jeff Edwards of Glacier Greens was third ('A' Flight) on 145. Marty Petersen from Comox won the field low net on countback from Alan Schultz of Glen Meadows with a 135. Len Doyle of Glacier Greens recorded a 136. Gerry Koster from Comox won 'A' Flight net with 138, beating Lorne Compton of Storey Creek at 140 and Willie Oliver from Glacier Greens at 141.

Other results were: 'B' Flight gross, first Rob Munn Crown Isle 156, second Chris Parris, CFB Borden 158 and third Dave Wheelton, Crown Isle 160. 'B' net winner Dave Tribe Comox 141, second Gordon Grubisch Gold River 143 and third Peter McDonald Cordova Bay 144. 'C' Flight gross, first John Powers Glacier Greens 164, second Andy Hutcheston Morning Star 168 and third Nick Mykitiuk Glacier Greens 169. 'C' flight net, first Alan Schultz Glen Meadows 135, second Len Doyle Glacier Greens 136 and third Ed Famulak Glacier Greens 137.

Over 1000 players (including five professionals and five zero handicappers) from as far north as Port Alice, as far south as Victoria

and as far west as Port Alberni took part in this "sun blessed" tournament. Every competitor remarked on the superb condition of the course, which, combined with the excellence of our new patio and clubhouse interior, ensured our event still remains on of the best in the valley.

Our thanks go to Steve Bailey and his "course" crew, Steve Dodd and his catering team, Scott Fraser and his Pro Shop staff, all the volunteers and to McConochies for their continual support over many years. Finally, thanks go to all the players and to the following in supporting this, the fast becoming major golf event of the year:

McConochies, Garf Baxandall Ford, Bill Maximick, Madman McKay, Co-operative insurance, RG Cockwill Chiropractic, Odlum Brown Ltd. Investments, Island Honda Cars, Budget Car & Truck Rental, Red Ruby Restaurant, Dairyworld Foods, Comox Valley Insurance, Comox Valley Auto Services, Coast Country Insurance, First Financial Securities, Comox Mall, ABC Printing, Comox Valley Brewmaster, Joe Read's Bookstore, Comox Builder's Supply, Port Augusta Inn, O'Malley's Irish Pub, Smitty's Restaurant, Middleton Meats, Budget Brake and Muffler, Forbidden Fitness, The Griffin Pub, Riverside Wines, Signature Wines, Toscanos-Trattoria, Comox Shoes, Edge Marine Pub, Radio Shack, Lorne Hotel, C&N Rentals, Grape Expectations and the Men's/Ladies Clubs.

Jake's Trivia Corner

1. Who had the most plate appearances in a major league baseball career?
 2. Who scored the most free throws in one season?
 3. Who scored the most consecutive field goals?
- (Answers on page 14.)

Comox Valley Summer Basketball Camp
3-7 July
Info: 338-4943 or 339-9776

Silver Totems Hockey School
21-26 August
For more info: Capt Alex Robertson 338-4216

Swimming Registration

When: 24 June
Where: Base Rec Centre
Time: 08:30 to 12:30 hours
Commencing: 4 July

For more info contact
J.C. Fromont, Rec. Coordinator, loc.8989

The Comox Valley Roadrunners invite all runners and those who would like to run to enter the FUN RUN in Courtenay on July 1st.

This annual event offers an exactly measured one mile course down Fifth Street. Every entrant will be officially timed to one-hundredth of a second. No one has ever run a mile in under four minutes on Vancouver Island. Here's your chance - you could become famous!

There is no entry fee. Everyone is welcome to enter.

Come to the corner of Woods Avenue and Fifth Street at 9:30 a.m. on July 1 to register. The FUN RUN starts at 10:15 a.m. just before the Canada Day Parade.



Rec Centre News

Gym Schedule for July and August

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
0700							
0730	Morning Military Fitness Classes (0730-0830)						
0800							
0830	CLOSED						
0900	Military Training (0830-1030)						
0930							
1000							
1030	AEF 1000-1130	19 AMS 1030-1130	AEF& 414 1000-1130	19 AMS 1030-1130	AEF 1000-1130		
1100							
1130	Noon Hour Rec (1130-1300)						
1200							
1230							
1300	Military Training (1300-1400)						
1330							
1400	WE ME 1430-1530	WTIS 1430-1530	WE ME 1430-1530	WTIS 1430-1530	WSupply 1430-1530		Open Rec 1300-1700
1430							
1500	Military Hours 1530-1630						
1530							
1600							
1630							
1700							
1730							
1800							
1830							
1900							
1930							
2000							
2100							
2130							
2200							
2230							

Pool Schedule for July and August

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
0700	Military Fitness Classes	Pool Maint	Military Fitness Classes	Pool Maint	Military Fitness Classes		
0730							
0800							
0830							
0900							
0930							
1000							
1030							
1100							
1130							
1200							
1230							
1300	CV Nursing 1300-1400	CMFRC Summer Camp 1300-1400	CV Nursing 1300-1400	CMFRC Summer Camp 1300-1400			Open Swim (1300-1500)
1330							
1400							
1430							
1500							
1530							
1600							
1630							
1700							
1730							
1800							
1830							
1900							
1930							
2000							
2030	Scuba Club 2000-2100			Scuba Club 2000-2100	Kayak Club 2000-2200		
2100							

Comox Valley Country Roads Marathon

Qualifier for Pacific Regionals and CF National Championships!

September 3 is the date for the first ever Comox Valley Country Roads Marathon. The course has been certified and both the marathon and half-marathon events being run that day can be run by CAF personnel from the Pacific Region who wish to compete in the CF National Championships.

The marathon has been planned for over a year by a committee of dedicated running enthusiasts. The course is set in a rural area with rolling country roads, incredible pastoral and mountain views and will take runners through some of the most delightful country scenery on Vancouver Island. This will be an awesome venue for the experienced marathoner wanting to establish a new personal best, as well as the first-timer.

Age categories, as of day of competition, for Armed Forces personnel are:

Male and Female: Open - under 40 Masters - 40 to 47 Seniors - 48 to 55

Qualifying times for the Canadian Nationals are as follows:

Marathon times:	Male	Female
Open	3:15	3:30
Masters	3:30	3:45
Seniors	3:40	4:00
Half-Marathon:	Male	Female
Open	1:35	1:45
Masters	1:40	1:55
Seniors	1:45	2:05

Inquiries regarding accommodation can be directed to Jake Plante, Sports Co-ordinator at CFB Comox, phone (250) 3398211, local 8783. Check out the website at www.CountryRoadsMarathon.bc.ca (Registration forms can be printed from this site.)

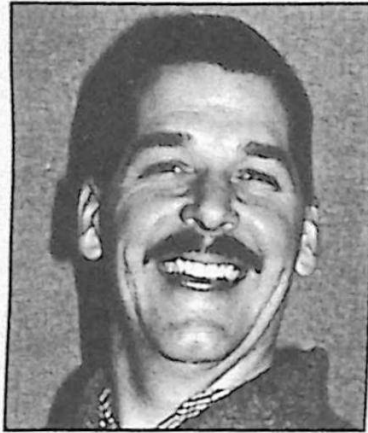


Comox Military Family Resource Centre

Centre de Ressources pour Les Familles Militaires de Comox

Phone: 339-8290

CMFRC: Board of Directors New beginnings...



Paul Gillmore,
Chairperson

Paul Gillmore is the new Chairperson of the CMFRC Board of Directors. He has been on the CMFRC Board of Directors since 1998, as a regular member, and was recently elected to chair at the CMFRC Annual General Meeting on March 9th. Paul, a military member who works at the 19 AMS workshop, has lived in the valley with his wife Jeannette and their two sons Matthew and Christopher since May 1997. Paul is excited about his upcoming term as Chairperson, and brings to the position years of experience volunteering in community groups in positions of leadership.

Paul has always been involved in community life, and sees volunteering as a way to give back to his community, and also as a way to encourage his children to volunteer. His volunteer history includes Community Rep. for Wallace Gardens Community Association, Volunteer Canvasser for the Canadian Cancer Society, basketball coach, member of the Knights of Columbus, Scouts Canada Youth Troop Leader and President of the Russell Community Association. Paul is very interested in the areas of board development, fundraising and of raising the profile of the CMFRC. He is thrilled with the new CMFRC facilities and sees the physical expansion as an opportunity to continue to expand the programs and services the CMFRC offers.

Paul feels confident that the new board with its diversity, talent and experience will be able to serve the community well in the next few years.



Carla Calmes,
Vice-chairperson

Carla Calmes has been on the CMFRC board of directors for two terms. Carla is married to Jacques and they have three children, Kara who is ten years old, Keisha who is nine and Keeana who is three. Carla works at the Scotia Bank as a Personal Banking Officer. When Carla was first asked to stand for nomination for the board of directors, she thought about the commitment of time and energy, and although she already had a pretty full schedule she accepted the nomination because she knew that the CMFRC needed expertise in fundraising, and she had lots of experience in that area. Carla is particularly interested in helping the youth fundraise for their programs, and sees this is an opportunity for youth to develop leadership and entrepreneurial skills. Carla is passionate about making our community a better place to live, and is looking forward to her second term on the CMFRC Board of Directors.

Newcomers

- Are you new to the area?
- Do you want to make friends and have some fun?
- Do you want to find out about programs and services in the area?
- Do you want to explore interesting recreational and historical sites?

If you contact Tina at the CMFRC to get connected to the CMFRC Welcoming Committee. Phone 339-8290 today

Got a big heart?

The CMFRC is looking for people that are interested in providing short term EMERGENCY CHILDCARE for military families. We need Childcare Providers for overnight and/or daytime care for children whose families are experiencing a family emergency. Overnight Emergency Childcare Providers will be placed on a rotating bi-weekly 'on call' schedule. There is remuneration for this service.

Emergency Childcare Providers must be at least 19 years of age, have a minimum of 3 years experience in the care of children (may include the applicant's own children) or graduation from a program in early childhood education or related program which includes practicum experience in a childcare setting. For further information, please call Alex @ 339-8211 local 8310.



Vous avez un grand coeur!

Le CRFMC est à la recherche de personnes qui seraient intéressées à fournir, à court terme, des services de GARDE EN CAS D'URGENCE pour les familles militaires. Nous avons un besoin urgent de gardiens (nes) parlant français (ou bilingues) pour les services de nuit et/ou de jour pour les enfants dont la famille vit une situation d'urgence. Les gardiens (nes) de nuit seront sur appel et placés (es) sur un horaire bihebdomadaire. Il s'agit d'un service rémunéré. Les gardiens (nes) des services en cas d'urgence doivent être âgés (es) d'au moins 19 ans, avoir un minimum de 3 ans d'expérience dans les soins pour enfants (peut inclure les enfants de l'applicant (e)) ou être gradué (e) d'un programme en éducation de la jeune enfance ou un programme relié incluant de l'expérience pratique avec des enfants. Pour de plus amples informations, s.v.p. appelez Alex @ 339-8211, local 8310 ou Danielle @ local 8656.

Many Thanks!

Many thanks to everyone who helped make the CMFRC Gigantic Garage Sale and Family Fun Day a huge success. A bunch of roses to all those who donated items to the cakewalk, garage & bake sale, and to those who volunteered their time to help out at this event. We couldn't have done it without you!

Thanks to the following Crafts People for donating their draw prizes:

- B & R Enterprises
- Decorama Party & Craft Supplies (Courtenay)
- Jocus Toys (Lynn Norton)
- Native Crafts
- PJ's Gifts & Ceramics (Courtenay)

Thanks to the following for their donations:

- Tim Horton's (Courtenay)
- Lots of Laughs Productions (Comox)
- Remax Ocean Pacific Realty (Comox)
- Hansel & Gretel Family Hair Care (Comox) - Erin & Michelle
- Popcorn Wagon (Comox Airport) - Lori
- Pacific Coastal Airlines

Thanks to the following for their participation:

- Islander Pizza
- Backyard Bouncer

Draw Prize Winners' Ticket Numbers:

- 778092 outdoor summer toy package donated by Zellers
- 778093 2 cans of interior super eggshell acrylic latex (can - to be tinted at store) donated by Cloverdale Paint Inc. (Courtenay)
- 778105 Braidart seat cushion donated by Cumberland Only Country Market
- 778106 \$10 gift certificate donated by Cumberland Fresh Pasta Shop
- 778107 summer toys donated by A Buck or Two (Driftwood Mall)
- 778114 summer toys donated by A Buck or Two (Driftwood Mall)
- 778129 summer toys donated by A Buck or Two (Driftwood Mall)
- 778131 \$10 gift certificate donated by Auchterlonie Bros. Bakery (Cumberland)
- 778158 ... (lar ... by F ...)

Wallace Gardens Community Association News

CANADA DAY

Volunteers Required

19 Wing Canada Day Festivities are coming up fast and we still need volunteers!!!

Activities include:

- Sand Sculpting Contest
- Beach Volleyball Tournament
- Beach Games
- Family Bingo
- Poster Contest
- Carnival games for all ages
- Face Painting
- Waterslide
- Bouncer
- Rides on "Little Toot"

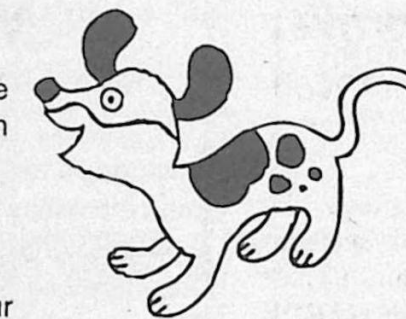
If you would like to volunteer a few hours of your time to help out with the festivities, please contact Jane at 339-8211 (8571)

Adult Craft Club Potpourri Pie & Potluck Dinner

Sunday, 25 June
6:00 - 9:00 p.m.
Craft Room

To register for the dinner & craft, please phone the WGCA office Mon-Fri 0730-1200 hrs or call Jennifer @ 339-7183

With the onset of nicer weather, more and more dogs will be seen on leash taking their owners out for their daily walk. Please remember that failure to remove defecation from public or private property other than the owner's can lead to a \$30.00 fine as stated in Wing Standing Orders 2-07 para 24i. Please carry a bag with you so that you may clean up any presents left by your pet and dispose of them in the proper refuse container.



What is the Wallace Gardens Community Association?

The Wallace Gardens Community Association consists of volunteers who organize and promote projects and services to enhance the quality of life in our community. All residents 18 years of age or over, are eligible to become members of the association. The community is presently divided into nine wards, each having at least one representative on the community council. Each ward representative acts as a liaison between their respective ward residents and the Wallace Gardens Community Association on all matters pertaining to their ward. Because of the posting season we are losing some representatives from the various wards. Vacancies are as follows:

- Ward 3: House 18 to 25A & 34 to 48A
- Ward 5: Houses 66 to 83A
- Ward 8: Blocks 104, 106, 109, 113, 115 & 118

A ward rep is required for each ward, and if no one volunteers for the position, one will be appointed. Please do your part to help make your community a little better. If you live in any of these wards and are interested in becoming a ward rep or you would like more information, please call the Town Clerk at 339-8211 (8571).



Canada Day Sand Sculpting Contest

A new addition to our Canada Day festivities will be a Sand Sculpting contest. On July 1st from 1100-1600 hrs, part of the beach will be cordoned off to allow families to "sculpt" their award winning entries. Rules are as follows:

- *No binding agent in the sand
- *No manmade objects to remain as part of the sculpture
- *All natural items found on the beach may be used
- *A minimum of three families competing in order to run the event.

Prizes will be awarded to 1st, 2nd and 3rd place entrants. Only one entry per family is allowed. Note: Plastic containers will be provided, but you might want to bring your own plastic shovel.

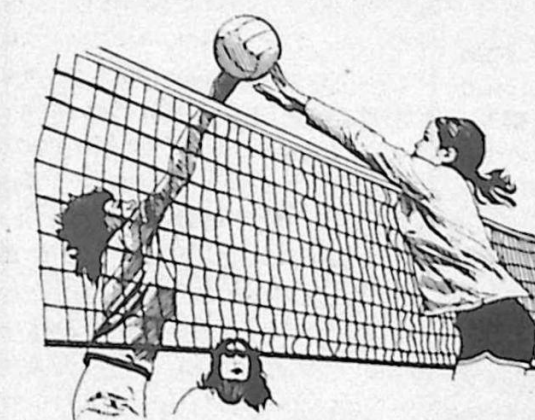


Canada Day Poster Contest

Once again, the Canada Day poster contest will be held at Air Force Base during the Canada Day festivities. From 1100 hrs - 1600 hrs, children age of 12 years are invited to create a poster about Canada Day. The theme for this year is "What Makes You A Canadian?" Prizes will be awarded to the first, second and third place winners of each age category 0-7, 8-9, 10-12. Winners will be announced at 1700 hrs. Come on out and have some fun.

Note: Any craft materials that you might like to donate for the contest would be greatly appreciated. Please drop them off at the Wallace Gardens office.

Canada Day Beach Volleyball Tournament



This event will consist of two-person teams and will be divided into two age groups:
13 - 19 years
19 years & up

You may register for this event in advance through the WGCA office located in the Fitness & Community Centre at the Wallace Gardens office.



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

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

Miscellaneous for sale
 Admiral dishwasher \$100, Moffat washing machine \$250, Moffat dryer \$150, GE refrigerator \$200, GE stove \$200. All items in good/excellent working order. 334-1521 for more info. <2/2>

15-1/2 foot fiberglass boat with walkthrough windshield. Comes complete with: galvanized trailer, 75 HP Mercury, 9.9 HP Johnson kicker, new fishfinder (used twice), 1-year old battery, 2 Scotty downriggers, 3 rod holders, CB radio. Works great, ready for fishing! \$2,500 o.b.o. Phone: Keith 334-4723. <1/2>

1979 Bonair 1700 Hardtop trailer with bathroom, 3-way fridge, three burner propane stove, furnace. Sleeps 5. Unique design (no canvas). Good shape. \$2,200 o.b.o. Phone: Keith 334-4723. <1/2>

Portable Hotpoint dishwasher \$125.00, 5-speed girl's bike \$20.00, 16" girl's bike \$20.00, baby stroller \$20.00, child car seat \$15.00. 339-3616. <1/2>

\$1 CARWASH
 A 24-hour carwash is available to all base personnel. The Auto Club carwash is located next to Clothing Stores. Hot soap, hot wax and a cold rinse - all supplied for a loonie.

Reunions
437 (T) Squadron
 Special invitation to all Huskies to join us 15-17 Sept for a cairn dedication to all past and present sqn members. Come visit old friends and meet new ones. Send your name, address and phone number to ensure we have a complete mailing list: Cairn Committee, 437 (T) Squadron, 8 Wing Trenton, PO Box 1000 Stn Forces, Astra, ON K0K 3W0. Phone: Maj Jim Kinnear (OPI) (613)392-2811 ext.3731 or Janet Mumby ext. 2604. E-mail: 437cairn@kos.net. Web site: www.8wing.trenton.dnd.ca/437sqn/

Employee Assistance Program
 (for both military and civilian personnel)
 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 any one of the 19 Wing Referral Agents (RAs)
Call EAP at 7035 or

Tim 8595	Finn 8379
Eileen 8528	Stéphanie 8296

The EAP is a joint union-management program/
 le PAE est un programme syndical-patronal

Harbour Wood
 3 & 4 bedroom patio homes, conveniently located within walking distance to schools, hospital and bus. 10-minute drive to CFB or downtown Courtenay.
 Each unit includes:
 • New fridge, stove & dishwasher
 • Thermal windows & coverings
 • Efficient gas furnace & hot water tank
 • Laundry hook-ups
 • Lots of storage
 • Private yard & garden shed
 • 1-1/2 bath in 4 bdrm.
 On-site resident manager, and lawn maintenance provided.
3 bdrm; 1105 sqft: \$685 w/Military incentive: \$650 w/12m lease/13th month FREE = \$600
4 bdrm; 1305 sqft: \$735 w/Military incentive: \$695 w/12m lease/13th month FREE = \$642
PHONE TO VIEW: 339-9805 or stop by 1-5 pm. Mon-Fri. 233 Aitken Street, Comox

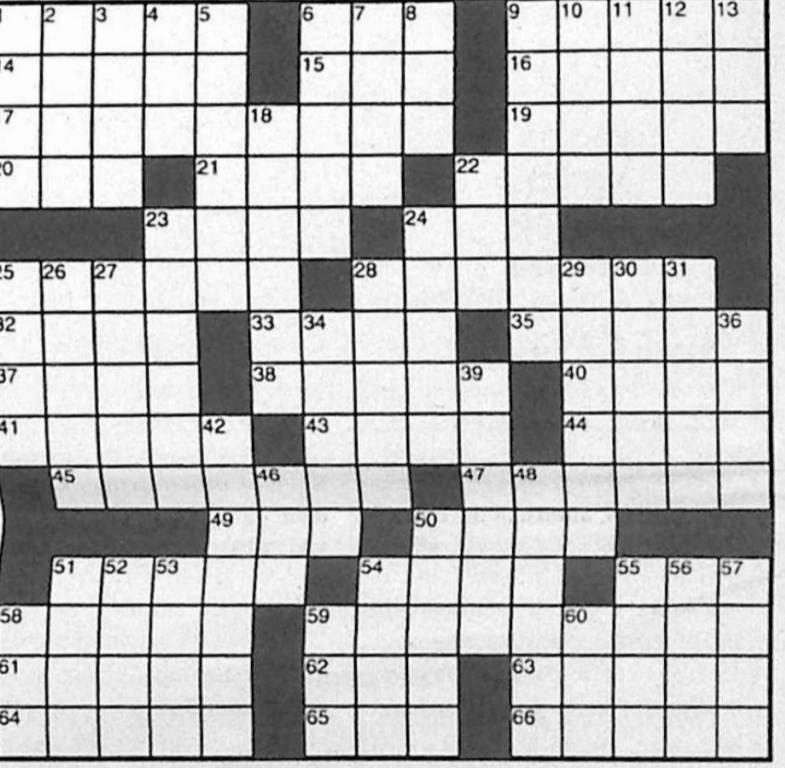
TODAY'S CROSSWORD PUZZLE

ACROSS
 1 Melted rock in the earth
 6 Lid
 9 Wade
 14 Sir - Newton
 15 Have bills to pay
 16 Eating place
 17 Footless stocking
 19 Love, in Paris
 20 Viva - Vegas
 21 Prompted
 22 Glowing coal
 23 Heart of the matter
 24 - chi ch'uan
 25 Drifting along
 26 Get-together
 32 Azure
 33 Composer
 35 Cancel
 37 Leaned over
 38 Jangle
 40 Neither front nor back
 41 Marina sight
 43 Olympic powerhouse, once
 44 Caesar's garment
 47 Ballpark event
 49 Help
 50 Tooth's top
 51 Gregorian -
 54 Gait
 55 - out (barely)

DOWN
 1 Factory
 2 Out on the briny
 3 Henry
 4 Youngman lines
 5 Locust tree
 6 Halley's discovery
 7 Filled with wonder
 8 - capita
 9 Marathoner's asset
 10 Gentle person
 11 Woodwind
 12 Run words together
 13 One of LBJ's dogs
 18 Homespun
 22 Water, in Quebec
 23 "Faust" creator
 24 Gull cousins
 25 Popular columnist
 26 Hopping insects
 27 Light meal
 28 Cook slowly
 29 Arch part
 30 Hamburger extra
 31 Poke
 34 Made a collage
 36 Shakespearean king
 39 Oscar, for one
 42 Door top
 46 Chomped
 48 Fake
 50 Home in the woods
 51 Muffs
 52 Get well
 53 Thomas - Edison
 54 Game on horseback
 55 Sight from Taormina
 56 Hull part
 57 Makes a mistake
 58 J. Edgar Hoover's org.
 59 New York football player
 60 - and tuck

PREVIOUS PUZZLE SOLVED

SHOD LAS WELK
 LURID SULU AMAN
 AGAVE AKIN SITE
 VOLATILE DAHLIA
 ERE TIC END
 GDESSA LOAMS
 DONUT PANLETTER
 OTIS SAGES AREA
 REDHANDED SKULK
 ICIER CHEESE
 ALP RFD FOE
 RELIEF URBANELY
 OVEN LARA RODEO
 MEAT EDGY SONAR
 ALTO DEE NAPE



MUSIC FEST
July 7 - 9
 Featuring a variety of music guaranteed to please even the most discerning tastes.
 Entry fees: Military Special \$45.00 with ID.
 Regular Price: \$55.00 until 29 June, \$70.00 after 29 June.
 Tickets available through PO2 Rollin at the Officers' Mess (loc 8295). CASH ONLY.

Jake's Trivia Answers
 1. Pete Rose - 15,890.
 2. Jerry West - 840.
 3. Wilt Chamberlain - 35.

Commencing June 13, the Wing Pharmacy will be staffed by civilian Pharmacists who will be sharing shifts for June and July. The Pharmacy will be open mornings ONLY from 7:30-11:30 (or NOON at the latest, if necessary).

Next Deadlines
Advertising: 5 July
Articles: 7 July, noon



News



After all this rain, I think it's time for some sunshine. Now that Terry has left for his holidays I am sure the sun will shine bright. Let's hope for some good weather when he and Marg go to Whistler for three days and then off to Calgary in the motorhome. Marg, are you sure you want to do this? We will owe you big time for taking him away for a little while. All kidding aside, we hope you have a great time on your holidays and are well rested when you come back to work.
 Of course the sun could not shine for us during our staff golf day. It rained and rained the whole time. Diane was supposed to order the sun, but, with all she had to do to organize the event, I think she somehow forgot to order the sun. We promise not to hold it against you Diane! We diehard went out in the windy, rainy, cold weather and golfed anyway.
 Later, to get out of the rain, we all piled into Hoe's garage to have a BBQ and say "farewell" to Denise. Joe and Pauline were gracious hosts and our many thanks to them for having the whole gang at their home. Terry and Joe did all the barbecuing, which was great, but Hey Joe, we are still picking the deck stains out of our teeth!
 Trish had a birthday on 12 June, followed by some cheesecake. She is quickly catching up to the rest of us old folks!
 Nancy will soon be departing us, as she will now go to work down at Quadra. All the best to you Nancy. We're sorry to see our resident Vanity Smurf go and will miss you!
 As many of you have seen, we had a Coke contest going. Congratulations to Janice Neiser on winning the Coca-Cola patio set. When you are driving by, why

Coke contest winner Janice Neiser with Trish Johnson, CANEX supervisor.
 not stop in and see what CANEX has to offer you for all your summer needs. We have a wide variety of BBQs, patio furniture and much, much more. As always, the NO INTEREST CREDIT PLAN is here for your shopping needs and is now transferable when posted. No longer does it have to be paid off prior to posting.
 Remember, CANEX is here for you.



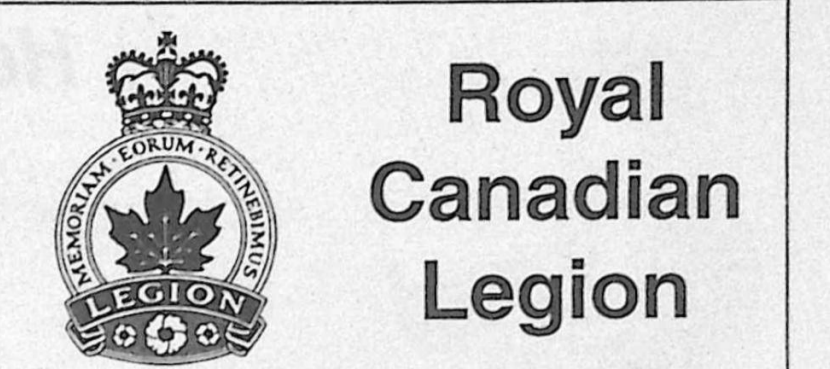
888 Wingnotes By Norm Blondel
Change at Contrails

Effective with the August edition, the new Contrails crew will be Norm Blondel, editor; Dawna Dozzi, compositor; and Julie Blondel, proofreader. Next deadline for copy is August 1, 2000. The end of Summer Doldrums. I know it will be difficult to rouse yourself, but if you make a start on your reports and other pieces around August 1, we'll have the bulletin out on time. It is ironic that our good friend and former Contrails editor, Tet Walston, is the subject of my next member profile. I had not informed him of this, and his profile will be the first I will have written posthumously. I hope it will be the last.
 The turnout for Tet's Poppy Ceremony was very large - 160 or more members and friends assembled to celebrate Tet's life and mourn his passing. LCol Spooner represented 19 Wing and Duke Warren conducted the ceremony. Several other speakers shared their thoughts, memories and sad about our stalwart friend, and we were all impressed by the bearing of Celia and her son and daughters - a case of pride in the man overcoming grief at his passing, I would say. I've expressed my own thoughts elsewhere in this newspaper. I just wish I had the power to grant him more years, so we could all enjoy the continued presence of that outstanding man.
 Memberships! Have you renewed yours yet? For the excellent price of \$45.00 you can make

new friends and enjoy the comradeship of old ones. Candlelight suppers, steak BBQs, Mothers and Fathers Day brunches, indoor/outdoor games, golf tournaments, just a few of the many events available. Check out our book and video library while you're at it. If you let things run past the end of June your Airforce magazine will stop coming too.
 Why is it that when your daughter's husband is away at sea her fence blows down and the steps to her sundeck develop termites? Guess who Mr. Fixit is? That's my excuse for the lack of Wingnotes in the past couple of Fishwrappers. Hope you buy it...N.V.B.

Message from Elections Canada

D-News
 Canada's Chief Electoral Officer, Jean-Pierre Kingsley, recently sent out a flyer to all Canadian Forces electors encouraging them to verify the information on their Statement of Ordinary Residence (SORs).
 "CF electors can vote in federal elections no matter where they are stationed," said Mr. Kingsley. "In Canada or around the world." The Special Voting Rules, a system that uses a special ballot, relies on an address of ordinary residence to ensure that each vote is counted for the proper electoral district. The key to making this system work is the SOR.
 Each CF elector should have completed an SOR when he or she enrolled in the Canadian Forces or was hired as a teacher or administrative support staff in a CF school. The address provided as the ordinary residence on this form deter-

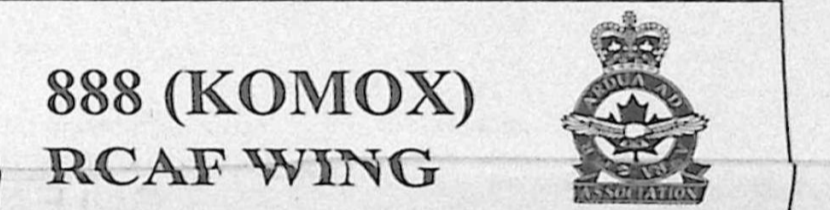


Royal Canadian Legion
Branch 17 Courtenay (334-4322)
 Dance: every Friday evening, 8:00 p.m.
 June 23 Alley Cats
 June 30 Norm's Combo
 July 7 Ventura Highway
 July 14 Country Island

Branch General Meeting - June 27, 7:30 p.m.
Special Event: Vaudeville Show
 Sat. July 22 8:00 p.m.
 Prizes for best contestants

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.
 June 23 Vested Interest
 June 30 Alley Cats
 General Meeting: Thursday, June 29 - 7:30 p.m.
 Call Branch office Mon - Fri at 339-2022 for more info.



888 (KOMOX) RCAF WING
Air Force Association of Canada
Calendar of Events
 24 June: Golf Tournament 1:00 p.m. followed by BBQ 6:00 p.m.
 1 July: Parade Float - marchers wanted.
 Sunday Brunches & Games: First Sunday each month.
 Pub Grub Fridays - Horse Racing, Darts, Cards.
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.

Personnel Support Services
 By Gail Eggman

The PSS staff demonstrated their versatility this week. They became furniture movers and played musical chairs. PO2 Rowsell (my apologies for calling him a Sgt) is sitting in Sgt Melville's chair, Sgt Melville is sitting in Sgt Buckley-Jones' chair and Sgt BJ bugged out to WComp and set up his personal bivouac. The all-female staff made him feel very welcome. He arrived at work Monday morning to find his work area completely camouflaged and his co-workers dressed in combat gear. Rumour has it that after only one week he had to take annual leave!
 The PSS finally uncovered a hidden talent! They learned that the object of a baseball game was to win it... not to just have fun. Hopefully the streak will continue. MWO Gauthier was still trying to draft ball players, however, while attending a luncheon at the Griffen.
 On a high note, I want to say that we are all very happy to see Cpl Florent Fournier up and walking around after he and his family were in a serious car accident. Luckily his wife and son were not hurt, but Florent did have us worried for awhile with his injuries. This nice young gentleman was in the PSS for a couple of years before recently moving over to the 407 Sqn Orderly Room. Our loss, their gain. Welcome back, Florent!
 I hope to keep the readers interested about the activities in PSS, but I have noticed lately that when I enter the office, everyone stops talking. They have been warned in advance that if they don't cough up some information I will have to make it up. Fiction is easier to write anyway.

Help Wanted
Advertising Sales Representative for Totem Times
 -Are you outgoing and imaginative?
 -Are you looking for part-time employment with flexible working hours?
 -Are you interested in the business of newspapers; marketing, sales, layout, production?
 The 19 Wing Totem Times is seeking an individual to be responsible for soliciting new business as well as maintaining contact with current advertisers.
APPLICATIONS MAY BE SUBMITTED ON OR BEFORE 28 JUNE TO:
 NPF Human Resources Coordinator
 Building 45, Room 5
 19 Wing Comox
 P.O. Box 1000, Stn. Main
 Lazo, B.C. V0R 2K0
 FAX: # (250) 339-8238
For further info:
339-2541

Heritage Happenings

By Capt Mike Forbes



(Left): The Comox Air Force Museum took their collection of radio controlled scale models for a display at the Driftwood Mall in Courtenay last weekend.

On 24/25 June the museum will hold the fifth annual R/C Stand Off Scale Model event. Each year the museum builds and flies a classic aircraft, which was significant to 19 Wing Comox or West Coast aviation. In 1999 the model chosen was the last Avro Lancaster to fly from Comox. This year it will be the Bristol Bolingbroke, which saw action with 115 Squadron on Annette Island in the Aleutians.

(Right): Bruce Norman stands by his radio controlled bi-plane which he will be flying in the upcoming scale model event. Each model is built to be as authentic as possible. With the right camera angle it is difficult to tell the real from the fake.

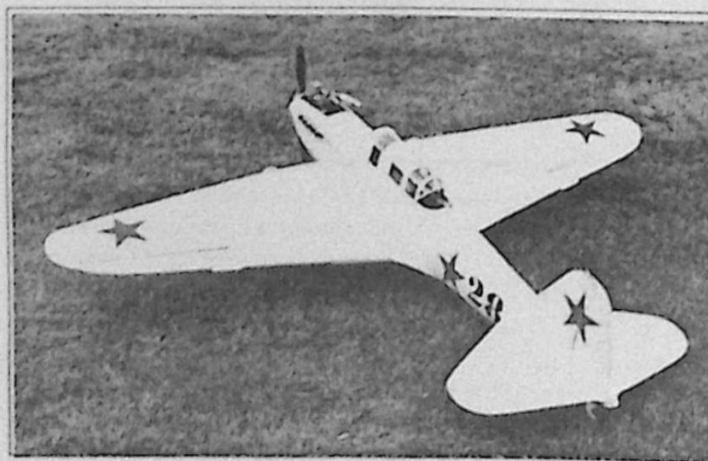


After a week of meetings and examining parts of the Air Force Museum's Mk IX Spitfire, Mr. Ralph Hull (right in photo at left) took some time out to talk with members of the Restoration Flight. During a meeting with LCol Spooner and the Spitfire Steering Committee, Mr. Hull praised the members of 19 Wing and the Spitfire Restoration Flight for their enthusiasm towards the project. Having been involved with the restoration of many vintage Spitfires, he indicated that the museum had a viable project and forecast completion of the restoration work in five to seven years.

Comox Air Force Museum
and the
Radio Control Aeronautical Association Comox
present
2000 R/C Stand Off
Scale Model Aircraft Competition
June 23, 24 & 25
at
Canadian Forces Base Comox



Free
Admission
to spectators
on
Sat. & Sun.



For more information:

Capt Mike Benoit
Phone & Fax
(250) 339-8162

Sat: Competition 10 a.m. - 4 p.m.
Sun: demonstration flying 10 a.m. - 4 p.m.